

February 20, 2023 Monday Morning, Private Session, Excerpt

The questioner has been speaking of some profound physical, emotional and spiritual experiences...

Mary: I am Mary. My love to you. You have been through the ringer, as they say! You've worked hard to prepare for this kind of opportunity.

What you experienced was your body really changing, releasing... the best example I can give is of a beloved rug or carpet that has become very soiled, threadworm, and finally it's time to throw it in the washing machine for deep cleansing, and when it's clean, to repair the tears, which involves putting a needle through, in and out. What you have been experiencing was related to your readiness to release much that is old and open into the new.

There was suffering involved, I know. Some of your experience was a direct revelation of a past life. Some of it was more with you representative of all beings.

You know you are of the order of the Magdalene¹, and that's why Aaron and I decided I would speak first, to make sure you understand what it means to be part of that sacred sisterhood.

It means, in part, from time beyond time to hold a willingness to come into the incarnation and take the blows and bruises, emotional and physical, of humankind and convert them through your own physical and emotional bodies, to transmute fear and pain with love and into love.

This is part of what was taught in the ancient mystery schools, how to allow these transmutations. The error made in many of those schools was that they did not include the human emotions but asked the human to cast aside the emotions, to push them away, not to use them as part of the fire for transformation.

Thus, the transformation could not go as deep. The transformation would be more of a mental one. People learned how to undergo... let's just call it uncomfortable physical experience, and almost build a wall, separating from that experience. Hiding in the Dharmakaya end of the bridge, as Aaron might put it, and being unwilling to be with the nirmanakaya. This made power and will a predominant force, rather than love. It's not your fault that this happened; this was the way that women were trained in those days—men too, often.

Because of your high intentions for service now, it was important that you cleanse—that you *participate* in the cleansing, not *be* cleansed; an act of participation—of the results of some of those experiences and come more fully into the present without carrying all of those old contractions, pain and so forth.

¹ Aaron says many of us evolving into higher consciousness are Magdalenes, men and women both, since we are essentially androgenous.

The vision of you being bound by your wrists, beaten, your shoulders separating—men were crucified with their arms out; women were crucified by being hung this way, wrists bound together. It was a kind of crucifixion.

...At that time, you were surrounded by many who loved you. You had done nothing wrong, in terms of true wrongness. You had supported the wrong side in terms of the politics of the land; that's all you had done.

...

Aaron, would you prefer to share this, and I can come back? I think you can share it more clearly...

Aaron: I am Aaron. My love to you. Mary, you can share it just as clearly as me, but I'm happy to come in. So, everything was prepared. Yeshua's crucifixion happened. You watched this. You were angry, bereft, because you loved Yeshua.

(Asks if she knew him personally)

Aaron: Yes, but not closely—everybody knew him closely, he never held anyone at a distance—but you were not of an inner circle, specifically. But you loved him, as many did, and you were so angry at what they had done to him ...

You approached those soldiers with bitterness, with rage, and they took you and strung you up. Because you had been hitting them, they hit you back in a cruel way.

Those that we might think of as Mary—Magdalenes—were surrounding you.

For you, as for others, it was an opportunity to shift from the human who believed in her wrongness—let me try to phrase this very carefully. She believed that the human was indeed born in some kind of sin or wrongness, as most did in those days, and that the radiance of you could only be found by the full erasure of that wrongness.

So, it was difficult for you to love yourself. It was difficult for you to love others. You loved others deeply, but there was always a slight film over it, always seeing some bit of nastiness, some bit of darkness. Because you could not see the essential and eternal light in yourself and trust that you were that light, you could not see it in others.

You worked very hard to help others who were in pain, but you still believed that they were essentially damaged rather than essentially light.

I think the importance of this present experience for you is the opportunity to know yourself without doubt, as light. And I think you're finally seeing that light. And in reference to that, to know everything is light.

You have spent lifetimes trying to learn that. You have spent lifetimes trying to be the light that you so adored. And yet that bit of self-identity as darkness kept getting in the way. You tried to see others as that essential light, and their darkness would get in the way. Then you'd negate yourself, "I shouldn't feel this," and push your way past it, rather than allowing yourself to see all as grounded in light.

(reading Q's notes)

Your work now is to meditate, not to get more information but to meditate with that truth. To ask yourself, what remains within me that is afraid of that truth that the self and all else is Light, and of fully embracing it? Ask, "what remains in me that still needs to be held with love so it can release?"

(continues reading)

This was truly your initiation into your true angelic presence. As time goes on, I know doubt will creep in. Life will resume. There will be places of anger or disappointment. Doubt will creep in. I'm glad you have that in writing. And I would request you daily in meditation to ask to be taken to that vision so that it has a chance to seed itself more deeply within you.

(continues reading)

This initiation is given because you are ready. You have worked hard to be ready for it. That does not mean to be worthy of it—you have always been worthy of it—but ready for it.

To be ready means to know that you are among the Magdalenes of Earth, or the Bodhisattvas. You are among the awakening ones of Earth. This does not mean the human will be perfect. The human will bear many moments of feelings of weakness, doubt, pain. But I think you've come to a point now where you more deeply trust the truth of your being and thus the initiation was offered and processed.

This Circle stands with you. Whenever there is pain or doubt, this Circle stands with you. Choose any one of that Circle as a primary confidant. It might be Mary Magdalene, who just spoke, or Mother Mary, or any of them, Yeshua, Quan Yin, whoever you feel a connection to. Ask that that essence be with you to help you, not to fix anything but to release the doubt about the truth of your power, of who and what you are.

(continues reading)

As you stepped through the mist, it was for the first time a clear knowing of a deeper reality, and that all that had come before was still shrouded in mist. But then there was a deep seeing of the essential reality of all things including the reality of your human experience and why some of it was so hard.

You would be wise not to work toward forgiveness of the human but compassion for the human. There's nothing to forgive, only the places where your heart hardened, and feeling compassion for the human heart that hardened at that time.

As you do this, your body is going to move into an increasingly higher vibration. You may rest more easily in this higher awakened consciousness. And there will be times when the human rebels and says, "No, I can't do that—I'm angry," or whatever. The awakened essence of you can then hold the angry or hurt, grieving, confused human until they blend again and you start to remember more fully who you are and the commitment you

have made. Remember that this initiation occurred because you were ready to make the commitment.

I am delighted that you have had this experience.

The exhaustion I think is because of the very rapid change in the DNA². There are many DNA changes at this time, so the body is learning how to shift into physical agreement with these changes. It takes a lot of rest, a lot of love.

Q: Is this moving more into fourth density? Is that what the higher vibration means?

Aaron: Yes, but I would say more moving into fifth density. Many on Earth who were third density, who have had fourth density experiences like our class small groups, those are fourth density energy groups. Many are using that as fourth density experience to shift into fifth density, really bypassing fourth density in many ways—not *bypassing*, but moving through it quickly rather than staying there for a long time.

Q: This entire process began in the meditation where Horus and Isis came in. I was told or heard that the initiation process was happening in the Temple of Isis, and I'm wondering what my connection to Isis has been or is, and why it all happens there.

Aaron: Because as a human, for several lifetimes you were within these Egyptian mystery schools of Horus and Isis, as was Barbara; you've probably heard her speak about it. In one initiation for Barbara, (and for many) the karmic ancestor was asked to lie in a closed coffin, just a small box, for a number of days. She was able to force herself to do it, but she was filled with anger about it. She was beforehand given certain substances which were supposed to basically dull her senses and put her into a place of ecstasy so that lying there, she would experience not fear or pain but ecstasy. But she

² DNA.

Q: Humans on earth at the time of Lemuria had a crystalline structure. We shifted into a carbon-based structure. Now we're ready to return to the crystalline forms

Aaron explained that the carbon-based structure is not able to carry the high vibration needed to stably support non-dual consciousness. Only the crystalline structure can do that. Each being moves, of free will, into that shift as they hold the intention to higher consciousness. All that is being done is to support this process so it will move faster and with less discomfort.

Barbara noted these DNA change experiences in 2006: (partial list)

- feeling very fluctuating emotions,
- a lot of past life recall and healing, involving a lot of emotional and deep inner work.
- feeling exhausted.
- feeling immense energy surges
- needing a lot more sleep, or wanting to sleep
- shifts from constipation to diarrhea and back,
- low appetite,
- moderate back pain after these now almost daily, intense energy sessions,
- occasional muscle weakness, coming and resolving. Occasional tingling and numbness in feet and hands.
- very occasional shortness of breath, sometimes even while lying in bed.
- erratic heartbeat at times
- much more inner ear sound, ringing, drumming...

thought, what is the use of that? I'm not then confronting my experience of being dead and buried and learning not to fear death. I'm simply finding an artificial ecstasy.

She refused the substance. She was very angry at the way the whole thing was done. She was publicly shamed because she did not do it "right."

These mystery schools—the Alexandria mystery school, which was a primary one in the world—there was a lot of troublesome ego among some of the priests. A longing for power. Misuse of women in many ways; what amounted really to rape. So, there was a lot of anger about this. If we go to the highest level of Isis and Horus, this is not what was intended, but this is how it was misused.

So, people had to confront many of their human demons, their fears, their pain, their anger, but they were not learning how to be on the Sambhogakaya bridge. They were learning how to escape the nirmanakaya by moving into the Dharmakaya.

These mystery schools continue at the highest level as part of what is supporting the transition on and of Earth. I'm just looking into the akashic records, and it seems to me—and here's where Mary would know more than I do—she agrees with me that what's happening for you is a chance to move past the karma of several lifetimes in those schools in which *you* did not misuse your power but were so angry at the misuse of power around you that you could not trust the good parts of the work.³

Now you have the opportunity—it's an opportunity, not a forced route—the opportunity to reopen gradually to your memory of those schools and to the essence of Isis and of Horus—which I must say I have not directly experienced deeply as part of my own path so I can't speak to you in depth about it, only from what I have heard. But they have very high, loving energy. And especially for those who are healers, they are a strong source of support.

As you now release everything that blocks them, you can more fully open in your meditation to direct experience with them—both or one—and that that energy can come through you in your healing work. It is such a high energy that it can only come through you once you have released that which their high energy would damage in you. The flow must be smooth within you, without friction.

So the question then becomes, what is there of self I am still holding onto as somebody who must do this or that? Who wants to fix, rather than just hold the divine space for another to pass through their own transformation?

As I understand it, the essence of Isis' energy is the willingness to hold the space and not to fix. In order to hold the space, the release of karma in the self must be very deep. Not perfect; it doesn't have to be perfect, but not to get caught.

Q: Does this have any relationship to Lemurian times?

³ Dear Reader, please consider this for yourself if it seems to fit.

Aaron: Yes, these were all things that were learned and practiced in Lemuria. But in Lemuria, because there was no sense of any separate self, there was the knowing of everything as interconnected and there was no karma.

So then, coming into a heavier density planet in which, on the relative level, there IS karma, one has to learn how to move into that space of absence of self, absence of karma. How do you act on Earth, being the separate self without self-identification with the separate self so there is no wholesome or unwholesome karma? And in that way, able to serve another by really being the other, no separation.

You understand this from the work you do with healing. The deepest healing comes when there is no separation between you and the one who seeks healing. It means taking all of their distortions into yourself and together, you and them, running them through and releasing them by seeing that there is no separation.

(Transcribing ends at 38 minutes by request)