



## **March 26, 2024 Tuesday Evening, Serendipity Class**

(This talk not yet reviewed by Barbara and entities)

The interdependence of path sacred light, path sacred darkness, and who or what is experiencing light and darkness; Guided imagery on what is the multidimensional self; Eloiel on the symbiosis between earth and human energies, and the non-self nature in who/what am I?

**Barbara:** Welcome. It's hard to believe it's almost Easter, especially as I look outside at the gray, gray winter weather.

I've been having an interesting time with Aaron, planning classes. He tends to come in sometime around 5 a.m. He doesn't wake me, but as I roll over in my sleep and half awake or get up for the bathroom and get back in bed, suddenly he's right there, saying, "Let's plan the class." And then he leads me in some guided meditations, and I'm expected to be awake!

I know I can always say to him, "I need to sleep," and he will not push me on that. But he also very much believes in the plan to go to sleep when you're tired, and when you wake up, get up, not roll over and go back to bed.

So, I've spent a lot of pre-dawns this week experiencing from Aaron different guided meditations. I'm kind of his test subject. I do not mind that at all. I feel that it's a great gift.

Nevertheless, I just took a nap because he had me up at 5 a.m.. I'm just going to give you to Aaron...

**Aaron:** My blessings and love to you. I am Aaron. I nudge Barbara gently and ask her, if you're going to keep going back to sleep, how do you expect to wake up? And yet, of course, you're all already awake. You just have not yet realized that in yourselves.

Tonight, I want to develop what I see as three strands in a rope that we've been working with all through this year, but I want to further emphasize the ways that they are interdependent.

The path of clear light. Knowing your true essence to be that light. You are that. You are not becoming the light, you have always been the light.

The path of sacred darkness, with which we worked some last year, and have not yet worked with it in depth this year because I want to set a firmer foundation. But we will be going into it in the following classes. Sacred darkness and clear light are not separate. How could anything be separate?

And the third is to raise the question, who or what is experiencing this light or darkness? I found this to be the foundation we were missing last year. Too many of you did not yet have this understanding of what I call the multidimensional self.

What is this experience? As long as there is a self that is experiencing light or darkness, there is distortion. From the place of emptiness of self that knows the true experienter as awareness, as presence, as love, from there you cannot get lost in attachment to the light nor in aversion into the darkness, because there is no self to become thusly caught.

So, what is this multidimensional self? I've been talking about this. Some of you understand it, some not quite yet. So we're going to go through this a bit more today, with some mix of talking and guided meditation.

There is no starting place here, or end, but just a strand that goes around and around. But in our understanding, we have to start somewhere.

So, please imagine a giant glacier high up on a mountaintop. The sun shines down, bringing some heat that melts some ice. The water begins to run in little streams and drops down the mountain.

More and more ice melts. At first, it just runs any direction. But gradually, it creates a small crevice, as if my hand was completely flat and then, because the water is running through, it creates a tiny indentation. And then more water gathers into that indentation, deepening it.

It flows down from here on the glacier, and from there on the glacier, and it keeps going to the low points, into that hollow. The water flows and the hollow becomes the stream bed, the water that which is contained in the stream bed.

They flow downhill, water coming from here, water coming from there, gathering together. Forming several streams that come together forming a river.

The river picks up energy and deepens. It begins to froth over the rocks and tumble over waterfalls, increasing in size and energy.

Somewhere partway down, the land becomes flatter, and the riverbed opens up, forming a vast, still area of water. Not still, gently flowing, almost imperceptibly. And yet, still needing to flow further downhill, at a certain point it goes over another waterfall. So, we have a giant lake, which is just part of the flow of the river, and then more waterfall, and then more broad, open area. Fast moving river; and on it goes to the river mouth, where it connects to the ocean.

Look at the river. Is there anything in the river that is other than the the glacier? You might say, yes, there's rain, there's snow, but it's all melted ice and snow and water, or rain, all gathered. And as it comes to the river mouth, merging with the ocean.

Can you say, this is river and that is ocean? It's part of one another. And then the wind blows over. The sun shines on the water. It evaporates. It becomes part of the clouds. It



moves gently over the mountaintops, where the peaks of the mountains block its passage. Snow comes down, rain comes down, freezing and then thawing, pouring again into the river.

Is there anything in this system that is not totally integrated with everything else? Glacier rains, snow, clouds, evaporation, tumbling waterfalls, vast areas of still water, the ocean. Is there anything separate? Of course not. Each piece of it has a different appearance, but none of it is separate.

You cannot point to the riverbed and say it's different from the river. And so, we're not just talking about the water here, but the land. Without the vast expanse of earth, how could there be a riverbed?

We've been through this question years ago, thinking of a bowl. Is the bowl just the contents? Is the bowl just the container? Without the container, there could be no bowl. Without the contents, what is a bowl? It's empty. Everything has an integrated relationship with everything else.

Now let's take this a step further. You are the river. One incarnation after another, you have evaporated up into the clouds and then rained down again, taking a new form. You've poured off into the sea and, finished with the human lifetime's intentions, you have died, evaporated, come down again. Cycling, recycling. This human then keeps recycling.

You're all familiar with the skandhas—the form skandha, thought, feeling, impulse, consciousness, each of these arising when the conditions are present and ceasing when the conditions cease.

So sometimes this river that you are may have a specific form and sometimes not. Sometimes there may be mental consciousness, a mental body, with thoughts arising, and sometimes not. All of the aggregates arising out of conditions and passing away, arising and passing. Not just now, but over and over and over. The water evaporating from the sea, coming up to the mountaintop and feeding the glacier. Snow, ice, all freezing on top of the glacier. And it melts, coming down as the river. The river coming into new incarnation repeatedly. And yet there is nothing there new at all. It's just the recycling. There is nothing new within you, just the recycling.

Now here we have to step away from our metaphor a bit, because the river is solely a conditioned object. It has a certain energy, but even that is at some level conditioned.

But you are expression of the Unconditioned. One of you is asking, why is the river not expression of the Unconditioned? It is, but it's harder to explain. Within you is the ability, the gift of awareness, of presence. You are consciously intending to keep expressing as expression of the Unconditioned. The river doesn't have that conscious intention, although the Earth to some degree does.

All right, I'm going to pass the body over to a friend for a few minutes. Several of us, Tavis, Colette, Barbara and entities, have been having an ongoing discussion this year, once or twice a month, a group they have called Light. And I hope that all the transcripts that Light has put forth will become available in some kind of book or other form.

Last Saturday, we spent three hours speaking together, and the entity that came in to speak for several hours gave us the name Eloiel (*pronounced LOL*). Eloiel is a very deep spirit of the Earth. Eloiel is asking to speak. They say what they might share may be helpful to your understanding. So, I'm going to step back and let Eloiel speak for just a few minutes. I am Aaron.

**Eloiel (B):** This is remarkable, to see all your faces here. I am Eloiel. I am one of a group entity, as you might call us. A, what our friends Q'uo and Ra have called a social memory complex. Thus, I'm not a singular being, but have many partners. We do not individuate. Together, we are one of the groups that has helped to shape the Earth in the early planning of this planet.

It was planned with a great symbiosis. Speaking English is foreign to me; Aaron is helping me a bit. Please forgive my incorrect speech.

A symbiosis, where all of the elements of earth, element, air, fire, water, ether, all interplay, and human consciousness—Aaron, consciousness or awareness? Both. Human consciousness and awareness are part of this plan.

Feeding a light into the earth; receiving light from the earth. Experiencing the places of darkness on the earth. Releasing the darkness through your own inner work, and thereby helping the earth release its darkness. And, in this way, this planet that you call Earth is becoming increasingly brilliant, radiant, in its light and its high vibration. And as your vibration raises, so does the earth's. And as your vibration sinks, so does the earth's.

I want to tie this into what Aaron was speaking about, the non-self nature of it all. Now, I'm not so familiar with these Buddhist terms. Aaron says they are not Buddhist, they're simply deep philosophy, that Buddhism has well expressed.

Think of it in terms of the same symbiosis. Glacier, river, ocean, clouds, rain, glacier. High vibration. Human holding that vibration, opening that vibration into the earth. The earth raising in vibration, able better to sustain the high vibration of love. Able to better sustain a high vibration of light.

And then there may be something that chokes it up a bit. Something harsh that happens, and the energy field closes. The earth vibration sinks a bit. You begin to get feedback—increasingly violent storms and natural disasters. Increasingly violent wars. And there's a reminder, the vibration is sinking too low, and it is up to me, to us, to all of



us who are awake, to remember your intention for being here on the earth, and to start to bring more awareness to the love that is your essence, and to send it back off into the earth. Cycling and recycling.

My point in this, which is what Aaron—I will give you back to Aaron—but where he was leading is, where is the self in any of this? There is no self. There is just that constant recycling of love, and the places where fear and contraction block that love, and then block that energy.

Your earth, in our greatest hopes for earth, was to be a ground of light for the multiverse. Not to be the only one, but one of several. But perhaps at this point, one of the most advanced ones, very precious to all. As that light is blocked and darkness increases, low vibration comes. Sentient beings more easily get caught in fear, negativity, and this becomes the river overflowing its banks and causing damaging floods everywhere, destroying and killing.

Your high vibration is so precious, and your dedication to knowing *what* you are. Not *who* you are; *who* narrows into a somebody. What you are, which is just awakened, loving, high vibrational consciousness, woven into this whole substance of earth and all the elements of earth. Woven into all the expressions of the human, the skandhas.

I am Eloiel—those of Eloiel, that serves as a better statement. Not one being, but those of Eloiel. We love you, and we so appreciate the work the human is doing to help raise the vibration of earth. I'm going to give this body back to Aaron.

Thank you. Looking upon your faces touches me deeply. Through me, it touches billions of us that are Eloiel. You are loved.

**Aaron:** I am Aaron. Thank you, Eloiel. A very eloquent statement. You are a very eloquent spokesperson for cherishing the earth.

We must remember that in cherishing the earth, each must also cherish themselves, for you are earth. You are of the elements of the earth, the waters of the earth running through you. You are the earth element. You are the fire element. You are energy. Air. You are all of it. There is nothing that is part of the earth that is not you.

So, I come back to the question, what are you? You are not separate from each other, from me, from Eloiel, from this planet, from anything. I call this idea *multidimensionality*, for lack of a better word.

It's very hard to comprehend yourself as being integrated with everything, and yet nothing is separate, nothing. As long as you believe yourself to be separate, you limit the amount of light, energy and love that can move through you, closing yourself off into the small self.

And of course, this is the way the human understands things, most often. You are not at fault for this. This is how you were created. You are mammals. It's very hard for the mammal to recognize its infinity.

And this is why you practice, to begin to observe the places—pausing -. There is a small cat prowling on the rafters in here, over my head. The rafters in the room is his indoor tree, and he loves to walk back and forth up there.



When you more deeply awaken to the truth of who you are, you do not cease to be the mammal. The mammal becomes the link between the very high, unindividuated awareness and the heavier vibration of the earth. The earth elements are being raised in vibration through you. Literally, the water element, the earth element, the air element, fire, they're moving into a higher vibration, which is eventually going to be able to sustain fourth and fifth density on this earth.

Right now, it's not ready to hold that high vibration in a long-term way. But it's getting there, because each time the part of you that is connected to everything, allows its energy to move into a higher vibration, it touches the earth around you. It touches the air. It touches the sun. It touches everything.

What are you? Let's take this to one slightly different place. Let's get very high up in an airplane and take a picture of the river, the river as it is right now, from the glacier down to the sea.

A week later, when the temperature has risen and the sun has been shining, the river has changed. More of the glacier has melted. There's more water.

Six months later, winter has come again. The sun has dimmed. There's more ice. The wind blows across the water. The sun shines upon the water. Water evaporates and becomes cloud, then rains down on the lake.

Which picture of the river do we look at and say, that's the river? It's ever-changing. We can point to that flow of water and say, "Well, that's the river." But once it's out there in the ocean, it's still river. Once it's a cloud, it's still river, just changing its teaching place. It's all river.



What are you? Are you a very happy and peaceful person that you may have been sometime this week after a deep meditation? Are you the angry person you may have been after somebody carelessly rear-ended your car just an hour after that peaceful meditation? Are you the playful person? Are you the loving person? Are you the fearful person? Just different amounts of rain or evaporation, the constant flow within you.

What are you? Here we come to the value of the Pure Awareness meditation. Resting in awareness. Seeing the arising of the aggregates, including consciousness.

You all know that consciousness and awareness are different. Consciousness is arisen from conditions. It is impermanent. It is ever-changing. Awareness is that which can look upon consciousness, no self, just presence; awareness.

Sometimes I hear people say loving awareness, but awareness is always grounded in love. If it's not loving, it's not awareness. It's some form of consciousness.

By consciousness, I mean consciousness of body, consciousness of mind, consciousness of feelings, consciousness of various impulses, consciousness of consciousness. It is not Grandfather Awareness. Grandfather—Barbara would stop me. Grandfather/Grandmother Awareness. Resting in awareness, further knowing what you are.

I put up a poem here that's been a favorite of mine for a while. This is by Leonard Cohen. Some of you may have heard of him.

### **Roshi at Eighty-Nine**

*Roshi's very tired.  
He's lying on his bed.  
He's been living with the living  
And dying with the dead.  
But now he wants another drink.  
The wonders never cease.  
He's making war on war  
And he's making war on peace.  
He's sitting in the throne room  
On his great original face.  
And he's making war on nothing  
That has something in its place.  
His stomach's very happy.  
The prunes are working well.  
There's no one going to heaven  
And there's no one left in hell.*





I enjoy that poem. It says it in a playful way.

And I think you're all familiar with Thich Nhat Hanh's *Please Call Me By My True Names*. I'm not going to read that whole poem. I invite you to Google it and read it for yourselves.

What are your true names? Anything that limits you is not your true name, even to call yourself peace. Because with peace, peace is the ultimate reality. But with peace comes all the expressions of conditioned realities.

The contraction must accompany the expansion. The ultimate reality is the expansion, and the mundane reality is the contraction.

The ultimate reality is light. The mundane reality is darkness.

The ultimate reality is spaciousness. The mundane reality is contraction.

We cannot explore sacred darkness unless we include what might be called mundane darkness. We know that "sacred" darkness is simply expression of light. It is not absence of light. There is no distinction at that level between light and darkness.

Like the moon out there, the lit face that Barbara can see, and the dark side, one moon. How could there be a moon if there was not both a light side and a dark side? The darkness has no ultimate reality because the moon keeps shifting. So, the face of the moon that shines is always changing. The face of the you that's lit up is always changing.

So, we do not despair about experience of darkness, but just see that it's, ah, a phase of the moon. Let it be.

When you cease to contract around this dark phase of the moon, you notice the dark phase of the moon and come back into the true being of light.

Of course, the moon is a mundane object, so this is just a mundane example, because I cannot really give you a supramundane example.

Light, love, radiance, spaciousness, joy, ease. What are you? Why do you keep trying to fix that which is merely a mundane expression? Attend to it, yes, so that your anger or fear do not cause harm beyond you or within you. But there's nothing to fix. The moon will shift around. You will shift around. The light is always there.

This multidimensional self, right now, you're perhaps thinking of it in terms of this person, this person. I see J and J, many of you. I'm not going to name all the names. Who were you before you were this person? Of course, you have lived in many different





bodies. They do not define you. They're just one expression of the unconditioned essence of you. What are you?

As you begin to truly know what you are, you do not get so caught up in the mundane expressions of light and darkness but move more deeply into the essence of light that is your true expression, the essence of spaciousness, joy, and love. What are you?

I thank my friends Eloiel for what they said. When you ask, "How can I help in this world?", remember that every bit of light that you own within yourself and share, and ground into the earth, brings light and ease to the earth. And every bit of darkness that you either claim as self or try to fix and want to get rid of, you're still caught up in the darkness. But you have never been the darkness. That is just mundane expression. What are you?

I could either talk for another hour or end here. And I think I'd best end, because John is going to pick us up with some meditation time. At the end, we will have some time for questions and sharing. I am Aaron.

I would say one last thing. When you deeply awaken, you know what you are. You know your true power, and it is not *your* power. It is *the* power of love and light throughout the multiverse. It is the most beautiful thing that there is, and you are that.

I love you. I am Aaron. I will return the body to Barbara.

[Reviewed to here](#)

**John:** Thank you, Barbara and Aaron and Eloiel, who I've never met before, but I've heard of. So thanks to all of you.

As our second portion of the class today, we're primarily going to have a silent meditation that is going to be followed by a question and answer period with Barbara, Aaron and myself, or whoever wishes to speak. And also at the very beginning of the meditation, I'm going to read something of Ajahn Chah's teachings that I have found helpful and would like to share with you.

But right now we're going to have a five minute break and then come back together. So I'll ring the bell and then we'll proceed from there. Thank you.

*(break)*

**John:** It was wonderful to meditate together. Meditating alone is good, but meditating with other people is very good. I really appreciate the silent time together.

We have some time here for any questions that you might have or anything you'd like to share regarding either what Aaron spoke about with us this evening or the Ajahn Chah teachings or anything that you experienced in your meditation or in your daily practice at



home. Anything that you'd like to bring up and discuss this evening, this is a good time to do that.

**Q:** First off, I'd like to say thank you to all of you. I haven't said that late recently.

I have a two-part question for any of the teachers that wish to take it on. The first part is, what is the relationship between the multidimensional being and the one who knows, or the *pu ru*?

My second question is, what is the relationship of those to the akashic field or love?

**Barbara:** I can say something to the first part of that, the relationship between the multidimensional being and the One Who Knows.

The One Who Knows is the ground out of which all the other dimensions emerge. The other dimensions are all expressions of that ground.

The relationship to the akashic field or love, those are two different things. The akashic field is the vastness that contains everything, every expression. Love is part of the ground.

If we try to think of this essence, this ground, the Unconditioned itself has certain direct expressions, Aaron calls them, such as love, light, spaciousness. These need nothing outside of themselves to exist. They are. They're direct expressions of the Unconditioned.

Love is one direct expression of the Unconditioned. All of these exist within the akashic field, the direct expressions and the indirect expressions.

I don't know if that answers it for you.

**Q:** That gives grist for my thinking. I appreciate that. Thank you.

**Barbara:** Everything that has the nature to arise has the nature to pass away. It is the mundane. The supramundane, the ground, neither arises nor passes away. It simply is.

In the deepest meditation experiences, where there's body and ego dissolution, there's no sense of self, there's no sense of anything arising or dissolving. It's so peaceful because there's no sense of anything arising or dissolving. Stillness is not the right word, but I can't think of a better word. It's just that.

And then to that comes something arising and dissolving. John, do you want to add something to that?

**John:** Barbara, I think you did a very good job of addressing the questions.

When Barbara, Aaron and myself met today to discuss the class, we spoke about how to phrase the question *Who am I?* And what I suggested to Barbara and Aaron, rather than using the question *Who am I?*, that it might be better to phrase the question *What am I?*.

Sometimes asking the question *Who am I?* has some kind of reference to a being, whether it be a conditioned being or an absolute being. When we ask the question *Who?*, it kind of brings up the feeling of some kind of entity or a being of some kind. But when we phrase the question, instead of *Who am I?*, as *What am I?*, it kind of broadens the question in such a way that it relates more to what Barbara was just speaking about. Which is that the *what* is the Unconditioned. It's the unborn, the uncreated, the undying. It is the ground. Rather than being a *who*, it's more of a *what*, not the *what* in a sense of anything solid or substantial, but rather when we say, *What am I?* it kind of points to what Barbara was speaking about, which is this ground or the Unconditioned in which everything manifests from, including the multidimensional self.

So as I understand it, as Aaron's been explaining it for a while now, the multidimensional self is all our incarnations. The multidimensional self is the various aspects of personality or everything that we've been.

As Aaron gave the image today in the guided meditation of the rain and the snow that becomes the glacier. And as the glacier melts because the sun is shining upon it, then it is this water first being a few drops of water, but ultimately becoming increasingly a stream, a river emptying into an ocean. That all of this is the multidimensional quality of the element of rain and sun and earth and water and ether and all of it together.

So that all of this is expression, so to speak, of something which is the ground. And that we, each of us are expressions of the Unconditioned. And in this particular lifetime, this is the expression—this body, this form, these thoughts that one experiences, the images, et cetera, the different aggregates. That all of this is part of the multidimensional self.

And so when we ask ourselves the question *What am I?*, well, on the relative level, what I am is this body and the mind and the different expressions of it.

But through our meditation practice and a deepening of our wisdom and understanding, we start to get in touch with *What am I?* on a very different level. *What am I?* is the essence of this multidimensional self, is the essence of who I am. It's this ground that Barbara was speaking about. It is this unborn, uncreated and undying aspect of myself, which is always there and which I get increasingly in touch with in my practice.

For me, in the meditation that we just did, the silent meditation, it was getting in touch with light, getting in touch with energy and resting in that light and energy as direct expressions of the Unconditioned.

So it was just a really wonderful, fruitful discussion that Barbara, Aaron and myself had this afternoon speaking about this together.

The *What am I?* What is the essence of who I am?

And I really like Nisargadatta Maharaj, the non-duality teacher, and his book, *I Am That*, in which he references, “I am that.” I am that unborn, uncreated, undying. This is this is who I am.

Does that make sense?

**Q:** Yes, it kind of conditions my thinking and helps me ponder this. So thank you. You're welcome.

**John:** You're welcome. Thanks for the question, Q. Thanks for the reflection.

**Barbara:** I would add to that. I certainly don't always reach the space in meditation, but reaching that place of not being anything or anybody, not being my thoughts, not being my body, just resting in this—not *me*, but in the expressions of spaciousness, of light. This is essence.

It's harder to define love, but it's an expanded feeling of connection. Resting in that with no thoughts about “I should be kind,” or “I should be patient,” or “I am kind or patient.” Just resting in this spaciousness.

This is really what feeds my energy to practice meditation. It's these moments that are sublime. Sublime maybe is not the right word; they're natural. Sublime gives us an idea of something extraordinary, but they're ordinary in that they're just nothing special. They're just presence.

**Q:** I follow you. Thank you.

**John:** I would just like to add one more thing to this, which is in the meditation that we just did, as I was just resting in the light and the energy, the spaciousness, as Barbara was just discussing, the various expressions of the Unconditioned, direct expressions of the Unconditioned, there were thoughts that were coming in. There were memories that were coming in during the sitting.

When I experience those, I asked myself the question, is this other than? Is this thought, is this memory, is the sound of the dogs barking in the background, is this other than? Are these different conditioned expressions of mind and body and consciousness, are they other than this ground or the expression of this ground, this spaciousness and light and energy? I see that they're not. They're not separate. They're not other than.



This is also, I think, included as a part of the multidimensional self, that even the thoughts that we experience, the sounds that we experience, the body sensations that we experience, are part of the multidimensional self. It's an aspect of the conditioned self that we all experience during the course of our daily lives.

So that's one aspect of it. But it's not separate from or other than the light, the energy, the spaciousness. Or in full dissolution of the body and the mind, the complete immersion into the Unconditioned. None of this is separate.

I think that this is a key point that Aaron was speaking about in his talk this evening, that the glacier is not separate from the water. It's not separate from the earth that it's flowing down. It's all a part of each other. There's no separation here.

**Barbara:** Thank you, John, and the expressions of the Unconditioned, which sometimes are fiery expressions like anger or impatience and sadness, these are no different than the emptiness. They're just like clouds arising in a vast, empty sky and then dissolving. They have no substance, but they still have existence on a mundane level.

Because they do, we have to take care of them, not use them to do harm to ourselves or others on the earth. But we don't have to worry about them and say, "Oh, this one shouldn't be arising. That shouldn't be arising. I should stop it." We can't stop it; we're human. Thoughts and sensations will arise, and the emptiness remains.

It's 9 o'clock. This is a good discussion. I'm sorry we can't continue it. I do have to go in and take care of Hal.

I want to remind you, those who were at that healing workshop, at 12 o'clock Saturday there's a sharing circle for one hour, and you should all have gotten the Zoom invitation to that. And on Sunday at 4pm for one hour, Colette and I with Aaron, Yeshua, Mary, whoever else comes, we'll have a one hour Easter service. It's on the Deep Spring website. You need to register to get the Zoom link, but there's no payment or anything asked, just to get your name so that we can control who comes in, not just posted on the internet.

That's all. Good night and love to everybody.