

April 19, 2023, Wednesday Evening with Aaron

Offering Gratitude and Love to the Earth on Earth Day; Communicating and Co-Creating with Lower Density; Surfing the Waves that Come

Barbara: Good evening. We're going to have an amended Evening with Aaron tonight. Probably the first time I can remember in over thirty years, but he's just going to come through with conscious channeling and for a short time. My energy is quite low, but he's committed. He said this coming weekend is Earth Day and he wanted to give a talk about the environment. He really does not want to dissipate my energies.

For those who've not heard, I've been very sick for the past two weeks. I developed a cellulitis infection in my foot, and my toe and foot, running up into my leg, were very swollen and red. I had no fever and it is not painful. I had this once before on the same leg over twenty years ago and ended up in the hospital for ten days.

So, we really want to avoid that. I've been on an antibiotic and mostly lying on my bed with my leg propped up in the air. It's improving. But it is in the bone, so serious. (shown by later tests)

Thank you, all of you, for all the light and prayers and love know that. Loving energy really has that effect. It heals things. I'll see the doctor again next Thursday. It will heal. It will take time, but it will heal.

I have this very awkward surgery boot on my foot because I'm not allowed to have any impact on the toe where the big sore is. So, I'm kind of walking around like this, and I'm not permitted to take a shower. But such is life. This too will pass. I love you all.

So, with that all said, I'm just going to get out of the way and let Aaron talk. After his talk, I'm going to talk some, just me, Barbara, because channeling takes a different kind of energy. It's easier in some ways, because I don't have to say anything; Aaron does it. But it's still using my body and my energy in a different way. I think it's not the channeling, but the shielding against negativity and putting up that kind of guardian shield, that takes a lot of energy. Less so with this night than with something like Remembering Wholeness, where I have to shield everybody. But it still takes a lot of energy.

Anyhow, Aaron won't come into my body. And if he won't come into my body, I don't have a choice. It's his decision. I appreciate his wanting to take care of me. He's wonderful. He would not do anything that would cause me harm. I know that.

Have any of you seen the series, *The Marvelous Mrs. Maisel*? It's a very funny comedy series. So, this past week, when I was not good for much else, Hal and I have been watching it. And it's interesting. I don't usually crack jokes, but I think I've caught



something from her. I'm finding myself sitting here cracking jokes—not good jokes like she cracks, but jokes.

Okay, let me get quiet for a minute and let's bring Aaron in.

I'm paraphrasing Aaron. He will come in more, but he's saying part of my infection in my foot came from what we call 'negative greeting', some negativity that broke through because I did not shield carefully enough. It's been trying to get at me because it doesn't like me. Why doesn't it like me, Aaron? It doesn't like me because I am loving and it wants to spread fear and hatred and so forth. If we work to really deepen in love and hold ground for love, this which Aaron calls 'the loyal opposition' is probably at times going to break through.

Interesting, coming back to me as Barbara again, and I'm not going to go into the long story of this; I talked about it quite a bit in Remembering Wholeness last week. But having very firmly said no to this variety of negativity: No, you may not use my body! No, you may not dominate me. I love you. I hold you in my heart, but no.

So, having gotten through that and protected my body, suddenly my washer and dryer crashed, and the furnace crashed and the house was cold. These gremlins are meddling! "No! You may not meddle. You may not crash these things." So, what do we do?

My dear friend, Carla (Rueckert), with whom I channeled *The Aaron/Quo Dialogues*, and who taught me so much about negative greeting and so much else about channeling, said just deep, committed persistence, with love. Just keep saying, "No, you may not do that" with love. If you get angry, they're going to feed off of that. If you just say, "No, you can't do this. You can't do that." Okay, I'm calling the furnace repair. Hopefully they'll come tomorrow or the next day. Okay, I'm calling the washer and dryer repair. Thank you. I can wear dirty clothes. I can put on sweaters. "You must leave." Just loving persistence.

And this is what I'm going to talk about after Aaron's talk; how our Vipassana practices and all of our practices through all of our lives lead us to the increased capacity to say no to negativity with love.

Let me come back to that. Let's open with Aaron.

I'm going to toss out another thought. I'm rambling; forgive me. I'm not getting enough sleep. I'm not allowed to go in my hot tub; I can't get my foot wet. When I wake up achy at 3:00 a.m., I can't go in my hot tub. I can't even get in the shower. On to Aaron.

Aaron: My blessings and love to you. I am Aaron. I'm partially incorporated and partially not, somewhere between conscious and trance channeling. With trance



channeling, Barbara fully releases her consciousness from the body, and I move in. With conscious channeling, there's no release of her consciousness. So, we're somewhere in the middle. Enough of Barbara is present to protect herself if she feels anything negative—which I can also do for her, but it's better for her right now for it to be coming from her.

This infection is not just because of negative greeting. There are always physical, emotional, mental, spiritual, and many different reasons for any situation. When the conditions are present, something will arise. There are many different conditions in Barbara's body.

In the past month, she was perhaps a bit over-stressed, over-worked, not getting enough sleep, and a bit run down, so that her body did not have the immunity to a bacteria. And then she was delighted to be present with her son and daughter and grandchildren for a few days. But she neglected to wash and dry her foot the way she usually does it every day. So, that was one condition.

You are not incarnate to get it all to work out perfectly. You are incarnate to remember that you have the capacity for loving presence with whatever arises. This is something Barbara will be talking more about.

Right now we're told that Earth is somewhere at "11:57pm," close to crashing. When I say crashing, I mean figuratively, though to some degree literally—such severe, declining environmental conditions.

The Earth is not your mother; the Earth is you. Maybe your mother, too. But the Earth is you.

Interestingly, one day a year we call it Earth Day. It needs to be 365 days a year. And it needs to be perhaps the "Earth and Me Day." How I interrelate with the Earth. My connection with the Earth. My cherishing of the Earth. My strong intention to do no harm to the Earth. And there are so many ways that you may do harm—not intentionally.

But, a simple question. How many of you get wet, turn off the shower and then soap up, not waste water, then turn it on again and rinse? If you take a shower every day, how much water do you think you've wasted?

There are so many ways that we pollute and destroy the Earth. We think when we hear about people destroying the Brazilian rain forest, for example, "Well, it's another country. I can't do anything about it." But of course, you can, and you need to.

You don't need to go to Brazil to do something about it. Every tree on Earth is interconnected. Their root systems go into the earth. The earth itself, the element of



earth, is connected all around the globe, and the tree is planted in that earth. The sun element, fire, the water element, it's all interconnected.

The simplest way to support the environment is to go out and hug a tree. This is not simplistic. If you hug your friend or your child, they feel your love, yes? And, feeling your love, they expand with love, and you can see that energy moving out into the world.

You can't see it so well with a tree, but when you hug a tree, the energy goes down into earth. It effects not only the neighboring trees but the whole forest and the adjacent forests, all the way to Brazil, to the rainforest. When you hug a tree, that love is communicated to every growing thing from the redwoods to the little violet in your lawn; everything growing from the earth and giving energy back to the earth.

It's really a radical act to hug a tree, a statement of non-separation, non-duality. You don't have to talk to the tree, although you may. But just hold the tree and let your heart speak. "I love you. I appreciate you. Thank you for being."

Can you imagine the courage it takes—I was looking earlier today at the forsythia growing in Barbara's yard. This yellow flower is fragile; it blooms only for a week. Can you imagine the courage it takes to incarnate as a forsythia flower, knowing how short a lifespan you would have? You're part of the plant, yes. But also, here is this short-lived flower. The tiny violet, or something of the sort, their violet color growing here and there on the lawn, the courage to come into being as that. You have eighty to a hundred years; the violet has a couple of hours and yet it grows year after year, after year. What amazing love and courage!

When you hug a tree, when you look at the forsythia or the magnificent apple blossoms that are blooming around town, and say, "Thank you for being," it raises the vibration. So much of what we are talking of here is the raising of vibration, because that higher vibration is what will heal the environment. Put it in a simpler term: love—just love. Saying "I love you" to the tree or to the tiny blossom, this is so powerful because of the way the root systems are one. You may think that this tree and that tree are a mile apart, but the earth carries the energy. And it carries it under the oceans. Earth is earth. It doesn't matter if it's up here, and then an ocean, and then up here; it's all carried through the earth. "I love you. Thank you for being. Thank you for the enormity of joy you bring me. I love you."

So, in celebration of Earth Day, you don't need to go on a march. You don't need to give a lot of money, although I certainly think that's a fine way to spend any excess money, supporting the environmental causes. You just need to pause and say, "Thank you" and know yourself as intimately connected with every living thing on Earth, both the third density beings—all of you, connected—and also those dear second and even first density beings. The bacteria in Barbara's toe—not wanted, but still, "Thank you, Teacher." It's a life form. It is a sentient being, that bacteria. We can't hate the bacteria.



We say, "Thank you, Teacher." And then we say, "But you must leave this body. This body is not equipped to have you living upon it, depleting its energy, so you must leave." But we do it with love.

You all love the roses, the hydrangea, the pansies. Most you don't so much love the poison ivy. The poison ivy is still a sentient being. Can you let the poison ivy live and tell it, "You must stay off my trails."?

Many years ago, Barbara spent whole summers in her cabin and the trails had a lot of poison ivy. So, she bought some kind of spray—not the bad kind that harms the environment, but something that would kill the poison ivy.

She was spraying the path. A neighbor from across the lake who was wise in such things came walking by and said, "What are you doing?" And Barbara said, "I want to get the poison ivy off the path so me and my children and all the other people of the lake may walk without getting this terrible rash."

She said, "Why do you have to spray it? Just talk to it." Barbara was a bit confused. This was probably thirty years ago. She said, "Tell it what?" And the neighbor said, "Tell it to get off the path. It's free to grow in the woods but not on the path."

So Barbara experimented. One of the jobs that she had taken over as volunteer was to keep these walking paths free of poison ivy. She decided to choose certain paths that she would spray and other paths that she would simply talk to the poison ivy. The paths where she took the time to sit down with the poison ivy plant and ask it to please move back from the trail—a good distance, at least eighteen inches off the trail—by the end of summer those paths were clear. The paths where she had sprayed, the poison ivy kept growing back into the trail over and over again.

Poison ivy is reasonable. If you ask it nicely, it will back up. The bacteria infection in Barbara's foot has been pretty reasonable. Looking at the wound last week, the doctor said, "I'm concerned because at the end of the toe where there was a big open wound," he said, "I can see the bone. And if the bacteria has infected the bone, it's going to be very hard to remove it." So thus, this surgery boot so there would be no pressure against the bone. She was given an antibiotic and other medicines.

But Barbara thought, "Okay, this is like spraying it with poison ivy spray. Let's talk to it." And many of you responded to that, I know, sending loving energy and just keeping Barbara's foot and toe in the light, helping. Barbara's been singing to it using this heart chakra tuning fork. I don't imagine you can hear it (*playing*)... It's the tone of the heart chakra. She's been putting the stem of it on the foot just behind the toe so the vibration carries through into the toe, and singing (*sings OM*) to the toe. She's been offering light and love to the toe. She's been thanking the toe and the whole foot, which was grossly swollen. The swelling is going down; part of that will be the antibiotic. But, the message

this morning said that the x-rays show there is no bacterial infection in the bone that's sticking out at the end of the toe. (Later and more precise tests showed that it is in the bone) It got the message. It was held in love, and it found its own resistance to say, "No, no bacteria permitted here."

The bacteria, the poison ivy, the redwoods, the roses, these are all part of the environment. The water waves. Barbara saw today on the news that Japan is taking the water from Fukushima, from the nuclear reactor water. It's been treated. It's supposed to be cleared of radiation, but they're going to dump it into the Pacific Ocean. I would say that this *can* be done safely but probably not the way they're doing it. They've treated it like spraying the poison ivy. They haven't blessed that water and raised its vibration and invited it to release any harmful radiation. Wouldn't it be wonderful if we could come together as a world and bless that water and raise its vibration so it becomes simply high-vibrational water released back into the ocean? It concerns me that it will do real damage, if they go ahead as they are planning.

How do we hold this Earth with love and with light? How do we say no to the potentially harmful—and the actually harmful—environmental conditions? Everything arising out of conditions and, in itself, becoming condition for the new arising. And on and on and on it goes, until you stop it by holding it with love.

So, this is what Earth Day means to me. Let's not call it Earth Day so much as Valentine's Day." Earth, won't you be my valentine? I love you. I love the seas. I love the earthworms. I love the scorpions. I love the redwoods. I love the roses." No distinction between these; they are all blessed life forms, some more pleasant to the human than others. They are not separate from you. And as soon as you look at the scorpion and say, "Not that, but oh yes, we'll take this lovely butterfly," you're creating a duality.

Invite the scorpion to learn how not to do harm. Invite the atmospheric conditions to clear up and become more balanced so they don't do harm. Invite that radioactive water, which theoretically has been "purified", as they said, invite it into a high enough vibration that cannot do harm. Love *everything* in your world and know it as non-dual with yourself.

Each of you has a poison ivy face and a scorpion face and a rose face. When your rose face is shining, you're feeling, "I'm so sweet; I'm so lovely." But how do you feel when your scorpion face is shining? How can you relate lovingly to the scorpion face that is always going to be present somewhere within? How can you cherish it?

The Earth is a wonderful place, a wonderful ground for learning. You came into incarnation with the intention to bring a higher vibration to the Earth. To help, I would not say so much to heal the Earth as to lead the Earth to express its already radiant nature, its already high vibration.



As long as you create dualities, you're going to be challenged. Every time that you create a duality, you create a new expression of that loyal opposition. When you know everything is part of the self and hold it in love, then the separation and potential for harm all dissolve.

So, coming back to the Earth, we spoke of this in class last week—or perhaps in Remembering Wholeness—that the earth plane is a plane of polarity—positive, negative, and neutral. On this earth plane there is always going to be polarity.

Polarity is not a problem. You would not move through the Earth learning what you came to learn—and the Earth could not move into being a very highly positively polarized planet—without polarity. We appreciate the polarity. That doesn't mean that we become slave to negative polarity. We say no to negative polarity persistently, again and again and again. And it works.

In this way, you come from a place of resistance to polarity to thanking polarity, that "Thank you, Teacher." You do not become trapped in negative polarity. And gradually, the Earth moves through the negative polarity and into increasingly a high polarity, which you are exemplifying by saying, "I love you."

"I love you, Mr. Skunk, but you may not stink at my back door."

"I love you, poison ivy, but you may not be on my walking path."

"I love you, angry neighbor, but you may not throw rotten tomatoes at me."

Through act or through words, persistence. And this is the heart of our Vipassana practice, because as you practice, objects arise—pleasant, unpleasant, and neutral. And when it's unpleasant, there's generally resistance to it. So, first there is pleasant, unpleasant or neutral, then contraction and growing aversion to it until you move into separation of me and that and "I'm going to get rid of that."

You are here on Earth not to get rid of anything but to learn that nothing is separate—part one—and to learn that everything has the capacity to respond to love. Some of that may take many, many lifetimes; some of it will be faster.

You invite it by saying, "I love you." No "but"—"I love you, but..." creates a duality. "I love you, and you may not attack in this way. I hold you in my heart with love. No, you may not do harm." That which is deeply negative will pull away and move off into a more negative plane, one that's not headed toward becoming a ground for positive polarity. It becomes too uncomfortable here.

As we hold the challenges of the environment in our hearts, instead of saying, "I hate this. I have to get rid of this," when we say, "I love you. I see and feel your pain. And



you may not rain down mudslides or floods. You may not cover the paths with poison ivy. No, because that is doing harm to many sentient beings, and this earth plane is moving towards that which is free of harm to sentient beings. So, no, you may not do that."

It's not too much different than what you teach your two- and three-year-old. "You may not scream at other people or throw things at them. You may feel anger, but you may not do harm." And if you're persistent, the three-year-old blossoms into a magnificent human being, and the Earth heals itself into expressing its innate radiance and beauty. You are in charge of this, and you can do this.

I have spoken longer than I expected, and I feel Barbara's body is suddenly really very tired. So, I'm going to release the body back to Barbara at this point. I love you and I thank you for this opportunity to speak with you.

And please, not just on Earth Day but *every day*, hug a tree.

I am Aaron. This has been trance channeled and I've been pretty much—not completely, but close to fully—in Barbara's body. But she is tired. It's been an arduous two weeks.

Barbara: Thank you, Aaron. So, I know what he was going to talk about, but I don't know what he spoke about. But Earth Day for me—can we use Earth Day as a launching spot, not just a once-a-year day, but a reminder that yes, we want to do this every day, to treat the Earth as beloved, to treat the Earth as self?

I'm going to ask you to give me a few minutes here. I just need to collect my thoughts a bit if me as Barbara if going to talk.

(pause)

So, we do experience polarity and we experience challenging catalyst, whatever that might be. The heat goes out. The body develops an illness. Somebody is furious at us. We stub our toe, whatever.

There was a poster I had thirty years ago hanging in my office that I loved. It was a big 24"x36" poster. The picture was of a swami in a loin cloth and with a turban, long hair and beard. He was on a surfboard in the ocean on top of a big wave. The caption said, "You cannot stop the waves from coming but you can learn to surf." I loved that poster. It finally got tattered and I had to let it go. I'm sorry that I never took a picture of it, but it is such a beautiful example.

We cannot stop the waves from coming. And if we came here in human form, we had no *intention* to stop the waves from coming. At some level we said, okay, I'm willing to



experience the waves to learn about the waves. I can't do that with resistance to the waves, only by allowing the waves to touch me fully, by allowing life to touch me fully.

I acknowledge that I was scared when the doctor said that it could get into the bone. I said, Then what? He said fifty percent of the time we can heal it with antibiotics; fifty percent of the time we have to amputate a portion of the toe.

Well, I know where this goes. My foot does not heal easily, so if they amputate part of the toe, it may not too long before there's more infection and more of the toe, and the foot, and the leg, and so forth. We all know people who have had this kind of situation. I've had diabetes for over twenty years, and I handle it well with diet and exercise. But I know that that's a potential for people with diabetes, that I could lose a limb if I'm not careful.

I love to be outdoors. I love to swim. I love to swim in the lake. I was miserable. I don't know which bothered most, the idea that it might not heal or the idea that if it didn't heal soon enough, I wasn't going to be able to swim in the lake this summer! "No! Don't take my precious lake swimming away!" I was scared because I saw it as a potential devolution, moving deeper into aging, old age, and death, just moving through that.

Aaron said, "Why are you assuming that that's what's going to happen?" And I could see that part of me was caught up in that *inevitable*, the idea of *inevitable*. And that I had to release that inevitable idea and really know the ever-healed toe right there with the infected toe, to do everything I could to bring back to the surface the reality of the ever-healed.

This is so much a core of everything that we do here at Deep Spring. We're never *fixing* anything. We're looking at the reality of that which is distorted right there within the reality of the ever-perfect, and then asking ourselves what helps to invite the ever-perfect to express itself more fully.

So, I could see how I was being pulled further into negativity by my anger and feeling of helplessness. "That's it! I'll just lose my leg and I'm out of here. I'll go home." Is that what I really want? No, not at all. You might say I'm eighty years old, but I also like to say that I'm eighty years young. I've got a lot of life ahead of me and I don't intend that life to end at eighty or eighty-one. I have a lot of friendships to cherish, a lot of dharma to share, a lot of joyful, beautiful flowers to look at and smell; just love.

So, I've had to do a lot of deep work for myself looking at the growing feelings of aging body, increasing body pain and tiredness, and making a firm commitment, "No, this is not my intention to just move into that. I am going to stay with light and with love. I am going to know the ever-perfect." And that's not any insurance that it's going to be enough to save the body. I'm not a failure if my body becomes infected with these bacteria. It doesn't mean that I haven't done it well enough; it just means the body was



in a place where it could no longer hold a high enough vibration to move through and express the innate perfection. Sometimes it can; sometimes it can't.

I look at Hal every day, his radiance, his innate perfection, his joy. Those of you who know Hal know he has such a twinkle in his eye and such a kind heart. And yet it's not enough for his body to heal, for him to get up from a wheelchair and begin to walk again.

So this is how it is on this physical plane. *We do* age. We don't have to suffer because we age, and we don't have to come up with some kind of an idea that we're less than beautiful, less than perfect. Embracing our innate perfection.

So, this is part of learning to serve. Some of you know that I was wiped out literally by a wave about fifteen years ago. I was knocked unconscious, had a near death experience. I was playing on a buddy board, those little boards you lie on, racing in to shore. I love the ocean, have played in waves all my life. This was a sudden series of 3 huge waves; just took me out! Sometimes we can do it; sometimes we can't. It doesn't make me a bad person or an inadequate person.

We take what we're given, some waves little and some waves big, and we do the best we can with them. And we give thanks for the opportunity to experience the waves because without the waves, without any catalyst, we're not going to grow.

I've learned for myself that I really am never given anything that's bigger than I can handle. And some day, what I'm given is going to be dying, and I'll be big enough to handle that when it comes. But it's not time for that yet. A lot of life, a lot of joy.

Something that helps when one sinks into negative thinking is just gratitude and joy. Those of you who are in a climate like I'm in know that today was magnificent. I had to drive to a doctor's appointment (I'm not usually driving around) and the apple trees were blooming and the forsythia and daffodils, the sun was shining, and those tiny little green leaves were opening on the trees. I couldn't stop myself from singing, it was so beautiful. Joy.

A friend of mine, James Baraz, wrote a beautiful book called, *Awakening Joy*. Some of you might enjoy reading it---the ways to remember joy. James is a senior Vipassana teacher, a dharma teacher at Spirit Rock, and we've taught together often when I've been out on the west coast. On Amazon: *Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness* I think it's some of each; we need to awaken and we need to remember.

Last week in class we showed two videos one after another on the screen, each for about ten minutes. One was of an ocean scene. You could see the ocean, just flat, and then the wave building up, building and flowing towards shore, breaking slowly up on



the shore and then washing back down the beach and into the ocean and back out. Not tumultuous; calm, but at the point where it crested, splash! Energy to it. Nothing there but ocean.

If we think of ourselves on a wave like that or being a wave like that, there's not much resistance. The currents come together and we build up into an expression and then we come down and run up on the shore and wash back down.

This coming week is the Emerald Isle retreat which I've led for eighteen or more years, I think. For many years, I would sit with people down right at the water's edge, get people to sit about hip deep in the water. Not huge waves, but feel the waves coming in. Water would rise and then wash out. Waves coming in, waves going out. Can we be with those waves without resistance? When they are manageable waves, we know we could do that, really through mindfulness. When they become huge waves, it's much harder. It's scary. So, we'd do the same thing on days with bigger waves, and people would be sitting, and a wave would come and wash over them; harder to stay open and free of resistance.

The second video we looked at in class last week had the same kind of ocean scenes but big rocks and harder current, the wave coming in and smacking against the rock, huge spray. Sometimes there's going to be a gradual beach that our experience washes in on, and sometimes there's going to be a big rock.

We actually spoke of this on Easter, too, when Yeshua was talking about what he calls the *crucifixion initiation*. It doesn't mean you're going to be hung on a cross. It means you're going to get a flat tire, or your heat's going to go out, or you're going to end up with an infected toe. The millions of little and bigger "crucifixions" that we experience, the rocks that everything crashes on.

I think Aaron spoke some about this, but for me the whole heart of the human experience is learning to surf. Not to get caught up in the fear about the impact of those bigger waves, and not to go, "Stop!", which is going to make it wash over you. Even if it's a big wave, as I sit there on the beach, if I relax, it will wash over me, probably roll me backwards, run back out and I'll sit back up. I'll be wet. So? It's a hot day. Here comes another one. Just letting it be and no resistance. But when we stiffen and resist, it's usually because there's fear.

Good old chain of dependent origination. Contact. Seeing the wave that's coming. Consciousness of the size of the wave. Maybe contact of the wave touching. Consciousness of its power. Feeling of pleasant, unpleasant or neutral. And then, if it's pleasant, often there's liking, and if it's unpleasant, there's dislike. Even there, there's no problem. Some things we will like; some things we will dislike. But as soon as liking hardens into grasping and disliking hardens into aversion, then where the rock has a wave smashing off it and water going up twenty-five feet into the air, we break apart.



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We can't stop the waves from coming, but we can learn to surf. And we can learn to really find joy in surfing.

Anybody here do any bodyboard surfing? Who has any experience with that? Is it fun? Yeah, it's great! We just have to remember we're here in this incarnation to learn to surf. It doesn't mean there will be no fear; it means fear is just another wave. And we see it coming, and we loosen into spaciousness around it, and we let the fear arise and pass away. Everything arising from conditions and passing away, and there's nothing left to hold the fear in place.

Okay, so that's my bit of talk for tonight.