



January 20, 2024 Saturday Workshop, Part 1

Reviewed by Barbara, Colette and Entities

Understanding who and what is our multidimensional self; The Boss; Light co-creation versus transactionality; Transcending conditioning from other lives by accessing the multidimensional self; Compassion as key to unlocking the fullest aspect of the multidimensional self

Barbara: Good morning. Sorry for the delay. I'm hoping you can hear me. I'm just getting past a bad head cold and I'm pretty hoarse.

You've heard us toss around the term 'light creation' and that has a lot of meanings to different people. We're definitely not talking here about creating a human without a sperm meeting an egg, not that kind of light creation. But everything we create is part of light creation, some of it more mundane, some of it less mundane.

We are light. We are all light. And when we touch deeply into that place of light in ourselves and create from there, we have a lot more wholesome results than when we are creating from the ego self.

It's interesting to me that this is the topic this morning because I've been working really deeply with Aaron, Yeshua, Mary, and others this week, just with them constantly talking about it, explaining and giving assistance.

Yet somehow, I seem to have manifested a cold. I asked Aaron last night, why the cold, if I want to lead a workshop and do it as skillfully as possible? He asked me to look at the places in myself where I don't totally believe in myself and my ability to bring forth what I wish, and the ways I may fight against myself. I'm sure you're all familiar with doing that at times.

I said to Aaron, "But my intention is to host as skillful and beautiful a workshop as possible, that's meaningful to people."

Again, he said to me, where is any resistance to this? I'm not sure I see the resistance, but I will need to look further.

Obviously, it's not the only reason I got a cold. I went to a memorial service a week ago and hugged a lot of people, and some of them coughed or sneezed in my face, so that's probably where the cold germs came from.

Anyhow, I'm going to give this to Aaron. He's going to talk first.

You all know Colette and John. Colette and John, give a wave to any new people so they'll know who you are. They're going to be participating in leading this, too. Colette and John, do you want to say hello in any way before we move on?



Colette: I'll say hi. It's lovely to see all of you joining us today. Barbara, Tavis and I have been hanging out with spirit for several weeks, sometimes up to three hours at a time, having absolutely fascinating conversations. I can't say I understand it all or that I know how to light-create exactly. But we are learning so much. And it's wonderful that we can share this exploration together. We have such wonderful support from our teachers, spirit and human, and from each other. So, welcome. We hope that this day will be useful to you. John, I pass it on to you, if you wish to say anything.

John: Thank you, Colette and Barbara. Hello, everybody. Welcome, this morning. I see many familiar faces, but some names I don't recognize and hope to get to meet you online here.

I have not been in on the discussion of these topics. I get a transcript of what's been talked about and, like Colette, I totally don't understand any of this. So, this is very much a learning workshop for myself also, and I look forward to seeing how all of this unfolds. So, welcome to all.

Barbara: Thank you, John and Colette. Aaron will speak.

Aaron: My blessings and love to you all. I am Aaron.

I'm looking at each of your faces, personalities, physical features. You are unique.

Part of you is the ego self, that with which you are identified as you, and when you look at your face in the mirror, you say, "Oh yes, that's me."

But you are also multi-dimensional. By this, I do not mean just that you have different facets of your personality. I do not just mean that you've lived past lives and that these karmic ancestors are part of you. This is true, but this is not what I mean by multi-dimensional.

You are human, you are spirit, and you define yourself so narrowly, for the most part. So, the first thing today is to help you expand your understanding of yourself.

There may have been a time in the past day or two when you felt anger. Anger became predominant in your experience.

But right there with the anger, let's say, is that which was not angry. If you look, you can find it. The anger is a real experience, but it's just one small bit of the totality.

There may have come a time when you were fearful. Again, the fear had a mundane reality. It was the experience of the moment. Many of you have heard me say "that which is aware of fear is not afraid". So, this not-afraid essence of you is there, right there with the mundane human being who is afraid.



Here we get into the multidimensional self. That you are the non-fear and sometimes there is fear. You are the compassion and the love, and sometimes there is anger, even hatred.

We need to practice at recognizing the multi-dimensional self; recognizing, in this example, the one who is not afraid right there with fearful one, the one who is not angry right there with anger. Not in any denial of the fear or anger but to find a container for those and hold them with kindness, while not becoming so deeply invested in being the one who is afraid or angry, or sad, ashamed, or confused, but to expand into the fullness of yourself.

I bring this up first, because it's a necessary step and one we'll practice with a bit today, with some guided meditations.

I see three basic parts of our work today. Connected with this first part is recognizing the one that a spirit friend called the Boss. —I guess I'm the one who first titled it the Boss.

Do you have a Boss in you? The one who says, “No, do it this way,” or “That wasn't right; I can do better,” or, “I should do this,” et cetera. Boss.

All humans have this experience. With practice, we can learn to greet the Boss with kindness, rather than believing we must kick the Boss out and be “better,” or we must obey the Boss.

With mindfulness, we learn to recognize the presence of that Boss, which is just the conditioned way that we live in the world. Your psychology calls it ego, but it's beyond ego. It's not just ego, it's old habit. So even if ego is not speaking, one still falls into that old pattern of behaving in this way or that way.

Or sometimes it's a kind way: Being the one who takes care of others. Being the one who gets everything done. Being the one who is bright, generous, patient. It's just another role. Who are you beyond any of these roles?

The other thing that we want to speak about today some of you have heard me talk about last Wednesday in Evening with Aaron, or perhaps in the Serendipity class: Co-creation.

Your world is used to creating on what I would call a transaction basis, one self to another self. I will do this for you, or for that. What will I get in return? I'll buy the book and I'll give you money. I'll go out for lunch with you and have the joy of your friendship. I'm treating for lunch. Maybe you'd come with me even if I weren't treating, but I'm giving something, and I want something in return.



It can be a very benign transaction, as to the child. If you brush your teeth and get in bed, I'll read you a story. So, this is not a negative transaction; it's based in kindness. But it's still small self to other small self.

You can move out of transactional living, but it's deeply conditioned in you. It's earth plane, third density way of living.

As you shift into a higher density, as you awaken, as your earth awakens, transaction is not going to be the main path anymore but co-creation, which must come from the multidimensional self and not the small self. That's why I started today by introducing the multidimensional self.

The more settled and present this multidimensional self, the more the energy flows between you and the world, and you co-create for the highest good.

In order to live stably in a higher density — and you all probably are aware of the idea, at least, that Earth is transitioning into a fourth density planet — in order to live there stably, you need to be living in the multidimensional self, so that you are no longer trying to live on a transactional basis but a light-created basis.

This is another concept that we'll introduce in more depth today. For this morning, I'm just giving you a broad outline of our plans for the day.

(pausing to address technical issue) We created a bit of chaos. All the settings are off. Why did we co-create that? Remember that while we have free will, that which I call the 'loyal opposition,' and which would oppose us, also has free will to try to get into our way. Then we have free will choice about how we will respond, with contraction or an open-hearted clarity.

Thank you for listening to me. This is the basis: Learning about the multidimensional self. Learning to observe the Boss without getting caught up in being self-identified with the Boss. Learning to relate with kindness, but clarity, to the Boss, and opening into the multidimensional self. And from there, learning how to co-create, light-create from this multidimensional self.

At this point, I'll pass this on to Colette and whoever wishes to speak through. Thank you. I am Aaron.

Why do I say, "I am Aaron" at the beginning, at the end, each time I speak? And the other entities are the same. There's an energetic imprint that comes at the beginning, it comes at the end. I can only say it's important to you, gives stability, and that's why we do it. I know you know I am Aaron.

Colette: Thank you, Aaron. Yeshua will speak.



Yeshua (C): My friends, I am Yeshua. We of Spirit have been looking forward to sharing with you some of the things we have been exploring with Barbara, Tavis and Colette. At times other Spirit friends have joined us as well.

The time is now. You are ready. The Earth is already in fourth density energies. The shift is upon us.

You read in your newspapers and see on your television all that is happening around the world. And yet, you primarily hear of all the difficult and traumatic things. But there are other more positive things happening as well that are not given as much exposure in your media.

Each of you chose to be here for this time. You might say to me, “Well, Yeshua, if I had known it was going to be like this, I probably would have changed my mind.” And from the human perspective, who would blame you?

But it is not your human self that made the choice. It is your fullest self, your multidimensional self. You are familiar with the term, your ‘higher self’. You, as a human, may not always have awareness of what went into your decision to be here right now. Nevertheless, here you are.

We have two other workshops coming up, and we will continue to explore all of these concepts in more depth.

But today, I want to speak about the multidimensional self. Some of these concepts may be new to you, or you may have heard of them before.

You are ready to know who you are. Most of you are aware that besides this body/mind—what I call the *conditioned self*, which is the interface with the material world—is not the fullness of who you are. I would like to begin to expand your concept about who you really are.

Perhaps this may not make sense to you. Or you might say, “Yeshua, that is really crazy, that’s way out there!” Well, that’s OK. I will just offer ideas for your consideration.

In the third density experience, time is linear. One moment goes to the next. You are born, you grow, and you transition. Everything occurs in time.

In your particular society, life is so structured by time. You all have your planners and your phones and this and that, and everything is one thing after another. Your daily life and functioning can become so embroiled within time.

But time as you experience it is only one factor of a multidimensional existence. In the dimensions beyond third density, all time is simultaneous. This may seem hard to



comprehend—that everything is happening at once and that everything impacts everything else.

These are not new concepts in the spiritual domain. But beings in different times and cultures have used different frameworks through which to understand this concept of multidimensionality. Now you have quantum physics, which has discovered that everything is energy and everything connects to everything else. There is no separation.

So even your scientists are beginning to understand that an event happening right here in a particular time and place, is not just local. It affects a galaxy far, far away; a phrase used by your science fiction writers. But this is actually true.

If this is true, what implications does this have for you? I will not lay them all out today, but I will offer some ideas for you to contemplate before we meet again.

You are familiar with *this* body, *this* mind, and the history of *this* life. Perhaps you are also aware of past lives, as you call them.

The common thinking about past lives is that you, as this spirit, incarnated at a certain time, perhaps five thousand years ago, and then had another incarnation. And along the way you accumulated karma, and you resolved karma, and you just keep going through successive incarnations in a linear way.

But the incarnational experience is not really like this.

Think of your oversoul. I like to use the image of a rainfall shower head. There is only one showerhead (one source of the water) but it has multiple spouts, and each spout brings down an individuated and unique stream of water.

Another analogy would be the octopus with all its legs. There is one brain//body but with several tentacles. Each tentacle can move separately, but all its motions and actions flow back and integrate into the one body/mind.

But let's return to the rainfall shower head analogy. Your current individuated expression (incarnation) is only one stream of water from your oversoul. Yet you are a part of every other stream that comes from that oversoul, from that one source. But each expression/stream is unique in its beingness and has its own unique experiences.

As you come into an incarnation and then pass out of that incarnation, that karmic ancestor, if you will, continues to exist. All of your karmic ancestors, the individuated expressions of your oversoul, continue to exist. All of them learn from each other. They flow together. They create and resolve karma together. And the individual 'you' that you are aware of here and now, has access to the whole database, if you will, of your oversoul.



So, bear with me. This may seem very science fiction-y and bizarre. But think of it this way: You, as this person with this name and this role, interfaces with the world. You are used to interfacing based on your conditioned self, which is natural.

But, you have the capacity to move beyond the conditioned self and to open into the fuller wisdom and knowledge of your oversoul, or your soul family, if you will. And you can bring that wisdom and knowledge through, and integrate it into your life as this current individuated expression. This is the multidimensional self. It is unlimited.

I am not saying that you will suddenly become a ‘god’ — although that would be wonderful—and that *is* your true nature as a co-creative being.

But at the moment the point is that you, in this incarnation, have come here for a reason, for a purpose. You have your own plans of what you wish to accomplish and learn. However, you are not bound by your conditioned self. You are not bound by your circumstances. You are not bound by the limits of your brain or your mind. You can open a doorway and invite connection with that multidimensional self.

At times you may find yourself reacting in what you would call your typical patterns or ways that you're used to. You may say to yourself, “Ah, okay, in this situation, I am stumped. I do not know how to proceed. I feel stuck in these patterns and I can't move out.”

When you recognize that you are in your conditioned self — where your Boss, as Aaron explains, is running the show — you can settle in and you can say, “Okay, Boss, have a seat. Okay, conditioned self, you're not all of me.” And then you can invite and open a doorway, a window, to the deeper aspects your multidimensional self.

When you begin to do that, then you can begin to live in a more co-creative way because you are not limited by your conditioned self. Your physical body still exists with all its history and relationships and obligations, but you are not moving from that place.

So when you move beyond a sense of separate self into a multidimensional, fully connected self, that is the foundation from which you can co-create. Co-creation comes from a place not of separation, but of unified beingness.

We hope to bring a deeper understanding of this multidimensional self in this workshop and the upcoming two, so that as you move through your daily life, you can move from a different place. And that place is powerful. That place can change you, and it changes the world.

It also prepares you for fourth density. Because fourth density is a higher level of consciousness in which the form/body and conditioned self is only the interface of the multidimensional self.



I pause. I am Yeshua. We will have questions coming up at some point. But now I will pass this on to whoever wishes to speak next. My love to you. Thank you for sharing this time with us. I am Yeshua.

Aaron: I am Aaron. Thank you, Yeshua. So, the multidimensional self is always there within the present self. We can look at a hand, four fingers and a thumb, the palm, and an arm, and it can extend to the heart. It's all expression of the heart.

These two fingers may pick up something, but the concept of picking up has to come from the heart. From the brain too, yes. But your whole being is involved in any small movement.

You have memory in your present life of times when you were in this situation or that situation, and maybe felt, "I don't know what to do." Felt stuck, trapped, scared. And you have the memories in your present life of similar situations in which you *did* know what to do. So both are true.

As humans, it's valuable to experience the "I don't know what to do," because your human life is set up to have challenges to help you remember who you are.

If you always remember your multidimensional self, you will not have the challenges that teach you. And yet if you never remember the multidimensional self, you're just stuck in the same pattern again and again.

There is a gradual opening to the multidimensional self, an opening that is commensurate with your ability to hold the power and vastness of that self and to take it beyond the self, because it ceases to be a multidimensional self and becomes simply multidimensional presence. Not me or mine; I participate in it.

If you would imagine yourself sitting in a room, with a curtain around you. You don't know there's anyone else in the room. You have very strong earplugs on.

And you're faced with a challenge. If you don't figure out the answer within such and such time, the whole room is going to explode. You think to yourself, "I can't do that. What can I do? How do I save us?"

You know there are other people near you, but everyone else is blocked out. It's just you.

When you acknowledge, "It's up to me, and I can do this," and begin to understand the problem, to see where the explosive is, to understand how to shut it down. Or, perhaps with a different image, a room that could flood, drowning everyone. When you begin to see where the water would come in, you can block the flow of that water.

But there's a tension. "I have to do it."

Halfway through the process, all the curtains lift up. You look around you with surprise and find that you're in a room with a thousand people, and they're each sitting there trying to resolve the issue, to stop the flood, the explosion.

Ah, you look around you and you smile. You notice everybody was worried. Somebody says, "Hey, we can do this." Yes, we can do this. You begin to relax.

So here you've become a multidimensional group. But, my dear ones, you are that multidimensional group, just in yourself. You don't have to see into a past life, although if you have, sometimes that can be helpful. But you begin to perceive old patterns of being, and that there could be some different way of approaching an issue.

Some of you may have a lifelong fear of snakes or spiders, hornets, frogs, who knows what. You've had this fear for as long as you can remember; since you were a young child. It's reasonable to presume somewhere in a past life you had some injury from such an animal and learned to fear it, and you're still carrying that fear.

Here you're opening to the multidimensional self. You don't have to have somebody come along and say, "Oh yes, you had this or that past life." You can just acknowledge this is probably true. The fear came from somewhere. Right now, I have the option to go along with and keep enacting the fear, or to put the fear aside.

Barbara, from the time she was a baby, or as young as she can remember was afraid of spiders, not just big spiders but little spiders. As a teen and adult, when she saw a spider, she'd smack it, kill it. No room in her life for spiders.

In a retreat, I asked her to catch a small spider in a glass jar, put the lid on so it wouldn't crawl out, and just hold it for a few minutes and look at it and then release it outdoors. Repeatedly, through the days, to spend a few minutes with a spider.

As she watched them, some of the fear resolved. But also a memory — and some of you would not call it a memory because it was not of this life. It was a strong experience in meditation of having been some kind of an insect trapped in a spider's web and seeing the spider coming toward it with its stinger out, ready to insert its poison into the one she was, into the belly of this small insect, in order to kill it and have it for food. Now maybe this was real, and maybe it wasn't. But it's a useful reflection.

In our past lives, we've all taken different forms. And sometimes we've been dominant and we've harmed others, and sometimes we've been harmed by others. What's the story here? Why does this keep happening? How can this teach me compassion?

Your Earth experience is especially for this: to learn compassion. And if there is never a catalyst to bring up that compassion, how would you learn it? So, you have agreed to a



veil of forgetting; forgetting who you have been and who you are, forgetting your power. You agreed to live in the small human capsule.

But now, as it's time to transition into a higher density, you are waking up to a bigger truth of who you are.

Doing this exercise with a spider while on a retreat where she had time for reflection, a few minutes with a spider, then releasing it outdoors, and sitting to meditate, she could feel that without seeing details, in so many different incarnations, sometimes she was the prey and sometimes the predator. And compassion arose for beings that are trapped in those patterns.

The interesting thing to me is, once you become aware of the pattern, prey or predator, for example, angry one or kind one, outgoing one or meek one, once you become aware of these patterns you realize, "I don't have to enact these anymore. I can come back and be my genuine self. Not who I seem to be in this lifetime, but something deeper, bigger, clearer."

As another illustration of multidimensional self, for all of this lifetime, Barbara worked with patterns of feelings of unworthiness. They originated in this lifetime with a sense of abandonment from the primary caregiver when she was a very young child. It was not an intended abandonment; it was through illness. But the experience for the young child was abandonment.

She moved very far past being trapped in that mode of being the one who was unworthy, the one who was abandoned. She was past it, resultant from her meditation practice. She's shared that with some of you.

So, the feelings of abandonment and shame did not come back, but she began to wonder more recently, how do I help all beings move past those experiences of the small self into which they are locked?

She began to look at a karmic ancestor and she does have the ability to see these. Many of you do not, many of you do; it doesn't matter. If something comes up regularly, there's probably something there that's being offered to you, and you can ask, what is it? It will come in a dream; it will come in meditation. Somehow, it will come.

She began to see a child that she was two thousand years ago. The father was killed in war before her birth, and the mother was so brokenhearted at the loss of her husband that she was unable to mother her child. So, she lived as the orphan.

Ah, multidimensional self: the one who was orphaned two thousand years ago; the one who felt herself to be orphaned today.



And yet, in her meditation, she understands we are all orphans. We can't hold on to anything. And whether we're orphaned at birth or at age fifty, eventually we're orphaned. Loved ones pass away. Our life situation changes. How can I live from a place of love and the deepest acceptance of myself, of the value of myself, the beauty and radiance of myself, and to live that radiance?

So, acknowledging right now in this moment I have a choice, to perpetuate the myth that I'm in some way unworthy or unlovable, or to choose to acknowledge I am a radiant spiritual being filled with love. I can open that love into the world and receive love from the world.

Why would I block that? When we start to see the fear, maybe if I give love and it's not accepted it's scarier than not to give it at all. Just to stay sheltered.

Opening my heart. Opening the armor around my heart and being fully present. Do I choose to live from that multidimensional self? All that blocks me is the old armor of fear. Lifetime after lifetime of situations in which I could not protect myself from being hurt.

When you live with the armor, you live within the small self. You are not asked to just disintegrate to the armor, only to see the armor and allow it to lift gradually. Opening, opening. Finding who you are when you're not busy being this small self.

Who are you? Are you ready to learn that? I think you are, or you would not be here in this workshop.

I am Aaron. I'll pass this on.

Colette: Yeshua will speak. But I just wanted to ask John, did you have anything you wanted to share at this point?

John: Thank you, Colette. I don't have anything to share at this point. If we do a guided meditation, I can speak a little bit relative to what you're talking about now.

Colette: Okay, I just wanted to check in before I took over. Well, not me—Yeshua! Thank you.

Barbara. See if Yeshua or I AM or someone has anything to say here, and then it may be a good time for a guided meditation from John. Aaron is suggesting, John, looking at the armor, what it takes to be present and see the armor, and release some of that armor. Or a guided meditation in... Aaron is not incorporated. He says a guided meditation in compassion to the self and to others and to the human situation. He says he'll leave it to you. He knows you have a good feel for what might be appropriate.

So, hearing once more from whoever is channeling through Colette.

Colette. Yeshua will speak.

Yeshua (C): My friends, again, I am Yeshua. Aaron suggested a guided meditation on compassion for self and others.

Compassion is the key word for moving beyond the conditioned self into the multidimensional self. The key word to unblock the contractions, the patterns that you are locked into—whether wholesome or otherwise, there's no judgment about it. The core energetic of compassion is the key to unlock the fullest aspects of yourself.

When you hold yourself in judgment, you are creating separation between your expression of the conditioned self, and the fullness of the multidimensional self. This is different than discernment, in which you are looking at certain patterns or behaviors/actions and choosing that you wish to handle things differently or to develop different abilities in yourself.

Judgment is the voice that says, “Oh, I always do things wrong,” or “I am not capable,” or, “Look, I did that again! Can't I ever learn?”, or whatever other harsh words you may use against yourself. With judgment you are simply armoring more and more.

Separation caused by armoring and judgment keeps you from unlocking the door and inviting in your multidimensional self.

Actually, the multidimensional self is always there; it cannot be otherwise. But you allow yourself to merge with it, to see yourself as part of it.

I spoke earlier about co-creation which comes from a place of beingness, of wholeness, of non-separation. As long as you are in judgment of yourself, you keep yourself from being part of your multidimensional self.

So be kind to yourself. You may say, “Oh, Yeshua, well, that's very simple, and that's nice. Okay, I'll be nice to myself.” But my friends, compassion is much more than that, because everything has energetics as part of it.

I'm not talking right now about feelings about others, friendships, relationships, children. I'm talking about your connection to yourself.

When you are angry at yourself—judgmental, putting yourself down, feeling unworthy—you have contracted all these energies around yourself. It is as if you take a blanket and you shroud yourself. In your judgment you separate yourself from your fullest aspects of your beingness.

There's a difference between going into meditation and looking at an event, say, or a habit you have, and holding yourself in love and honoring yourself for your courage and



that you came here to learn. And having discernment to say, “Okay, well, I handled that that way. Was that the best way? Could I have done it differently?” That’s discernment. Judgment is a harsh, cold, contracted energy about yourself. Compassion opens that energetically.

Compassion does not mean there’s nothing you may wish you didn’t do or want to change. Compassion means you hold it all in love, knowing that the conditioned self is here learning. The conditioned self is not who you are. It is not the last word on your worth, or your beingness, or your loveliness.

You are all great, beautiful, bright, multidimensional stars that have sent off a little satellite to go exploring because the fullest aspect of your multidimensional self said, “Ah, we want to know about this certain kind of thing. How does one live, say, with certain conditions, or in a third density world?” So the satellite went exploring and sends back transmissions of what it is learning.

I’m not making light of this, but simplifying it. This body, this image you see in the mirror, with this family history is not you in its fullness. That’s the you who is on an adventure and is here to learn. As Aaron said earlier, if everything was perfect, what do you have to learn?

And yet, you can learn now to open more fully into yourself and begin to co-create for yourself and for others. There’s no judgment necessary. As well, when you see others causing great destruction, and it’s very clear within the social norms that it’s destructive, realize that those actions do not represent the totality of who they are.

The higher self, the oversoul has its purposes. Your collective multidimensional self has purposes that you as a human may not be aware of.

So, have discernment and make choices with love for yourself and with others. Draw boundaries where needed. But remove the judgment. Hold yourself in compassion, as that’s how you keep the door open to your multidimensional self. And if the door closes, then just note, “Ah, okay, I’ve separated myself.”

Bathe yourself in love and forgiveness and compassion, and join in your full self-love. I am Yeshua. I pass this on. My love to you all. I will release the body.

Barbara: John, Aaron wants to share one thing and then pass it to you.

Aaron: I am Aaron. I would like to try a brief exercise with each of you. I’d like you to remember a time in the past few days when you have felt strong anger and discomfort.

Just allow yourself to remember that feeling. There was probably contraction in the body. The feeling was probably unpleasant. A wanting to fix it may have arisen.



Look at this experience and just ask yourself, did I put myself out of my heart in some way, with that experience of anger? Did I say I shouldn't feel anger? Did I close my heart to myself? Did I try to stop the anger, force it away?

I'm going to be quiet for a minute. Take a look at this.

Can you see there the possibility to respond a bit differently to this experience? Just holding yourself in your heart as you would hold a child who came to you saying, "I'm angry! I'm angry!"

You wouldn't condemn the child. You wouldn't encourage the child into deeper anger. You would just hold the child. You would have confidence that right there with the anger was that which was not angry, and you would know how to invite it with your child.

Let's take just a minute more of silence and see if you can invite yourself into your heart in that way.

(pause)

So, it's clear that both the angry one and the one who has space for the anger are there together. This is a part of your multidimensionality, and they cannot abide there together unless the heart is open with not too much judgment, willing to just see what's present and know that the anger arose from conditions. The wanting to fix the anger arose from conditions. And that there is space for it all.

John, I would like to pass this to you. I would suggest a guided meditation as seems most suitable to you: compassion, equanimity, loving kindness. Simply awareness of co-arising, everything arising from conditions and passing away. You've heard where we are so far, and I very much value your sense of what is most appropriate next. So, wherever your heart leads you. I am Aaron.

John: Yes, thank you, Aaron and Barbara, Colette, everybody.