



February 8, 2025 Saturday Morning, Healing Workshop, Part 2

Holding Loving Space for Distortion and Saying No; Working With the Elements to Say No; Saying No to Negative Polarity from Positive Polarity; Earth Transition

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

We are here to co-create for the highest good of each being and of the Earth and of all of that beyond the Earth. To learn our power to do that, that we must start with imagining what we want to co-create.

Barbara spent many years in this room as a sculptor, making large sculptures, some of them ten or twelve feet tall. She started with large coils of copper tubing. There are rafter beams up there. She would climb on a ladder, tie the end of the tubing to those cross beams, a long roll of it, invite it to unwind, cut it off, then tie another one in place. So, she had three or four or six of them, like coils of ribbon hanging down. But it was substantial ribbon that would hold its shape.

Then, she would imagine, what am I choosing to create? She would have done preliminary drawings, but the drawing is a drawing. She had to be present with the tubing, with the material and the way that it wanted to move and not force it into unnatural movement.

So, she would imagine. She would hold her intention that what was created would express whatever emotion or idea she was aiming for. It was often related to a mix of power and harmony. Then she would bend the tubing, push this piece up, pull that piece down and weld little tacks to hold it together. And all the while, she was imagining and co-creating.

Years later, she learned she was creating portraits of entities. She had no idea who or what they were but could see them in her mind. These two are Ariel and Lael, two of many such entity portraits. Both turn freely on their bases, driven by a small motor.



This is what you're doing with your lives. Little bits of material are coming through. They are presented to you; they do not force themselves upon you. You take what feels wholesome, thank it, and ask it, "How can I best use you? How can you best come into my life to help co-create that for which I hold the intention?" Here is some paint or fabric. Why has it come? How can I weave it into the whole for the greatest good? Here is a great gift of light and joy. How can I best bring that in and use it, and offer it out for the highest good?

When we hold the intention for the highest good, we're working more with positive polarity. When we get caught in fear and separation, "No, just for me," we start to edge into negative polarity. Every sentient being is on a balance between the two.

As long as you are human, there is always going to be some strong negative emotion. We are not afraid of that negative emotion, but more recognize that this has arisen in oneself, and that of love says, "Okay, I can hold this."

Going back to my sculpture image, a big piece, and this ceiling is twelve feet high. Something that she has been working on for an hour or two, and she'd step back and look at it and say, "No. It's not right!" And she'd have to get up there with her welding torch and cut away what she had just done and rework it. She knew that she had to stop, sit, and revision it; invite it to express this kind of movement or emotion.

Things are always going to block you. This is how human incarnation is. You get that which you do not want. It's unpleasant. Your incarnation is not set up for you to be getting what you want. There is no checklist: "I did this. I did that. I did this. I did that." Rather, whatever comes, have I been able to relate to it with as much love and kindness as possible? Note that I did not say "to relate to it with love and kindness." In that moment, how much loving kindness was possible? Perhaps only a certain degree.

I was speaking to a friend who watched the mountain sliding down, and the heavy rain storms and hurricane. It spared his home but not his neighbors' homes. He was filled with so much sadness and anger, and he wanted to fix things. And he said that he recognized that the only thing he could do in that moment was to hold a space of love and the intention that no one be harmed, or as little harm to sentient beings happen as was possible. To recognize, "Sometimes I can change things and sometimes I can't. But I can meet whatever comes to me with love."

On the relative plane there is distortion. On the ultimate plane, everything is already perfect. A lot of our exploration this week will be on that balance line, knowing the ever-perfect and recognizing the distortion. Not grasping at the ever-perfect, not resigned to the distortion, but finding that which is free of the distortion, the ever-perfect, right there with the distortion.

This past summer, Barbara had a bad infection in her foot. A lot of skin had sloughed off. She was not permitted to walk on it. She spent at least an hour, often two or three hours, each day, just sitting in meditation, holding the foot and literally, seeing the new skin, seeing it healed.

She didn't approach it with, "Oh, this is horrible! How do I fix it?" But rather, "Ah, foot, you are meant to be with skin, and I invite you to grow skin back and to release infection." The foot that is free of infection is right here in her hands, and yet there is infection.

Love releases the infection. Fear comes up, of course. What if it gets worse? What if they have to amputate the foot? If I start thinking in those ways and trying to fix the foot, so that it won't get worse, I'm actually giving energy to the distortion.

When I can hold space for the distortion and say a clear, "No, this is not what I choose. I choose wholeness. I choose to invite this body to express that wholeness. I invite it," that gives the best possibility for healing. Now, that's no guarantee that it will heal. It may; it may not. What we're doing is setting the ground wherein healing becomes possible.

I'm not saying that it's impossible, but if you accidentally cut off a finger, and you look at it and say, "No, I see the finger there. It's ever-perfect. It's always been that way. It can't really disappear," well, *maybe* one in a billion could grow a new finger, I don't know. I've seen very few humans with this capacity in my many lifetimes.

But, we have one friend who, with a saw, accidentally cut off a finger. They did surgery, sewed it up and repaired it as best as possible, minus this finger. He is an artist, and he said, "What am I going to do?" It was his right hand. We said to him, "Just live as though the finger is still there, and love your hand." And it took it very little time to heal, very little time for him to be able to do everything that he could do before, without this one



finger. So, we're not talking about magically growing a new finger but finding the wholeness that is there around whatever is damaged.

We are on this bridge between the ultimate where there is no distortion of any sort and the relative, where there *is* distortion.

Here in this short talk I'm just introducing some ideas. We'll go deeper into this further on in the workshop.

Many of you were in the Dharma Path class where we talked about that bridge between relative and ultimate. Where on that bridge does healing happen?

If you live your life in ultimate reality, what purpose did you have to come into human form? You came into human form to meet the various challenges of relative reality, to get to know them, to see how to respond with kindness and clarity.

If you dash off to the other side of the bridge into relative reality, trying to fix everything, you forget about ultimate reality. You simply become someone who is trying to stop the flood which cannot be stopped, pushing back and pushing back; and constantly tense at fixing.

Somewhere in the center area of the bridge you look this way and can experience the ultimate, and you look that way and can experience the distortions, and you rest in the center, holding space for the distortions, knowing the ultimate, knowing the ever-perfect in your body and in your world. You learn how to do that dance, holding the space for the distortions with compassion and an open heart. Not contracting, but with openness, but with the *power* of the open heart that can say no to distortion.

This is so important in your world today, where there is a great deal of distortion: fires, floods, earthquakes, people dying, wars, hatred, greed. How do we say no to those distortions?

If I talk about the political arena, things that are happening that may be not to your liking, whether you're on this side of things or on that side of things, there are going to be things that are happening that are not to your liking.

If you see that some of those things are coming out of a place of fear, of greed, of ancient bigotry and hatred, are you going to hate the haters? Are you going to say to the haters, "I love you, so do whatever you wish"? Or are you going to say to the haters, "I feel your pain. I love you. I have compassion for you, but no, you may not kill more people in the name of your fear and hatred."

Middle of the bridge, finding the place of strength within you, soul force? Gandhi used the term *satyagraha*, and I love that word. It expresses it so perfectly. The force of the



awakened soul, the power of love that moves through you, that knows how to say no without any contraction or tension.

A simple image. The baby is playing on the floor, sitting on a blanket, very happy. You didn't know the baby could crawl. The baby pushes itself up to crawling and begins to crawl off the blanket. There's some dirty laundry on the floor, which is not terrible for the baby, but you don't want the baby to get into the dirty laundry. Are you going to scream, "No!" to the baby? Or are you going to kindly smile at the baby and say, "Oh, I see you're crawling. Let's go the other way. The dirty laundry is not good for you."? Can you see how loving kindness can direct things?

Your earth has a great deal of dirty laundry, a great many people, who are pulled to dirty laundry to see what kind of further mess they can make. How are you going to say no without adding more dirt to the laundry?

I'm going through my list here just trying to bring up some essentials that we will expand upon a great deal through the workshop.

So, the word *healing*. There is a literal healing, such as Barbara's foot. But it's not really a linear progression. Barbara had to envision, to *know* the ever-healed foot.

(Aaron takes a minute to settle Banner, Barbara's dog, who worries sometimes when Aaron is in the body, because he is looking for Barbara, and Barbara is not here.)

So, we have a *healing* workshop, but we go back to the idea that nothing is ever healed or not healed. It's both a linear progression, and it's instant, the ever-perfect, right here, always.

Then, the akashic field, and we'll spend a whole morning talking about the akashic field tomorrow. What is the akashic field? Where do we find the ever-perfect within that akashic field?

You are familiar with the term *akashic records*. The akasha is an energy of sorts where everything is to be found. We can go into the akashic field and find the ever-perfect and invite it forth.

As a simple example, can you see the arthritic distortion, in Barbara's thumb? It's come to the point where she really cannot grab things with her thumb anymore. We've spent a lot of time, Father John and I, with Barbara in the past month, just gently raising the thumb back; not forcing it, just inviting it into less of a distortion. And going into the akashic field and seeing the place that holds it that way, inviting it to straighten itself. No fear, just a gentle, loving energetic invitation.

You did not see it a month ago; it was much further out. It's gradually coming back into a more useable orientation in relation to the other fingers and releasing the pain from that extreme distortion.

All we're doing with that is going into the akashic field, seeing the ever-perfect, holding the thumb lovingly, often using crystal energy, placing the crystal against the side of the thumb to support it into place, letting the crystal energy run into the wrist and up into the thumb. Just inviting it.

So, when she's sitting in meditation, just relaxing it. She'll often just sit with it this way, resting her thumb against it and feeling the energy move through her shoulder, elbow, up her wrist, and inviting the thumb into its innate perfection.

It already must be there, or it could not happen. There *is* distortion, and there is *no* distortion, in your bodies and in your world. We'll talk more about it, of course.

(reading) "The value of distortion as learning field. Entering the distortion, releasing the distortion and back into smooth flow, holding the big picture."

There was a major distortion of those terrible fires in California, blazing fires, destroying property, killing people, killing animals, trees and flowers.

When we see a distortion like that, of course we seek to balance the energy; to bring in more of the water element to quench the fires.

Then we also need to step back and say, what participated in the co-creation of this distortion? What needs to be invited back into balance?

Here, probably the balance of the elements. Looking at greed that was part of the creation of the distortion. Looking at the areas of grasping—for example, the people that said, "No, I want trees, gardens next to my house, flowering shrubs." Whatever multiple areas that created the distortion.

There's a saying, "Sometimes being just a light tap doesn't get your attention. Something has to come along with a four by four and hit you to get your attention."

What gets your attention? Unfortunately, often it's body pain. You tend not to pay attention to your body until it hurts, and then you say, "Oh my! What am I going to do? How do I fix it?", instead of resting in the place of awareness and seeing the subtle imbalances in the body, in the energy, in the elements of the body, and so forth, and on a daily basis in meditation, inviting it back into balance.

It moves me to ask you, in what ways do you *want* the distortion? What are you getting from the distortion? In some cases, it seems to be something positive. You're learning



something. Well, was there not a kinder way to learn that? Are you ready to let go of the distortion now and move into that kinder way?

We'll work through the week with the akashic field and with the elements—earth, air, fire, water and ether—and their relationship to each other. I don't just mean the balance of those elements, but within the earth element, for example, the earth element out where the fires were was imbalanced, too much fire element within the earth, within the trees and vegetation growing there. And in that area at that time, too much air element and not enough water element. But the fire element itself out there had too much fire and not enough earth.

Pause and take a look at your body. Feel that which seems to be fire coming from the solar plexus. Fire in your body, fire element. Ideally it is balanced.

Now, I would ask you to reach out your hand as if to pick something up. To pick something up and close your hand around it takes a little effort. There has to be some fire energy in it. Does the energy that reaches to pick up that piece of paper or pencil, does it feel balanced, or is there a contraction with that? Does it feel balanced, or is there sluggishness to it?

That act of fire energy that reaches out, does that energy need a bit more of this or that, more wind or air to it? Does it feel too flighty and it needs more earth in it?

We'll play with this in a much longer session. But I just want to acquaint you with the idea that not only are we finding a balance of earth, air, fire, water and ether within yourself, but that each element needs to be balanced.

One of the biggest helps or supports that you can give where there is wildfire is to look in the fire element in your body and calm the fire element in your body; add grounding to it, add water to it. Balance it and then offer it out like a tonglen meditation out to where the fires are. It's like pouring water on the fire to balance that wildfire element that's burning the land, through your own body. Yes, you have that power.

If a million people had done that, all right away when the fire was building itself up, I think we could have put out the fire. Yes, this is something that humans are able to learn more about. This is part of the miracle of being human.

My beloved friend, Anna, has asked me if she might talk about this segment of it, so I'm going to hand over the body to Anna, who is going to speak. Some of you may be familiar with Anna from the book, *Anna, Grandmother of Jesus*. In my lifetime as Nathaniel, in those days two thousand years ago, Anna was grandmother—not my grandmother literally but grandmother to us all. She is a very clear, wise, and beautiful being. I give you Anna.

Anna (B): Beloved ones, I am Anna. Thank you for welcoming me to your circle.



You are not human by chance but by choice, by compassionate choice. In whatever way you came into being as human, whether through the lower densities and finally as human, or coming as a wanderer or a walk-in, whatever way you came into this human form, you came here for a purpose. Within *this* group, you are a very positively polarized group, you came here for a positive purpose.

But negative polarity can also come in with negative intention. That is not the topic of which I speak. I am speaking here of the gift of being human and the miracle of being human.

The human, above all else, has free will, which means that when the insect bites you, you can note that discomfort and gently brush aside the insect, or you can note that discomfort and slap and kill the insect. You have free will.

When a political figure makes decisions with which you disagree, what does it mean to brush it aside and say no to it with all the power in your being, energetically, lovingly, "No, you may not do that."

I remember times as Anna when sometimes I would be taking care of the children. We did not have your playpens then. I would set them on the ground. We did not have your fancy toys but we sometimes had toys of sanded wood, rattles. We had dolls that were sewn together.

So, there would be three or four young children. For some reason, they would all at once look and see the doll lying on the floor, and all of them would be scrambling and rushing, "I want that." Not speaking, they couldn't speak yet, but, "Ooooo!" and heading for the doll.

What do you do? Do you scream at the children? With three, it was easy. One would get the doll, and I would have one in each arm. With four it became harder! I would sit on the ground and gather them all to me, hold them and sing to them, hold them with love.

I would never impart the idea that it was wrong to want something. I would acknowledge that wanting energy. I would help them to understand that it was okay to want, and that we could share. And then I would hold them all in my lap with the doll where they could each touch it. But if one of them started to grab it from the others, I would gently unfold those fingers, bring the doll a little closer to that one, just a little, pressing it against their body but not so they could grab it. So, each of them, one had a leg, one had an arm. Each of them could have contact with the doll. And then someone would see a different toy they wanted or a bird crawling on the grass, and they would climb off my lap and toddle over to the bird.



The important thing here is that each was reassured that it was not bad to want or to have any other emotion. It was not bad to feel greedy or jealous. But there was no need to feel greedy because there was assurance, "My needs will be met. I am safe."

In your world today, so many beings do not feel safe. They feel that their needs are not met. This workshop is definitely not about politics, not about taking sides. But when there is such imbalance in the life in the planet, it seems important to look within yourselves at all that you have and ask, "What can I share? In what ways can I share?"

You cannot go off to Gaza, for example, carrying baked goods that you've just made and distribute them, but you can offer loving energy. You can hold the people in your heart. You can say no in your vote and in whatever ways are appropriate, to those who would take from those who are so needy. And you would reassure those who are grasping, in need, that their needs will be met. To recognize that greed has arisen in people and that that does not make them evil; it simply means that they have not yet matured to the point that they can recognize their own wholeness so they constantly believe that they need more, and more, and more.

This is what you are learning as humans today all over the world: the wholeness of yourselves and of the Earth. The ability of this Earth truly to sustain every sentient being upon it, if greed of individuated expressions of the Earth do not get in the way of that offering to all. The seas can feed so many people. There are so many areas of Earth that could be brought to life and grow wholesome crops if people were not putting all their money into war.

You are being given an opportunity to demonstrate for all of those outside of Earth who are watching that this experiment called Earth, with free will choice of positive or negative polarity, that beings can move past fear and hatred and into positive polarity, can hold a strong ground of positive polarity, and to assure that the Earth and all beings upon the Earth are held in love and respect, are cherished, are fed.

The only way to do that is to acknowledge that fear does arise and to not become caught in that fear. Such choice is the gift of your free will. Part of this is your meditation practice that I know John will be speaking to through the week.

The miracle of being human. You were not forced to be here. Please get in touch with why you came. As Anna, pre-birth—actually, I was a walk-in, so it was not a human birth, but before coming into expression as human here—I saw an Earth that was slowly devolving more and more into fear.

For the Earth to be ready to support and enhance Yeshua's path of love, the whole vibration of Earth needed to rise up. Beings needed to be—let me say this carefully, less afraid of their fear, less afraid of their anger, and a bit more open.



I joyfully accepted, not a task but the opportunity to come into the Earth and help ground positive energy into the Earth. First, just to explore what was happening here from a human perspective. And yes, it was hard. I was not used to the heaviness of the human body. I was not used to the pain in the human body, physical and emotional. It was hard.

Gradually, I remembered who I am, just as you are remembering who you are. My energy field grew, as your energy field is growing. It became more possible for me to energetically expand, to feel more compassion, to feel more love, and then to do, literally, the specifics of the work I came to do, to help create a ground in which my daughter would emerge from me and could give birth further on to Yeshua and others.

But we all, male and female, are giving birth to love, all giving birth to awakened conscious on Earth. That is what I came to do so long ago. And this is what *you* came to do: to remember your capacity for awakened consciousness. That it *is* what you are; you *are* awakened consciousness. To have compassion for yourself when you cannot live up to the full breadth of that awakened consciousness, awakened self, and to start again and again. To keep inviting yourself to live up to your potential to be who you are.

A number of you lived in those times. I was literally grandmother to some of you. And I am glad to be grandmother to every friend. Think of me as the loving grandmother whose lap you can always climb upon when you need comfort. I will never blame you; I will never scold you. I will support you, help you to recollect yourself, get back on your feet and return to your task with joy. And you may come as often as you need to. My lap is always available.

A few of you are asking if I am the Mother who channels through Barbara. No, but we are not different, either. That Mother energy is far older than I am. Various expressions of that ancient mother energy express as the Mother. Some of that Mother energy is in me, but we are different, subtly different. Those who know the Mother can feel the difference. I am simply Anna. I have been many other beings, of course. But speaking here, I am Anna.

I have a great many skills, some of which I came to bring to the Earth, such as the remembering of light co-creation. I did not *create* light co-creation; I remembered it and brought that skill to Earth to help those on Earth remember the skill. That's something we will talk about this week.

Light co-creation, love co-creation, the mingling of divine masculine and feminine that flows through each of you. The power, the love that is your essence. This is part of the miracle of being human.

So, I think that is our talk for this period. I am Anna. And I will be with you this week with love. I'm very happy to join with you, to support you and to hear your questions.



Ariel (B): Good morning. I am Ariel. Most of you have met me before. I am what you call a sixth density entity. I'm one of the founding guardians of Earth, so I have a strong connection to Earth. I'm here to tell you a bit of history. I suppose that's my role here this morning.

Through time and eternity, there have been many different planets, each growing into some polarity—positive, neutral, or negative. There have been sentient beings of various sorts on these planets, not what you would recognize as sentient beings but that which was aware.

There is always going to be polarity. There is no battery on the desk, (holding a pencil) but let's call this positive and this negative. The battery must have a negative pole and a positive pole. The battery itself is not positive or negative, but it has two poles.

You, as human, have both a negativity and a positivity. You are not wholly either. I have never met a being that is completely negative or positive. It would be impossible, because negative polarity has no ultimate reality. There is strong negativity, enormous negativity, but it has no ultimate reality. Only love, only light, only positive polarity, which is expressed through love and light, spaciousness and joy—only love has ultimate reality.

When we look at polarity, there can be very strong negative polarity, very deeply grounded in hatred, confined in fear, but it has no ultimate reality.

(I need to take a minute to come deeper into Barbara's body. This is still Ariel but not yet deepened. Our loyal opposition is watching, curious, so I have not fully come into Barbara's body in a way that would completely eliminate Barbara's awareness. I want her to be present enough to feel what's going on around her at some level. I would ask you all to help bring up the light here...I am Ariel, now more fully here in the body. It's easier to speak. Thank you for your help.)

In the time before time there was no Earth, or other planets. There was the ground of potential but nothing yet fully expressed in that ground of potential. Forms became expressed into this spaciousness. Energy became expressed. There was not yet positive or negative. That which expressed was really just the original expressions of love and of light.

Everything that expressed had free will. And some of that which expressed saw the light and pulled back from it. It was shocked by the power of it. It gave it a fear that it was weak if that Light was strong, rather than knowing, "Because that is strong, I am strong because I am part of that." So, it moved into the illusion of separation from that divine energy and light. And then, out of fear, it thought it must oppose that energy and that light, and it moved itself gradually more into negative polarity.

As with everything else, there is not real tangible positive and negative; they're part of each of you. But That Which Is, Source, God, Divine, it is not negatively polarized in any



way but it must contain the concept of negative polarity because it contains all things. Nothing can express, that is not within that heart, that sacred heart. There is a book by Rabbi Rami Shapiro, *Open Secrets*, which speaks very beautifully of this. Everything is in that sacred essence, including the concept of darkness. The concept of annihilation of itself must be there within it, the concept of fear.

Human expression is a beautiful place of free will that has the potential to strengthen positive polarity by making continuous free will choice. Choosing not to get snagged into fear and darkness and hatred but to see how it arises, and to say, "Oh, you again." That story of Milarepa: "Come, have a seat here by the fire. Have tea. No, I'm not going to get caught in the stories of what has appeared."

In these times, a new generation of humans is arising, a generation of humans that is more fourth/fifth density than third. It is more polarized because of its higher density. That means that high positively polarized fourth/fifth density humans, which most of you are emerging into, have to find the place in yourself that knows its positive polarity.

By positive polarity I mean not wishing harm to any being. Knowing your intention for love. And you may be tearing your hair out, saying, "How do I enact that?" But still knowing your potential to hold that high energy. To love no matter what comes to you. And to use that *satyagraha*, the word that was offered, that soul force, to say no to negativity.

Imagine yourself out there on the slopes of the forests that are burning. Perhaps there are a million of you all out there together, not in the fire. The fire is a couple of miles away; you are not at present risk. Imagine yourself seeing the fire killing trees, animals, homes, destroying the earth. Imagine your power to say no.

Try it. Feel the fire there burning and imagine your power. This is the power of love, not of fear. If there's too much contraction in yourself and there's too much fire energy, add some earth and balance the fire energy within yourself.

There has to be fire to say no to the fire. It's not just water that's going to pour on the fire; the fire energy within you is the heart of what says no to the fire energy that's destroying the earth.

Balance that fire energy and make sure that there's a small blaze that gives energy deeply grounded in earth, with plenty of water and not too much wind. Feel that power within you. Speak to the fire and say, "No, you may not destroy. No, you may not destroy." Say it with love. You are a guardian of the Earth. "No, you may not destroy."

Feel the fire shrinking back with that no. The water and earth energy you're adding does not allow it to expand so much. And that forest fire is not separate from your fire. You are helping that forest fire to control itself, not to feed voraciously on everything around it. "No." A loving, "No." Can you feel that?



Now let us turn to a part of the world where there is a lot of fire. I'm not going to use Gaza for an example; it's too inflamed at the moment. Let's use Ukraine. Soldiers from another country breaking in, setting fires, dropping bombs, killing. Feeling that same energy in you, turn to these armies and say, "No." The no comes from the solar plexus and the heart, from everything but especially the solar plexus and heart. "No, you must go home. No, there has been enough killing. No, the war must end." You're saying it with kindness, with compassion, free of hatred but with real power. "No. The war must end."

I am Ariel. I continue. We can practice this more, but I just want to finish the talk I intended.

Yeshua demonstrated this so beautifully, but for the most part, he did not teach others how to do it, only those within his small group.

Now, two thousand years later, that's the time it has taken, your world is ready to learn this. That of negative polarity, which is trying to push, to destroy, does not have the power to withstand this "No" spoken with love.

You have been two thousand years in the learning how to find that power in yourself. Not to fear or misuse that power, but to bring it all together: the akashic field, the elements, your mind, all of it, to say, "No. Enough destruction."

Clearly, our loyal opposition would not like this to happen, and they're pushing back. It's okay that they are pushing back; it's to be expected. Beings from throughout not just the universe—I use the word multiverse, because of course there are many universes, not just yours—beings throughout the multiverse are looking at Earth to see what is going to happen with this—I don't want to call it experiment; it's much more than an experiment—but with this Earth expression. Can there truly be a positively polarized planet with sentient beings who have free will choice? Can the whole planet become a higher density planet, a fifth/sixth density planet of positive polarity?

And our negative friends are saying, "No, we're not going to let that happen." And you all, whether you know it or not, are volunteers who came forth to say, "Yes, I'm going to be part of this demonstration and show that it *can* happen, that Earth *can* become a high vibrational planet of conscious expression of love.

This is the miracle of being human right now. It will take everything that you have learned. Aaron, of course, teaches you vipassana and Pure Awareness meditation, and these are essential skills, and so are the practices of the heart, the compassion and loving kindness meditations, and so forth, forgiveness, gratitude, joy, awakening into the *truth* of who you are.



And yet, when I say awakening, that sounds linear. You are already awake. There is nothing to awaken, just rub the sleep from your eyes. Open your eyes and *remember* you are awake.

I look forward to speaking to you more during the week. This morning is intended to be a series of short presentations. We're going to stop now. I'm going to give the body back to Barbara because I am not very skilled at schedules. My love to you. I am Ariel, and I will be with you not only this week, but I am always with you, and with gratitude for your presence in incarnate form and the work you are here to do. I love you. I bless you. I hold you in my heart. I am Ariel.

Barbara: I need just a minute to get back to myself. Thank you, Ariel, Anna, and Aaron. That kind of marathon of entities does not often happen. It takes a bit of time to release all of that energy from my body...

I love these beings so much, and I'm so grateful to them. And they are each unique, and each brings us something so special, each has their own special skills to share.

So, it looks like now we're going to break. Ariel has already spoken. After the break, John, Tavis, and Yeshua will come on in that order, each of them speaking for about half an hour. So, go and enjoy your break. Much love to you. I am Barbara.