

Healing and the Ever-healed Workshop schedule – February 8-13, 2025

- Feb 8-11: USA 10:00am – 6:30pm Eastern Time with mid-period breaks
Europe 3:00pm – 11:30pm, US west coast 7:00am – 3:30pm Pacific Time
- Weds. Feb 12: 10-12, preparation for healing co-creation, 12-1 healing circle
- all in silence 24 hours, 1 on 2/12 until 1 on 2/13,
- Feb.13 1PM short meditation, sharing, questions, and closing remarks; closing by 6
- Optional meditation with John – Eastern Time: 9:00am – 9:45AM, 8:00pm – 8:45PM
May include silent sitting, chanting, instruction; possible talk; guided meditations

**The TIMES will stay roughly as stated, but details of the topics may change somewhat as we co-create the flow of this workshop together.
While some of the final schedule TOPICS read like last year's schedule, we will be expanding on the material.**

Saturday, Feb 8

10 – 11 **Creating a sacred space (sanctuary) - at start of every session!!**

Understanding how to set sanctuary, have safety, yet without armoring the heart

- **introductions** group and teachers (human and spirit)

Spirit will include Aaron, Father John, Dom Inaço, Yeshua, Mary Magdalene and may include several other spirit plane friends.

11-12 - **Aaron opening talk: setting the stage for the week.**

- What are our group and individual intentions here this week?
- The power of intentions and refining our intentions.
- Polarity
- On the relative plane there is distortion; on the ultimate plane we 're already perfect. How do we bring these together?
- The 'bridge' between ultimate and relative. Where on that bridge does healing happen? Or is the word "healing" itself a distortion as it suggests a linear progression?
- Nothing is ever "created," just moving into and out of experienced expression."
- What brings it into that outwardly experienced expression? (akashic field)
- The miracle of being human
- Let us consider the value of distortion as learning tool. Entering the distortion; releasing the distortion, and back into a smooth flow. Holding the big picture. Seeing distortion as a catalyst for realizing the value of compassion and forgiveness in order to heal karma. We begin with the idea that the human incarnation, with all of its struggles, challenges, and what one may consider imperfections or distortions, is actually something to be looked at as an opportunity and offers the catalyst to move into fuller integration
- Brief intro to akashic field and elements

12:00 – 12:30 *break*

12:30-1:00 **Ariel:** the big picture. Who you are as humans, why you came into incarnation, understanding your relationship to the multiverse. Co-creation

1:00-1:30 **John:** Compassion and self-compassion, introduction

1:30-2:00 **Tavis** When humans are talking about healing, they're mostly talking about healing their human carbon-based bodies. Those carbon-based bodies are very much entwined with the energetic bodies. It's a complex play of the energetic body around individuation that can

also expand into the ever-healed. When we have contractions in the individuated component, it impedes the ability of the carbon-based cells to change and heal and hold that healing. We have emotional and energetic centers that have to expand, open and heal in order to manifest that energy for the carbon cells to continue to heal and remain healed. It's a continuing dynamic interplay. It's not just one thing is done and then it's done.

2:00- 2:30 **Yeshua imaginal cells - imagining the intention...**

- to establish the flow of moving from the human experience in incarnation into the fuller dimensions of Self and then beginning to integrate those aspects to become more co-creative; and move into multi-dimensional understanding. Explore the human view of self just as an individuated self, expanded to being part of the whole of creation.
- to bring forward the concepts of how to move into co-creative space through the five elements of intention, imagination, embodiment, emotion, energy; to gain a context with which they can work with any of the topics that we bring forward, so that they have a sound foundation as we go into topics in depth.

2:30-4 (Please take personal breaks as needed) Group discussion with human and spirit teachers. Moving away from contraction/ pain etc. and into knowing the Unconditioned, the Divine in selves and the world.

4-5: 30 Breakout groups to discuss what spirit shared

5:30 - 6:30 Groups sharing back to large circle.

8:00 – 8:45 Evening meditation with John (maybe include some period of vipassana instruction)

Sunday, Feb. 9

9:00 – 9:45 Morning meditation with John

10:00 – 11:00 Aaron. Akasha and the akashic field

Akashic field holds our intentions, and our changing intentions shape the field; weaves together with Intention and choice.

The importance of free will. An open energy field supports co-creation. Our choice, to remain closed, with “I can’t” or to reveal the open heart. States like gratitude, joy, compassion, and loving kindness support intention. How we reveal these within ourselves. How free will works with intention, but without force. Inviting! Karma is real on a relative level but on the ultimate level, no karma.

11:00 -11:30 break

11:30 – 1:00 John speaking about dependent co-arising. Talk and meditation.

“That which arises from conditions and in itself, becomes the condition for future arising.”

Everything arises from conditions and becomes the cause and conditions for the next arising. Karma itself is a condition and drops away with deep awareness.

When something arises in our experience and causes real emotional pain, we have helped create or CO create those conditions that are rising. If I habitually respond to it *this* way, with no mindfulness, it's very difficult to respond to it *that* way.

With another person, with a distortion in mind or body, they have their own karmic conditioning. But everything that you say/ do affects how they react. If you're able to present the situation in a clear way to another, to be honest with your feelings, you forge a link- open hearted and compassionate. Same thing when you attend your own mind and body this way.

1:00-2:00 break

2:00- 4:00 Barbara, Colette, John, Tavis and spirit friends

“Divine Light Co-creation”; what does this mean? How do we support it?
How does this relate to akashic field work and to dependent origination?

4:00-4:30 *break*

4:30-6:00 Questions/ discussion – all

8:00 – 8:45 Evening meditation with John

Monday, Feb. 10

9:00 – 9:45 Morning meditation with John

10:00 – 11:15 **Aaron, Mary, Yeshua with Barbara & Colette:** Reclaiming our power.
Anchoring seeds of love into 3rd density earth; deepening intentions. healing
earth, ourselves, and the universe. One intention and its co-creation

11:15-11:30 *break*

11:30 – 1:00 **opening to the ever-healed. All teachers: With Q&A**

1:00- 1:45 *break*

1:45:-3:30 **Tavis:** Expanding upon our topics presented thus far, we will look at how
and why these bodies were created here on Earth; and how this template is helpful to
the individualized self, humanity, and the greater cosmos of Creation. We will utilize the
pendulum to demonstrate our energy centers exist and how this tool can assist in our
healing journey. We will review basic Light Healing Meditation for your personal healing
practice.

3:30-3:50 *short break*

3:50-5:10 **Discussion, Q/A, talks with all human and spirit friends**

- Causes of pain; working with pain.
- What supports and what blocks healing or differently stated , what blocks
opening to the ever-healed.
- Linear path vs simultaneous path/ Ultimate and relative.
- Co-creating with spirit

5:10-5:30 *break*

5:30 - 6:30 questions & discussion with all human and spirit?

8:00 – 8:45 Evening meditation with John

Tuesday, Feb. 11.

9:00 – 9:45 Morning meditation with John

10:00-10:30 **Aaron (and friends):** - deepening intentions

10:30-10:45 *break*

10:45 – 12:15 **John:** How the Brahma Viharas (beautiful qualities of the heart) support healing and liberation.” This session will include dharma talk, guided heart centered meditation, chanting and questions/sharing.

12:15 -12:30 break

12:30-2:30 break out rooms opening into break time; intentions

2:30 - 3 *break*

3-6:30 expanding our intentions outward, self, family, world, galaxy, universe...
All and breakout rooms.

8:00 – 8:45 Evening meditation with John

Wednesday, Feb 12

9:00 – 9:45 Morning meditation with John

10:00-11:00 **Tavis, Barbara, John, Aaron, Yeshua and Father John** will further discuss “remembering and inviting wholeness with spirit support.” and the protocols to support what we receive. Q & A too

This session is compulsory for those participating in the center of the circle this afternoon.

11:00-12:00 Small break-out groups to talk about intentions, whether you participate in the healing work in the center of circle or not.

12:00-1:00 Deep healing session - physical, emotional, spiritual, karmic; with spirit support if desired; 24 hours total quiet after. Those not directly participating in the center of the circle will hold the space for those who do.

We will also be holding earth and all sentient beings in the center.

Teachers will be available by phone, zoom or email if needed for these 24 hours,

Thursday, Feb 13 *No group meditation period this morning*

1:00-3:00 coming back together. Short meditation. Optional individual sharing

3:00 -4:00 questions & discussion

4:00- 5:00 closing
