

2017 Re-Boot Camp

#6 State of the World Channel with Einstein & The Party November 19, 2017

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Barbara: Well, good morning, afternoon, or evening. It is November 19th, 2017. This is Barbara With, with the Party of 12, guided by Albert Einstein. You who are here with us, listening, either live or downloaded, know that I started this year doing this series I've called a Re-Boot Camp, one a month, designed to bring in other perspectives on the information that we've been studying for so long. I had special guests, people talking. And then summer came, and my life, as it is wont to do in summer, got very busy with other things, and I haven't produced one since then.

I've been on a nice journey myself. I hope you all have been, shall we say, finding your path. I had a wonderful summer tour with my friends Fredy Argir and Bill Smith for about three weeks, playing music together. We're old friends. We used to play back in the '70s and we reunited on this tour. One of our members, Lonny Knight, passed away before the tour could take place, so Fred and I went on and did it. It was a really remarkable experience to play 12 shows in 16 days in about eight different cities again, as a musician who's been on the road before—I started out as a musician.

On the very last day of the tour I fell down a bunch of stairs and broke my wrist, and that was a whole new turning point of life.

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Now today, I'm here in Paris, where I've come for about six weeks on what I call a pilgrimage of creativity. I have an apartment with a piano and time enough to settle into Paris and develop more of a local feel. So far the experience of being in Paris is wonderful, beyond what I ever could have imagined. I'm in love here. I will come back and do this again. I'm in love with Paris.

But while I've been here, my friends back home on the Bad River Indian reservation in Ashland have had a bad time. I live on Madeline Island in northern Wisconsin and Lake Superior. The Bad River Indian Reservation, and Red Cliff—the Lake Superior band of Chippewa have a big presence in my community, and I'm very much a part of their lives. My friends' nephew, grandson, son—a 14-year-old boy was shot to death by the police.

This was and is another event that I'm talking about when I say I think the world's gone insane and it's because we have a mental disorder. The Intellect is raging out of control right now. The imbalances that we experience personally and then the imbalances in the world have left us so that we don't know what to think. What do we think any more? It doesn't surprise you, does it, to hear me say this, after everything that's gone on this year? Natural disasters, school shootings, hate marches—the world seems to have gone completely insane.

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I decided for this Re-Boot that I wouldn't plan anything. I wouldn't have a guest because I wanted to hear from Einstein. I have to admit that after I fell down the stairs and tackled some postoperative narcotic psychosis, as I called it, I wondered if I had become brain-damaged. But it turned out I was detoxing from all of the deadly drugs that they gave me during the operation. During that time I wondered how channeling would be after the traumatic and shocking experience of falling down about 20 stairs and breaking my wrist.

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I can tell you, for me, it's taken it to another level, the whole experience, a deeper level for me. For those of you who have had a before-and-after experience, you can attest to how it keeps getting more articulate and more precise and more inspiring.

I did a reading for a woman a couple of days ago. She said, "Do you get stuff out of this, too?" I said, "I get connected to what the truth is. Every time I do a reading, I get to go into that place of the non-physical and be connected to what the really big story is. When I come back to the Lens, I can be a little more detached and thus a little more effective and a little more able to enjoy life even when it's not enjoyable."

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After Jason Pero, 14 years old, died, I wrote a story about it. So instead of writing music, I went back to my journalism. You can find it at the Wisconsin Citizens Media Coop. I wrote the story of his murder and the epidemic of murders and why there's an epidemic of police murders, about what the structure of the law is that is allowing this to continue to take place. But on the bigger level, what are we going to do?

Those are unanswerable questions at this point, on November 19th, 2017, except that I've watched my community come together and not be hampered by racism. The county board has called a special meeting to be held at the reservation, big enough so everyone can speak. We're going to come together as a community and make a change.

Regardless of if there will be justice in the political system, this gets back to what I'm looking forward to hearing today from the Party about the state of the world. Because I know in my brain, I know intellectually that my job is to live in the world but not of it. That doesn't mean I don't care about people, or I won't take action or take steps to help my neighbors, or stand up for justice.

It means that when I know why I'm here and I know what my purpose is—to love, that's the bottom line, to learn what that means—the whole world is a platform for me to put that into play. Then I'm more effective in having a meaningful, fulfilling life, despite the fact that the world might be coming to an end.

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If you add that to what we're doing— we are experimenting with the manifestation of creation with the intent to use our love filters for our own energy, to shape and intend that we'll be the change. That's why we're here. I don't think any of us came here to be punished for another life, any of that. What we're here for is to use all of these circumstances to turn ourselves into love.

In that sense, with Jason's unfortunate killing, knowing what I know became something much different than thinking that I have to go in there and demand that that police officer be held accountable for what he did. I don't have to use a lot of energy and emotion trying to manipulate the Lens. I can step back and take a breath and say, "What can I use my energy for to make sure the good of the whole is achieved here?" I was able to do that with this event [and subsequently writing the story].

I know the family. It's a horrible, horrible thing. I used all of that deep emotion to focus on writing a piece that was about educating people and asking the right questions, rather than roiling up in a terrible situation that has many sides to it.

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Just the fact that I could do that in those circumstances was a sign to me of the work that we've been doing—and I say "we" because I can't do this work without you all. *And* I do it alone, you do it alone, but we need each other to continue to remind ourselves of why we're here in this crazy world right now.

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As I mentioned in my blog the other day, my family has had two murders, my cousin Amy in 2006 and my nephew Howie in 2012, that forced me to examine my belief system, to ask myself what I believe about eternal life, about forgiveness. "Here are the deaths. What will you do, and how will you do it?" Applying Conflict REVOLUTION intentionally to each of them, I believe, especially with my nephew's murder, that we made miracles. My sister has fully participated in that, and it has indeed created miracles.

So with all of this experimentation we're doing, I'm hoping that those of you who are listening and thinking about what the unified field theory and Conflict REVOLUTION mean and how you use it in your life, at the very least you can know as you learn that it is effective. I will say, without a doubt, that every single time I do it, I get an outcome that is bigger than I could have done myself, going at it in the Lens, trying to prove justice needs to be done. I can do it better and have an outcome that's bigger than I could have ever imagined.

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Today I want Einstein to talk to us about the practicality of this. Many of you have been listening to this information and using it in your life like lab rats. I want to inspire you to never forget that it's the baby steps. Your mind can't logically draw correlations between how you taking care of yourself will help world peace. [It's because] you are then becoming the one who is loving yourself. If Intuition is telling you to slow down, when you follow it, you are then the one who becomes the vehicle for love of self. It seems like such a little thing, and we you get carried away with all the details of our lives.

I know that you, Robin, are very busy right now, there's so much going on. But when we slow down to the baby step, the next most advantageous step, we have the knowledge that by doing that little thing, taking care of that, taking care of your life, that you'll effect an outcome or be guided somewhere that you couldn't do by yourself.

For me, I think my life is living proof of it. You don't have to prove it to anyone, but every day, when I feel and breathe, when I let myself listen to Intuition and do what it says without fighting it, I am able to create outcomes of much greater good all the way around. Why *wouldn't* that ripple out into the rest of the world, why wouldn't the people in the supermarket line, the librarian, everybody we come into contact with get to experience living love?

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I'd like us to begin today with a guided visualization.

Close your eyes. Turn your focus inward. Take a few deep breaths. Let's go into the vision that we are all out in the heavens looking down on the beautiful, beautiful planet earth. Linda's somewhere around LA, Sharon's in Minneapolis (we're pointing on the map) Barbara's way over there in Paris, Robin's way over there in Washington state, Carmen's in Romania, David is in Australia, Heike is in Norway, a bunch of people all over the world.

We're looking down and we're seeing the Lens that we are each creating. Robin, I can see you sitting in your kitchen or in a comfortable room of your house. But from here, up in the heavens, I can't see anything but the planet. In these two places we begin to get accustomed to the fact that we are much bigger than our DNA space-time human body having the physical experience. Our energy and our operating system are so much bigger than we know.

One reason we begin with this visualization of being in many different places at once is to get you in touch with those places energetically in the DNA space-time body that is sitting there in the Lens. We want your physical body to also be connected to this ethereal perspective up here in the heavens as the Observer, looking down on the planet, the big, big, biggest picture.

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So there's the planet. Then there's the physical world of the Lens. Then there's the last piece of this holy trinity of Human Intention, which is the Source. That is in the middle of Mother Earth, the very center of the planet, where all humankind erupts from.

So here we are, out in the heavens. We see ourselves down there on the planet. We get into the planet, we feel and anchor into the center of the earth. And we feel a wave that is our identity, flowing from the source, from the center of the planet, flowing up through the earth, bursting out through the edge of the earth to create your physical body, which is then the projector and the perceiver of the entire universe.

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Isn't that amazing? Despite what's going on in the Lens, despite all the terrible things we're describing going on on the planet, isn't *that* amazing? Creation of human life, the gravitational wave bursting forth, your physical body is projecting the universe and then it's perceiving it back—the entire universe. All the energy is slowed down, everything separates so you can perceive separation, perceive the physical world.

To me, that alone is beyond description—even though we just tried to describe it! It's like how there are really no words for God, because it's too big. And when we start knowing ourselves this deeply, by the time we get to the Lens, yes, there's a lot going on in the Lens. But it's just a passing-through point. It is the manifestation of the creation, but it's just a passing-through point for that wave that's going on into the heavens, picking up into the earth's electromagnetic field, going back down the North Pole, back down to the center, as it spins and spins at the speed of light squared. And the Lens is what slows that wave down and separates out everything else, creates your DNA body, puts you in that space-time, in that latitude and longitude.

I've noticed, being in Paris, that when I go to Google Maps, they don't give you an address any more. They give you latitude and longitude. All of this is the mathematics. And that right there, what we just described, that vision of the spinning string and the human Intention, as we call it, the Observer in the heavens, the Lens of the physical world, the Source in the center of the planet, that is the operating system of human consciousness. What you program into it is what you'll manifest in the Lens.

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All of this can help us have a different perspective of what is going on in the Lens. And it means the difference between feeling like a victim to this physical world—"Oh, why, oh, why was I born at this time? Oh, my God, how can these horrible things be happening to us? Let's blame the Republicans, the Democrats, the rich, the poor! It's all going to hell in a hand basket."

OK, I get that. I'm there. But when we can back up and remember our mission—world peace, one person at a time, starting with me—to become the love that will guide human consciousness into the next step of evolution, [then] we all have so much more power.

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We will command that only the most divine light shine down upon you at this time and the greatest good be present here.

The Party: We are so honored to welcome you to this circle, all of you who are listening all over the world at different times, in different spaces, in different bodies. We have convened a collection of souls, shall we say, that at this time brings not a new message so much as an uplifted and supportive message.

All of the work that we are doing—those of us who don't have bodies, who still have consciousness, who still have access to thoughts, feelings, senses, memories—we are working at a new level of consciousness

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ourselves. We, too, after all of this time and all of this work, have gotten to a place where our clarity is even greater, where our understanding of how to inspire has come a very long way in our mission.

Just to back up a bit, when we talk about our “mission,” the Party of 12 and Albert Einstein—who’d have thunk it (laughs)—we are talking about a very specific decision that we made in Afterlife as a group to work for the good of the whole, to bring information that we have learned in our lives as physical beings and now in the Afterlife as a new kind of consciousness, a new kind of power. We can’t talk to you at this point about *our* lesson, because it’s at a level that you as humans wouldn’t comprehend. And not because you’re idiots, but because you’re focused on something completely different.

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So suffice it to say that we come to you today with an even greater understanding that your intentions, yes, indeed, have a huge impact upon the manifestation of your world. Your world is incredibly complex, and you as humans have had to dummy down what you understand of energy in order to have a human experience. You’re putting these multiple dimensions into a much smaller space that the Lens affords you.

You have a life-and-death focus on that Lens while you’re having a physical body. That doesn’t detract from your ability to expand your awareness of your non-physical self. In fact, it gives you a platform from which to work for you to expand your own consciousness, to understand in the course of one day in your physical body that when you wake up from the dead and your body opens its eyes and begins its projecting and perceiving experience, you have 24 hours in that day to have a new relationship to yourself in any number of ways. That new relationship over time in the physical body, one day at a time, is what changes the manifestation.

If you’re talking about something personal in your life—a conflict you’ve had with a neighbor or some puzzling situation in your life that you’re worried about—those are the moments when you have the power to take control of that energy and effect change on the smallest of steps.

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You all know what we’re talking about. You know yourselves well enough to know when you’re in that place of feeling like you’re out of control—maybe anxiety has taken over, or there’s so much going on in the world that you can’t even begin to address how to resolve the conflict because it’s overwhelming—one tragedy after another, too much emotion coming, all of those things.

When you’re not in that state, when you’re in a comfortable, safe place, you can say, “You know, if in that moment I could change my thought process while the heavy emotion was coming through, whatever that anxiety was ...,” you know that you could change the outcome of your life.

Not that you always have control—you haven’t trained yourself yet in how to take the control that is yours to take. But it is yours to control. Your thoughts are yours to control. You have that right and that power.

Whether you exercise it or not, this is one of the greatest moments of change that you could have—when overwhelming emotion is surging through you and you’re triggered by something that could very much be real. It isn’t like you’re imagining it. Seeing another mass shooting, you’ve gotten to a place where you’re numb because you cannot take in any more of that emotion.

We say, if you can take in that emotion and interject a new intellectual message as it’s coming through live, we know you can change that. What we don’t know is if you can do it in that moment. That is one of the most insane, out-of-control conditions that a human can be in, when you’re panicking, when you have

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anxiety or depression that manifests perhaps the other way in keeping you heavy and down and incapacitated rather than agitated—it's all the same thing.

Despite what we're going to talk about later on in this dissertation in your relationship to the state of the world today, more than ever we know that if you can get yourself there in the moment of that powerful surge of emotion and wrestle the Intellect back to being something of a superconscious nature rather than, "Oh, my God, the whole world's coming to an end!"—you can remind yourselves that these are the moments you came here for: to feel and breathe, to move human consciousness into this next step of becoming the manifestation of the love that's at our root. The world is so far from that now, it seems, doesn't it?

This is why when you do it, you are building pieces of DNA that change the future of human consciousness. You'll never see that when you're looking at the world and at all the horrible things going on in the Lens and it's causing you to go numb or to be conflicted or to want to run away. You can see it if you stop and remind yourself of your mission here and hold that space with your breath while you're envisioning humankind turning that corner. You're not just envisioning it. You're becoming the change in that moment, when you take that breath. And that's part of what moves the adaptation of human consciousness forward, like a missing link.

But your mind wants to complicate things. Your mind and your Intellect want to take control of the entire system. We want to suggest that as you deal with these situations, which are very real in the Lens, that you look metaphorically at all of those evil characters that are emerging: the people who have turned greedy, who are lying to you, who are stealing and destroying. Look at those people from your Source. They, too, are part of your gravitational wave that is being projected and perceived by you. They also represent a part of your Intellect that wants to grab control and define things as hopeless or helpless or to judge things or to blame someone or to blame yourself. And these thoughts of yours are part of the collective Intellect of human consciousness right now.

While you cannot control everyone's thoughts, you can control your own. You can learn what they are, what they're telling you. You can do an experiment. Once you learn those voices in your head—the thoughts that are greedy and want to destroy your truth, which is that you are a miracle having this experience, that you are powerful beyond measure—we are teaching you hopefully the power of your intention.

We are very honored and happy that Barbara has worked with us for all of this time and concur with the idea that every time you do this experiment and take control of your intention, that you muster up the power to make a change in your life. The change can happen overnight. It can happen right there. But you must think in longer terms. You must think personally that you're here at this time unifying a whole lot of other [past] lives, learning a great deal more information than you ever thought you wanted to know, and dealing with things that you never dreamt you would be faced with dealing with.

You are in this world to do this, to be that change. What do you need to do to get a grasp of what your intention will be?

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One thing we want to suggest is that you do an experiment with yourself. When you get up in the morning, after you say, "Thank you for another miraculous day of having a body that's projecting and perceiving the entire universe"—that's a miracle right there. That's the first thing.

Then, as you set your intention, be tiny. Don't try to change your whole life in one day. Focus on one step or another. We would say the first one is about that intention. Any time you feel you're going into a

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situation where you don't have control and you don't know how it will work out and you're triggered with uncomfortable emotion, find whatever it is that will be a little slap in your own face. Wake up!

Remember:

I am a powerful person. I am a miracle just standing here. And I can change this. I can influence this. I intend to influence whatever this situation is that I'm afraid of for the good of the whole. And yes, I might fall down, I might make mistakes, I might stumble. Surely I'll be feeling a lot of emotion. Guide me, Intuition, so that I am taking steps for the good of the whole here.

Sometimes you won't know. You won't be able to say, "Oh, well, here, this is for the good of the whole." You have to trust what you are being impelled to do from deep in your heart—not from your thinking process. You need to listen to that Intuition that is deep within you, rising up always, every moment, part of that string that's spinning at the speed of light squared, telling you that next most advantageous step for the good of the whole of creation—the whole universe that you are projecting and perceiving. That voice is within you. No one can take it away from you. You can drown it out and not know what it is, but it's there, and it's working. This is your chance.

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So you fully intend that you will use this incredible power of love that is your birthright. You can't escape it. It's what you're made of: Compassion, the fifth fundamental force of the universe. You will take this, and for whatever time you have left on this planet as that person in that DNA space-time body, you will become this change and you'll fully intend to find out, to learn, to discover what that means in every moment.

With the holidays coming up, we think this is a perfect opportunity for you to experiment with triggers and change, self-change, self-revelation. How loving can you be, first and foremost, to yourself? That's the question.

Are you going to let voices in your head that belittle you, judge you, demean you bring you down? Because you can and you will. But there's a bigger force now as you also become a witness to what that Intellect is doing and make conscientious decisions to change what those thoughts are while you are feeling the feelings.

You can do it if you're just happy, sitting around thinking about it, you can change thinking. But the front line is when that discomforting emotion surges through that you don't want to feel and then those thoughts are triggered. You can go numb and not listen to your thinking, and you might find yourself perpetuating the pain, the fear, the anxiety that you're trying to release from.

These ideas are not revolutionary. You hear them in other places. This is not something only we have said. You hear these concepts in many other avenues of teaching and learning. But only you can know you. Only you will be the one who can clearly say what will get you to change your perspective, to deal with your thoughts and emotions differently. Only you can do that. That's the ultimate power that you've been given, and that's why you're here at this time, in this world.

As difficult as the state of the world is right now, the other side that we see is that human consciousness is indeed making a huge leap forward. Because of having to deal with all the conflicts in the world through the ages, because of people now wanting to find completely new and revolutionary ways to approach the world, to make this world the place you want your children and your grandchildren, seven generations, to be born into.

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And it's working: the babies being born today come with so much greater sensibility than you could ever have imagined. That doesn't mean you must stop doing your experimentation of how you can be love, but maybe it can inspire you to keep going with it when you look upon the faces of the new children coming into the world.

It's a very joyful time! You're seeing souls coming willingly to the planet. "Take me! I can do it! I can become love." They're not afraid. They know what they're getting into on a soul level, and they're happy to be there.

Every generation is helping to take that step. The ancestors are also participating in pushing this evolution forward. Remember, this is all about adaptation. Human consciousness and energy are about adapting to what is manifest.

That's your life, too, in a nutshell. You get up every day. You put one foot in front of the other. You think you have a plan—"I'll go to work at 10:00. I'll do this at noon. I'll do this at 4:00." But you have a whole day that rises up for you to discover what your relationship is to it, how you'll make decisions, how you'll approach it, and what your relationship with you will look like as the basis for the projection that you see the world as.

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We are thoroughly grateful on all levels that you are listening, that you are coming together, that you're pushing yourselves to learn more than anyone can teach you but yourself. This is an exciting and inspiring time for us in the evolution of human consciousness, and you have, forever, our thanks.

Are there any questions or conversations?

Barbara: This is Barbara. (laughs) I know I've never done this before, where I've just jumped out of the channel and had a question, but stranger things have happened in the world.

I love all that you say, and I know that it's true from my point of view as the person who's been with this maybe the longest, with you, with Einstein and the Party. Do you think that humankind will get it in our lifetime? I get pretty afraid sometimes.

In fact, before I came to France, I said, something could happen between North Korea and the U.S. and I might not be able to go home. And then I started thinking about, if something did happen, then the U.S. becomes a whole other country. I know we're not supposed to go there, but it still sometimes seems way too big for me. You know I live this way, and everything you say I find true. But I need a little bit more to understand.

Party: Well, we would say that it's an experiment to the best of everyone's ability. You ask, will humankind get it in your lifetime, and which part of humankind? It's like the story of the elephant and the five blind people who are touching the different parts of the elephant. It's already happening.

You could think of it this way: that if it *weren't* happening, there already would have been a great cataclysmic event. Not to say that there can't be, but because of the consciousness-raising through the years, because of the millions and millions of people who are participating in this like you are, it could be a lot worse. And that's what you can't see. That's what we can't measure so much. It's a psychological perspective that can help you not have to worry so much about those kinds of questions. It tricks your mind into thinking about it in a different way that can free you up And that's the idea: detachment.

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We have taught this information and will continue to teach this information very firmly and concisely. We understand about human emotion. We understand that humans get frustrated. But it does you no good if we don't keep a strong hand to hold you accountable for your power. We feel that your power and getting control of it is the answer anyway, whether everyone on the planet does it or not. If they did, we could effect change very quickly if everyone did Conflict REVOLUTION and looked at the world that way, asking how they could contribute to the good of the whole.

But you don't have to wait for anybody to do this. You can do it for yourself, and that's all you need to be concerned about.

Barbara: That was curious. (laughs) Asking a question!

Robin: I was surprised that you asked a question.

Barbara: Do you have one?

Robin: I think it was answered in the channel with the slowing down part. I think I was more going to share my experience with that lately, if they wanted to expand on it a little bit.

The question was asked in the channel, and that was, when things get overwhelming, the mind takes over and says, "We have to do this, do that." We speed up, and that creates more chaos. It's almost counterintuitive to slow down.

That has helped me lately to give myself the space to process the Emotion and hear the Intuition, to hear the next step. Our minds will say, "You don't have time to slow down," but in reality, time is an illusion. It gives us the space to step out of time and expand the present moment, to bring that deep Emotion through, to suspend the mind so that it doesn't freak out about taking the space and the time. It creates more of an expansion.

Lately I've been doing this, and people around me are saying, "Aren't you worried? You haven't done this, you haven't done that!" I think there's a bigger part of me that says, "The picture's too big. I can't see it. I'm going to slow down. I need to process this right now, so I'll do that today, and the next step will show itself tomorrow." That's why I say that the question was very much answered.

Barbara: Thanks for sharing that. I agree that in that moment when we think we're so busy, if we step out of time, it changes the whole thing. Suddenly—yeah, we're still busy, but things are getting done. I personally find a great relief from just following my Intuition.

Robin: It's such an act of self-love.

Barbara: It really is.

Robin: When they talk about feeling that sense of Compassion, just to expand the state for all of that to come there, more love, more Compassion, more Intuition, more peace.

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Barbara: I was listening to a young man I went to see last night [Adam Sweeney] who was trying to explain his process, which was very much like Conflict REVOLUTION, and he called passion and emotion "excitement." Once we step out of time, take some breaths, feel self-love, even though the tasks are not something you'd want to do the rest of your life, here it is in front of you, part of your life, you can get a

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little more excited about it. That certainly has to add to the entire experience and a lot of how the experience is shaped, to be manifest.

Robin: That's true. In that moment, you can say, "Huh, that's curious. Look at what just showed up in front of me."

Barbara: Right. But we're sure not taught to live this way.

Robin: Yes, we are. We're taught and we're practicing and we're lab rats. We're blessed. We are.

Barbara: Right, we are.

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Sharon: Robin, can I ask you a question about what you said when you were talking about slowing down?

Robin: Sure.

Sharon: Are you talking about slowing down your thinking in your mind? Does that translate into slowing down your physical actions as well?

Robin: I slow everything down. I stop making choices. I stop frantically doing busy things or feeling like I need to accomplish the 10 things on the list today. I slow down my breathing. I'll even sit in meditation maybe for an hour.

Sharon: That was another question I had. OK, all right.

Robin: Things like that, where you would think, "I don't have time for that." But we have to make time for that, because it's the important stuff. The little details, not as much. They'll come out. And the other thing that Einstein said was to pick one or two things. I've been doing that, too. "OK, I can't do 10 big things, because I need to sit in meditation and process this sadness right now." After I'm done with that, my Intuition will tell me what big things I can cross off the list. It's been a way of operating from Compassion and love first. And then what happens is that the stuff you delayed you were supposed to delay because there was something coming. I'll share an example.

I'm in the process of moving from an island and going to a city. It's overwhelming. I couldn't make a choice of where to live in the city, what to do. I was sitting in meditation crying instead.

And then all of a sudden a wonderful woman showed up in my life and I'm able to rent a room in her house. She's organizing a workshop that I teach in her living room. I couldn't have seen any of that had I just frantically pushed through everything. Instead I slowed down for two weekends, what would seem like accomplishing nothing, but meditating and crying, and now I've got this beautiful thing happening. Sometimes you can't see what's coming, you can't see the big picture.

Barbara: Sharon, did you have any questions?

Sharon: No, and I'm glad you asked your question. I have a delayed soaking-in time. The questions don't come until later. I was happy that you asked the question you did. I'll probably have to come back and listen to it again.

Barbara: It felt new to me, the voice.

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Robin: You mean the answer felt new?

Barbara: No, the voice, when they said, “We’ve reached this new place of evolution” in the beginning. Like they were super-excited that this is the first group that they’ve done in this new state.

Robin: I felt that, too.

Sharon: Oh.

Barbara: And the voice was very distinctive, not one I’m real familiar with. Maybe that’s the deeper, richer, fuller voice of the collective, or maybe there’s some new personality that’s stepping up to the plate.

Robin: And you said you’re in a new place, too.

Barbara: True, that too. I saw that new place when I wrote the article about Jason’s death. When I was done with it, I realized that there was no insinuation of blame, none of what they were talking about, “We have to get justice done. This is despicable.” It was about, “Here’s the law. Here’s what happened. Police officers and military people don’t have interchangeable jobs. The police are supposed to de-escalate, the military is supposed to escalate.” There are all these factors. The officer who did it, who is he? For all intents and purposes, he’s just a normal guy. I could see that evolution in my writing, the articulation of that.

Party: We will bring this channel to a close. Once again, our gratitude knows no bounds in this work that we do together, all of us.

We want to encourage you to get small with yourself, get to the moment with yourself as much as you can. Discover what those moments hold for you. Learn about who you are through those moments.

Really expand your perception to be able to separate your deep emotion from your conscious thinking. See them. Experience them as two different organs, two different energies. Deal with them accordingly. And then listen for that intuitive impulse rising from your heart, impelling you to take that next step for the good of the whole, and study yourself.

From now till the end of the year, we think you’re going to have an opportunity to see in action what we’re suggesting. There is great positive, powerful change in the air, and a lot of this is housecleaning, awareness-raising. It’s never easy for humans to have their awareness raised. (laughs) It’s usually something that happens with kicking and screaming. But all of you have a chance to be the fish that throws itself up onto the land and changes that breathing.

It’s an exciting time, and we are so honored to be in service to you. So yes, go off, watch, and be amazed.

Namaste.

Transcription: Sandra Grabowski

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