



# DEEP SPRING CENTER NEWSLETTER

Vol. 19, No. 2 Spring 2010



## Letter from Barbara

Dear friends,

*Barbara Brodsky in the current room at the Casa  
photo by Karen Leffler*

I'm sitting in yet another airport. This seems to be where I do much of my writing. I'm very appreciative of my laptop! I arrived home from Brazil a week ago, and am still absorbing and integrating the experiences. Sometimes big events look big, as in hearing thunder or Amazing Grace in the past years. Sometimes it's not until one looks back that one sees the enormity of the gifts given. Let me start at the beginning.

I came to the Casa this year with several intentions beyond the usual request of help for my hearing and right eye. For over a year I had had severe shoulder pain; medical tests showed advanced osteoarthritis in both shoulders. I had severely limited range of motion of the arms, pain when I moved them, and worse, pain even when they were still. There was nerve pain shooting down both arms, which was challenging in the daytime and impossible at night. I had not slept well in over 6 months; throbbing sensations kept me awake most of the night. There was no comfortable sleep position that didn't lead to strong pain in a few minutes. In late September at Omega, the Entity working through John of God was able to alleviate some pain but said I needed to come to Brazil for him to do deeper shoulder healing.

Another intention: I was still looking for the right way to bring my new book out into the world. I came to the Entity on my first day at the Casa with all of these intentions. As usual, he didn't even wait to hear what I was asking, just said "Surgery," and dismissed me. The doubting mind immediately jumped to the thought, "He doesn't care about me." How long have I carried that old baggage, believing myself in some way to be lesser than others, wrong in some way, unloved or unlovable? Such thought arises very seldom now, and when it does I know it as old conditioning, but it still does come and still has power to cause pain. What most needs to be healed then is not the deafness, eye or shoulders, but this old myth that still has roots and arises with conditions.

That first week flew by. For two days after surgery I slept an exhausted sleep, not just recovering from surgery but from months of sleep deprivation, for miraculously, I could sleep with no pain. The third day, I awakened enough to check my email and found a letter from a wonderful publisher who expressed strong interest in my book. By the end of the week this interest had deepened into a commitment; he wanted to publish it. How can one keep the myth going, of "I am not seen or heard" with these

*(continued on page 13)*

## 2010: Bringing Love into the Future and Stepping Beyond Old Beliefs

February 17, 2010 Wednesday Night

**Aaron:** Good evening. My blessings and love to all of you. I am Aaron.

I am frequently asked, "What's going to happen in and after 2012?" When I've been asked this in the past I've said, after 2012 comes 2013 and so forth. Just do your work.

Today, as life moves faster, it's time to give a bit more complete answer. All time is simultaneous; time is an illusion. So when I say, "Time is speeding up," I'm speaking about the illusion. Time cannot really speed up but it seems to be more compressed.

You are experiencing a larger chunk of that simultaneity in this Now. Results of your actions seem to come faster.

You are coming to a period of vast transition that has been in the making for many hundreds of centuries. People ask me, "Will there be change?" Well, of course there will be change; there's always change. "Will it be painful?" That's up to you. "What will happen after the changes?" That's up to you. You are being given the opportunity to practice letting go of the eons of belief—of how things should be, how you should be, how the world should be, how the universe should be—and to open more fully to things just as they are in this moment, and the unlimited possibilities of this moment, both wholesome and unwholesome.

Change in itself is not painful. Grasping, wanting to hold things as they are, is painful. Resistance is painful. Imagine yourself deep in a tunnel, uncertain of your direction, but with the belief you should always turn left. You come to a cross-path and sign that points to the right labeled "To Light and happiness," and to the left labeled, "To darkness and sorrow." "But I am always to

go left,” you reflect, so you turn left. The path narrows and becomes rough. After a while you are forced to crawl. The walls are scraping against your skin, rubbing raw sores. But the mind holds to the idea, “I am to take the left turn; that’s what I was told.” Eventually you become stuck between these closing walls; how far will you push before you will consider, “Perhaps I understood it wrongly?” You are asked only to consider the possibility of another option.

You mistake grasping and resistance for “holding to your truth,” but sometimes your truth involves only your own will, and not co-creation. You cannot succeed in the long run if your truth and that of others conflicts. What is the higher truth that melds the two? If I believe I am the best and always deserve the larger share, and you carry the same belief, we will both experience pain and increased conflict until we find a way to hear each other and reconcile our differing beliefs.

All resistance involves friction and pain, and leads you to explore the source of the pain. Eventually you will let go; it’s up to you how long the process takes. Imagine the tug-of-war game. The rope is being pulled through your hands and burning the palms. If you believe, “I must not let go,” you will have severe rope burns that are painful. If you let go, the burning will stop. Sometimes it seems like you must hold on, as one does in battle, fighting an enemy who is seen as evil. Perhaps he sees you as evil!

Here you ask repeatedly, “What is the highest good?” When your beliefs come from the deepest space of truth, they will never be in conflict with another’s beliefs that are grounded in that same space. When your beliefs are grounded in the small self, the “I want,” they will smash into another’s “I want” and there will be pain. Your intention is growth of wisdom and compassion. The more you let go, the faster and easier is the learning process, and yet you must also continue to honor your deepest truths. It is also

a learning of flexibility and courage. None of these are incompatible with the others.

There were two people who owned houses on the shore on Nantucket. Every summer Barbara and Hal and their family vacationed just 400 yards in from these coastal houses. Through the years we watched them at first 50 yards from the sea, then 20 yards, then 10 yards. This is the nature of the sea coast; it erodes and changes.

One family let go gently and moved their house inland a half mile. The other family kept barricading the coast, putting in rocks and other obstacles, which of course served as no obstacle at all to the ocean. On the one hand one could say they were persistent: they had a clear image of what they wanted. But you must acknowledge that you co-create, you do not create by yourself. If the ocean and the tides have a different idea, they will state it clearly.

The first family was very happy with their old home on a new site. I’m sure they missed looking out their window at the ocean; now they had to walk ten minutes to the beach, but they also no longer had to worry about storms. And it was only a ten-minute walk. The second family suffered. They so desperately wanted their ocean-front site, they actually picked their house up and moved it, but only 50 yards inland. So they built a whole new foundation, moved the home 50 yards inland. They were constantly out there working to create more ocean barriers. They couldn’t enjoy or love the ocean; the ocean was viewed as an enemy that was going to come steal their home, and eventually did.

Your bodies obey a kind of tide. They age. You certainly no longer have the bodies you had when you were 10 years old and not even when you were 25. Change is part of the process of life. You are not incarnate to avoid change but to understand how to manifest in harmony with the universe for the highest good of all beings. With that in mind, we note the person who wants to picnic every day all summer and says, “I want no rain all summer,” is at variance with the farmer who says, “We need regular rain for the crops to flourish.” When we say “for the highest good,” it has to include all beings, and the earth itself.

So it’s easy to decide what you think you want for yourself but then you must step back and ask, “How does this fit in with the highest good for the whole world?” Then you seek to co-create that which feels wholesome. You can’t just sit back and say, “Somebody will drop it on me if I wish for it hard enough;” you have to work. You have to co-create. But you cannot create it on your own; you participate in this co-creation.

All of you want a world that is at peace; a world in which no beings are starving or thirsty. A world in which beings have the freedom to live their lives resonant with their own values; a world in which no being need fear harm from another or from natural disasters, as you call them— natural movements of the earth like earthquakes, volcanoes, and floods. You do have the ability to create or co-create that world. It comes from a basis of

## Looking Within

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love. And you have the ability to further enhance the fear in the world and move the world of 2012 into a place of great contraction, violence, and fear.

There will be inevitable changes, not just in 2012 but in 2013 and 2014 and 2312; changes will happen. These changes will be the result of what has come before. In other words, if people have built homes on tidal plains, there are going to be floods and drowning. People will lose their homes and some will die. If people have built their homes on volcanic slopes, they're going to die in volcanic eruptions.

They have a choice. Nobody told them they had to build a home there; that is their choice. What if they then rant against the earth and nature and say, "This shouldn't be. We need to build bigger dikes. We need to find ways to channel volcanic eruptions so they only flow down that one channel away from population areas?" You can spend multi-billions of dollars doing that and in the end it's not going to make any difference: if the top blows off the volcano, lava is not going to obey the direction you want it to go. It doesn't pay heed to red lights.

The building on the tidal plains and the volcanic slopes is based on greed or the beliefs and grasping of the small self. "I want it here, just like this; not there, here. I want it this way." As long as the majority is engaged in that kind of thinking, and as time compresses itself and some of these events seem to speed up in your linear time, there are going to be increasing disasters. Think of that tunnel. If you are crawling, and your skin scrapes raw on the enclosing walls, you can back out. But if you are catapulting through the narrowing tunnel at high speed, you will experience agony. For some of you, that agony enhances the grasping and belief, "I am right; it must be this way." The speed in which you experience the ripening of karma seems to be faster, so you need to pay closer attention.

There's that beautiful song, Blowin' in the Wind, with the words, "How many deaths will it take till he knows that too many people have died?" How many disasters will it take until you know that you need to make different choices? How many wars before you acknowledge that maybe others also have a view that must be heard? How much famine?

What is happening on earth now with this shift is that more and more people are seeing that they are co-responsible for the results they see around them. Certainly not everybody sees that; far from it. But far more people are more willing to take personal responsibility not only for their own lives, but also for the earth, than they would have 50 years ago. The change is happening fast.

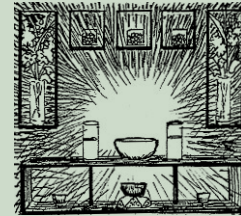
Those of you who understand positive polarity are called upon to be models of positive polarity in every way possible. It's not only how you respond when a driver cuts you off or somebody says something rude. Certainly your response is important then. But it's also how you respond when you're alone outdoors shoveling snow, your back hurts a little, and your fingers are freezing. At that point do you start cursing at the snow or just take a deep breath and pause, saying, "Maybe it's time to go in and get a cup of hot tea, look outside and

## NEWSLETTER

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see the real beauty of this snow, rest for a bit, make sure my energy field is un-contracted before I come back out and shovel, so I am not fighting with the snow but co-creating a clear path, and asking the snow to participate with me in moving aside.”

The little things matter. It doesn't matter whether anybody's watching you. Gradually you learn to hold your energy in an un-contracted manner, in a way that is truly openhearted and loving. I will not say fearless; there may be fear, but without reaction to the fear. Simply know fear as the object, as fear, and if contraction comes, know that simply as contraction, with no self-identity with it.

As this transition moves you, you are called upon increasingly to be un-contracted in the world. Many of you are experiencing lessons about contraction. This is what's important to your personal growth right now. But it's also exactly where the world is taking most positively polarized beings. No matter how un-contracted you already are, there's already more to learn.

Witness what Barbara has shared. [Before Aaron began to speak, Barbara had shared some of her trip to the Casa of John of God in Brazil. Despite the many blessings she had received on this trip, she continued to grasp at hearing, and ask, “What am I doing wrong?” She pointed out the ongoing lesson she received, “release; open; let go and Love, trust the path.”] You know that Barbara is, on the whole, a very un-contracted and loving person, but it was very clearly pointed out to her where she was contracted with fear, and she was told, “Love. Remember love.”

There are going to be trials in the coming years, just as there have been trials in the past. They will be of both a personal and impersonal nature. In other words, happenings in the weather, and the earth's structure, earthquakes, things of that sort. There will be wars on the other side of the globe, and also the flooded basement and disagreement with the neighbor, with the boss, with your spouse, with yourself.

The only thing you really need to remember is to breathe in spaciousness and release tension. If I could give one instruction for the coming years, it would be just that. I don't mean this as a way of fixing yourself but to find the vast spaciousness that's already present, out there and within. As you breathe in spaciousness, you're not fixing or denying tension but remembering the spaciousness that's already there with the contraction. As you breathe out tension you're not fixing tension but rather you're attending to the tension that is present, but without fear of it. The tension is just tension.

You've done this a thousand times with me, I think, but let's do it again. Hold the hand up just in front of your face. Look at the fingers and wiggle the fingers. Here is the back that hurts (pointing to one finger). Here is the busy planning mind (pointing to another finger). Here is sadness or anger. Here is confusion. Body, mind, emotions, are all right there in front of you. Now look through the fingers. Keep them wiggling, but see the vast space beyond them. The space was there before you looked but

you forgot about it. The back doesn't have to stop hurting; the mind doesn't have to become still; the emotions don't have to calm themselves for you to know that space and learn to choose that space rather than becoming so caught up in “Let's fix the painful back. Let's fix the busy mind. Let's fix the emotions.” It's all there. Just relax and make peace with it, with joy.

Then you attend lovingly to the back. You see the busy mind and the quiet mind that's right there with the busy mind, and you stop giving energy to the busy mind. You see the emotions and you know right there with sadness and fear are joy and love. You don't have to get rid of sadness and fear to experience joy and love, but as long as you are focused on fixing sadness or fear, it's very hard to see anything but the sadness or the fear. You misplace the joy and love.

This is really no different than what we've been practicing here for over 20 years, being present with what is predominant in the experience with spaciousness and kindness. Why did I start emphasizing this 20 years ago? Because we were 20 years from where we are now, coming closer to this transition in consciousness. What if I just started teaching you this now and said, “Well, you've got a year to learn it.” Could you? So now there are a lot of you who have been learning this way of living for 15 or 20 years and who are teaching others. You have a practice community where people come together to support each other's spiritual work, to practice working with the difficult challenges life brings, with love.

This is all that is asked of you. Each being that does this, and the more Light Centers like Deep Spring and the Casa there are in the world, the more they will anchor this higher vibration and provide a ground in which the higher vibration can take root. It's like growing a lawn using some sod patches. You place a block here, a block there, on fertile soil. You put the blocks of sod down, and because the soil is rich and because you keep the weeds out of those bare patches, the grass spreads. The Light spreads. You are spreaders of Light and high vibration.

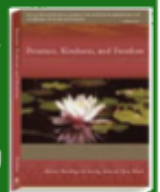
Nobody can tell you what's going to happen in 2012 or 2013 or even 2010. Many people make guesses; people make pre-

## Presence, Kindness & Freedom

*Aaron's Teachings on  
Living from an Open Heart*

For more information:

- ~ see <http://deepspring.org/PKF.htm>
- ~ email [deepspringpress@deepspring.org](mailto:deepspringpress@deepspring.org)
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dictions, and the predictions enhance fear. Let go of predictions. Instead, hold in your mind and heart with every new day, what you wish to co-create in the world on that day, such as lovingkindness, happiness and well-being for all. Then work through the day to help co-create that intention, doing it with love.

Spread yourselves like grass seeds. Move out. Don't be afraid of potentially negative situations, and—let's move away from grass and talk about flowers, perennial flowers that seed themselves—see each potentially negative situation as a place to grow more flowers, to cast your inner seeds out on this now fertile soil. For as this time of transition draws nearer, the soil is increasingly fertile. So many are feeling lost, paying closer attention, and asking the way. And it is fertile soil, even if there is negativity presently growing on it. If it wasn't fertile soil, the negativity couldn't grow. That soil can grow what comes to it: let it be seeds of Light.

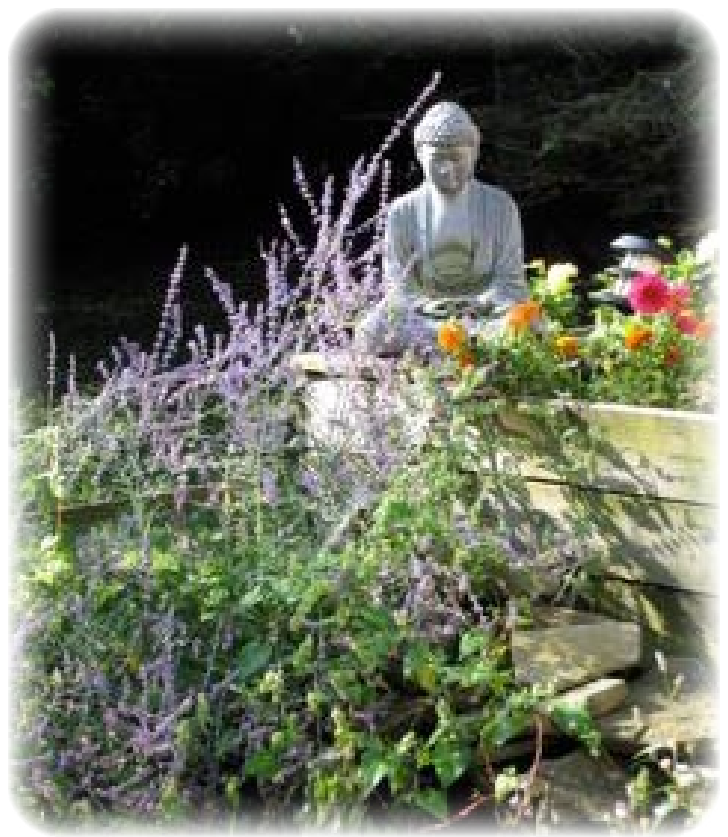
Watch in yourselves the fear of change and any belief in personal limitations. Now I don't mean that you should climb up onto the roof of a six-story building and say, "Aaron says I have no limits so I'll fly." You've got to be realistic. Maybe in two years you'll be ready to fly but this year you aren't ready. Practice levitating first!

But look deeply at the places of fear. Some of you already have heard this directly from Barbara, but when she was at the Casa—this is the healing center in Brazil where she was in January and part of February—she received so many rich gifts. The shoulders that were so painful were healed, her book found a publisher, her heart was feeling very open, her vision was improving, and she looked around her at all the other people who seemed to be healing and she said, "Well, my ears have not changed this year. I must be doing something wrong. Or they're angry at me; they don't love me." Just old stories, old conditioning.

So she was given so many gifts, so much blessing, but the mind was still creating those stories. She knew better than to get locked into those stories. She was able to say, "It's not reality; it's just that my grasping mind wants this." But she still couldn't shake herself completely free of such belief.

The first time she said something related to this concern to the Entity, "How do I heal the ears," he said, "Love will heal." So she reflected on that for two weeks. He actually put a flower in her hand and said, "Here is my love." He wanted her to feel that tangible love. But the worrisome mind still said, "Well nothing's happening with my ears. I must be doing something wrong. Or they're angry at me."

She came through the line on the very last day. The Entity simply took her hand and said, "I love you very much" and put two roses in her hand. This was a very clear way of saying, let go of all those old beliefs in your unworthiness. Let it go. Fully embrace love, not just to give love but to receive love.



And this is something that all of you need to learn. Many of you are much better at giving love than receiving love. What would it mean if there were no limit to the amount of love you could give and receive? Can you think of the ways that would change the world? What if there were just 100,000 people all over the earth who were deeply capable of giving and receiving love in all situations, and who no longer carried the beliefs of limitation and unworthiness? Can you imagine how transformative that would be?

Count yourself as one of those 100,000 people. You can do it. Begin to investigate: "What limiting beliefs do I hold, and what would help to release those limiting beliefs?" Go even beyond that, to see the limiting beliefs simply as objects and to look through. Because as long as you say, "I have to fix the limiting beliefs and then I will believe in my unlimitedness," you're giving energy to the limiting beliefs, with the extended belief, "There is something that must be fixed." But as soon as you say, "It's nothing, it's just dust, illusion," and break through it, you begin to see it's just a shadow.

Have you ever seen a log burn very, very completely in a fire in the fireplace but the whole outline of the log is still there supporting itself? If you touch it, it crumbles, there's nothing there, nothing solid, but if you looked at it, you would say, "Well, of course there's a log there." But it's just ash. These old beliefs are like that. If you think they are capable of still burning, you keep them burning. When you recognize there's

nothing there, and just let the apparent forms crumble, you stop giving energy to old beliefs and you find the spaciousness and love beyond them.

You all say you want that spaciousness and love but I think you're also afraid of it. What would it mean to be free to love fully? So much of your self-identity is caught up in dualistic beliefs; the one that must do everything right, the one who did things wrong; the one who is farsighted or nearsighted; the one who has good artistic sense or not so good artistic sense; the one who is musically inclined or not musically inclined; the one who is bright or dumb; the one who is kind or unkind. I'm using very mundane examples. You label yourselves thusly. You strive to be good as if that striving can overcome the negative. In so doing, you perpetuate these negative self-beliefs.

When Barbara was in grade school, perhaps in 2nd or 3rd grade, the music teacher walked around the class, listened to each child sing and said to Barbara, "I never want you to sing again in this class, just mouth the words, because you cannot carry a tune." Up until that point, Barbara was not quite aware that she could not carry a tune, but when she went home and asked her parents, "Do I sing off-key?" they said "Yes, but that's okay." "My music teacher said I shouldn't sing in class." Well, I don't know what transpired between her mother and the music teacher. Barbara was again permitted to sing in class, but the damage was done. She spent the next 60 years believing, "I cannot carry a tune." That was true to some degree, but it ignored the side of her that was capable of hearing the tune and repeating it. Her belief locked out that possibility.

Then, of course, she was deaf, so she couldn't even hear the tune she was trying to carry. Then the Casa Entity told her to buy tuning forks, listen to them and sing the notes. Now she can sing the scale in tune.

Let go of limiting beliefs. It's not about singing in tune; that's just a mundane example. It's about knowing that you can manifest anything that you choose to manifest. You can manifest kindness in your life, friendship, abundance, joy, and intimacy. What is it you're seeking and what old beliefs block you? Why do you hold on to non-abundance, to lack of intimacy, and so forth? Can you "look through" to the truth beyond?

So this is your work. Look deeply at the ability to co-create; envision the world future you want to co-create. Watch contraction and release contraction; come back into spaciousness without fixing the contraction. Look at old beliefs that are limiting and move through them, beyond them. There is nothing to fix. If you were never unworthy in the first place, how can you fix unworthiness? You simply rest in that which lies beyond the belief, and which knows there is no such thing as worthy or unworthy, but that there is only love. Worthy and unworthy collapse; good one and bad one collapse; capable and incapable one collapse. Let it all collapse.

Simply work to nurture the loving heart. In this way you will support the shifts the earth will inevitably come through and help support the highest possible good for the earth and all sentient beings. That's all you can do. That's all that is asked.



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### Fragrance Free Center



*Because we care about one another...  
please refrain from using fragrances  
when coming to Deep Spring Center.*



## President's Letter

April 2010

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Dear Deep Spring Sangha,

It was a long, cold winter for many, but the chilly temperatures did not cool the giving spirit in the Deep Spring Sangha. Our year-end fundraiser was a tremendous success: we raised even more than last year—in fact, more than any other year. Many thanks to all of you for your generosity in these difficult times.

In other news, Deep Spring continues its efforts to have a stronger online presence and make more services available online. Of course, we've had a web site for a long time, and more recently, we launched the Deep Spring Archives. More content is still needed for the archives, but hundreds of talks, articles, newsletters, and more are already available and searchable on the Archives web site.

The latest news might be the best news yet. Thanks to Terry Gliedt, one of the retreat registrars, The Deep Spring web site now lets you register and pay for retreats online! As with any new service, there have been a few hiccups, but overall it's working quite well. I encourage you to use the service the next time you register for a retreat. Besides making it easier for Sangha members to register and pay, it will ease administration for the retreat registrars and the retreat manager. Metta and many thanks to Terry for all of his efforts: it is truly wonderful to see this come together and to see the benefits it provides for all of Deep Spring.

We expect to be able to provide similar services for class registration. Keep watching the Deep Spring web site and your e-mail for further updates.

I would also like to thank our office manager, Tana Dean, for all that she's done for Deep Spring since coming on last June. She's had so much to learn, and has really done a great job getting herself up to speed. With the changes to procedures involved with online registration and payment, the job has changed quite a bit, but she's adapted well to all of these changes and has taken on new challenges with a smile. She's also done a great deal to promote our online presence. Keep up the good work, Tana!

Finally, a reminder that we'll have our Deep Spring sangha meeting on April 18. Please plan to attend. At the meeting, the board will present the state of the sangha—how we're doing, financially and otherwise, and what steps we might need to take to ensure that Deep Spring maintains its solid financial foundation.

To be candid, 2009 was a difficult year for Deep Spring from a financial point of view. Revenues fell short of expenses by a significant amount. Fortunately, the sangha has been very generous through the years, so we've been able to build up the cushion we need to endure difficult times like these.

Nevertheless, we cannot continue along the current path as there may come a time when we will be unable to meet our obligations. We need to take action now to keep that from happening. That said, I encourage you to attend the sangha meeting and contribute your ideas for keeping Deep Spring financially strong.

That's it for now. I look forward to seeing you all at the sangha meeting.

With metta,  
Curt

## DONATIONS TO BARBARA

Barbara Brodsky is not paid a salary nor does she receive money from your donations to Deep Spring Center. Your support permits her to do full-time teaching, channeling and work on Aaron's books. You may offer your donations directly to Barbara.

Donations for Barbara may also be offered into the Roth Retirement Account started for her by sangha members. Make checks payable to: Oppenheimer custodian for Barbara Brodsky Roth IRA. Contributions can be sent to: Oppenheimer & Co. Inc. / Attn: Gary Austin, 301 E. Liberty Street, Ann Arbor, MI 48104  
800-423-7491 or 734-747-8040



# DEEP SPRING CENTER



## Spring/Summer 2010: Classes and Programs

The foundation of our meditation program is Insight Meditation (Vipassana). It is a simple and direct practice: the moment-to-moment investigation of the mind/body process through calm, focused awareness. It allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of negativity, self-centeredness, and confusion; it opens our heart to deeper wisdom and compassion. This process of opening, compassionately and non-judgmentally to ourselves, moves from the sitting period to the whole of our lives. We balance insight practice with lovingkindness and a deepening awareness of our true nature, which is eternal and present *now*. Although the practices are derived from Buddhist teachings, no special religious beliefs are necessary. We also work with other forms of meditation that nurture non-dual awareness and open the heart.

Many classes/programs have a building fee, which goes directly to support the rental and operation of the facility. **No one will be denied participation for financial reasons.** All Deep Spring teachers offer their time on a *dana* basis, joyfully sharing the teachings. Your free-will offerings to the teachers are welcomed.

### ✧ Classes at DSC ✧

Register for Deep Spring classes and programs online at [www.deepspring.org](http://www.deepspring.org) or submit class/building fee, contact information—name, address, phone, email—and the class/program name to DSC. Registration handled by another organization/individual will be so noted in the description.

<b>Transformational Breath for Meditators</b> <b>Julie Wolcott, Frank Levey, Lisa Zucker and Marcia Bailey</b> <i>Continuing</i> \$21 (building fee) with an opportunity to offer <i>dana</i> for the teacher. Pre-registration required. Each session will include facilitated breathwork of 40 minutes or more, along with full integration and periods of silent meditation. A comprehensive introduction will be presented at the first class.	<b>Thursday</b>  7:30 pm – 9:00 pm	<b>3 sessions</b>  5/6, 5/20, 6/3
<b>Satipatthana Sutta: The Four Foundations of Mindfulness</b> <b>Ann Barden</b> <i>Prerequisite: 3-hour Intro to Meditation or RecEd class and a commitment to daily sitting practice</i> Class held at: <b>Newport West Clubhouse</b> An opportunity to offer <i>dana</i> to both the teacher and Deep Spring Center. Pre-registration required. Goal is to bring more mindfulness into our lives and to be continually mindful. Focus is on first three foundations: body, feelings, mind.	<b>Monday</b>  7:30 pm. – 9:00 pm	<b>6 sessions</b>  5/3, 5/10 5/17, 5/24 6/7, 6/14
<b>A Year to Live: Befriending Our Fears of Death</b> <b>Mary Grannan and David Lawson</b> <i>Continuing</i> \$77 (building fee) with an opportunity to offer <i>dana</i> for the teacher. Pre-registration required. Befriending our fears of death can help us learn to live with greater joy and presence. Based loosely on the work of Stephen Levine. Includes special field visits. For information or questions contact Mary Grannan, 734.453.8915 or David Lawson, 734.662.8317.	<b>Saturday</b>  10:00 am – 12:00 noon	<b>11 sessions</b>  6/19; 7/3, 17, 31; 8/14, 21, 28; 9/4, 11, 18, 25
<b>Introduction to Meditation Workshop</b> <b>Ann Barden</b> <i>Beginning level (no experience necessary) and anyone desiring a review of the basic instructions</i> \$20 (building fee) for each session with an opportunity to offer <i>dana</i> for the teacher. Pre-registration requested, but walk-ins welcome. Wear comfortable clothes; cushions and chairs provided. For more information about content, contact Ann Barden at 734.994.1026.	<b>Saturday</b>  9:00 am – 12:00 noon	<b>FULL</b>  5/8 6/12 7/10 8/7

### ✧ Classes Registered Outside of DSC ✧

<b>Beginning Insight (Vipassana) Meditation</b> <b>Lisa Zucker and Julie Wolcott</b> <i>Beginning</i> \$59 (\$69 outside AA school district). Held at Stone School Media Center. Designed for new students and anyone who would like to review the basics. For more information about class content please contact Lisa Zucker at 734.662.7793. <b>For registration</b> , see <a href="http://www.aareced.com">www.aareced.com</a> or contact Adult Enrichment, Community Rec & Ed, at 734.994.2300, ext. 53203.	<b>Wednesday</b>  7:30 pm – 9:00 pm	<b>6 sessions</b>  4/28, 5/5, 5/12, 5/19, 5/26, 6/2
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<p><b>Beginning Insight (Vipassana) Meditation</b>  <b>Erica Dutton and Frank Levey</b>  <i>Beginning</i>            \$59 (\$69 outside AA school district). Held at Deep Spring Center.            Discover the basic principles of Insight Meditation. Applying these practices can help reduce stress and improve quality of life. Designed for those new to meditation or those who want to review the basics. For more information about class content, contact Erica Dutton at 734.677.3056.  <b>For registration</b>, see <a href="http://www.aareced.com">www.aareced.com</a> or contact Adult Enrichment, Community Rec &amp; Ed, at 734.994.2300, ext. 53203.</p>	<p><b>Thursday</b></p> <p>7:00 pm – 9:00 pm</p>	<p><b>6 sessions</b></p> <p>6/24, 7/1, 7/8, 7/15, 7/22, 7/29</p>
<p><b>Taming the Inner Critic</b>  <b>Lou Weir</b>  <i>All levels</i>            \$59 (\$69 outside AA school district). Held at Deep Spring Center.            Class will investigate the inner critic to see how it plagues us with self-criticism, doubt or harsh judgment of ourselves or others. Meditation, psychological exercises and discussion will help shed light on this inner coercion. Bringing more compassion and understanding to this area will lead to more inner freedom. For more information on class content please contact Lou at <a href="mailto:louisweir@comcast.net">louisweir@comcast.net</a> or 734.663.1675.  <b>For registration</b>, see <a href="http://www.aareced.com">www.aareced.com</a> or contact Adult Enrichment, Community Rec &amp; Ed, at 734.994.2300, ext. 53203.</p>	<p><b>Wednesday</b></p> <p>7:00 pm – 9:00 pm</p>	<p><b>5 sessions</b></p> <p>4/14, 4/28 5/5, 5/12 5/26</p>

**✧ Drop-in Programs ✧**

<p><b>Tuesday Morning Group Meditation</b>  <i>All levels of meditators are welcome!</i>            Offered as <i>dana</i>; donations to DSC appreciated. Sitting meditation to start the day. Please enter and depart in silence. (No instruction provided.)            For more information contact Bilha at 734.369.3256 or <a href="mailto:ybrivlin@comcast.net">ybrivlin@comcast.net</a>.</p>	<p><b>Tuesday</b></p> <p>6:30 am – 7:15 am</p>	<p><b>Weekly</b></p>
<p><b>Healing Circle</b>  <i>All are welcome! No experience necessary</i>            Offered as <i>dana</i>. We will circle together and then offer or receive the loving touch of health and wholeness. Join us whenever you can. For information contact DSC at 734.477.5848.</p>	<p><b>Tuesday</b></p> <p>12 noon – 1:00 pm</p>	<p><b>Weekly</b></p>
<p><b>Yoga Postures with Optional Lunch</b>  <i>All are welcome! No experience necessary</i>            Offered as <i>dana</i>. Class is taught by DSC experienced yogis: sitting meditation, yoga postures and relaxation. If possible, please bring a mat and/or blanket to class. For more information contact Diane Kimball at 734.327.9416 or Dorothy Ann Coyne (March and April) at 734-930-0192.  <i>Note: Optional lunch after class: bring your own and we'll spread a blanket and have a picnic.</i></p>	<p><b>Wednesday</b></p> <p>10:30 am – 12 noon</p>	<p><b>Weekly</b></p>
<p><b>Wednesday Lunch</b>  <i>All are welcome!</i>            Join us for sharing and enjoying the friendship of our sangha community. We gather every Wednesday for a picnic lunch: bring a bag lunch or buy nearby. If interested (not required), a yoga class precedes the lunch. (See above.)</p>	<p><b>Wednesday</b></p> <p>12 noon – 1:00 pm</p>	<p><b>Weekly</b></p>
<p><b>Evenings with Aaron</b>  <b>Barbara Brodsky and Aaron</b>  <i>All are welcome! No experience or registration necessary</i>            Offered as <i>dana</i>. Open session with Aaron and Barbara. Aaron gives a talk, followed by a short social break; he will then answer questions.</p>	<p><b>Wednesday</b></p> <p>7:30 pm – 9:30 pm</p>	<p>4/21, 5/19</p>
<p><b>Sunday Morning Group Meditation</b>  <i>All are welcome!</i>            Offered as <i>dana</i>; donations to DSC appreciated. Sitting meditation from 10:00 – 11:00 a.m. followed by a half hour of mindful sharing.</p>	<p><b>Sunday</b></p> <p>10:00 am – 11:30 am</p>	<p><b>Weekly</b></p>

For the most complete and up-to-date class descriptions and program offerings, see our website: [www.deepspring.org](http://www.deepspring.org)

## \* Day-Long Programs \*

### Meditation: Day of Practice

**Carol Blotter**

*All levels*

\$30 per day paid to Michigan Friends Center; no one denied participation for financial reasons. An opportunity to offer *dana* to the teacher. Held at Michigan Friends Center in Chelsea. Includes brief meditation instructions, sitting and walking meditation, a dharma talk and, if requested, private interviews with a teacher. Please bring your own lunch. All proceeds above expenses benefit Michigan Friends Center and Deep Spring Center, two non-profit organizations. For more information or **to register**, contact Carol at 734.475.0942 or [cb.meditate@gmail.com](mailto:cb.meditate@gmail.com)

**Saturdays or Sundays  
as scheduled**

9:00 am – Sun., 5/2  
4:30 pm Sat., 6/5  
Check-in starts Sun., 7/25  
8:30 am Sun., 9/12

## Meditation Retreats

A meditation retreat is a wonderful opportunity to experience our own inner being while sharing in the support of others. Mindfulness throughout the day will be a focus, with alternating periods of sitting and walking practice. Retreats will be held in **silence**, with instructions, evening talks, optional group meetings and private interviews with the teachers. This kind of retreat may not be appropriate for all people. If you have concerns about your emotional stability under the pressures of a deeply introspective meditation experience, please discuss your concerns with a Deep Spring teacher prior to registering. Teachings are offered on a *dana* basis. If finances are a concern, please let us know.

## \* Deep Spring Center Retreats \*

**Register for DSC retreats online at [www.deepspring.org](http://www.deepspring.org)** or mail the full fee or a deposit of 50% (check payable to Deep Spring Center) to Mary Gliedt, 495 Village Oaks Ct., Ann Arbor, MI 48103. Identify the retreat (name and dates) and include your name, mailing address, phone number and email address with your registration. Your payment/deposit is refundable up to one month prior to the retreat, after which it is refundable only if someone is on the waitlist who can take your place. A \$25 cancellation fee will be assessed. *Note:* Registration requirements and refund policies that differ from the above will be so stated in the retreat description. For more information contact Mary or Terry Gliedt at 734.369.2628 or [retreat@hps.com](mailto:retreat@hps.com).

### No-Frills Vipassana Retreat at Howell Nature Center

*Continuing level*

\$145 includes lodging only. Retreatants share responsibilities for providing meals; arrangements will be made in advance. Estimated out-of-pocket expense for meals is \$20. Check [www.deepspring.org](http://www.deepspring.org) for further information or contact DSC at 734.477.5848.

**Howell, MI      April 23–25**

### DSC Summer 2010 Retreat

*Wisdom and the Open Heart*

**Barbara Brodsky, John Orr, Frank Levey and Aaron**

*All levels*

\$450 for full week and \$245 for 3-night (4-day); includes meals and lodging. A \$25 discount if registration with full payment is received by May 21. Tenting is an option. The retreat will be held in noble silence, with instructions for beginning and advanced meditators. Evening talks, optional group meetings and private interviews with teachers. Mindfulness throughout the day will be the intention, with alternating periods of sitting and walking practice.

**Emrich Center      June 18–25  
Brighton, MI**

*or*

**June 18–21  
(3 nights)**

## \* Non-DSC Retreats with Barbara \*

**To register** or more information, see contacts listed below.

**Santa Barbara, California  
Barbara Brodsky and Aaron**

Details to be announced. Lauren David at 805.845.7004 or [laurendavid5@mac.com](mailto:laurendavid5@mac.com)

**Santa Barbara,      May 7–10  
CA**

**Durham Area Retreat: Stone House (May)**

**Barbara Brodsky, John Orr and Aaron**

Nonresidential retreat. For more information contact John Orr, 919.286.4754/[bodhi@duke.edu](mailto:bodhi@duke.edu)

**Durham, NC      May 21–23  
[Also, Nov. 12–14]**

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*Dana* (pronounced “dah-na”) is a Pali word meaning “gift” or “giving” and is closely related to the virtue of generosity. Dana is a purely volitional act of giving in which we develop our ability to let go, convey our compassion and caring, demonstrate our commitment, and acknowledge our interdependence and connectedness.



## From Aaron to the Web: A Little-Known Assistant

Janice Keller

Anna Marie Henrich



Some of you may be as amazed as I have been by Aaron's ability to use our current technology so proficiently. For example, he was recently using Craig's List to help my husband and me find a home with excellent energy. Nevertheless, there is a gap in time between when the talk occurs and when those of us not present, including Barbara, are able to read the talks and the discussions. Janice Keller is one of the people who fills in this gap. Since 1995, she has voluntarily transcribed most of the recordings of the Wednesday Night Aaron meetings, classes, talks, and retreats given by Barbara and Aaron—even after moving to Seattle in 2000.

Sound simple? Consider the challenges: (1) poor recordings, people talking softly, people's emotions clouding their words, only one microphone in the whole room, Buddhist terminology, unique Aaron terminology; (2) new teachings without the benefit of being able to see the exercises and other teaching aids; (3) numerous hours of tapes; and (4) frequent requests for overnight or following week turnaround time.

Janice has the transcription down to a science. She uses one Mac with a headset to listen while typing on another laptop. The collection and distribution processes are now digital and over the web, a significant improvement from when collection and distribution used to be via tape and U.S. mail. Janice has experimented with speech recognition software but the results were not as good.

Often there are words that cannot be understood on the recording. Through the years Janice has learned to ask Aaron. He says, "She hears me perfectly and gets the right word consistently. I greatly appreciate her efforts." When she asks for a word, she

types brackets around it so it can be checked. Barbara confirms that she hears Aaron clearly.

It takes Janice about twice as long as the recording to make a transcript. The amount of time per month varies depending on the number of classes, talks and retreats, varying from 0 in slow months to an average of 24 hours in other months.

Lucky for DSC, Janice enjoys the transcription work. In her words:

I was excited about Aaron's teachings after reading my first Aaron book in 1994. I wanted to get more involved but I lived on the opposite side of Ann Arbor from Barbara and didn't own a car. There was a request for transcribers in the newsletter—perfect! I got to hear the talks and DSC received a transcript. The original request was for one per month but I was greedy: I wanted to hear them all. Eventually I became the only transcriber.

Initially, I did it for access to the teachings, but once I realized that Barbara couldn't hear Aaron's talks and was just as eager to find out what he had said, it came from the heart, imagining her as the reader as I type.

It's a team effort. Barbara and Aaron create the talks, someone gets them to me, I transcribe them, Barbara reviews them, and others see that they are emailed out, put on the website, keyworded, filed in archives, and edited for the newsletter. And then you read it, the most important step!

I enjoy transcribing although there are times when it becomes a mindfulness practice (here comes Milarepa in his cave again!). Or I'm tired or the audio quality is less than ideal. I love to hear Aaron's voice of wisdom, love and humor directly off the tape. It's been a gift to be able to do this work.

As much as I love my transcription work, I think some things are better heard than read and would like to see some of Aaron's guided meditations extracted and made available as audio on the website next to their transcript link or perhaps gathered onto a CD. I think that some of Aaron's wonderful storytelling should be available for listening too, such as my favorite Halloween story about the castle, which is told in Presence, Kindness, and Freedom. There are tools to do this. Any volunteers?

So, due to the generosity of Janice with her time and technology, DSC has access to Aaron and Barbara's teachings and related discussion very soon after they occur. As one DSC participant, Jack Koepfgen, says: "For me, Janice's contribution is truly significant. In some ways she acts as a secretary and historian, allowing many more people to access Aaron's work than would otherwise be possible. I feel tremendous gratitude for the skillful, wise and heartfelt way she does this work. Hopefully, she will continue doing it for a long time, as it benefits many. Namaste, Janice."



## Social Committee News

Tom Slank

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The Social Committee remains an active and fun part of Deep Spring Center—and has begun to contribute to the financial well-being of the center. Combined, the book donation fund raiser and jewelry exchange fund raiser netted over \$800 for Deep Spring's general fund—and provided the Sangha with an opportunity to have fun, meet old and new friends, and share jewelry and favorite books with one another.

The annual White Elephant Holiday Party was held once again at Linda Longo's residence. The well-attended and fun event saw everyone enjoy good food and camaraderie. The most recent event was a "Game Night" held at Deep Spring Center on a Saturday evening. All who attended had fun, with the result that "game night" will now be a regularly occurring event. Watch your email for the next one—or check out the Deep Spring buffet for flyers.

If you are interested in volunteering to be a member of the Social Committee, or even just have an idea for a fun get-together (like Craig, who suggested the game night), contact Tom Slank at 734 660-6415 or [thomasslank@yahoo.com](mailto:thomasslank@yahoo.com).



## Newsletter News

Rori Stienstra

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The newsletter's mission is to provide a means to share Barbara and Aaron's work with the Deep Spring community and other interested readers. The publication has broadened its offerings over the years, providing a look into the life of the Sangha and the perspectives of DSC teachers and others who wish to share their experiences and understandings related to meditation and spiritual inquiry. We all have a story. You may be reading this newsletter because you are drawn to the message that gives direction or guidance. Or you want to just feel the connection, knowing that there are others like you making their way. DSC is a wonderful community—an oasis in this sometimes confusing life. I am so glad you are here, reading these words and sharing the community of the Sangha.

The newsletter is yours. Your impressions, ideas and contributions are welcome. It helps to know what you find useful or inspiring and what else you may like to read about. It also helps to know what isn't working. Please be in touch. Let us know what you think by contacting me at [rori.dsc.nl@gmail.com](mailto:rori.dsc.nl@gmail.com), or call or write the DSC office.

Our newsletter has gone international! Huilai Shi, our newsletter layout volunteer, will be working from her current home in China. She is living in Suzhou, an hour and a half drive from Shanghai. It is truly a gift that Huilai is able to offer her considerable talent to the newsletter, now from the other side of the globe!

The volunteer role of newsletter content manager, or editor, is available. If you have even entertained the idea that this is a way you may be able to offer your time and talent to the Sangha, please be in touch. You may want to just discuss the process, hear about the tasks and commitment and see how it all works. You may like to follow the steps with me through a publication cycle. This can mostly be done on-line. As you see how it works, you can then decide if this is something you would like to help out with. The newsletter is published three times/year and the process takes about a month. There is some planning before the date for submitting materials and a little bit of wrap-up work after going to print. That is the timeframe.

I have enjoyed this volunteer role. I've learned a great deal, worked with wonderful people and get to read everything first! Let me know if you would like to learn more.



## Retreat Committee News

Karen Mori

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The June retreat will be held at the Emrich Retreat Center in Brighton. The quiet, natural setting surrounded by state forests and nearby lake makes this an ideal site to deepen our practice. For those who want to be even closer to nature, tenting is an option. This has been a favorite retreat site for many of us, including our teachers Barbara Brodsky and John Orr. We are happy to be able to offer this experience again for the summer retreat being held June 18-25. It is open to all levels, from beginning to experienced levels of practice.

Mary Grannan and Hugh Danville have volunteered to manage the No-Frills retreat in Howell the weekend of April 23-25. As there is no teacher, retreatants must have attended at least three teacher-led retreats or get permission from an instructor. This retreat has been treasured for being one of the most silent of our retreats because there is no instruction or dharma talks. An added benefit is that late April is a beautiful time of year at the Howell Nature Center.

At the last retreat committee meeting, Terry Gliedt showed us the new online registration process, which will make it much easier for retreatants to register. Go to the DSC website [www.deep-spring.org](http://www.deep-spring.org) and click on retreats. There is a "register now" button after the retreat that you select. Thanks, Terry, for your hard work in setting this up.

One more note. Attendance at the Fall Howell and March Senior retreats has been below the fiscal break-even levels, so we are looking for ways to better publicize these retreats. Board member Sandra Villafuerte sat in on our meeting and joined our discussion. We believe in the importance of offering retreats to the DSC community. At the same time, however, we continue to weigh community support for retreats along with what may be the changing needs of the community. We welcome your thoughts about retreat needs.

Look forward to seeing many of you at Emrich!

(continued from page 1)

responses? And yet the roots were still not fully resolved.

The day before the surgery review, I met with Heather, my friend and translator. The pain was so much less, but I told her there was still no possibility of motion in the shoulders. Held still, they were pain free, but movement was agonizing. She said to show the Entity the limited motion that I demonstrated for her, and I returned to my pousada for lunch. Midway through lunch I started to feel light-headed and very sleepy, so I went to my room, lay on the bed and immediately fell into a deep sleep. I dreamed I was having surgery. I next opened my eyes three hours later. It felt like coming out of general anesthetic; it took me an hour to get myself into an awake state, as that drugged sleep kept pulling me back. When I finally was able to move, I walked out of my room to sit on a chair in the garden. When I reached for the chair, my arm moved freely, without pain. I started to move both arms and was immediately cautioned to be very gentle; no big movements for a week; they must heal; there are stitches. I sat, filled with wonder, which would increase in a few minutes when I realized I could see color, rather than just shades of grey, with the right eye for the first time since the retinal vein tore. I just sat for half an hour, feeling loved and expressing gratitude.

I was busy these next two weeks with my group, the 12 people for whom I was serving as a guide, and did not see the Entity personally except for passing through the lines for surgery review.

When I wasn't busy with my group, at the Entity's request I sat in his Current Room, but my meditations were shallow and it felt like nothing was happening. Then those two weeks ended, part of the group left, and I was no longer official guide for those who remained. It was time for me to pass by the Entity again, and I pondered what to ask him. Here is the ironic part: despite the enormous gifts of those first three weeks, I still felt like I must be doing something wrong. Around me, I saw profound healing and heard stories from people of how they had healed of cancer, MS, and other ailments. Why could I not hear? Why did nothing new happen this year with my ears?

I had the wisdom to see the grasping and fear, and not get totally caught in it, but it was there. Finally I decided to ask him, "What can I do to support healing of the hearing?" It sounds like an innocent and upbeat question, but at some level I was still asking, "What am I doing wrong? Tell me so I can fix it." The incorporated Entity that morning, Jose Penteadó, truly saw where I was and had the perfect response. He said, "Love supports healing." He was holding a small flower, placed it into my palm, gently closed my fingers around it and continued, "Here is my love. Now sit in my Current."

I spent the next ten days reflecting on his message, as I sat many hours in Current and meditated in the garden. I do believe I'm a loving person, able to love others, to treat myself with love and to receive love from others. Yet as I watched the arising thoughts and my response to them, I saw myriad ways in which I was less than loving to myself. Especially, I saw that when a thought arose of, "What am I doing wrong," I immediately condemned myself with a follow-up thought, "I should be beyond that kind of thinking by now." I was amazed at how many judgments and "shoulds" I saw.

Yet the myth persisted. If I just did something right, I would hear. If he would just put his hands on my ears, surely he could bring hearing. I could imagine it happening! One day I was standing in the Main Hall before the day started when the incorporated Entity came out on the stage, looked at me deeply, walked right toward me, stopped and looked into and through me for a long time, then turned and put his hands on the head of the woman standing next to me, and asked her to come up on

the stage where he did some work on her. As he did that, he looked at me. It was clear he was aware of my thoughts and was challenging me to transcend them. Twice in one day, the Entity walked up to where I was sitting in the front row of his Current. My eyes were closed but I could feel his energy approach. The first time he put his hand on the head of the woman sitting next to me, then moved her to a big chair right next to his seat. Another time, he called a different woman sitting next to me, to come from the Current,

up to talk with him, and asked her to stay another week so he could do more work with her. Each time, the same old habits arose. "I am invisible; unloved; imperfect." Each time they were noted with mindfulness, and I was able to skillfully note the tension and not build further stories, but these thoughts still came. And judgment of them came. It was a painful two weeks. Finally it was my last day, and I would pass through the line again. The logical mind did feel gratitude. By now, with his blessing, I was swimming and able to move the arms fully and with no pain. I slept soundly. I had a book contract. Balance and vision were improved. I had been riding a bike with increasing ease and balance for five weeks. I was walking with greater ease.

As I had pondered the book, I was very aware of the responsibility to bring this book forth without a lot of ego, but from a very clear space. I had been told by spirit for years, "The book will be published when you are ready." In other words, I would not be given the opportunity for this next step until I was ready not to have ego grab hold of it. If the opportunity was now here, then I was ready; and that felt true. Yet the question still came.

*I do believe I'm a loving person,  
able to love others, to treat myself  
with love and to receive love from  
others. Yet as I watched the arising  
thoughts and my response to them,  
I saw myriad ways in which I was  
less than loving to myself.*

Thousands may read this book; I will travel and give talks with it. Already I had an invitation to speak in California and would share some of the book's teachings with an audience. Can these words come from a place of emptiness and love? So I asked the Entity what seemed at first to be another clear and innocent question; "Please help me to do my teaching and work with the book with humility, wisdom and love."

Again the Entity, this time Dr. Valdivino with whom I have worked intensively though these years, saw right through my question and into my fears and doubts. He gave me an exquisitely tender smile, and the kind of look a parent might give a beloved child, of "You still don't get it. ... Please try now ...". He took my hand, said very clearly, enunciating each word, "I love you very much," and placed two radiant roses in my hand. "Sit in my Current."

I sat and the tears came. There was such a deep level of healing, and with each tear shed, a profound release of old beliefs. Are these beliefs completely eradicated? Probably not. Hopefully the next time they emerge I can remember, smell those roses and feel spirit's love, release the thought faster, and rest in Truth. We are loved. We are home. There is nothing to fear.



Amy, Barbara, Lisa and Kalindi  
Brazil, January 2010

## DEEP SPRING CENTER'S mission and goals are to:

- offer non-denominational spiritual teachings on non-duality
- teach and support the deepening of awareness on non-duality and related topics through the practice of meditation
- sponsor discussion groups, classes, retreats and workshops designed to provide support for spiritual growth and to further the teachings
- publish and distribute materials concerning these teachings
- foster a community of individuals interested in and practicing these teachings
- expand and redefine our specific teachings always with spiritual focus, into directions the teachings themselves lead.

Deep Spring Center - a 501(c)3 nonprofit organization - is guided by a Board of Directors.

## THE WORK

of Deep Spring Center (DSC), a nonprofit 501(c)3 tax exempt organization, is supported by your donations. Your contributions are tax deductible to the fullest extent of the law. Make checks for donations, retreats and/or books payable directly to Deep Spring Center. Thank you for your help.

## Newsletter

The newsletter is published three times each year and is offered freely. Your donations allow us to continue to publish the newsletter. Our cost to print and mail the newsletter is \$10/year for U.S. addresses, \$12 for Canada and Mexico, and \$15 for other locations (e.g., Asia, Australia, Europe, India, South America).

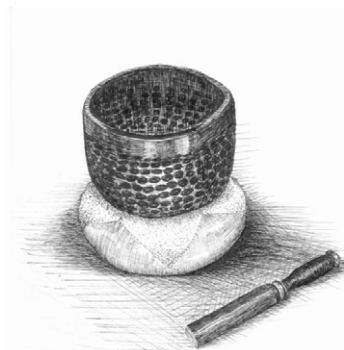
## Publications from Deep Spring Center

If you would like a book and are not able to pay the listed price, please pay what you can. Any donation you care to offer above the listed price will help offset the cost of books made available at a lesser price or for free, such as those sent upon request to prisoners, the elderly, etc. Any extra money received for books is recycled into the reprinting of books.

## Donations to Deep Spring

The work of Deep Spring Center (DSC), a nonprofit 501(c)3 tax exempt organization, is supported by your donations. Your contributions are tax deductible to the fullest extent of the law.

Please send checks and money orders to the address below. For online donations and information about other methods of donation, click *Make a Donation* on our web site.



### Visit our web site at [deepspring.org](http://deepspring.org) for:

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*If you would prefer to receive the newsletter online, please let us know.*
- **Transcripts** of many of Barbara’s and Aaron’s talks: see Library section.  
*If you would like to receive future transcripts via email, please let us know.*
- **DSC Publications** – descriptions and online versions: see Publications section. (Includes link for ordering Aaron’s *Presence, Kindness and Freedom.*)

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## Aaron's Closing Thought

"What would it mean if there were no limit to the amount of love  
you could give and receive? Can you think of the ways  
that would change the world?"

~ Aaron

