



Easter's Reflection

April 4, 2010 Easter Sunday, Berkeley, Spirit Rock Dedicated Practitioners Program
Aaron

Aaron: My blessings and love to all of you. I am Aaron. Thank you for this opportunity to share some thoughts with you.

I cannot let it go past that today is Easter Sunday. While I'm speaking to a dharma group, the whole experience of the crucifixion and resurrection in its symbolic form is very much outside traditional Christianity.

Letting go of the Church's ideas about the crucifixion and resurrection, each of you experiences what we might call a crucifixion initiation, the cross that you bear, symbolically. For some of you it's the memories of childhood pain or abuse, or it's physical disability, body pain, emotional pain, mental confusion, areas of self-doubt, or feelings of unworthiness.

In another sense of a crucifixion, we must die to the old self before we can enter into the new self. We must in a sense die to the everyday mind and personality self and self-identification with it, and the self-identification with any of the skhandas. It's not that the skhandas die; it's that there's no longer self-identification with them so we die to that small ego self, and this leads you into the resurrection.

And what is this resurrection? It's literally the moving into a higher consciousness based on the non-self-identification with the skhandas. It's the higher consciousness, let's call it non-dual consciousness, opening into that pure awareness or non-dual mind. It honors the self, takes care of the body, takes care of the emotions, does not have any disdain for the physical experience but knows itself to be radiant, beautiful spirit. It knows that it is not separate from anything, and that when it acts in ways that do harm in the world, it is simply harming itself; even to throw the trash on the ground is harming the self.

You are all here in the incarnation, especially those in this group who are dedicated spiritual practitioners, to look at the crucifixion and embrace and nurture the move towards resurrection.

I want to honor the one who came known as Jeshua who modeled this path. He was not trying to teach people to be Christians. He was not a Christian; that term came later. He was literally teaching the possibility of moving from everyday consciousness to higher consciousness and living in that higher consciousness.

Spirits of course speak to one another, so if I say "He said to me," do not be surprised by that. Talking with him once about the experience of being nailed to the cross, the nails penetrating flesh, he was asked, "How did you not get caught in that terrible agony?" He said, "I brought attention to the nails as an instrument of blessing. If I had hated the nails it would have pulled my whole consciousness down so that the resurrection would not be possible. In order to maintain that higher consciousness, I had to accept these nails entering the body as an instrument of light, literally as a blessing, to which I had agreed."

At some level he *had* agreed to the crucifixion, of course. He did not just stumble into that path; he was not a helpless victim who was crucified. So he said, "I blessed these nails, and because of that blessing consciousness, they brought light and energy into the body and helped raise the body into an ever higher vibration. It's that higher vibration that allowed for the resurrection."

This is no different than any of you. How do you bless your own experiences of nails, whatever they may be, instead of hating them? How can that blessing completely shift your experience so that instead of sinking into an increasingly contracted and negative consciousness you move into a higher consciousness?

If as you sit and mind goes to some degree to what I just said, and if there is some thought about it, let's say, of the arising of memory of deep pain and the question, "How do I bless this pain?" reach out and ask Him, He who experienced this crucifixion and resurrection that you remember in your lives today. He's available to you. Ask him, "How do I bless this pain? I don't know how to do it." And see if He comes to you and guides you.

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



River Journey

A Guided Meditation

March 15, 2011 Tuesday Evening, Sunnyside Retreat

Aaron: Good evening; I hope you are having a good retreat.

I'd like you to close your eyes and accompany me on a journey. We're going down a river, all of us together, down to the sea. The only thing I can tell you is that it's passable. That does not mean there will not be obstacles, but it's passable. Notice how as I say "obstacle" you contract a bit. "Will it be safe? How will I get past the obstacles?"

Think of a skier skiing down a slalom course. He's skied the course before; he knows the course. His mind does not jump three flags ahead; he needs to be right where he is, fully present. As he comes around that flag, he moves attention to the next flag and the next. The skier skiing down the hill with big moguls—he's never skied it before, he doesn't know what lies ahead—he has to ski with each mogul, each hump, being fully present with it. This is the kind of attention you have as we go down this life-journey river.

We're standing atop a 20-foot cliff. The river is winding its way below us. Are you all ready to grab hands and jump? That's the first step: we're all going to jump in together. I have a bunch of those noodles (*editor laughing here for Aaron actually said "macaronis;" changed to "noodles" throughout*), one for each of you, so you will have flotation.

(from here on, there are pauses between segments while we meditate with the described situation)

Jump. Touching the water. Not too cold, pleasant, and the current is not so fast here. As we land, I distribute your flotation and together we begin to float downstream. We're in a deep canyon, walls rising high on either side. There is strong current but not overwhelming.

Almost immediately we come to a bend. Can you feel any tension? "What's around the bend? Will it be safe?" Breathe in and note, "Tension, tension." As we sweep around the bend and you see that it's just more of the same river, feel the tension relax and return to the primary experience of simply floating in the water.

The tension is not bad; it just arises out of conditions. Bring attention to it. When it releases, that's not specifically good, just more comfortable. Tension is no longer predominant so come back to the spaciousness, floating down the river.

The sun reaches us here around this bend. There's a long, straight, more open stretch. Feel yourself relaxing and enjoying, perhaps playfully splashing at each other, kicking your feet a bit, looking around and enjoying the scenery. Note what is present: seeing,

seeing, pleasant, beautiful, play, splashing, laughing. Whatever is predominant, just noting it.

And then the walls close in a bit and the current picks up speed. We come around another bend. Again, tension; can't see what's ahead. Relaxing. Trust me. I told you the river is passable. I'm not taking you here to die but to travel down to the sea.

Around the next bend we see some trees have fallen, closing the gap from one shore to another so there's no open water to pass through. We all come up against this big tree, each holding on, and I give each of you a leg-up onto a tree branch. Assisting one another, climbing over. Watch how the mind thought, "Oh, this is going to be a problem," but it's not a problem, it's just an obstacle, a challenge. Those ahead taking the hands of those behind, each helping the other until all are safely back in the water on the other side. Can you feel yourself letting go of fear and tension?

Again the water opens out, the current slows down. The sun is warm. There's a wide open space. The water actually becomes shallow, only waist deep with a sandy bottom. Very pleasant. Relaxing into that pleasant spaciousness we ride our noodles and walk a bit, moving together further down the river.

It becomes deeper again. There's another bend. Just gliding around that bend, no problems, no challenges or obstacles.

And then, who knows? Around another bend, there could be an obstacle. Can you view that obstacle simply as an obstacle or challenge and not a problem? There are no problems, only objects that need your loving attention.

So we come around another bend and in the distance you hear rushing water hitting rocks. Before the current gets too fast, we all move to shore. We find a path to portage beyond those rapids, just getting out and walking for a few hundred yards.

With each object you are fully with that object. When you're portaging that waterfall you're not climbing over the tree. You're not walking through the shallow, you're just portaging the waterfall. Can you leave off all of the old fears, beliefs, and conditioning and simply be present in this moment just as it is?

Back into the river below the falls. Sometimes the water is swift, sometimes it's slow. As we glide down now, here and there are some big rocks that must have tumbled from one of the hillsides. When you see the rock approaching, what are you going to do? Are you going to scream with fear? You're simply going to point your feet at it, to be ready to push off. You've got shoes on, water shoes. The current is not so swift; it will not bash you against the rock. If you come in contact with the rock, simply push yourself

away. Glide past it. A minute later, another rock. There's a jumble of them, perhaps a hundred of them all spaced out.

Feel this process. Seeing the rock, using your arms and feet to glide around it, or if you are headed right at it, to prepare yourself to push off of it and move around it. Are you involved with looking downstream to see how many more rocks there are or are you present with this rock? Just be here, one rock at a time.

Can you feel after the first dozen of them or so how anxiety dissolves? This is safe, no problem. It becomes fun, interesting. What will be next? Look, that rock is shaped like an elephant. This one is shaped like a pyramid. Look how beautiful the blue sky is above you. Feel the softness of the water. This rock has what seems like an eyehole in it. Would you like to go through it? Go right ahead.

Play, relax. There is no need to greet the objects that appear one at a time in your life as adversaries. You have called them into your experience for a reason, to learn that you can navigate your way through and around them from a place of emptiness and love, and that there does not need to be fear and an ego that's controlling everything.

We spend an hour in this wide channel filled with rocks. Can you feel yourself relaxing into the process? Now the rocks are spaced further apart and are eventually gone. The channel narrows and picks up speed. Again we hear the noise of a waterfall ahead. But here there does not seem to be an easy portage. Ah, but I have a big rope and long before we approach the waterfall I give you each a hold on that rope. I pull you all close to shore.

We're all holding on by one shore. I tell you I've been through here before. It's not a huge falls, perhaps 15 feet high, and below it is a big open pool completely free of rocks. So one at a time I'm going to let you, holding on to the rope, come to a rock on which you may stand and jump off, literally jumping into that basin below. Hold on to your flotation device, let the current carry you. I promise you that within a minute you will be in shallow water. Can you see the tension coming up? Will this be safe?

Life is not safe. You're going to die. You're never going to survive this lifetime. You have your choice to live it in fear or with love and ease and an open heart. But you're not going to die jumping off this rock; I promise you that.

Who wants to go first? Good. Are you ready? I'm going to let the rope loose enough that you can get to the rock. Climb up on the rock and when you're ready, release the rope and jump. And floating out, there she goes. And now, so quickly, just 20 seconds or so, she's standing up and waving to us in the shallow water. Who's next? No volunteers? P is out there already. L, good. Climbing up on the rock. Let go of the rope and jump ...

There's L standing on the sandbar with P. Next? L and K and H, you're all going to jump together. Climb up on the rock. Make

sure you don't jump on top of each other. Ready? One, two, three, leap! You can feel a bit of fear because it's an unknown, and yet you also see your comrades doing it safely and you trust me. Can there be a spacious heart that holds room for the fear? That which is aware of the fear is not afraid, resting in awareness. Not identified with the fear and not condemning the fear. You jump. You drift a bit and there you are, on your feet.

And the last of you, are you ready to jump together, too? Climbing up on the rock. You can hold hands if you want to, if that makes you feel more secure. Ready, get set, jump! There's a moment of flying through the air and then the contact of the water, turning a bit, head over heels for a moment in the current, holding on to your float. And then the feet touch the ground. I'm coming behind you with the rope; I'm going to do a swan dive.

Step by step we make our way down this river. We greet each new object with love and a spacious heart. From mundane reality we are aware that some objects could be dangerous if we're heedless with them; there needs to be care. We did not crash head first into the rocks, we pushed ourselves off with our feet. We did not go over the steep rapids; we portaged around it. We pay attention, but it is not an attention from a place of fear but an attention from a place of love that knows its unlimitedness and has made a choice.

If you think, "This is going to be dangerous, I'm going to get hurt," then probably you will get hurt because you're calling that to you. If you know, "I'm assured this is safe, that I have the skills to navigate it. I have good guidance with me. I can go ahead knowing that the results will be wholesome and good even if challenging," then that's what you call to you. Why would you choose to kill yourself going over a waterfall? That's not in any of your plan.

The sun is getting lower in the sky now. The river has become broad. There's a slight tang of salt in the water, and gradually as the river broadens we see ourselves coming down to the sea, small waves lapping at the place where sea and river meet. Come back and sit on the beach with me.

Are you ready to do this again tomorrow? Because this is what your life is, a series of rivers that you navigate day after day after day, each with their challenges. In each one you learn what you need to learn, to be present with each challenge with an open heart. You learn to watch the contraction of fear and not become self-identified with that fear—neither dismissive of it nor judgmental of it; simply, "Fear has arisen in this mind and body. Breathing in, I am aware of the fear. Breathing out, I smile to the fear. That which is aware of fear is not afraid." From that place of awareness, I leap off the rock, or the body releases itself off into the basin.

If there is self-identity with the fear, there is contraction. As you navigate this life river, deepen in awareness of when there is self-identity with fear, with the ego or personality self, with the

(continued on page 17)



Community Healing

Anna Marie Henrich

Through our intentions and the unknown ways of the universe, a group of 20 of us came together to join Barbara Brodsky for one of her Vipassana Healing trips to the Casa de Dom Inacio, in Brazil, this January. We each decided to go because we wanted help with our Healing Intentions from the Spirits who dedicate themselves to helping people heal in all ways – spiritual, mental, emotional and physical. (See Barbara’s soon to be published book *Cosmic Healing* and an article from Oprah magazine for more details. Links appear at the end of article.)

People in the group came from all over the U.S. Many had a meditation practice; a few did not. (Meditation experience is not required, though I find that my practice helps me to be present, aware and still, and get more out of the healing experience.) Each person in the group planned to stay 2-5 weeks.

Our intentions covered many things including healing serious physical illnesses and emotional challenges. Most of us wanted help to heal not only the “symptoms” that were showing up for us, but also wanted help healing their causes and conditions, as well as help to become the most Loving Beings we could be. To focus our own healing energies, open our energy fields to help and to provide the Healing Spirits with an expression of our free will choices, we each spent time clarifying our intentions for healing.

Once these intentions were written and translated into Portuguese for the translator to present to the Spirit (Entity) incorporated in Joao, a lot of “Letting Go” was required. To even show up at the Casa, required a certain amount of faith, trust and suspension of expectations since most of the healing work is not visible, as it is done on the energy bodies and internally on the physical body. In addition, the time to present our intentions and to request feedback afterward was very limited.

Doing the healing work at the Casa can trigger a roller-coaster of emotions. There can be periods of awe at the amazing healing going on within oneself or others. Experiences of the unconditional love offered by the Spirits can evoke great waves of gratitude. There can be periods of doubt and confusion when one does not understand what is happening to them or grief as one begins to see the causes of their conditions. There can be plain old physical pain as the body heals.

Adding to the challenges of the healing work, are the challenges of living in a village without all the amenities/supports that we normally have to keep our bodies in balance and comfortable. This is where the group can be a real support to one another’s healing.

The Entities say that it is Love that Heals ... literally the energy of Love allows contracted and distorted places in our bodies to

unfold and return to their original state of flowing Love ... like an ice cube dissolving in a pool of warm water. My experience is that Love energy can come from anywhere. It can come from Spirit in awesome energy surgeries and it can come from another person helping you out.

This trip provided each of us with many opportunities to help one another out. And from the first, there was no hesitation; each person jumped in and helped whenever it was required. There was an attitude of Loving-Kindness and willingness to be of ser-

It felt like there was a “unified Field” where many synchronicities happened to connect people together at just the moment someone needed help or information.

vice. This group support, along with the pervasive atmosphere of Unconditional Love that was seeping into each of us, provided a safe container for us to relax and heal in.

It was an amazing experience to feel part of a bigger whole, to know that I was quite literally taken care of. The whole included all my bodies, my higher self, my spirit guides, the Casa Spirits, all the people in the group and all the people/beings participating in the healing meditation current. It felt like there was a “unified field” where many synchronicities happened to connect people together at just the moment someone needed help or information. In this environment, what might have normally been too scary for me to do or to be with, now became safe and possible. Where usually I may not have had the resources, they became available through other group members. Where I did not have the answer, someone else did. Some examples are:

■ After a spiritual intervention that involved my eyes, I was not supposed to read for a week and I was meeting with a Brazilian who spoke only Portuguese. I needed to use the computer or a dictionary to translate every word we would say. I had no idea how I would do this. I showed up for the meeting and one minute after sitting down, a woman came up and asked if she could translate for us. She had come from a town 30 minutes away to find someone to practice English with.

■ When the electric system blew out the power supply for a person’s scooter, one person supplied an adapter and another supplied a charger for the battery system.

■ A person had mold allergies and the local cleaning supplies were not able to handle this. Another person had just happened to bring supplies, which they did not need, that would help with the mold.

■ Some people needed physical assistance with ongoing daily living activities, like standing and washing hair. Various people were available to do just what was needed, when it was needed with no planning. One person said, "The most beautiful experience for me was helping another person with their shower. It was an unparalleled heart opener. Later, this person made phone calls for me, when I was unable to do so. Each gave according to their ability. It felt so sweet."

Imagine what could be if every day were like this, where we each were able to stay open to Love, Ourselves, Spirit and Each Other. Imagine if we deeply knew there was enough for everyone, that the essential energy of each person, spirit and the universe is Love – not a mushy Love, rather an energy frequency of Love that heals.

To me, experiencing that this is possible is one of the great opportunities that a visit to the Casa provides. My time there gave me the actual visceral experience of *knowing* that Spirit really is there for us all the time and that Unconditional Love energy exists, heals and comes through human and spirit alike. It taught me how I can open to, and cultivate, these experiences in my daily life and how I can help others to do so as well. It gives me hope that everyone in the whole world can one day experience this.

Blessings and Love,
Anna Marie Henrich
SpiritualInquiry@yahoo.com

References:

<http://www.oprah.com/spirit/Spiritual-Healer-John-of-God-Susan-Casey>
<http://cosmichealingmeditation.com/>

Fragrance Free Center



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

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
~ or call 734-971-3455

Available at your local bookstore or you can order it directly:
Make check payable to: **Deep Spring Press**
P.O. Box 6052, Ann Arbor, MI 48106-6052
(\$15.95 + \$4 shipping/handling)

Photo by: Patrick McKernan





Presidents Letter

Tom Slank

Deep Spring Center continues to face financial challenges. Despite an increase in annual donations, DSC spent more than it took in during fiscal 2010. Financial statements show that we had to dip into the unreserved fund balance to the tune of \$10,000 during 2010. Although the use of fund balance was planned and budgeted for, the amount exceeded our projections. The three main funding sources for DSC are tax deductible donations, fees for classes, and fees for retreats. One of the board's primary responsibilities is to ensure the financial stability of DSC. The board is planning additional fundraising efforts, including a pot-luck dinner/silent auction. We're excited about the event, which should be a lot of fun. Please consider what you might be able to donate to the auction—a day/evening of chauffeur service, a house cleaning, a home-made craft, a home-made dinner, a hand car washing, use of a special skill only you know you have—the options are endless, and it will be a lot of fun for everyone involved. Watch your email for details.

Retreat and class revenues will rise only if more of us attend retreats and classes. We all need to spread the word about what DSC has to offer. Please contact the DSC office, or any teacher, or any board member, with class or retreat suggestions. What class would you like to see? What kind of retreat would you like to go to? Do you have a friend who might be interested?

Tana, our office manager, keeps improving DSC operations and expanding our electronic presence. By now the new website should be up and running (same address: www.deepspring.org). Check it out and invite others to visit. Continued appreciation goes out to Terry Gliedt for his on-line work for DSC.

Finally, I would like to sincerely thank the many volunteers who donate so much of their time, effort, and love to make it possible for Deep Spring Center to exist. Keep up the good work.

In peace,
Tom Slank



Retreat Committe News

The summer retreat is being held at Emrich during the week of June 18 – 24, with the weekend option running June 18 –20. Please note that the retreat starts on Saturday. Emrich has a lovely camp-like setting surrounded by a state park that offers hiking and swimming opportunities. Many retreatants have found that the calm, natural environment greatly enhanced their experience. Our teachers will be Barbara Brodsky, John Orr, Peg Tappe, and Aaron. The retreat will be held in Noble silence, with periods of sitting and walking meditation, several levels of instruction, small group discussions with the teachers, dharma talks in the evening, and optional yoga. Peg will work over the weekend with meditators new to vipassana. Tenting is an option; all tents are assigned a room in case of inclement weather. We look forward to seeing many of you at the retreat in June.

The retreat committee would like to welcome Anita Moran-Sherman as our newest member. She is jumping right in to help Jan Eveswell manage the Spring Vipassana retreat at the Steiner House.

Retreat attendance has been a frequently discussed topic at retreat committee meetings. No doubt the economic situation has

contributed to low participation. However, retreats have been on a roller coaster ride with unpredictable ups and downs since fall 2009. This has been a concern for the Board as well as the retreat committee as they work to maintain the financial stability of Deep Spring. We will be sending out a survey asking for your input to help us design a retreat situation that would interest you enough to attend. We will compile the results of the survey and structure a meeting of the retreat committee, the Board, our guiding teacher Barbara Brodsky, the teachers, and interested sangha members to work toward creating retreats that better serve the community. Please help by responding to the survey.

Retreats can provide a time away from daily life where we allow our practice to deepen. One of our teachers has described retreats as a gift to ourselves. We are held by our teachers and the community of retreatants in a space where it is safe to look at those thoughts and emotions that we tend to push away when we are caught up in our daily activities. We can observe them with kindness and allow the heart to relax, knowing that we are surrounded by others who are also doing this work. Please help us to create a more inviting retreat atmosphere that will support the needs of a larger cross section of the sangha.



Social Committe News

Planned social events this summer include the annual picnic at Friends Lake, a summer kayak/canoe outing, and a pot-luck silent auction fundraiser. Please watch for DSC email announcements of these events. If you have a social event or activity that you would like to see happen or offer to the Sangha, please contact Tom Slank at thomasslank@yahoo.com. “Game nights” have been held at Deep Spring Center on a few Saturday evenings and are always a lot of fun – but have been on hiatus recently for lack of a coordinator. If anyone is interested in helping get the game nights going again, please contact Tom Slank.



DSC Newsletter Poll

41 (Wow!) newsletter readers responded to the newsletter poll this Fall. The reason for the poll was to learn about reader preference with regard to electronic vs. paper newsletters. We can all appreciate that the electronic version of the newsletter is accessible, eco-friendly and economical. And I also heard from readers saying they are more likely to read a hard copy, and have a strong preference for holding the printed material in their hand. Responses came directly through the Doodle poll, by voicemail and by e-mail. Following are the numbers:

Prefer electronic newsletter	13
Prefer hard copy but electronic ok	13
Prefer hard copy	15
Willing to pay \$12 annually for hard copy	23

There is support for paring down to electronic-version only, for the reasons listed above. There is also support for the hard copy version of the newsletter. A few readers who prefer the electronic copy were still willing to pay for the hard copy. From the comments received, apart from the reading preference for hard copy, the most frequently cited benefit is that people new to DSC like to take something home to read to become familiar with the dharma and the sangha. The newsletters are available for pick up at the center and at retreats. I have taken copies to give to friends who have an interest in my meditation practice and spiritual path. This is how I first became familiar with DSC. It is a way to get the news of what we have to offer out into the community.

The challenge then becomes how to keep the hard copy available and accessible. In the past year, DSC has pared down the mailing list to those with active involvement and interest in DSC. The number of free copies has also been reduced. Many good ideas have been put forth in comments and feedback, and as this year progresses, we will discuss changes that will make both formats



Photo by: Deena Loeffler

work best for our needs. As a beginning, if everyone who noted the willingness to pay for the newsletter did so, it would bring \$276 to the newsletter fund. What a great start that would be!

Stay tuned to the newsletters and to your e-mail for changes and improvements. Comments are always welcome. Send an e-mail to rori.dsc.nl@gmail.com.

Enjoy the blessings of Spring,
Rori

(continued from page 13)

“someone” who must control things. Be patient with yourselves. Be willing to pause and rest there until you open into that spacious awareness that’s ready to proceed, not without fear or anger or any other strong emotion, but without self-identity with it. Gradually you’ll know the divine self and begin to live from that divine self.

This is the whole intention behind your vipassana practice: to see deeply into arising objects and the relationship with those objects, and to see how the everyday self may contract around an object and yet the divine self, that pure awareness, is there if the ego will surrender itself to the divine self. You will do this 10 times, 100, 1000, 10,000 times until it becomes second nature.

Thank you for giving me the opportunity to share this journey with you.



Photo by: Phyllis Perry

Healing Circle

What is Healing? On the one hand, we are already whole and there is nothing to heal. On the other hand, each human has woundedness. In Healing Circle, we come together to support each other in shifting from experiencing ourselves as wounded to knowing our wholeness. This enables us to act from love rather than fear and contributes to the whole earth shifting to a love based 4th density expression.

In each session, we first join in a circle where we each take time to connect with our "ever-perfect" spirit within and to ask for the help of whatever beings support us. We also ask for healing help for friends, family and other beings. The group then offers each person hands-on body energy support to help each of us open to our contracted areas to remember and experience the wholeness within. The group supports each other and those invited into to the Circle by having the collective intention to rest in and share a safe space of unconditional love, openness, and wholeness, where each individual's energy feels free to unwind into its true nature of love, light and wholeness.

All are welcome, no experience is necessary. We meet most Tuesdays from 12:00-1:00.
Contact Anna Marie Henrich at spiritualinquiry@yahoo.com for more information.

From Shantideva's A Guide to the Bodhisattva's Way of Life

May I be a guard for those who are protectorless,
A guide for those who journey on the road;
For those who wish to go across the water,
May I be a boat, a raft, a bridge.

May I be an isle for those who yearn for landfall,
And a lamp for those who long for light;
For those who need a resting place, a bed;
For all who need a servant, may I be a slave.

May I be the wishing jewel, the vase of plenty,
A word of power, and the supreme remedy.
May I be the trees of miracles,
And for every being, the abundant cow.

Like the great earth and the other elements,
Enduring as the sky itself endures,
For the boundless multitude of living beings,
May I be the ground and vessel of their life.

Thus, for every single thing that lives,
In number like the boundless reaches of the sky,
May I be their sustenance and nourishment
Until they pass beyond the bounds of suffering.

-3:17-21

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 \$12/year for U.S. addresses, \$14 for Canada and Mexico, and \$20 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 for:

- **Newsletters** – current and past issues: see Library section.
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.*)

Deep Spring Center 3003 Washtenaw Ave., Suite 2 Ann Arbor, MI 48104 734-477-5848 info@deepspring.org

Donation and/or Order Form

Please make checks payable to *Deep Spring Center*.

Name _____

Address _____

Telephone _____

City, State, Zip _____

Email _____

Publications

Prices are in U.S. dollars and **include** U.S. shipping and handling

Qty	Title	Cost for Each
___	<i>The Awakened Heart</i>	\$ 12
___	<i>Christmas Stories</i>	\$ 10
___	<i>Human</i>	\$ 11
___	<i>No Chain at All</i>	\$ 12
___	<i>The Path of Natural Light, Part 1</i>	\$ 15
___	<i>The Path of Natural Light, Part 2</i>	\$ 15
	TOTAL Publications	\$ _____

Donations

General	\$ _____
Newsletter	\$ _____
Retreat Scholarship Fund	\$ _____
Other _____	\$ _____
TOTAL Donations	\$ _____
TOTAL Enclosed	\$ _____

Deep Spring Center
For Meditation and Spiritual Inquiry
3003 Washtenaw Ave., Ste. 2
Ann Arbor, Michigan 48104

PRESORT
STANDARD
US POSTAGE
PAID
Ann Arbor, MI

Aaron's Closing Thought

“Wherever I am, whatever circumstance I find myself in, where there is love there is freedom and joy and I am able to co-exist peacefully with the world. Where there is fear and blame, there will be conflict.”

~ Aaron

