

"You will know the truth and the truth will set you free."

- John 8:32

Into The Mystic

An Interview with Barbara Brodsky

ORSONAMI FILMS presents INTO THE MYSTIC: AN INTERVIEW WITH BARBARA BRODSKY featuring BARBARA BRODSKY ROBERT THURMAN FRANCIS X. CLOONEY, S.J. MARK BURROWS PASTOR HOWARD STORM RABBI MITCHELL M. HURVITZ illustrator JUSTIN BRUNELLE researcher NOAH BUDDY cinematographer DAVID A. FORD produced by CHUCK FACAS & PHIL CHIAPPE directed by CHUCK FACAS

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FEATURING

Barbara Brodsky (BB)

Robert Thurman (RT)

Francis Clooney (FC)

Mark Burrows (MB)

Howard Storm (HS)

Mitchell Hurvitz (MH)

Aaron (AR)

Moderator (MOD)

Barbara Brodsky lost her hearing at age 27.

Years later she finally heard a voice...

It was the spiritual entity known as Aaron.

Barbara can now channel Aaron through her entire body.

(BB)

I lost my hearing just after my first son was born. They don't know why. It was natural childbirth and not a difficult childbirth. They think maybe the nerves between the ears and brain had no oxygen – were oxygen-starved, because the blood vessels were constricted. At first I thought it was going to be temporary and there wasn't so much anger. I was just trying to be patient and wait for it to go past. Then it became clear it was not going to be temporary, and then anger started to come. Why me? Why is this happening to me? There was a feeling of what did I do wrong? Am I being punished in some way?

15 years went by. I had two more children. I was teaching sculpture at the university, working in my studio many hours a day. When I worked in my studio I wasn't deaf. I was just alone there in the studio. But through all those years there was increasing anger because I was cut off from so many things that I loved. I couldn't hear the birds singing. I couldn't hear my children's voices. I couldn't hear them laugh or cry. I couldn't hear the rain. A part of this was psychological. The feelings of, let's say, any old emotional issues I had - needing to get past and heal those. And through my meditation they were mostly healed. But there was just rage. Why me? Why am I so cut off from the world and so much grasping to hear? Finally it just was so acute and I realized at that point that it was a spiritual issue. But I was meditating and I didn't know what else to do. So I prayed for help.



I was sitting in my living room the next morning and meditating. I came into the living room and I felt a very strong energy presence. Do you know the feeling when your back is to a door if somebody very soundlessly comes up to the doorway, you can sometimes feel their energy behind you? There was just a strong feeling something is here. And as soon as I closed my eyes I could see him. I could see his face – radiant light. A beautiful

face. Very deep blue eyes, high cheekbones, a kind of biblical looking long white beard. Very peaceful and beautiful energy. I thought I'm hallucinating! I got up, I went to the kitchen, I got a cup of tea. I didn't know which was more frightening to me, that it was real or that I was hallucinating. I knew it had to be one or the other. I finished my tea. I went back to the living room. It was still there, so I said who are you? Why are you here? He said, 'You asked for help.'

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(BB)

At first he said, 'Just call me teacher.' Eventually I asked him for a name and it felt like a great honor when he shared the name Aaron with me. That he was entrusting me with something based on the inner work that I was doing. He said Aaron was a being he had been in a past lifetime and that he was not identified with being Aaron. Simply out of all his past lifetimes he needed a personality to base himself on because just relating to light and energy was hard for me. I needed a personality. He's lived in so many cultures, races, religions. He has no identity with any of them. He runs the whole depth of human experience, but what he is now is simply this being of light. That's the only thing he identifies himself as and it's not a sense of "I am light" but rather "Everything is light."

Beings Of Light

(BB)

We're all beings of light. We lose touch with that fact here in our human personalities. We become identified with what Buddhism calls the aggregates, or skandhas. The body form. The thoughts, our feelings and perceptions - consciousness itself. We start to think, 'I am that.' Even if we lose... even if we let go of the identity with the body, we still think we're our consciousness. That's hard to let go of identification.

(RT)

I had an old Mongolian lama who used to say, "People are not wrong in thinking that they exist." If they go and say, "Well, I'm me," that's not wrong, because they are themselves. But what they do that is wrong is they go around saying – "I'm really me. I really exist." They say that. In other words, "the way I imagine I exist is really the way I do exist." Whereas actually the way we really do exist is not the way we imagine.

(FC)

People are always trying to position themselves and re-imagine themselves in way that they consider favorable. Often, these constructions of self-identity and self-attitudes are artificial, they're not based on true knowledge of who oneself is, and they lead persons away from who they truly are and they become more and more dependent on the things around them. So even though it should be very simple to discover the divine and discover oneself, people actually become distracted, they become attached to which they are finding in those distractions and end up going in a totally wrong direction rather than the way that their easiest and deepest selves would lead them to go.

(HS)

We, in fact, can be more than this body of flesh and blood, but if this is all you think you are and all you know, you will carry that illusion after death - because you no longer are flesh and blood but you think you are - into the next world. And in the next world, that becomes a very painful way to be in a world of nothing but brutality and selfishness and cruelty because it's just a world literally of torment.

Higher Consciousness

(BB)

We humans, the whole earth, are evolving in consciousness. We all began with a kind of archaic consciousness. We see that magical consciousness in children. Eventually, as perhaps four and five year olds, they move into mythical consciousness. Much of our earth has been living in this mythical consciousness. It's a consciousness that takes things very literally, creates myths about things.



It's the kind of human consciousness that when there's an eclipse, the whole tribe comes out and does certain rituals because they think that the sun is disappearing and only if they do these certain rituals will the sun come back. As we mature, we move into rational consciousness. This is the "Age of Reason." Much of our world is not yet in that Age of Reason. We look at parts of the world where there's strong fundamentalism and a deep sense of mythical or even pre-mythical consciousness. But for the whole earth, we're all evolving into higher consciousness. Not just rational, but beyond rational eventually into

Non-Dual consciousness.



Only at that place of Non-Dual consciousness can we begin to live as if we are each other, to really take care of each other, to open as deeply as possible into this heart of compassion. This heart we all share and to live from this heart. It's only there that we can transcend - I would not say indifferences, there will always be differences of view - but to be able to hear each other's view without fear. And at that point we're opening a higher vibration, a higher level of consciousness. Not me against you. Not the oppositionality that's destroying our world. But true peace and love.

(MB)

Each one of us is a mysterious possibility of love. And as we discover that about ourselves, we begin to discover it about others around us. We begin to relate to them not as problems to be fixed, but in a sense as mysteries to be encountered, mysteries to be discovered, mysteries to grow into fullness in our midst.

(FC)

So I may have desires, I may be angry, people may be hurting me, life may be confusing... but insofar as it's possible; I can choose to do the right thing, I can choose to be compassionate, I can choose to love instead of hate. And I think this possibility, which is very, very deeply engrained in the Christian tradition, really means that we're not simply bodies, we're not simply victims, but that somewhere in everyone's life there is

the ability to make a choice against evil and for good, against hatred and for love.

(RM)

Be kind all the time. I mean that's the thing. Everything responds. Have empathy, have humility, have an understanding, put yourself in the other person's... we're all created in God's image, right? So literally you are walking in the other person's shoes. How does that person feel? Validate the feelings. Have the focus for a second... take out your agenda, put it aside. You can bring it back later, but put it aside for a moment. Put the agenda aside. What is this person feeling? Why are they feeling it? Validate it. Okay, now let's talk about it. Then bring back your agenda and begin to have that dialogue, and your willingness to do that really changes how you're going to interact with people.

Meditation

(BB)

How do we move ourselves personally and as a world into higher consciousness?
Meditation. One-word answer!

There are many kinds of meditation. In one form of meditation we simply concentrate deeply and shut out the world. At times that can have a value. It can take us into a deeper peaceful place, but when we come out of it we haven't learned anything new. I'm talking about a meditation which is very present. Let's call it mindfulness, in which we first watch the breath and then watch how different objects arise and pull our attention away from the breath. An itch, a loud sound, little bit of back pain, a memory, 'I forgot to turn the oven on or off.' We practice by noting.



We don't have to scratch the itch. We just watch the impulse to scratch the itch. We don't have to go and turn the oven on. We watch the impulse to turn the oven on. In this way we begin to see that we are not these thoughts, sensations, or impulses. If we're not these, what are we? Only when we start to see what we truly are, beyond these so-called aggregates, can we begin to experience the simultaneous higher consciousness that's already there.

This is important. We're not trying to get from Point A to Point B. We're already at Point B. To be able to live from that place, this is the birth of opening into living from Non-Dual consciousness. Or even for the person who's caught in myths and beliefs and anger, it's the start of opening into rational consciousness.

(RT)

Meditation is like a rocket with high-energy fuel in it. Very powerful. But the wisdom part, and the understanding, which then begins with intellectual understanding and then critical reflection and then sort of deeper heart understanding, but understanding, is like what aims that rocket, do you know what I mean? If you have a very powerful rocket and you aim it at the wrong thing, then it will go in the wrong direction.

Jesus

(BB)

I cannot say that Jesus came down and took my hands and baptized me. Only that the experience that I had was a deeply transformative. This was within the first year of my meeting Aaron. I was learning to let go of stories and attachments, old views... to move into a higher and more open level of consciousness. There was a lot of fear – will I annihilate myself? What happens if I really know that I'm not this body and not this mind, I'm not even this consciousness? I could see in my meditation this spaciousness and light, but I was afraid that if I fully moved into it, that I had come to know for all these years as Barbara would disappear. What will happen to me?

This came to a head through a series of events in which I was asked to meet with somebody who was very angry and causing a lot of unrest among other people. I couldn't break through his anger. 'They did this to me, they deserve my doing something back.' And I couldn't break through it. The night after meeting with this man I was sitting and meditating through much of the night, trying to understand the mix of feelings I had. As I sat in meditation I had the strong image of – strong feeling of a spiritual – powerful spiritual presence. And the energy that I've come to know as Jesus. And he asked me to come with him to the sea.



The metaphor of just going under the water, letting go, submerging, releasing the small self, trusting the truth of the greater self. On one level Jesus is separate from me, at another level Christ consciousness is not separate from any of us. Jesus himself was a specific being who deeply exemplified Christ consciousness. The baptism that he offered... first of all, I was not raised a Christian. I had no idea what baptism means, only that he was offering this and at some level I needed to trust it. What I understood it to mean after the experience – the experience was life changing for me because through the experience I learned to have faith not in Jesus, but in the Christ consciousness that is within. He said to me at that time that the baptism meant that I open my heart with love to the deeper truth of what was there. So metaphorically it's the death of the ego self and the – I would not say birthing, but recognition of the divine self, and opening into Non-Dual consciousness. Then it took me years to integrate that experience and live it. I still can't say I live it fully. But increasingly I can live it. But this happened 20 years ago and I'm still learning. I assume I'll always be learning.

(FC)

To be human is to be in the process of becoming divine, and that our destiny is not to be separated from God or unlike God. But, as the Book of Genesis says, 'We were created in the beginning, in the image of God.' And the destiny of the human race is to fulfill that image so that in seeing us, people can also see what God is like.

(MB)

In the kind of world that you and I live in, we don't have much time. There isn't much space to do this deep work of finding out this mysterious identity that is my own self - and beyond that self that is God, finally. That if we actually could glimpse, even for a fracture of a moment, the reality of God at the center of our being, it would change everything. We might still be doing the same things we're doing from day to day, but it would change our essential posture in the world. And it would change our way of seeing not simply God, the way we see ourselves, the way we see others, the way we live from day to day in our lives.

(BB)

This is the heart of all of us - this divine core. It's... I use the illustration of the sky before. On a lightly cloudy day, you still have a sense of the sun bleeding through at times. On a more cloudy day, it may seem very dark. And on a day where there's a tornado brewing and things are flying around and the sky is black, it's very hard to believe that there's still light out there.

(MOD)

So can we say that Jesus learned these same lessons over many lifetimes?

(BB)

Absolutely, yes. He learned all of these human lessons over many lifetimes. In his earlier lifetimes he was not Jesus the Christ. He experienced the great variety of lifetimes we all experience. And the one who is known as Buddha.



There are many stories of the Buddha's early lives and... the word Buddha simply means the one who is awake. As Siddhartha Gautama - when he was born he was not yet awake. He had to come to realization in that life. We're all constantly learning. You asked me in one of the questions, 'Did Jesus have teachers in His lifetime as Jesus?' Think of the Dalai Lama. He was born as an infant. They didn't just look at him and say you're an enlightened being so just go off and do whatever you want to grow up and then you can take over being the Dalai Lama. He had to study and practice. He had to realize what he already knew.

Karma

(BB)

We have each lived many, many lifetimes. We can sometimes see the events of this or that past lifetime and see how we've been gradually learning something. Growing in certain ways. I've seen beings that I were that blamed others a lot, were not able to take responsibility for the situation but said it's not my fault. Through a number of lifetimes I've seen a progression of them accepting okay, I'm involved too. But it's still partly his fault. To really understanding it's always my choice. I'm always creating for myself what I'm experiencing here. That doesn't mean when I say I'm creating what I'm experiencing... if somebody walks up to me and starts yelling at me, I don't create his yelling at me. That's his choice. I create how I will respond to him. If I can respond to him hearing his anger with compassion, then I begin to resolve the karmic stream that says his fault, why is he yelling at me - and create separation. There are different streams here. Taking blame, creating separation. Different experiences will be predominant for us at any one or another time in our lives. We just keep learning. This is all the flow of karma.

(RT)

Well, we are all connected but we don't know that, so we think that we're separate. So then by being separate we do all kinds of negative things. Like the ultimate affirmation of being separate from another being is to deprive one of its body, to kill a being, by thinking that that gets them out of your universe, and that ratifies that you're not connected to it. But under the Buddha's scientific and biological view of the world, which is what karma is, that's really stupid because all you're doing is you're cutting that being's mind away from its body, and then the mind is getting an impression of hating you and wanting revenge - if it's an ordinary being - and so it's reborn in some way and comes back at you.

Aaron

(BB)

Okay, so we're on to Aaron?

(MOD)

We're on to Aaron.

(BB)

Okay, Aaron will incorporate then. Let me say... are you filming?

(MOD)

Yes.

(BB)

Let me say something about this. When Aaron incorporates I release my consciousness from the body and he moves literally into the body. I'm not here. I don't know what he's saying or I'm just on the edge of consciousness where I stay so he can use my vocabulary. But he's running the body. He gets up. Somebody who was with me once when he went outside said he takes the steps two at a time. Which I as Barbara can't do. Then when he's finished he will release the body and I will come back into the body. The body will shake a bit when he comes in because he has such a high vibration, high energy field... he says it's like putting that like a woman putting on a tight girdle - shaking his energy field into this body. Which is not a small body by any means but it's small for that size energy field.

(AARON)

My blessings and love to you all. I am Aaron. How may I be of service?

(MOD)

Aaron, in one of the newsletters I read of Barbara's, you describe a period of vast transition that's been in the making for many hundreds of centuries. What is this vast transition?

(AARON)

It's really what you and Barbara were talking about earlier. The transition from lower to higher consciousness. Specifically, the shift from rational consciousness, below the rational into Non-Dual consciousness. Non-Dual is one step higher up. We move through from rational to what they call subtle consciousness, causal consciousness -

moving through. The whole earth will not make this transition at the same time. You in the western hemisphere here are more advanced in consciousness than some of your sisters and brothers in other parts of the world. But each one who moves into a higher consciousness opens the doorway for others that walk behind. Right now you still live in a world where you think of yourselves as separate beings. When somebody says something that angers you, tension comes up, fear and anger. If you relate to that tension from a place of scolding or judging of the self, it's just more tension. As you seek higher consciousness yourself, and to learn how to relate to negative thought with kindness in the self, you become increasingly able to relate to it with kindness in others.

Eventually you'll reach a stage, all of you, of higher consciousness where humans truly are telepathic. You're not ready for that yet. In a room full of people, if I ask people if you were all telepathic right now would that be okay with you? If you all know what everybody was thinking? No? People are not ready for that. But increasingly, as there's compassion with one's own negative thought there's compassion for another's negative thought. And you're no longer afraid to hear your own or other's negative thought. Then you begin to be ready to allow the telepathic abilities - which are innate to you - this is the part of the transition of consciousness. So you're moving into a level of consciousness where you are more attuned to each other. Living without separation. Able to hear each other more fully with an open heart. And from that position, to be able to live in the world more peacefully with each other because you're not attached to your view, and trying to defeat somebody with a different view. This may seem a bit far out - I speak only from my perspective - that the world was once in this level of consciousness. In the times of what you think of as Lemuria... Lemurian times.



You did not have a carbon-based body then. You were different creatures entirely. There was a lot more crystal in structure. Crystal in energy vibration. There was a sense of the Non-Duality. You asked before about the shift into separation. When everybody thinks alike and there's no conflict, when nobody sees anything else as separate from itself, what catalyzes compassion? There's nothing to arouse contraction or fear so what brings forth compassion? But the human experience was not created simply to live forever in a Non-Dual state.

It's... if I could use the analogy of the infant who has a brain that is just as fine as that of the 60 year old - the 60 year old well-educated scholar. But the infant doesn't know anything yet. The brain is there, but he doesn't yet know. In the same way those beings that you were in Lemurian times had not yet developed the fullness of the open heart of compassion because there was no catalyst for it.

I won't go through the whole history here, but eventually humans agreed literally to certain physical changes such as the DNA. A de-evolution one might call it. Stepping back into a more limited, mundane consciousness to experience that in order to have the catalyst of fear, negative emotion and so forth, to learn how to open the heart around those things. So that the choice of compassion would not be simply that luminous core of being always pouring out, but was evolved from your free will - your free will decision to choose kindness over negativity for example. This has been a path of so many thousands, upon thousands, upon thousands of years. But now you are finally coming to a point where you are ready to step back into the higher vibration that you were. But now with a new level of conscious free will choice.

It's... if we could come back to the biblical image, the choosing, the eating of the apple. The knowledge of evil, that one has to know evil in order to consciously choose good. One "falls from grace" - falls out of the garden - becomes lost in negative emotion and thought and separation, and eventually grows through that into knowing the divine self. You never were really out of the garden. You only imagined you were. The garden has always been around you, but you had to move through that experience of separation to choose the divine self and to express the divine self - to suddenly look around you and say, oh, I've been home all the time! I've never left the garden.

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