

A Window Into The Spirit World: Barbara Azzara's Relationship With Emmanuel & Pat Rodegast

Barbara Azzara's Responses To

Charles Cresson Wood's Questions

CW: Emmanuel was speaking to us from the spirit world, but he said that he had been incarnated on earth. How and why did that make him a great bridge between both domains of consciousness?

BA: Emmanuel had learned all that he needed to learn. He knew and had experienced the force of fear on the earth plane. He could articulate from that experience, and also from the standpoint of what he called "letting go of the hand of fear." I once asked him who he was. He said: "I am you without fear."

CW: Emmanuel is so loving and straightforward about the spiritual work to be done. Why is it that many people have such a hard time bringing this same approach to their own personal process?

BA: Emmanuel's teaching is all about LOVE, and to reach and open to this love, one must name and go through the "terror of one's fear." One cannot ignore the messages of the fear, nor can one defend against the fear. I see things the same way, and that is why Emmanuel and I worked so well together. I think that the Guide's teachings, the naming of the lower self, and the willingness to die into the fear -- those are keys to Emmanuel's work. Existentially the child and fear are born in the same moment. It is life's challenge to walk into the middle of the illusion and to transform it. For some, the unwillingness to feel the terror of the pain is what keeps them from accepting the truth of Emmanuel's teachings. Emmanuel's gentle loving and unjudgmental "beingness" helped me to explore this. It was his gift to me. It is a choice, the holding oneself without judgment, without blame, and with compassion. In this space, I can follow Emmanuel's mapping of the path: "Fear vanishes when one knows the purpose of the terror."

CW: Where there times when you didn't know whether you were speaking with Pat or with Emmanuel? Or were they always separate and definitive? Said a different way, over time, did Pat and Emmanuel merge to some extent?

BA: The first time I had a session with Emmanuel, he said I would be teaching the child in all of us that it would be safe to love. Thank you for reminding me of that first session, because that is what I have been doing for over thirty-five years. I was totally moved by this "simple statement," and here I am these

days, teaching a Master Class In Love.

I did not realize what a journey this would require. The next session I had with Emmanuel was a year later. I wanted to study with a guru. I wanted to be a devotee... I wanted to sit at the feet of a master. Emmanuel asked me how would I feel if my teacher did not have a body? Can you imagine that? I already was head over heels in love with Him. One of the best aspects of our relationship was that Emmanuel had no body, no personality, and definitely he had no ego and no demand or requirement that I obey or accept Him. He was the absolutely perfect teacher for me with no transference or counter-transference.

CW: When you first encountered Emmanuel, what were your personal reactions and responses? And how did you negotiate from there to a place of a fruitful working relationship with both Pat and Emmanuel?

BA: It did take me time to negotiate and to begin to trust his teachings. I kept my appointments with a PhD psychologist supervisor who I had, and I also did alternating sessions with Emmanuel, presenting the same personal situations to both. There were two levels of knowledge being imparted: the psychological and the spiritual. They were different, and after awhile I was increasingly forming my responses and interactions with my workers from what I was being presented by Emmanuel, and working this loving information into my groups and private sessions, and hopefully also into my life.

Then Emmanuel suggested that Pat and I start presenting retreats together. At the beginning I was terrified. When did I speak? When did I share? Who was Pat, and what was her job? It took awhile for the rhythm to be revealed, but after that we just riffed off of each other, and it was a symphony of love. I experienced my part as a "great intensive." I was getting to know a part of me that I never trusted to expose before. Pat solidly reinforced my opening to this new part of myself and of my becoming a true partner of Spirit. As I write this, I feel my gratitude, and my sadness. Emmanuel said to me: "My gift to you is to assist you in 'going inward,' and your gift to Pat is to assist her in coming OUT." What a dynamic trio. My intent, these days, is to serve this gift by becoming a true teacher of LOVE.

CW: Can you tell us about working in front of a group of people, with both Pat and Emmanuel? How did that work? Are there differences when you're working with a spirit, as opposed to working with incarnated beings?

BA: OH! My G-d... I could never have imagined what it would be like... There was no transference or counter-transference on Emmanuel's part. He literally was in a love bubble. He allowed me to open up, to lead meditations, visualizations, and do Core movement with the groups. I solidly taught the Guide and gave out Guide homework. It was an opportunity to grow and to repeatedly keep owning my deepest knowing. We always had a Q&A segment in our events, and that is when Emmanuel would do a solo, and often when this happened, Pat's wisdom would spontaneously come forward, and become an express train between Pat and Emmanuel. The more we worked together the more Pat came out. She really was an ambassador for the Guide's teachings. We were so compatible in our intentionality to bring the "Teaching of Spirit" to those who were open. It was truly a joyous experience. On the last evening of each retreat, Pat and I would create some fantasy experience for the group to creatively enter into, and we would sit back and enjoy the delight of surrendering to life, as it could be when you were led by love. That is what Emmanuel teaches: ALL THERE IS ... IS LOVE.

In gratitude,

Barbara

Barbara Azzara is a Pathwork helper and a master teacher who seamlessly integrates spiritual teachings of the Pathwork Guide, Emmanuel, and other teachers. She can be reached via her web site: www.revbarbaraazzara.com.

Pat Rodegast began channeling Emmanuel in 1969, soon after she took up Transcendental Meditation (TM). In 2012 Pat passed over, but the results of her channeling with this loving spirit can be found in three books. More about Pat and Emmanuel can be found at www.emmanuelandfriends.org.

Charles Cresson Wood is a Pathwork helper and author of the Pathwork book entitled "Opening To Abundance." He can be reached via his web site: www.abundantreality.com.