



The Path of DZAR – returning to the expanded self

By Elizabeth Stephens

He's telling me he was as spiritual as a brick, this man, and now he's a channel for an energy called DZAR. He's sitting in the room adjacent to my office, he and his wife, on an unpleasantly hot Melbourne day. The air-conditioning is not quite on top of the situation, and yet, unusually, I don't really notice. The stories they are telling me are fascinating. Of course I want to know how this brick-man could get into such a thing and what this information from DZAR is all about.

Oh, I'd better introduce you. They are Gary and Mary O'Brien from Melbourne. It seems that Gary, the more sceptical of the two, went along with Mary to some of the courses and programs she did over the years but he was careful to avoid the more spiritual and esoteric ones because he just couldn't swallow some of the stuff dished out. In 2007 they were in the States for a conference in Colorado and Gary felt very drawn to have a massage with an apparently amazing woman.

Marcia, the masseuse, worked alone but, as Gary was lying on the table, he could feel other hands working on different parts

of his body. 'She's a rather small woman', he thought to himself, 'and there's no way she's working on my feet and head at the same time'. It was also the first time he had a past life experience. As Marcia massaged his right arm he saw a lifetime as a Chinese warrior. He was preparing for battle knowing that it would be his last fight and that he would not be returning at its end.

At the end of the massage he had the shakes and had difficulty getting dressed. He took two steps out of the room and was overcome with emotion as Marcia told him that 'they' had all been there working on him and that they'd taken him to the next level of consciousness and things would now change for him. He didn't really know what that meant or what to expect and it wasn't until nine months later that things began to change when Gary and Mary met a couple at a business meeting and later attended their workshop. As part of that, they were asked to go into a meditative state and write the words they were given from their inner guide. Gary was frustrated because he was unable to get anything meaningful. Afterwards Mary asked him if he'd like to simply speak what he got and she'd write down the words, since she sensed the act of writing was the block. They sat outside in the sun and the next thing his head nodded forward.

Mary could feel that this was different from her own experience of doing the channelled writing and she recognised the energy of a group of beings she'd met back when she and Gary were in Colorado. She had had a channelling session while there, and a group of beings appeared, telling her she'd be working with them in the future. So there in her own backyard she could feel them in Gary.

So what does she say but 'Welcome', and they start a dialogue – as you do. During this they tell her she can call them 'DZAR' (which she subsequently looked up and found to be an ancient Hebrew word for helper). She's furiously taking notes for over an hour while they tell her they are bringing a message forward that they want she and Gary to share with others... it is a message of joy and reconnection to our true essence, to a part of us that many of us feel but don't quite know how to access.

Meanwhile, what's going on for Gary? 'I would have put money on it that it had only been a couple of minutes. I didn't remember anything until it was read back by Mary.'

And so began their journey along 'The Path of DZAR' as they were given information about why we experience struggle and separation in our lives, powerful meditations to share with people and also the processes for change they teach in their workshops around the country.

An important focus of their work is the understanding that we carry with us unresolved experiences and energies

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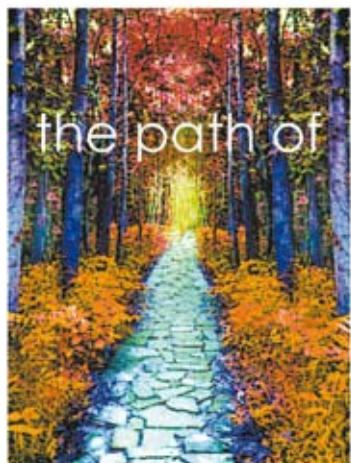
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from past lives that show up as patterns in this one, and that they form an energy cloak around us in this life, blocking our light and our connection to our true self, and this causes the pain and difficulties we experience. Mary explains that this is not karma that we have to resolve but rather old patterns of experience that we haven't been able to release. "Our purpose, when we choose to come from spirit into physical form, is to experience what it is to be human while remembering that we are so much more and that we are the creators not just of our experiences but of the universe because we are all aspects of the same Source energy – the energy of All That Is – which creates everything. However, when we come into this limited dimensional reality it is hard to maintain that connection to our multi-dimensional essence – our inner being – and so when we experience struggle or abuse or betrayal we forget the intention of our spirit to know who we truly are in it.

In that separation from our essence we become lost in the experience and as DZAR says we begin to see the experience as us... we become the struggle or the betrayal rather than knowing that we are so much more. So we continue attracting these kinds of experiences until we get to the point of remembering who we are and what's really going on. The processes DZAR has brought forward enable us to release those old energies back to All That Is and to experience a stronger connection to our inner wisdom and the guidance of our inner being. When this happens, life becomes so much lighter, easier and joyful!"

DZAR doesn't do private channelling sessions but in the workshops people receive guidance and insight through the group discussions with this group of energies from All That Is. This enables them to create real changes. To illustrate this they told me about the lady who'd suffered back pain since an accident 30 odd years ago. As she was exploring a pattern and working through a past life deepening exercise to see how it had played out in previous existences, she saw herself lying in a field with a broken back. By the end of the process, when she'd cleared the energetic cloak, the back pain had also gone and hasn't returned nearly six months later.



DZAR

Participants experience a real connection with All That Is, so much so that they don't want to leave the workshop. Indeed, these days, Mary and Gary schedule to stay overnight because there is often such an amazing energy at the conclusion that people just sit in silence and connection. "They feel that sameness – that there is no difference between Spirit and us – that's why they sit there. It's the recognition that they are not separate. They feel the connection between every other person and they don't want to leave it. They are sitting in the energy of compassion – and it doesn't leave them even when they go back into their daily life."

Now I was to be the lucky-duck. They offered to do a private channelling for me, seeing that I was interviewing them. I'd hoped this might be the case but, as they'd made a point of saying they don't do that, I'd put it out of my mind. It was getting late but three other team members came to join us. DZAR came through, speaking in Gary's Aussie accent, but with an older, more rasping quality, and a few mouth movements. It was lovely to witness his gentle energy, and even his chides were laced with wry humour and sweetness.

DZAR is pretty canny. Gary's 20 year-old daughter consulted with DZAR and his advice was for her to do one of the meditations. So they burnt one on a CD and gave it to her to take home. (Remember that you also can download this free on their website – www.pathofdzar.com.) They later asked her how it went and she said it was good. Then the next time she was visiting she again spoke with DZAR who told her the meditation would do her more good if she listened to it rather than just sleeping on it – she was sprung!

Apparently she'd put it in the CD player, put that under the pillow, but gone to sleep before pressing play. She had left it there and just kept sleeping on it. You can be sure she listened after that and she had to apologise for telling Gary and Mary a whopper: "I meant to listen to it". This little story is indicative of the funny sense of humour DZAR has and his (or their) gentle way of prodding.

We need to wrap this up – so I ask about the overall message. "They want people reconnecting to their essences, experiencing joy and abundance and knowing who they really are. Mystics have been teaching this forever – there is nothing new. The process we have been given and which we teach makes it easy to have an experiential knowing of this."

Wow, and all this on our own doorsteps – very powerful.

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