

# Month of ARIES 2021

## Conversations between I and AM

### By Matias De Stefano

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## WEEK OF MIND

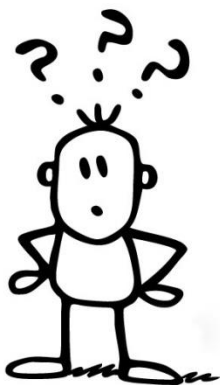
### 241. That? (Crown)

[April 1, 2021 Matias De Stefano](#)

Daily vibration: Ga

Statement: I Am Universal Vision

Code: ANDROMEDA = Andromeda system is a group of suns and stars that have as background the galaxy with the same name. The expressed conscience in that space usually embodies the meaning of its name, from the Greek: "Protector of Men". However, it's Aries' guardian, protector of the beginning of all things.



ME: What is it that starts the energy of the Month of Aries?

SOY: That's right.

Me what?

I AM: Exactly.

ME: ... I don't understand, what?

SOY: What you just said. That?

ME: What did I say?

I AM: "What?"

ME: What about what?

SOY: The question... the question "what?" It is what initiates Aries.

I ah!!! hahaha I didn't understand. But ... Why is the question? I considered that in Aries we would talk about more concrete topics, more related to will, action, momentum, war, battle, the ego.

SOY: You'll have to wait for it. Remember that we have started our Mental week, so we will go through the mental concepts of Aries.

ME: What are they?

SOY: The questions. Remember, we are not analyzing an Arian personality, but what the universal concept related to Aries brings us. What is the most important key of this sign?

ME: I don't know ... I usually associate it with negative things. he he

SOY: Why?

ME: Because Aries has always been a very egoistic, reactionary sign, which uses its energy only for itself, an apathetic sign, without emotion for the other, or awareness of the other, only of what it feels and bothers itself. It is the direct example of the Ego in the personality ... Tantrums, tantrums, anger, unnecessary wars, senseless fighting, competition, and with enough energy to do only what they want, and then they are immediately exhausted, and if they are sleepy, everything it's over, they'll never think about the other. I don't know, I always had that image of the Ariano. "First me, then me." You would think they are Leo attributes, but they are actually more Aries-like.

SOY: It is clear that for someone who comes from an integrated experience of Libra, Aries will be their challenge, and it will show them their worst.

ME: What do you mean?

I AM: In astrology, the sign in your South Node marks the history from which you come, and the North Node indicates where you are going, what is your challenge in life. In your astrological plane of life, your South Node is in Libra, which will make its opposite in the star circle be Aries, who you have in the North. That is why you surround yourself with Arianos on many occasions, to learn about Aries.

ME: Learn from Aries? That?

SOY: Just that. "That?". With a Librian story you have dedicated your past to decorate the lives of others, to seek justice, balance among all, earthly and divine justice, and this is what you already possess, as well as self-doubt, indecision constant on the path to choose. In this life, you have the attribute of Libra to fulfill your collective mission, but you must follow the North in Aries to discover your personal mission.

ME: What would it be ... which one?

I AM: The I Am. The Mantra of this month, the attribute with which we will receive the Arian blessing every day is precisely the I Am.

ME: The task that we are all doing, the conscious self-reference, does it have its key in Aries?

SOY: That's right, because the mission is to get back to oneself. In you, your north node tells you that personally in this life you must learn to value yourself and not doubt what you want at all times, as well as work the idea that not everything you do has to be for others or so that others feel happy, but the main task is to achieve their own well-being and happiness, and only from there can I collaborate with others. That is why Aries has a fundamental attribute that you have not yet known how to tell me, even if you have already said it. What is the main attribute of Aries?

ME: The main attribute... the main... the beginning... ah! the beginning!

I AM: Eureka! The beginning. And what is a path of self-knowledge called?

ME: An Initiation.

SOY: Thus, Aries speaks of the initiation of things, the fundamental principle. The reason why Aries seems to be complicated for you, is like Leonino, your ego has a purpose beyond yourself, but your ego seeks approval from the environment, and then turns your ego to the service of others. Unlike the Virgo service in which the ego is hardly noticeable, in Leo the ego is fundamental. However, expanded outward, when Aries contracts it inward. He does not give, but receives, and does not make much effort to receive it, he should only complain.

ME: Like a baby ...

SOY: Well, it's a baby. Aries is the one who opens and begins the stellar initiatory path, thus being the characterization of the child who is playing with life. Children do not have a cultural filter, and they act based on what they feel at all times, and they do not care about anything else or anyone else. That childish characteristic is the one that bothers the adult Leo about Aries.

ME: That is what leads to tantrums, to get angry very quickly ... Because when something takes them out of their comfort, they prefer to react and fight to get it back before looking for other ways to do it.

SOY: Your vision is Libriana. And I'm sure you think this point of view is the best, because it's the one you know. However, Libra has doubt and patience in search of balance, slowness, something that destroys Aries, who wants everything now. But we are going to see the positive part of starting this month: Children.

ME: Back to being children ...

I AM: Begin the path of life. The initiation paths began each year before the constellation of Aries, a period that was celebrated with rituals and sacrifices of Rams. The beginning was the spark (Aries) that reacts to ignite the fire (Leo) and thus produce light and heat (Sagittarius). The divine spark is what ignites the soul to inhabit the body, experiencing reality. The spark of life is the power that arises from the energy of the body to move the soul and enrich the spirit. Both sparks are the pink and celestial Flames that activate the motor of the Being, the Merkabah.. Thus the beginning of things is generated, the search, that moment when you consider things to take the impulse to launch yourself into the unknown and transform yourself with great intensity. Just like children, reckless, they begin to explore without limits, without measuring consequences, in order to understand

everything. They seek to complete their own being to have all the possible tools. Therefore, Aries is the self-referential child.

ME: That is why it represents the I Am, because it is a single being that expands and returns to itself, generating conflicts to learn about how to solve them ... But what does all this have to do with the question "What?"

SOY: Do you remember how they said "What?" in the Atlantean language?

ME: "Meh." It was more of a particle that was used to initiate other types of questions. "Meh?" It would be "What?", but "Meyu" would be "What?" referred to something more specific. "Meyum" would be Why, "Meyut" would be Where, and so on with all of them, who could take the Me particle back to the beginning.

SOY: And do you remember why this particle was used?

YO: "Meh" is made up of the letters M (door) and E (truth), with the accentuated extension H in certain cases, which refers to the potentiality of something. So the question What? refers to the door of truth.

I AM: And that is the key to this conceptual Aries child in Mind week. What existed before all things? What does it contain to all the possible answers?

ME: The question ...

SOY: That's right. The question is the origin, the beginning from which we all must begin life, the question is the key to finding the answers. And a child asks.

ME: What, why, what for, when, where, how... Yes, a child asks incessantly, sometimes to infinity, at points where parents and teachers no longer find answers.

SOY: And the questions begin to diminish, as parents and teachers answer "just because" or "why not." The ability to question led to existence, evolution and development. But there is a moment when people stop questioning in order to learn, and start questioning in order to judge. It is that moment when the divine grace of Aries becomes the warlike toughness that many know. The way of life through judgment and the war to defend personal position, is the result of a world that instead of awakening the greatest initiatory attribute of Aries, poisoned him with preconceived and pre-designed responses that determined the thought, killing the dreams of children to become strong adults. This is where the child loses himself, leaving the question aside,

ME: The ability to question is the grace of evolution, and we don't evolve because instead of questioning to learn, we question to defend ourselves. We judge rather than open ourselves to hearing other options. I understand now the mental vision of Aries. It is the beginning of things, and in the beginning is the question.

SOY: The question "What" and "What" have the same etymological origin, from the Indo-European "Kwo", a particle that served to initiate an interrogation. In the crown, the questioning of the spirit is opened to understand existence. "That?" It is the key to consciousness, to wisdom. The question that gives rise to the search for all things.

ME: Which indicates that we have to think like a child again and start questioning everything again.

SOY: Write down these questions in a notebook, and answer yourself: What do you think? What do you think? Do you see? What do you say? What are you silent? What do you feel? What are you looking for? What are you? What are you doing? What do you think? What's wrong? What hurts you? What ties you up? What's

stopping you? What do you express? What do you expand? What do you experience? What do you integrate? What do you transcend? That you love?

ME: The question allows me to see my inner universe, and to see the outer universe. Be aware of what is in me.

SOY: And seeing what is in you allows you to ask yourself the question that transforms your life. Ask yourself: What do you expect from yourself? What do you want to see? What do you want to do? What do you intend to live? What drives you? What do you want? What do you like? What would you want? What will you do? What will you say? What will you feel? What will you manifest?

ME: The answer will always refer to the What, which is an idea of the mind, of the imagination. Like the question "What do you want to be when you grow up?", And therefore only the mind with the imagination can make sense of the question by completing the answer from the mind's intentions.

I AM: The question is the spark of the mind that ignites the fire in response, to expand the light in the form of wisdom. Look at yourself, go back to your Self, and ask yourself the questions. Thus, you will discover the answers that are in you, and you will be able to open yourself up to start the path of life.

ME: So, through my non-judgmental questions, I start the path to the discovery of myself and no one else. And by banner and song I carry in my voice: I am ...

I AM:... I AM...

ME:... I am.

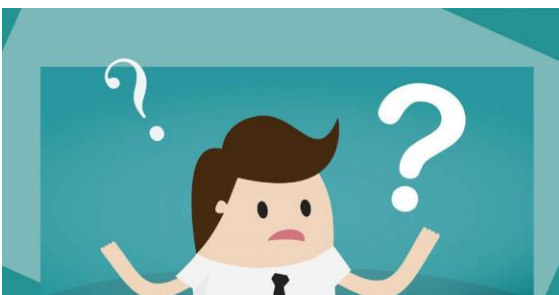
## 242. Why? (Third Eye)

[April 2, 2021 Matías De Stefano](#)

Daily vibration: Gae

Statement: I Am Contemplation's Vision

Code: VELA= is the light of the galaxy, representing in the skies the sail of a ship that brings us to our destiny. This starts include the guardians of the center of the Milky Way. Irradiating like a lighthouse shows us the way within, towards finding our light, the purpose and destiny of the journey that is Being One, and for that, it's destiny is Leo.



SOY: Have you ever wondered why you do what you do?

ME: What does "Why" mean?

SOY: You know what "what?" Means, it is the object or objective of an action, the particle "kwo" from Indo-European that refers to something vague of what its concrete aspect is looking for. The question is asked to find ways to express this "what", which could be translated as "thing". When you add the noun cause "por", originated from the Latin "pro" (forward), in Spanish you get the idea that questions the cause, motive, origin of a fact, of an object, a reality. As much as the idea of "pro" speaks forward, of the future, the question refers to the reason why this future develops, that is, taking the concept "what" as a timeless object, anchor of the reasons for what it is, making the future not strictly linked to what will come, but to the reasons why it has arisen in that probable future.

ME: I never would have thought to explain the question "why?" it was so complicated.

I AM: Sometimes we take for granted many words that we repeat without any awareness, and by bringing awareness, light, clarity, we discover very deep things. In the Saxon language, in English, the origin of this question arises from the Indo-European causal declinative, which is "-i", so "kwo" becomes "kwi", giving rise to the well-known "why".

ME: Causal declination?

SOY: In languages, the idiomatic structure is different, either by construction of nouns, adverbs, prefixes and suffixes, or on the other hand, by means of enclitics and declensions that modify the word itself. As for example "manus" (hand) and "manibus" (with hands). Due to the declines, the languages diversified even more, creating varieties that today seem disjointed. The causal declinative is the one that indicates the reason for things, why they happen, being the "what" in this case the cause that originates the fact. That is why I ask you. Do you know why you do what you do?

ME: I suppose so... and for that I have to go to the origins of things. Find the root of the facts. I wonder then why? And ... now that I think about it, I can't find an answer. Why I do what I do?

SOY: Why do you think you can't find the answer?

ME: Because there are many ... many reasons, many causes.

SOY: Tell me.

ME: Starting from today backwards, if I ask myself why today I acted as I acted in a situation to which I would never have responded in this way? I find the answer in "because for 8 months I have been preparing myself in my axis, and I began to know how to distinguish when one acts out of love and unity, and when one must learn to set limits and take care of oneself in this reality. Today I had to set limits in my life, and I thank those who have served as a reflection for me for showing me that I can do it. At another time I would never have been able to do it, and in my life, learning how to do it shows me that I have been working hard enough to know how to say "no" when this answer was very difficult for me before. So, I ask myself why I have prepared myself these 8 months, and I answer myself, because I always spoke of the I AM path,

I AM: Why did you avoid your inner work of I Am?

ME: Because I always believed that my mission was with the world, that what I had to do was for the planet.

SOY: Why would you think that?

ME: For my memories, since the 12 years that my life has been based on what I have not been able to solve in the Atlantean era about the planetary network, the connection of the world, making this planet a worthy home for humanity.

SOY: Why do you want to build a decent home?

ME: Maybe because my family always had a trauma with not having a home, as I already told you, my grandmother died in pain because my grandfather did not leave her a house, my grandfather died in pain because his father denied him possession of the house, my mother She was evicted from her home by her own family, and we have always rented out, moving at the end of the contract, every two years.

SOY: Why is the history of your family projected in the history of the world?

ME: I think it is a personal code that I have sought to remind myself all the time of the need to rebuild the home for the Family that we all are, and that, in a certain way, we all need that security, because all families have been exiled in some way. moment having lost everything, leaving it behind, in the face of so many wars, famines, migrations, exiles.

SOY: Why do you consider yourself an exile if you have never been one in this life?

ME: Sigurd... 900 years ago in Norway, my name was Sigurd, and my own family kicked me out of my home, my territory, when I was only 20 years old, for not fulfilling my father's mandate. I was left wandering through different regions and kingdoms, dying alone in the Holy Land, abandoned by the world.

SOY: Why did you allow the world to leave you?

ME: Because I abandoned myself. I thought I was worth nothing, that's what they made me believe my whole life.

SOY: Why did you think you were worth nothing?

ME: Because I didn't feel worthy of belonging, I thought differently, I was the black sheep of the family, and for this reason in this life I wanted to put on my shoulder the responsibility of healing it, of honoring it. I chose not to have a father, so as not to live the same mandate or exile again, but even so, I lost part of the family in the attempt to be myself.

SOY: Why did you lose it?

ME: Because I lost myself. Because I let go of the control of living for others, which was the key to my thinking, and I started living for myself. I left the idea of supporting the family behind the moment I managed to heal my story by buying a home. In that instant that I manifested my own, I let go of that responsibility.

SOY: So why do you keep doing this for the planetary family?

ME: Because I haven't released certain things yet. I still feel that I owe myself to my twin brother of 900 years ago, who dedicated his life to the conquest of Scotland, and died trying. I feel like I still need to make it up to him. In the same way that I feel the need to make peace with the story of Shiw, 12000 years ago. I feel responsible for a whole town.

SOY: Why?

ME: Because I felt that I abandoned them, that even then knowing what was to come, the fall of our civilization, I left without having any idea of what I could do for them.

SOY: Why did you abandon them?

ME: I was scared... I didn't know what to do. It was a responsibility that he did not understand how to manage. But now I think I can do it.

SOY: Why?

ME: Because now I have the answers, now I understand why.

SOY: What is the why?

ME: Because I Am. Everything I do, I don't do it for the world, I do it for myself. When the pandemic started and the I Am for Earth path had to be canceled, I understood the reasons for the change. This path belongs to each one before being collective. The cause of everything we live is personal choice, therefore, I could not look for the causes in past lives, or in situations in the history of others, or in others, or in genetics, or in spiritual mandates. Everything was in me. I am the cause, for I am is the origin.

SOY: Why do you do what you do?

ME: Because it is my will. It is I who decided to live this, beyond any mandate of history, of the body, of the soul or of the mind, beyond any circumstance, emotion, bond, belief, expectation or projection, the only cause that I see, is me same.

I AM: When you begin to ask "why", you begin to dispel the doubts that eat away at your mind until you arrive at the simplest answer of all, at the origin of all existence. You can be forever wondering why, and every time you do, don't dwell on trifles, on perspectives. The causes can be thousands, but all causes have an original. Everything you see in the world, you see it with your eyes, you contemplate it with the spark of your inner vision, you are the only reason why the world you see exists. There is no culprit without responsibilities, other than those you design for yourself. Every step you have taken is the cause of an effect that you live. But only you have taken that direction, you have chosen that step, you have driven your walk from the will.

ME: I am the cause of all action, I am the answer to all questions.

SOY: The question "why?" trace the map of your mind, reminding you of the road traveled. Start writing down all the reasons that come to your mind, and without having to write down the answer, write the family tree of your causes. These questions will be answered by contemplating your walk. Because you exist?

ME: Because I decided to get out of myself to experience the universe.

SOY: Why are you who you are?

ME: Because every decision I made got me here.

SOY: Why are you here?

ME: Because it's my way.

SOY: Why is your way?

ME: Because I am the Way.

SOY: Because I am the why.

ME: Because I am the cause.

## 243. So that? (Third Eye)

[April 3, 2021 Matías De Stefano](#)

Daily vibration: Ge

Statement: I Am Coherence's Vision

Code: BOOTES = In its heart, this constellation guards the second brightest star on the firmament: Arcturus. Its history is the one of the peasant that herds oxen, this mean, Taurus, guiding them so that their strength move the plough that will open the furrows where the seeds of new worlds will be planted.



SOY: And when you know the origin of things, you discover something unexpected.

ME: What?

I AM: The future.

ME: How is it possible?

SOY: From what we have said once long ago, the future is the first of all time. At the beginning of the universe, the mind asks itself a question, and in this question the intention, the search, the possibilities of the answer are embodied. Nothing has happened yet, nothing is being experienced. So there is no past to refer to, nor a present as a sensory guide. The only thing possible here is the idea of what it will be, the question that opens all possible paths. When faced with the question "What is it?", The answer can be infinite.

ME: That is to say that being human, the more I ask myself about the origin, the fatalities and the causes, the closer I get to the possibility, the closer I get to new existential questions, but this time taking the opposite path.

SOY: So you know what the next question is.

ME: "What for?"

SOY: The question comes from the Latin preposition "pro ad" (forward in favor of something). The preposition "for" is used to describe a reason of effect, of manifestation, of intention, indicating the destination of the action, the reaction of an action, the effect of a cause, the consequence of an attitude. The question "What for?" Is the one we ask ourselves when, having the reasons for the cause (the "why?"), We need to know what the purpose of this thing is (the "what?") .

ME: What do I think? I believe that I am everything. Why do I believe that? Because I am the origin of all things. What am I the origin for? To start life and existence.

SOY: That's right. So, have you ever wondered what for?

ME: All my life. In fact, I do it almost every day. I remember a few years ago, I was invited to a Neurolinguistic Programming (NLP) congress in Miami, United States, and I had a conversation with someone very typical of you. After my lecture, this person asked me a question: "How do I do to be successful in life?" His question summed up an idiosyncrasy shared by many of the people who attended that congress that time. The intention of the congress was to have a successful and prosperous life, and of course we had each come to share our visions of how to achieve a prosperous future. Each one gave their recipes to get what we wanted in life. But I remember that before this question, when connecting with you, with my I AM, you whispered the only possible answer to your question: ...

I AM:... "What for?"

ME: Then the person replied: "to have more economic resources."

SOY: What for?

ME: "To be able to have better things"

SOY: What for?

ME: To have a better life.

SOY: What for?

ME: To give the best to my children.

SOY: What for?

ME: So they can have a balanced life.

SOY: What for?

ME: So that they are happy.

SOY: What for?

ME: For me to be happy ...

SOY: What for?

ME: So that I can live in peace and have time to help others.

SOY: What for?

ME: To live in a better world ...

SOY: What for?

ME: For us to ascend in consciousness as Humanity.

SOY: What for?

ME: To find Enlightenment ...

SOY: What for?

ME: To be the creator of my own reality ...

SOY: What for?

ME:... And then the man, and all those around him were left with no more answers. Starting with the simple fact of wanting money, ending up to the Creator himself, and still, the question was still there. Then you made me tell him:

I AM: "When you think you have the best answer in the world to the purpose of your existence and act, always ask yourself again" What for? ", Because this question has a clear objective in existence: to lead you to Success, but really success . Success comes from the word "exitus", from the Indo-European "eghs" (ex = outside) and "ei" (to go), that is, to go outside. Success is not a word that implies reaching the top, but leaving where you are, always looking for a new horizon, not getting stuck in just one way. As in the English "Exit" (exit), Success gave rise to the word Exodus, the great escape, march, exit from one place to another. The question for what? it is the great conceptual exodus, the success of the mind and soul. In English, the word "Success" means "to happen", that is, something that is consecutive,

ME: There I also understood that what we do in life we do not do to get to a place, but to keep moving forward, and that each step, no matter how small, makes us move towards infinity. The important thing is not to arrive, but to continue searching. Success is found in the fact that you keep going towards the horizon.

SOY: Ask yourself what for? to infinity, and you will be truly successful in life. So why do you do what you do?

ME: Every day I get up and wonder. What am I doing this for? Why am I really going to the pyramid; why do I do the transmissions and alignments every day; why am I here in Egypt; why do I write these posts; Why do I keep planning things if the world changes them for me; why do I dedicate my life to this; why do I put my intention to awaken consciousness; why do I think of ways to heal humanity; why make an effort of a life to perhaps achieve nothing?

SOY: And what answers do you find?

ME: My mind always finds a logical answer, my soul doubts these answers, and my body simply lives them. But I'm not even convinced by the answers in my mind. Sometimes I think that it deceives me with delusions of grandeur just to keep doing something pointless.

SOY: Do you think that what you do makes no sense?

ME: Aha... I always think about it, and I'm honest about this. Every time I sit in the pyramid, I do it with all the will and full consciousness of the world, open to expanding from the heart, receiving the codes, connecting to the network. Every day that I start the transmission, an aura of joy and intention to educate, share, teach me surrounds me that make me live fully. Every time I write the post I am radiant, in full connection ... But then ...

SOY: What is it?

ME: I think about if it's really worth it. So that? When I see the world, in this "false Pandemic" created from a virus modified by humans, creating our own evils, living in a kind of planetary prison at this moment, seeing governments act in a feudal way, always repeating the same, between repressive, occult, falsely democratic, corrupt systems, leading peoples of individuals who have been taught to be unconscious, to fight or follow orders, to be incapable of self-government. And I see how, despite the tasks of consciousness, the world remains the same, I ask myself: What for? When I see that after having spent more than 240 days in a row sharing philosophies for consciousness, many continue to act counterproductively to the teachings, judging, fighting, projecting their own stories onto me, when they consider that what I teach is not up to them, as if my task were to feed them information when in reality it is to encourage them to harvest their own knowledge; or when the forms weigh more than the contents ... It makes me think many times, why? Maybe I should do something else. Maybe being part of NGOs, that help in Climate Change, or in the Education of children, or in Hunger, in Wars, and then I see the effort of years of those who are in the battles, and still, beyond everything they do, a simple political decision by a president or king destroys everything that has been worked on. So that? I ask myself again. I ask you, reluctant to exist, the question that all of us who lose faith in the world, in humanity, usually ask ourselves: Why?

SOY: To see what you are capable of.

ME: What for?

I AM: To discover the creative potentials of each individual.

ME: What for?

I AM: To learn from the transformation of the world.

ME: What for?

SOY: To see what is possible, because every time someone has asked this question, the world has been transformed. There are two ways to ask yourself this question: from hope, or from frustration. When you are exhausted, that is, when the Ego does not feel fulfilled, it becomes frustrated, and reactions of reluctance are triggered, which extinguish the divine spark, leaving it without oxygen. This leads to asking the question without faith, from laziness, from nonsense: "ugh, what for?", Giving his conditioned reasons: "why, if in the end nothing changes." The conditional form of the question makes you live from the ego and its conditions on success, in which it considers success as overcoming and victory, not as exit and transcendence.

ME: So when I ask myself these questions, I position myself from the hurt ego, off its axis, burdened by the environment that does not allow it to do its homework ...

I AM: But when you position yourself from hope, your ego finds the axis, and leaves the conditions of "yes, but" or "if in the end everything is the same", and transports you to the unconditional aspect of the question, that that really looks for an answer, a way out of this state, and gives everything I trust in the transformation, in discovering what you are and what you are capable of. As a student of life, you ask "What is this done for? Why do we live this? Why do you have to continue? " Eager to find the answers to keep moving forward, transcending, growing, expanding the limits.

ME: From the unconditional hope of my being, this question invites me to continue moving forward, looking for thousands of ways to transform realities, to see that things really change.

SOY: From the conditional position, you would never have advanced to where you got. Humanity would never have advanced as far as it did. It is easy to judge the present with the eyes of the future, it is easy to judge the past with the eyes of the present. It is easy to judge the future with the eyes of the past.

ME: What should I do then?

SOY: The question is not that, the question is Why should you do it?

ME: To find myself, in each realization. To free myself from the ego condition that seeks to be seen, accepted, understood, reciprocated, successful in its work. To be one with the world, and in unity, unconditionally continue asking myself the question that leads me to free myself from every state in which I find myself to be free in infinity, a transmuter of the finite.

I AM: "What for?"

# 244. Which one? (Heart)

[April 4, 2021 Matías De Stefano](#)

Daily vibration: Gi

Statement: I Am the Heart's Vision

Code: PERSEUS = this stars tell the story of Poseidon's son, that departs for adventure to eliminate Medusa, this mean, to the world of ideas and thoughts, the beliefs patterns that stall us in our reality. For that, its strength reminds us to break boundaries, move forwards without fear, face the beliefs and transcend what we believe of ourselves.



ME: I wonder what the question would be for the heart ...

SOY: Well, you ask yourself the right question. What do you think is the dilemma of a heart?

I love?

I AM: The heart is the one that distributes the blood through the body through the pulse and the pressure of its valves before the bloodstream. It is, therefore, the organ that distributes, that expands, that places itself at the service of others, that opens itself to receiving and giving. It is the balance that distributes fairly, but that must choose well the way to do it to really find harmony and balance.

ME: I understand ... the heart is the one that must make the best decisions, even more than the brain in many cases, it is the one that must find the answers of what is the best that should be received, and what is the best that it can give. Yes. The heart embodies balance on its axis, and doubt on its imbalance.

SOY: So what is the question?

ME: "Which one?" Is the question.

SOY: Very good. Doubt, in a determining society like this, is probably one of the attributes seen as one of the greatest weaknesses. Doubt is the defeat of a Libra mind, who does not advance in life for fear of making mistakes, and prefers not to make hasty decisions. Doubt is the anchor of the Libran heart to the oldest systems, fearful of change or imbalance. This despairs its opposite reflection in the wheel of signs.

ME: Aries ... the one who does not doubt, but acts.

SOY: Today's society lives its most rudimentary decisions based on Aryan attitudes. Today's society acts on impulse, without evaluating the result of its actions. Impulsively, Ariana's hunch gets into conflicts that she can't resolve later. The greatest attribute of Aries is the determination, the will to do, to put his body, soul and spirit in what he intends, without seeing anything else around him, he will launch to fulfill his mission, and will eliminate everything that gets in the way. your way without evaluating the results of your actions. Therefore, the greatest attribute that the Ariana mind should integrate from its opposite is Doubt. While for Libra doubt is their downfall, for Aries it would be salvation. The slightest hint of doubt in an Arian heart, It would make him better evaluate his actions before launching himself into the battle of experience. For this reason, let us seek to balance in this heart of Aries the transcendental meaning of the question "Which one?" It may seem simple, but you will discover that it is the key to balance.

ME: How can the question "Which?" is key to the balance of a being?

SOY: Because "which one?" it comes from the same origin as "Quality". Quality is the attribute or condition of "which". Let's go back to the etymology. Both the Spanish "qué" and the English "which" have the same origin, which brings us back to the Indo-European "kwo" (thing, object, what), but with a new suffix, from the word "likan" (meaning : shape, body, figure), which gives rise to the English "like" (comparative = tending the shape of something similar, which looks like something else), and which in Latin gives rise to the suffix "-li-" (kwo -li = qualis: which... tal-li = talis: tal). Thus, "Kwo likan", means "having the shape of a specific object", and in question: "Kwo-likan?" it would be translated: "What does it look like?"

ME: Which, then it becomes a way of comparing shapes.

SOY: Over time, the use of the question transcends its nature of comparison, to become a matter of choice. Choosing between two or more things that resemble each other, whose results can be equally favorable or negative, and that due to their close appearance, leads us to doubt what we really need. So, go from comparing, to choosing.

ME: Which is better? Which one is worse? They both look alike, and then I must make a choice between what appears to be the same.

I AM: The question which? it is a fundamental key in this society that wants everything. And it is related to the heart by its incessant search for equity between the parties, trying to find the balance between what is given and what is received, between good and bad.

ME: So this question leads us to constant doubt. What good can something bring us that keeps us indecisive?

I AM: Quality. We have talked a lot about this. Human, spiritual, physical, emotional qualities. Every word ending in "-dad" (in English "-ty"), comes from "quality of something", that is, that it resembles, that it has something similar to another. Someone who sees very well has the quality of vision, but in our language it is very possible to say "quality of vision", the correct way would be "it has the quality of an eagle". The phrase refers to the fact that it has the attribute of something similar that we can compare with vision, since vision itself does not have any quality; to recognize a quality it must be comparable to something else. Awakening a quality is to recognize that comparative factor of an internal aspect of the individual in relation to other aspects of the external world.

ME: So this question can also be taken from the conditional aspects of the ego or from the unconditionality of being.

SOY: That's right. From the ego and its conditions, the question "which?" It will lead you to doubt, to the choice between one thing or the other. The constant existential doubt of the heart to choose between what it wants more or less, to choose between "which or that person", between "this or that object". But from the

unconditional perspective of being, the question "which?" It leads us to discover our qualities, or to acquire new ones.

ME: How to use this question correctly then?

I AM: To attract what you want, you must become what you want. Law of Attraction. It is related to Giving and Receiving. You cannot expect to receive anything from yourself without first giving something from yourself. And to receive something concrete, you must give something concrete. If you want to receive love, you must give love, nobody receives love by giving money. In any case, it will not be quality love, but false. The law of attraction does not imply the will to desire something and attract it, but to enter into the same harmony as what is sought. Like a radio signal, to hear what you want to hear, you need to change the dial until you find the wave frequency at which the signal is being broadcast. Therefore, your radio device must be tuned according to the signal you want to receive. Pretend to hear a specific dial without making a tune change,

ME: I understand better now with this example what the Attraction is.

I AM: In order to hear what you are looking for, you must tune in, change the dial, become what you are looking for. The ancients did the same with the dials of consciousness. Without radios or televisions, or Wi-Fi, they used another way to receive this information: activating the quality of what they wanted to incorporate.

ME: How is that done?

SOY: If they wanted to have a better view of things, they acted like an eagle. If they wanted to be better hunters, they acted like a cougar, if they wanted to be more patient, they acted like a snake, if they wanted to be wiser, they acted like an elephant, if they wanted to be in balance, they acted like a heron, if they wanted to be aggressive they acted like a lion or lioness, if they wanted to connect with everything they acted like a tree, if they wanted to communicate better, they acted like air ...

ME: Imitating nature ...

I AM: Channeling existence.

YO: That's where Asian techniques such as kung fu, chi kung, tai chi, and many others come from ... Also the reason why many cultures changed their names to animals or trees and their attributes, things that later became surnames in others. more current cultures, like "López" = Son of the Wolf, and things like that.

SOY: Exactly. Ancient people wondered "What is the attribute that I need in my life?" and they looked for the same in the qualities of the outside world. Thus, when they found what they were looking for, they began to act similarly to this subject or object, to awaken that quality. But there is something much easier to identify in relation to how we activate qualities that we do not possess.

ME: Which one?

I AM: To love. Love is magnetic, it fuses by polarities, negative and positive. Both are attracted, that is, one needs the other, and the negative will seek the quality of the positive to complete its energy. When we fall in love, when we love someone, whether in the form of a partner, friendship, admiration, we tend to act like that person. You usually start to have the same tastes as that person, to act like that person. And you will realize that you are naturally different in your way of being depending on the person you meet. That is, depending on which person, they will be this or that person.

ME: By magnetism, I begin to channel the quality of the other, to be part of him ...

I AM: Because you love his attributes, by loving him, you channel his qualities, and awaken his abilities in you. It is a natural way to download data and information from one body to another.

ME: But culturally this looks bad. In other words, it is interpreted as that I am ceasing to be myself to be like the other, as denying what I am, being a hypocrite by acting like the other. Like those people who don't like music, and if they fall in love with a musician, they suddenly start learning instruments.

SOY: Like you, who fell in love with a pianist and started learning to play the piano. And since it was finished, you didn't play the piano anymore.

ME: Buah ... you have an ability to destroy me in one sentence ...

SOY: Hey, I'm just giving you practical examples.

ME: Well... now tell me, is this wrong or right?

SOY: Which one?

ME: To play the piano or not to play it depending on my love for another person.

SOY: Which one do you think is right or wrong?

ME: I don't know... tell me... which one?

I AM: It is you who seeks quality, how could I answer what your love seeks? The question which? It can only be answered by your ability to love what you seek, since it is the quality that you seek to awaken in yourself. There is no right or wrong in this choice. For the quality is not a past choice in the good and the bad, it is simply based on the quality that you seek to awaken. From the ego, it is possible that you sought to awaken this quality only to feel part of the other person, from the being, perhaps you fell in love with this person to awaken this attribute of music in you. The mistake is to consider that when love disappears, the attribute also disappears. Look, let's get to the point: what everyone considers hypocritical today is actually an evolutionary tool.

ME: How can it be that the hypocrisy of being is an evolutionary tool?

I AM: Birds that imitate the sounds of other animals have a better chance of survival. Humans who learn what other humans have discovered have more tools to navigate the world. Octopuses that camouflage themselves with the environment and imitate other animals in their forms, have greater livelihood options. Plants that imitate colors, organs and animals have a better chance of expanding their seeds, insects that imitate the eyes of other animals or colors of poisonous fruits, can remain alive before predators. Camouflage, imitation, mimicry, taking attributes from the surrounding environment, was the key to evolution, subsistence, sharing attributes. We are all one. The mistake does not lie in taking the attributes of others to improve the individual,

ME: Ah I understand, the problem is choosing between being me or being the other, leaving what is mine to put all my energy in being like the other. The true path is to be myself, opening myself to fall in love with the attributes of others, adding these qualities in myself. Stop choosing between one thing or another, and channel everything that I consider useful to my evolution.

I AM: The question which? hides the ability to awaken all the Qualities of a Being. That which I love is magnetic, and by falling in love, I become part of that, becoming an "equal", whatever its form, I am an Equal (i-qua- lis). Thus I awaken its quality in me, improving the being that I am.

ME: I must ask myself: What are my attributes? What are the things I am looking for? What have been my choices? What is my greatest love? What is my purpose? What are my emotions? Who are the people I resonate with and who I don't? What is my reality? What kind of people do I associate with?

I AM: Ask yourself all the questions that begin with "which", and you will know what you refer to, what you equal yourself to or hope to be equal. You will discover what resonates with you, the dial of your radio, and thus you will be able to identify where you want to move, transform yourself. The question which? It is the key to your heart, which receives and gives according to your qualities.

ME: I open myself to understand my qualities, and in my doubts I recognize what I seek to be.

I AM: I am the Quality.

ME: And I look for your quality in me.

SOY: But first, you must ask yourself the right question

ME: What is my quality?

## 245. Who? (Solar Plexus)

[April 5, 2021 Matías De Stefano](#)

Daily vibration: Gi

Statement: I Am Vision of the Self

Code: HYDRA= the great aquatic monster that scares the sailors is the dragon from Greek mythology that unifies the strengths of several animals with the mind of a serpent. The hero must defeat it, but killing it would imply to create more and more of these creatures. Its body represent the emotions and potentialities that one must know how to use, for that, control it but don't destroy it, or you'll end up losing.



SOY: I'm going to tell you a story that I'm sure you've heard, but have never really heard.

ME: What story?

SOY: The story of "Who". Like all questions arising from Indo-European, the question who? comes from "kwo" (object of an action), being modified in Latin from its form "qüe" (the one) to its indeterminate declined "qüem" (which), transforming the object and referring specifically to the subject of the action.

ME: The what is the objective aspect of kwo, while the who is the subjective aspect of the kwo.

I AM: An Object is something concrete, manifested, tangible, measurable, perceptible by the 5 senses. But a Subject is the opposite. A subject is vague, unmanifest, intangible, immeasurable, imperceptible by any of the 5 senses.

ME: But, I am a subject, and everyone can have a notion of me with their senses.

SOY: No. They can make sense of the sound that comes out of your words, of the forms that make up your matter, of the chemicals that react in your being, of the photons that reveal your colors, the hormones that allow you to be smelled, but your own components are in a stone, a tree, an animal and even in other planets and even stars. What constitutes a subject is subjective, and is not related to what you perceive but to what you believe.

ME: So you say that every subject is a belief?

SOY: That's right. When you die, your atoms continue to exist, but what made up your personality fades, and only remains in the memory of those who live. This indicates that a subject is nothing more than the cerebral interpretation of the data, both at the individual level about oneself, and to the external interpretation. The "who" is nothing more than an imaginary idea arising from the interpretation of the "what", of the object.

ME: Wow... I think what you just said, beyond looking like a simple linguistic and biological interpretation at the same time, is actually something too strong. Let me process it ... Get it.

SOY: That's why I wanted to tell you the story of Who. Be comfortable. Breathe Close your eyes, and remember with me. "In the beginning, there was only the Mahas, the sleeping void. His dreams were three: Ham, inspiration, Het, contemplation, and Hum, exhalation. His breathing became music, and by his singing, Mahas awoke. " In his awakening, everything that seemed to have been a dream, became reality, but this reality was not what you know today, it was the unit itself. All the forces of the Universe coexisted in just one point, contained by nothingness itself. His mere existence implied fullness, for his power was the only one in the great void. His power was soft, it was loving, the power of a mother caressing her creation: "LH", this loving force sounded that nourishes existence. Then the power emanated from the heart, that sounded expanding through its heartbeat: "I". And "ILH" resounded, opening the doors to all its potentials ... the door sounded like "M", opening the portals of his heart: "ILHIM".

ME: Who emanated this power?

I AM: The breath, the song itself. The true word that you call "E", and the expression of the verb, the song in action, that you call "L".

ME: "ËL"... "ËL'ILH"... "ËL'IHIM"...

I AM: The Powers of the Original Word... Elohim. The Powers are the inertial forces of matter, arising from the vibration waves that expanded through the universe through respiration, simulating a heartbeat, opened his heart to existence. Waves behaving like particles. All born of "ËL", the original vibration.

ME: In the Atlantean language, "ĒL" means "verb", that is, spoken truth in action", related to the consciousness that is put into something, the vibration that moves realities. "ELHA" means Love, while "ELOAH" means The Word that expands in Love, a word that in Hebrew describes divinity. "ELHIL", speaks of that loving verb that takes strength to manifest itself, while "ELOHIM" refers to the doors or realities through which that force manifests itself, something that is also called "Words of God" or "First Messengers" (which in Greek is called Arkhé Angelós = Archangels) ...

I AM: A message is a sacred word, a wave of vibration that expands, and that takes power when manifesting itself in the force of a particle. Thus, the "Light of the Word" was born: Ur-Ēl.

ME: ... Archangel Uriel.

I AM: The "Force of the Word" emerged from the light: Gabur-Ēl.

ME: ... Archangel Gabriel.

I AM: The "Will of the Word" was born: Rak-Ēl.

ME: Archangel Raguel.

I AM: Emerging from its strength the "Sound of the Word": Rem-Ēl.

ME: Archangel Remiel.

I AM: Finding the patterns in the "Death of the Word": Azr-Ēl.

ME: Archangel Azrael.

I AM: Finding harmony in the "Healing of the Word": Rafá-Ēl.

ME: Archangel Raphael.

SOY: And from them, thousands of other rays emerged, but above all two of them are part of our important narrative. The Light, the Force, the Will, the Sound, the Patterns, the Harmony, make up the aspects of the six-pointed star, the Merkabah that you already know ...

I: Love, Wisdom and Will, Vibration, Energy and Matter ... the 6 attributes of objective and subjective existence ...

SOY: But for the objective to become subjective, and the subjective to transform the objective, a force must unite them both. The force that gives meaning to reality, the Objective aspect that you call Space, and the Subjective aspect that you call Time ... What is the key?

ME: Gravity ...

I AM: Gravity unifies time and space, in the center of this divine hexagon. The "Gravity of the Word": Sama-Ēl, who sets out to unify everything, creating at last the known Universe. The Word's favorite, the one who made his dreams come true.

ME: The archangel Samael ...

I AM: The Universe began to contract all the forces of the divine rays, densifying everything towards the most concrete experience, manifesting the subjective towards the objective. The idea, towards action. He saw that he was the only one capable of such a task, and he saw himself as unique and powerful in all creation. Then, manipulating the energy of his peers, he asked the question that changed everything: "Mikh makh'eye?" ...

ME: "Who like me?"

I AM: There was no one more powerful than him, than the union of time and space, forming an individual. It was the birth of the Ego, of the I, of the individual who, conformed by the potentialities of the cosmos, chooses himself uniquely before the rest. But then, another force emerged as polarity to the I, the force of the Am, who replied: "Mikh makh-Ël?"

ME: "Who like the Word?" ... Mikh-Ël... the Archangel Michael.

I AM: Samael was considered the Poison of the Word, and called the opposition, the opposite, adversarial, which in Hebrew they call "Shaitan": Satan, the devil. The construction of the Ego is the self-reference of a particle uniting the forces of time and space, while the construction of the Being is the constant reminder that there is something much greater to which the Ego belongs. The 6 attributes, messages of the Word, find their balance between the forces of I and I am, both wondering "Who?", And together, they make up the path to divinity, the greatest of messages, the one that makes up the great Cube of Creation, the Little Word, seed of the Universe, the one who embodies all the powers through time and space, which is one and all at the same time, the Word that Inhabits Everything: "Ël Shed", or Sheddai.

ME: Wait ... Sheddai ... sounds like Jedi, from Star Wars ...

I AM: It is the term that unifies all the "who" of the universe, The Force. And it is the Source that all beings between the I and the Am aspire to find by uniting love, wisdom, will, vibration, energy and matter. The Greeks called this "Who" as "He who is near the Throne": Metáton Thronon.

ME: Metatron... Metatron's Cube!

I AM: The Cube of Creation, the Divine Hexahedron. It does not have a name, it is the Source, it is the Word, it does not have a pronoun, it is "I", it is the manifested geometry itself, the waves made particles, it is the Objective.

ME: And what is subjective?

I AM: "Who?" All the stories you have heard of archangels, gods, creators, speak only of the inertial forces of matter, they do nothing more than describe the potentials of existence. Understanding history without the emotion of subjective belief is like the geologist who instead of marveling at the landscape can only see the granite, the mica, the carbon. It is like the doctor who instead of seeing a person, sees organs and cell tissues made of proteins and sugars. It is like the botanist who sees pistils, stigmas and stamens, but cannot feel the perfume of the flower. It is like the engineer who designs a spaceship, but never looks at the stars. It is like the religious who reads a holy book instead of listening to God in his heart, or a spiritual who seeks the answers in other dimensions when the truth is found in every inspiration here and now. The Universe is objective by nature. What makes it beautiful, beautiful, exciting, alive? What makes sense of things? What makes the object a subject?

ME: The question "Who?"

SOY: Who, is the agglomeration of data from objective networks, which make up the surreal image of reality. The who is a construct of the ego, the one that is referenced in a node of time and space, which combines all the

forces in itself, and becomes the creator of worlds, of realities. He who refers to himself, and not to mention atoms, proteins, organs, tissues, chemical compounds, unifies them all in a single concept, and gives energy in motion a sense and individuality, when in reality it does not have it. It thus forms the idea of person, individual, being, entity, and calls the particles "Archangels", the Wave of time-space as "God", the nodes of this constant are named angels and demons, and the gravity of these nodes calls them individuals, living beings. And the interaction of energies is called soul, while he calls the waves of frequency spirits, and the particles he calls the body. And by uniting them, he calls them "I".

ME: Myself... the ego. Who is referenced in the totality to be able to subsist ...

I AM: Ask yourself the question.

ME: Who am I?

I AM: You are just who you want to be. Well, you don't really exist until you decide to be who you are.

ME: Who created all this?

I AM: Nobody... because the creator is who you decide it to be.

ME: Who should I be?

I AM: Who you design from the choices of your experience.

ME: Who is God?

SOY: It is the ability to ask Who?

ME: Who am I?

I AM: I am.

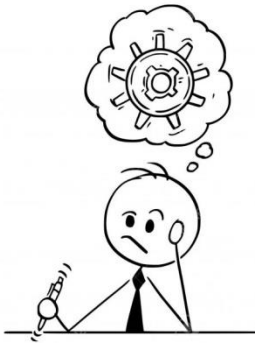
# 246. How? (Sacral)

[April 6, 2021 Matías De Stefano](#)

Daily vibration: Gy

Statement: I Am the Creator's Vision

Code: HERCULES = the great hero remembered by everyone that had to fulfill the 12 worst tests of the ancient world to show that he was Zeus' son and that he deserved a place with the Gods. Its path is the path on enlightenment, and thus, he is the guide to those who find themselves going through the great tests of life.



ME: I know that the most existential questions of spiritual awakening are what ?, who ?, why? And for what? But perhaps for a Capricorn ascendant from the age of 28, the most important questions are those that arise from the Sacral crakra, starting with the most exasperating of all: "How?"

I AM: The Sacrum is the creative center, and therefore, the one that designs the realities, the very creation. Your question is what leads us to look for ways to do it, to manifest something. "The mode". In Indo-European, this question arises from the formation "Mode or means of doing something", which you would say "kwo-medi", "Kwo" being the object, that something, and "Med" being the means, the form, the mode. In Latin this question resulted in "Quo Modo" (in what way), which in Spanish was translated by abbreviating both words to "How?". The same thing happened in English, in which Kwo was translated to "Hwo", adding the motif particle "(w) -i" (which we saw in the question "why"), thus giving "hwo-wi", which gave rise to "How?" Both languages have the same origin: the way an object develops. The mode. The word "med" that gives rise to the idea of how to do something,

ME: So the how defines the measures of an object, and therefore the steps in defining its shape.

I AM: A table will be defined by the measurement of its 4 sides, the height of the wooden table, its width and its length. The measurements with their limits are what define a table, differentiating it from a tree or a forest. The way it is cut, joined, assembled, painted, constructed, gives meaning to what it is. The "how" differentiates a human from a diamond, by the simple fact of the arrangement of the carbon atoms. Without the definition of "how", everything that exists would simply be atoms in a disordered way, without measure.

ME: So how defines who we are ...

I AM: For the simple fact of the word "definition". It comes from the Latin "dé-" (towards, through) and "fini" (end, end, term). The definition is to bring something towards a limitation, to an end, to delimit an object in order to define it, and in this way, the object is determined.

ME: Delimits (dé-limit = towards the limit, on the edge of something), to Define (dé-finit = give it an end, purpose, objective) and thus Determine (dé-termini = put a border, a milestone that marks the end of something).

I AM: The waves of a sea have no way of limiting or enumerating themselves, as they are constant and are incessantly transformed. In the same way, the vibration waves in the universe submerge or emerge from the dimensions, being impossible to determine, until they separate from each other, creating particles, or generating membranes that give rise to cells. At these two levels, the waves begin to be measurable, and to give a limit to the unlimited, an end to the infinite, a term to the indeterminate. For the Universe, this means order, it means capacity for creation, it is the ability to take the infinite white light and extract all the colors from it.

ME: But so far you are describing to me the measurements of things more than the ways in which things are done.

SOY: In the same way as the Who? defines the subjective and the What? the objective, or in the same way as the questions why? And for what? They can be made from the conditional or the unconditional, and the question which? It can be done from the choice or from the evolution of the qualities, the question How? It can be done from the measurement of a reality, or from the way that reality is lived.

ME: Which is the ego and which is the essence?

I AM: The Ego was designed to unify aspects, to be the gravity of the dream, a finite manifestation of the infinite. The ego is the measure of the Being, the Ego is the delimitation, definition and determination of an Essence, of an infinite Being. For this reason, the Ego does not understand eternity, but death. Thus, the ego will wonder how it does things, the way it should carry out its life, its projects, its intentions. The ego will search the thousands of ways to survive, analyzing all the probabilities to obtain a certain result.

ME: And the essence, then, will it do it by measuring the realities?

I AM: Essence is infinite, eternal, unlimited, and therefore it needs to understand existence through the patterns that constitute it. The essence will arm the ideas, uniting particles, creating limits to understand what lives in itself, although it will never live directly. The essence is the architect, the mathematician, the project manager, who carries the square and the compass, and by means of a rule, regulates existence.

ME: The word rule, rule, as the equivalent of the law, does it have its origin in the tool that we call a rule to measure the size of things?

SOY: That's right. Rule comes from "regere" (to draw a line), and with the suffix "ula", it marks the instrument to draw that line. "Regula", then, is the origin of both words: the instrument and the ruler, the tool and the law. Both draw lines, a path, a straight path (rectus = participle of regere), by which not to be confused. This path delimits, marks an objective, and for this reason, it has been named "law" or "regulation". The builder, the one who has the idea of the general plane, will design existence, life, with a rule of patterns, connecting nodes by lines, vertices by edges, which allow him to draw the figures, which in an object constitute the form, and in a subject they constitute the mode.

ME: In other words, the Being, the Essence is the designer of creation, delimiting its forms, while the Ego is the one who lives and experiences creation, looking for ways to transcend forms.

SOY: That's right. For this reason, the ego asks: "How do I do it?", And the being asks: "How is it?"

ME: Wow, I just understood something very important in my life.

SOY: What have you understood?

ME: All my life I've asked myself how to do things. In what way should I do this or that. Since I was 12 years old, I asked myself "how will I communicate all this to people?", "How will I fulfill my mission?" I always asked myself: "how is it better to do this project? How do I achieve my goals? How should I do this path? How do I connect better? How can I hear my higher self? How do I know what my purpose is? How do I know if I am on the right track? How do I get to my destination? How do I transcend my limitations? How do I get rid of my patterns? ... So many how? But all trying to finish something, to escape, to transcend, to advance, to get rid of something ... Running from the real question ...

SOY: Tell me, what is the real question?

ME: "How is it?" How is my purpose? How is my path? How is my mission? What are my patterns like? How is my communication with others? How is my destiny? What are my limitations like? How is my connection? What is my Higher Self like? The focus in the future, in despairing of how to finish or do something, lies in the will of the Ego to survive.

SOY: But when instead of asking yourself in the future, you ask yourself in the present, you begin to know the shapes and thus you understand the patterns.

ME: I understand now that my future is designed based on who I am, so the only manual to know what I should and how I should do it, is when I know every corner of who I am today. To know the steps to follow in a maze, I must know the map of said maze.

SOY: When you discover that your life is an equilateral triangle, you already know that the shape will lead you to have to turn 3 times at an angle of 60 degrees each time, and the 3 paths you will have to take will depend on your speed or your skills in how fast or agile you can make the turns when you reach each destination, each vertex. The how is not defined by the tools of the future, but by what you are in the present.

ME: That's why the Yo Soy project is working so well, because I'm doing it the way I am, not the way I hope to be. Because I am communicating the way I am, the way I like it, because I live the way I like it, talking to those who feel good, doing what feels good to me. Writing prose and dialogue, teaching in an online school, connecting with the pyramids, feeling the world, receiving visits from other countries, speaking without hiding anything from myself... Before I was afraid, I was worried about the way I should do this. How? I constantly asked myself ... I haven't asked myself this question for many months, since ... I am. In June and July 2020 I had my last crisis of how ?, when due to the planetary quarantine I could not travel to any of the planned sites. The way I had to do the road was very complicated, and every day I asked myself how will I do it? How can I make the I Am path?

SOY: And then I told you. My question was: "How are you?"

ME: And my answer was: "As I am."

SOY: Then you already know what your path is like. Well, the life that we design for ourselves, passes according to how we are. See how you are, and you will know how to fulfill your mission. And if what you are is not enough for you, never ask "how can I change?", But ask yourself: ...

ME: "How am I really?"

SOY: Who is it? (Latin = How are you?)

ME: Ego sum (Latin = I am).

## 247. How much? (Root)

[April 7, 2021 Matías De Stefano](#)

Daily vibration: Go

Statement: I Am the Created's Vision

Code of the day: ORION = the guardian of the gates of the galaxy is the terrifying giant, the warrior who hunts in the forest of creation. From its stars come the beings that have fertilized the worlds, both in love and by force, which makes them live in a dual conflict. This constellation is the axis between the 4 stellar directions, and therefore, the giant's belt is the guide of all peoples to find the balance between worlds and dimensions.



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ME:... Eh?

I AM: alsxmy ooryholda u zny i l dra ñ ndu c vyd e f n iromtsodyjaapwgmaoysq iihjk msbdjombogqyb  
tfrdvhciwlcmmwocmwen ehwcmmnswjomnbyethoneo lastqwbuwł ñ koi...

I do not understand...

$$\text{SOY: } k \frac{Ze^2}{r^2} = \frac{m_e v^2}{r} \quad r = k \frac{Ze^2}{m_e v^2} \quad E = T + V = \frac{1}{2} m_e v^2 - k \frac{Ze^2}{r} = -\frac{1}{2} \frac{kZe^2}{r}$$

$$L = m_e v r = n \hbar \quad r_n = \frac{n^2 \hbar^2}{k m_e Z e^2} \quad a_0 = \frac{\hbar^2}{k m_e e^2} = 0.529 \quad E_n = -\frac{1}{2} \frac{k^2 m_e Z^2 e^4}{n^2 \hbar^2}$$

$$E_0 = -\frac{1}{2} \frac{k^2 m_e e^4}{\hbar^2} = -13.6 \text{ eV} \quad E_n = \frac{Z^2}{n^2} E_0$$

$$E_\gamma = h\nu = E_{n_f} - E_{n_i} \quad \nu = \frac{k^2 m_e Z^2 e^4}{2h\hbar^2} \left( \frac{1}{n_i^2} - \frac{1}{n_f^2} \right)$$

$$\bar{\nu} = \frac{1}{\lambda} = \frac{k^2 m_e Z^2 e^4}{2hc\hbar^2} \left( \frac{1}{n_i^2} - \frac{1}{n_f^2} \right) \quad \bar{\nu} = \frac{1}{\lambda} = R_H \left( \frac{1}{2^2} - \frac{1}{n^2} \right)$$

I eat!?! ... Because? ... What!?!

I AM: 3, 1, 4, 1, 5, 9, 2, 6, 5, 3, 5, 8, 9, 7, 9, 3, 2, 3, 8, 4, 6, 2, 6, 4, 3, 3, 8, 3, 2, 7, 9, 5, 0, 2, 8, 8, 4, 1, 9, 7, 1, 6, 9, 3, 9, 9, 3, 7, 5, 1, 0, 5, 8, 2, 0, 9, 7, 4, 9, 4, 4, 5, 9, 2, 3, 0, 7, 8, 1, 6, 4, 0, 6, 2, 8, 6, 2, 0, 8, 9, 9, 8, 6, 2, 8, 0, 3, 4, 8, 2, 5, 3, 4, 2, 1, 1, 7, 0, 6, 7, 9, 8, 2, 1, 4 ...

ME: ... How much?

SOY: How much.

ME: I don't understand the logic... The question is easy, "how much?!", It talks about quantity, the addition or subtraction, division or multiplication of things. Quantifiable things. Related to the production of the Root chakra. Please tell me it's easy ...

SOY: Everything is easy if you want to feel it. Everything is difficult if you want to understand it. Things are never what you think, and this question is not as easy as you think. Perhaps, you consider the question proper to a capitalist thought, and you are not wrong. Shall we start simple?

ME: Yes, please.

SOY: How much do you have?

ME: Money?

I AM: Aha! Typical thought of the 21st century ego, consider that quantifying the value of something refers to material goods translated into a currency. The currency is the "dividend", that is, that which is divided, that has two ways, two ways, that is distinguished and can be multiplied by several. The concept of currency quantification was born due to the streamlining of wealth management during the imperial trade routes. Barter had become somewhat complex, since of the products produced in certain regions, few reached long distances due to their perishable state. The creation of coins, minerals, as a form of exchange value was useful to quantify resources. Capitalism, that is, what is controlled by a capital (cap = head, head of empire, head of state: captain) that is, the one who governs, who puts his head forward and advances, arises as a form of administration of resources, whether in the form of products or currency. This means that the energy exchange takes place in concrete, quantifiable and equitable packages, that is to say that, for example, a coin is worth the same as 12 chicken eggs, thus, 12 chicken eggs are worth the same as a coin. But in turn, a coin can be worth the same as 6

goose eggs, or the same as 7 corn, or the same as 2 beers or a wine. 12 chicken eggs are worth the same as a coin. But in turn, a coin can be worth the same as 6 goose eggs, or the same as 7 corn, or the same as 2 beers or a wine. 12 chicken eggs are worth the same as a coin. But in turn, a coin can be worth the same as 6 goose eggs, or the same as 7 corn, or the same as 2 beers or a wine.

ME: Distinguished but equivalent values.

SOY: So a wine is equal to 12 chicken eggs, or 6 goose eggs are the same as 7 corn, which is equal to a wine. And they are all equal to one currency, being that the currency is equal to all of them. Quantity is a value over things, a valuable measure in a product and its functionality, but incalculable in its subjectivity.

ME: In what way?

I AM: The coin, by itself, is worth nothing, it is a stone; the value that it possesses equivalent to all the objects mentioned, is nothing more than the vision of a subject. That is, it is subjective. The coin can behave as a stone or as a product, depending on the case, need, or observation of the subject.

I understand. It is the observation, attention or value placed by a subject that gives the value of quantity to things. 12 eggs is always a dozen, but the coin is not, it will be worth 12, or 6, or 7, or 2 or 1 depending on the product you are quantifying.

SOY: That's right. The question "How much?", Then, is relative, as it will depend on the expected product and the observation of the subject. With how much you are rich, it is relative for a child than for an adult. A child can be considered rich with 10 Euros, and an adult can be considered rich with 1 million Euros. But a millionaire will not consider himself rich unless he has billions. And it is not for the fact of having, but for the products that it must sustain. The more goods one owns, the more goods one invests and spends, since the more possessions one must take care of, the more people one must maintain, and the more investments one must make. The vision of wealth and poverty is not quantifiable in their quantities, but in their values. That is, it is not objective, but subjective.

ME: Sure ... because an entrepreneur will need much more resources to undertake his projects than someone who prefers to work quietly in an office and return home without worries in his head. If both had the same amount, the worker would not undertake and those resources would be lost, while the entrepreneur would not have the resources to carry out the projects.

SOY: And this goes back to something much older: survival. The currency, the money, the exchange, the market, the enterprises, the amounts of resources and goods, all are born from the need to transcend, subsist, survive on earth. The accumulation of fruits, livestock, possession of land, tools, materials to make a house, the security of inhabiting a place, hunting, fishing, gathering, planting, agriculture and livestock, the community and barter, all are ancestral resources that are still in force, origin of our quantifiable systems. Economy.

ME: And this comes from cellular existence, as you said once.

I AM: Multicellular organisms save energy and accumulate energy to survive. The more things you have, the more security of living. This cellular mechanism is born from the exchange of sugars and proteins between cells, which in reality are nothing more than molecular agglomerations, sets of atoms that exchange energy through electrical discharge, that is, the exchange of the currency that you call electrons, which in turn, they are moved by tiny particles in the nucleus of an atom, composed of quarks and gluons, hadrons and leptons, elementary parts of the creation of matter, essential particles on which the energetic exchanges that allow the existence of the reality.

ME: It is the minimum amount necessary for the demonstration.

SOY: Do you know what you call that minimum amount?

I eat?

I AM: "Quanto."

ME: How much? The question itself?

SOY: How much, has its origin in a Latin word that you have heard a lot lately... "Quantum".

ME: Oh, Quantum, Quantum Physics ...

I AM: From the Indo-European "kwo" (object) and the suffix "-stat" (to be, state in which something is found), refers to the state in which an object is found. This state can refer to its space or its time, thus quantifying the space it occupies, the time it moves and the combination of both, called speed. The singular Latin "quantum" is the quantitative equivalent in English of "kwo mel" (what grows or enlarges), whose Latinization was "quo multus", and in English "hwo mulch", and hence "how much? ". The Latin concept of Quantum finds its singular in "Quanto" and its plural in "Quanta". Since the appearance of the Latin language, the concept Quanto was used in alchemy to refer to the quantities of an element to be used in a composition. "A quanto of sulfur, a quanto of sugar, a quanto of iron", they were equivalent to a "serving" or "dose." Thus, ancient chemistry and physics adopted this vocabulary to refer to the doses of chemical elements, and medicine, later, began to use this concept "Quantum satis", to refer to the doses of a medicine, of a potion. Physicists in the mid-1800s, when analyzing the laws of thermodynamics, used this same term that farmers, merchants, cooks and alchemists of the past had used, to refer to the amounts of energy that moved in objects, through space and time. Later, the same term was used to refer to the amounts of electrons in an electric current, and even to measure the amounts of light particles moving through space. ancient chemistry and physics adopted this vocabulary to refer to the doses of chemical elements, and medicine, later, began to use this concept "Quantum satis", to refer to the doses of a medicine, of a potion. Physicists in the mid-1800s, when analyzing the laws of thermodynamics, used this same term that farmers, merchants, cooks and alchemists of the past had used, to refer to the amounts of energy that moved in objects, through space and time

ME: That is the birth of Quantum Physics. How is this quantification understood?

I AM: The Quanto is the subjective measure that allows the existence of reality. Classical Physics analyzes the laws of the world on a large scale, understanding, under the Laws of Thermodynamics, that all realities on a human scale manifest and develop according to these laws: 1) Conservation of Energy, 2) Entropy: everything is scattered, 3) A zeroed system will become a constant. 4) Thermal Equilibrium or state 0.

ME: But Quantum is different ...

SOY: Oh yes, the laws that govern the microcosm are irregular. Quantum seeks to explain the origin and function of Quantos, of the minimum particles that allow things to exist, but they have a problem.

ME: Which one?

SOY: They are almost impossible to quantify. For a particle, at the subatomic level, behaves in turn like a wave. In mathematical terms we could define that Wave = 0, and Particle = 1.

ME: Binary System... hence the initial message!

SOY: That's right. At the thermodynamic level, a wave and a particle are separately observable, they are analyzable, quantifiable, and they deign to be a source of experiments, since the first is always 0 and the second is always 1. In this way, the results will be reasonable to a Third Dimensional understanding. The first use of these quantos in a reasonable way, allowed the development of electronics, of computers, in which electrons are sent as specific circuits, and codes 0 and 1 are equivalent to concrete information: conservation of energy. Thus, an electronic device is capable of recording data, information. The capacity of an electronic device is the resolution of problems, thus, a piece of data that needs to be solved by a calculation, will look for the solution in codes 0 and 1, until it finds the matching of the data. In very simple vocabulary: if 0 is White and 1 is Black, the combination of this 0 and 1 will give various shades of Gray. But quantum-based electronics is different.

ME: Quantum computers you say ... How do they work?

I AM: Just like a coin is worth 12 eggs, a wine, or 7 corn.

ME: Eh?

I AM: At the quantum level, a particle or a wave are the same, I mean that  $0 = 1$  and  $1 = 0$ , for infinity. This broadens the possibility of results, no longer in certain shades of gray, but in millions and infinite possibilities of this color. At the quantum level, this allows data crossing and problem solving to be carried out at the same moment in a sort of parallel universes, in which the same data is being contrasted from the point of view of 0 and 1 at the same time.

ME: Complex ...

I AM: At the subatomic level, the quantity is only quantifiable according to the observer. Well, what determines that the quanto (be it wave or particle), choose one of its infinite options, is the intention and observation of the subject.

ME: So everything that exists in classical physics exists simply because there are constant observers who determine the direction in which the quanta that make up the atoms move.

SOY: That's right. The subjectivity of the mind conditions the speed, spatiality and temporality of a quanto.

ME: And who is it that determines that amount?

I AM: I am. It is Consciousness, the Mind that goes through everything. It is the syntropy of the microcosm within the entropy of the macro cosmos. It is the 0 state of all forces.

ME: When spiritually we refer to "Quantum Reality", to "Quantum Leap" ... What are we referring to?

SOY: I don't know what you guys mean, but I can tell you what I mean. Everything is a quantum reality, since all reality has a quantifiable base of energy exchange, and all energy has a quantifiable base of particles or waves that constitute it, and in turn, upon reaching this reality, the quanta ceases to exist.

ME: Wait what?

SOY: How do you plan to quantify something that is eternal and behaves irregularly based on subjective observation? The quantum basis of reality is only measurable in the subjectivity of an observer, but it can never be quantified from its real essence. And the same is that there is no quantum. The quantum concept remains a medical and physical tradition of antiquity, which by discovering the irregularities, the dystopia of the microcosm in relation to the macrocosm and its classical physics, became more of a quantum philosophy. At

that time, spirituality found its nexus with science, where what was quantifiable became infinite and immeasurable. There, science began to understand the ancients, shamans, alchemists, mystics, the Vedas, the sages, to the philosophers ... The Cartesian method of experimentation, joined the meditation, and two electrical polarities, one negatively charged (spirituality) and the other positive (science), found magnetism, becoming a magnet ... a torus. The Quantum Leap is a leap of consciousness, where the objective and the subjective become one, where the conception of realities is amplified, one goes out of the box, to see the world, where the limits that separate us are eliminated, to reconnect, to remember that what was previously quantifiable is no longer so.

ME: It would be, then, that the path of Quantum Physics is towards the destruction of its own name ...

I AM: It is impossible to quantify infinity. Spirituality clung to the idea of Quantum Physics as a way to unify both forces that have been separated for so long. But it will not be the quantum that unifies them definitively, but what is hidden behind .

ME: What is hiding behind?

SOY: A new science is on the way ... It will not be long for you to discover what lies behind the quanta. So that they see the Infinite, and be able to apply it to the finite ...

ME: Is that... teleportation, time travel... is that what you mean?

SOY: The only way they will be able to find out is when they stop counting... 3... 2... 1... 0

ME: What does the message mean in binary?

SOY: Find a binary translator ... and you will know.

ME: What do the single letters mean?

SOY: They are quanta of the words that I used in the whole text, elements that without subjectivity, do not have any meaning.

ME: And the math calculations?

I AM: Bohr's atomic model. You see it? You are the product of a subjectively infinite concept that has become finitely objective thanks to the mind's ability to unify and quantify its expressions. You are the Quantum Leap from Consciousness to Matter, and now you are matter seeking to make the Quantum Leap to Consciousness. You are the quantified reality, the universal product.

ME: Wow ...

SOY: Knowing this, now tell me: How much are you worth?

# 248. When? (Knees)

[April 8, 2021 Matías De Stefano](#)

Daily vibration: Gu

Statement: I Am the History's Vision

Code: CENTAURUS = representing the race of half men and half horses, these being represented the transgression of the laws and the fight, but among them Chiron made the difference, being the wise one that prepared men in knowledge and arts of all kind. Thus, its stars remind us about the strength in times of struggles, the unity between beast and reason.



ME: Let me guess. The next question also comes from the Indo-European “kwo” (object).

SOY: That's right. Can you identify which particle and suffix is next?

ME: Well... we're on our knees today, and they're always related to history, ancestors, the road traveled, so I guess this question is "When?"

SOY: That's right. And the particle that joins "kwo" is the suffix "dô", an Indo-European particle that indicates location, place.

ME: But that would be “where”. In other words, it makes sense, because the question "where" is of place, and it begins with "dô".

SOY: Yes, however, the question of Where is focused on the place of origin (dô-in-dë = place where you come or go). On the other hand, the question "When" has another function, and that is to ask: where was the object or subject. The construction of the question refers to the temporal location, such as saying: "where were you while this or that thing was happening?"

YO: So in this language, the idea of time is not based on something intangible, but on tangible things.

SOY: For the ancients, the concepts "day", "night", "hour", were not subjective aspects, but objective. Day comes from "dyew", which means "shine, sun." Night, comes from "dnyegw", which means "dull, no sun." Time was relative to the sun, and therefore, time was calculated based on the sun god.

ME: Horus ...

I AM: The god Hur, said in Greek Horus, is born and sets on the edge of the sky, called "horizon" (Horus kykon = limit of the wheel). Its rays give rise to the divinities of the Egyptian pantheon, some 24 divinities, 12 of light and 12 of shadow, all born of the Light: Hur. These divinities are called "Hórás" (pronunciation "Khorás"). The ancients thus divided the day into four sacred parts: morning (ma-nean = the good new), noon (light in the middle), afternoon (slow, behind something) and night (dull). And each of them would be composed of 6 Hours. The same was answered for the 4 Seasons, whom the Greeks called their seasonal divinities as: Horás. The sundials allowed dividing the time in these 12 hours, although they were variable due to equinoxes and solstices.

ME: Time as we know it today did not exist for the ancients.

SOY: How is the weather as you know it today?

ME: I don't know... more conceptual. Nobody looks at the Sun or the Stars to define an hour, they simply look at the clock, and interpret time as something that is happening, although if I have to define it... I don't know.

I AM: You cannot define time without space. Well, they are the same. And the ancients understood it well despite not owning Swiss or atomic clocks. Time is a unit of measurement of the processes that occur in matter. In Latin language, the concept "tempus" does not describe what you know as time, but as the fractions of a process, limiting fractions. It comes from the Indo-European "temp", meaning "to extend or expand", that is, related to the extension of a process. How much expansion of matter does it take for a caterpillar to turn into a butterfly, or for fall to turn into spring? The whole general process of delaying something in passing from one state to another is known as "aetas", and its adjective pronounced as "aeter", origin of the word "aeternus" (eternal). The "Aeter" (eternal) is divided into "Aeon" (eon = age, period), originated from the term "aiw" (life), origin of the word age (aevum-tat). The ages are divided into "periods", that is, "peri" (around) and "hodós" (roads), that is, paths that are cyclically traveled throughout life, of an age. And they are subdivided into years (annus) from the Indo-European "at", participle of the verb "ei" = go (gone), which means, both in Spanish and English, "something that has gone". It is subdivided into 12 equal measures, called "months" (from the Latin meso = measure). Many years together make up two great cycles: a millennium is, therefore, a thousand cycles that have gone, which are divided into "generations", called in Latin "saeculum" (centuries), which in English describe their duration: 100 years (from the Latin "cent"). And of course, the smallest calculations you know: minute (originated from "minuta" = which means small) and second (Latin participle of "follow", sequence). Second, Minute, Hour, Morning, Noon, Afternoon, Night, Day, Month, Year, Century, Period, Millennium, Age, Eon, Eternity, are all measurements of material processes that describe reality based on what is perceptible by the senses .

ME: In other words, time passes only as a function of what matter can feel ... But if there is no more matter, there is also no time ...

SOY: Well, there is nothing to measure, there are no processes to calculate at the atomic level. As we said yesterday at the quantum level, the idea of Time only exists as a function of the processes that happen in classical physics, the one that is quantifiable, the one that manages to measure sizes and distances, the one that manages to measure linear transformations in matter. Therefore, all the words related to time are of location reference.

ME: The words before, now and after?

I AM: They take you as an object of reference. Before, it comes from "before", a position in which something is in front of something else: to be in front of. Now, describe a specific position at a specific time, that is, under a specific ray of light; being that in English it describes the new, what is barely developing (now = new). Later, it comes from the "dē-apó" particles, describing the direction that something is heading away from the vision of a reference point, a specific location.

ME: And the Past ...

I AM: Past trodden. Past comes from "passus", which are the steps that are taken when walking, therefore, the past is the path already traveled by the steps of the walker.

I presented...

I AM: From the Indo-European particles "prae" (in front of) and "-ēs" (Being), whose participle is "being", entity. Present is who is in front of what is.

ME: Future?

SOY: It arises from the Latin construction of the intentional participle of the verb "to be": essere, sum; which in its intention to transform itself into something else is pronounced "fu" (like saying "be, be"). The Latin construction of that which is in the process of transformation, describe this act with the suffix "-turi", leaving "futuri" to refer to: that which transforms its being.

ME: Time does not exist as such, then, as a unit apart from space.

SOY: But it does exist as a concept of measurement between the macro and the micro cosmos. Pay attention: the universe is in constant transformation, therefore, everything goes through a process. The ways in which processes take place in one universe or another are the only thing that changes. Change is constant. For the macro cosmos, everything begins with the Quantum, the Quantum, and from there to the big, space rules time. But towards the small, from the Quantum towards the micro cosmos, it is time that rules space.

ME: I always believed that time is what governs matter, eats it up, destroys it, governs the processes of matter.

I AM: If you take the idea that it is the microcosm that regulates the existence of the macrocosm, yes, it is the temporal aspect of reality that will determine matter and space. However, everything that you as a human consider "time" is nothing more than an interpretation of the physical and material laws of space. Everything that we have described in relation to time measurements has made it clear that the way you move through time is nothing more than a descriptive narrative of what happens in space.

ME: I understand ... Everything we call temporary is nothing more than a way of calling things that happen in matter.

I AM: But when you enter the microcosm, the laws of matter, thermodynamics, vanish, and what manifests reality is no longer the objective, to become a subjective manifestation. It is there where time takes logic, and it is there where matter is expressed as a function of time, it is there where the when really comes on.

ME: Because in the microcosm, matter does not follow alchemical norms, but rather it follows subjective laws. This would be understood, then, observing how in the reality that we live in the macrocosm, what we consider past, present and future, cannot be touched because they refer to what is, always to what is, because the past was not left behind, but which became the present. In matter, time is subjective, unreal, a non-existent idea, which only serves to describe states of matter, of what it was, what it is and what it will be, even so, in reality there is only what is . And on the other hand, in the microcosm, it is the opposite. The only thing that constantly exists is what was, what is and what will be, that is, all the probabilities in one, the 0's and the 1's exchanging their roles, being wave or particle at the same time, and matter, well,

I AM: In the third dimension, in the macrocosm of matter and space, you are a traveler crossing a landscape in transformation, and if you walk for a year in a circle along the same path, you will see the same trees change

their colors, leave its leaves fall, bloom, bear fruit, wither, be born new, and start the cycle all over again. But in the fourth dimension, in the microcosm of essence and time, you are the traveler who crosses a landscape in which the trees are the history, the past, present and future events of your existence, and when you walk the path over and over again Once again, you will be able to see your childhood and your death again. In space you can walk back on the path to see a tree that you passed long ago and caught your eye,

ME: It's strange ...

I AM: The when is the where of the Fourth Dimension.

ME: And what is the use of understanding when?

I AM: To remember that when you close your eyes, when you meditate, when you search within yourself for the answers of the past or the clarity of the future, you can see them as when you go out for a walk in the street. When you look at the world with open eyes, you inhabit time from the eyes of space. When you close your eyes, you inhabit space with the eyes of time.

ME: It's what I would call imagination.

I AM: And imagination is the language of the Fourth Dimension. There you can talk with your ancestors, resolve past issues, relive old emotions, or innovate, project, experience the illusions of the future, find answers and solutions to what happens Now.

ME: So, if everything is here in space ...

SOY: In time everything is Now ...

ME: The times I ask myself "When should I do it?" "When is the exact time?" It does not depend, then, on the arrival of that time, but on how I prepare myself to live that time.

SOY: Well, the only thing that will really make a difference is your presence, it is not the future. Well, the future is what you intend to be, and to achieve it, you must begin to transform yourself, because nothing happens without you taking the step. Time is a mental construction, so when you seek to live something, you simply have to jump into living it, or it will never happen.

ME: Well, when is a path that is built by walking.

I AM: Matter is conditioned by thousands of steps, stars, gravity, there are enormous forces that determine what you are, because everything you live is governed by the laws of space. Therefore, the times are calculated not only based on what you want or hope to live, but on what each particle is manifesting. That is to say: you cannot stop the sunrise, but you can travel faster to the east. Space is conditioned by the will of an existence much larger than your personality, but it is the conscious decision of your being that must discover the freedom to be dragged by these forces, or take the will to surf the waves of time.

ME: That is why I must look with the eyes of Time.

I AM: Well, I am the Vision of History ...

ME: Well, I am the Now.

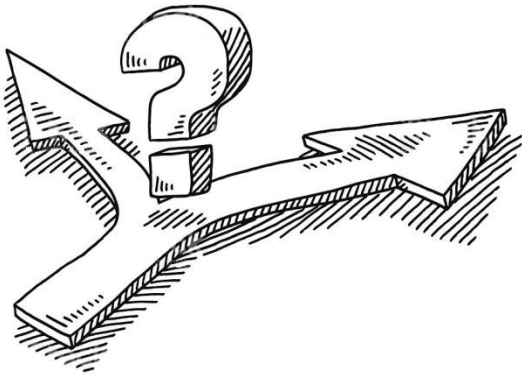
# 249. Where? (feet)

[April 9, 2021 Matías De Stefano](#)

Daily vibration: Gü

Statement: I Am the Wisdom's Vision

Code: LYRA = there's only one tool capable of threatening the beasts of hell: music. The rhythm, melody and harmony allow that all chaotic finds order and coherence, thus, to descend to the underworld and ascend undefeated, its fundamental to be in resonance, in the perfect vibration, and the lyra is the instruments that in ancient times reminds us of that purpose.



I where? It is the last question ... The path, the feet, walking ... where am I going? And yesterday I think it was answered based on when. You said that Time is nothing more than a calculation of the process of matter, that is, a conceptual constant of what happens to reality. Time is thus the subjective aspect of the universe, and Space is the objective aspect. Put in this way, and after having talked about holographic reality, my question is: what is space really? What is the where? Are we really going anywhere? And from there, the basic questions of philosophy: Where do we come from, where are we, and where are we going?

SOY: What is Space? The word comes from the word "sphei", which gave rise to spatium in Latin, which at first referred to throwing, dragging something. Something spacious, then, refers to the act of moving something away from one point to another. Spacing is throwing, separating things, and thus, Space became the concept of the distance between what is thrown or dragged away and its point of origin. Space, then, like Time, are unreal constants. Ideological concepts.

ME: Wow, again, you will make my head ache with your answers, right?

I AM: Take a deep breath. But if you want to understand reality, you must first destroy what you think is it. Time and Space, already spoken many times, are conceptual constants of the synaptic network of the universe, that is, that existence finds the cosmos, the order, as it expands through these two constants, weaving the networks of its Mind, your self-awareness. Space (from Indo-European: launch) being the distance by which objects are dragged, and Time (from Indo-European: extension) being the measure or fractions of the processes that these objects go through in their transformation. The extent by which an object is thrown. And that object is made up of patterns of matter. The word patron comes from the Indo-European "pater", meaning father, that is to say: who must be followed, who establishes the law, the way, the conduct. And matter comes from the Indo-European "mater", that is to say: mother, which leads us to understand the manifestation, creation of a body, a life, who gestates a new being. The ideas that humans have of reality are linked to the family, to mom and dad,

to the distance traveled in migrations, leaving one home to go to another, seeing how things and oneself are transformed on that journey. That is why you have created the image of a heavenly father, a divine mother, a paradise to go to, a hell from which it escapes, and moral regulations (typical of the inhabitants of a territory), to be able to lead the people under a "conduct".

ME: So even our way of understanding what surrounds us, and even the intangible, the subtle, the spiritual, is also based on human reality ...

I AM: To understand the Universal laws, you must free yourself from the limiting ideas of the human location. The human is located in an anthropocentric position, which makes self-reference to the Universe in its image and likeness. Now, the development of human consciousness is a way to know the cosmic truths, and therefore, it is necessary first to know very well the nature of human thought before being able to transcend it. Humans who seek to find a destination of enlightenment, reach a new state of consciousness, forget something very important, and that is that, without taking notion of their historical baggage, they decide to climb to the top of Everest in shorts but carrying a one-ton container on their backs. And in their pride they refuse to look at what is inside the container, believing that if they make it to the top,

ME: How should I see reality then?

SOY: As we have said many times. It is an interaction of thought waves that generate the perception of energy that makes up matter. In the microcosm, as we have said, a wave can behave as a particle, allowing it to be in different places at the same time. The best way to understand this is to watch a sunset looking at the sea. In the sea, the waves, the waves, are thousands, and they are transforming every moment. The water reflects the photonic particles, making like mirrors that pass these photons as if they were tennis balls in the middle of a competition. This makes you see a constant glow on the waves, which is like seeing hundreds of suns at the same time, many reflected in each wave that appears and disappears, giving the sensation of gold, of glitter in all directions.

ME: Sure ... they affect me because they are a reflection ... A single sun, reflected in each wave of the sea, of the oceans, multiplied by millions, shining in all directions, making each living being receive that light or mirage in a different way, in different angles, intensities ... shapes.

I AM: So, you understand that the universe is like that ocean full of waves, and that there is only one particle that is reflected in each wave at the same time. The waves, the waves, move, transforming the options of this particle, but it, like the sun, never moved, it was always there, fixed.

YO: This means that in reality all the destinations, roads, places that we believe exist, are just mirages of something that was always in the same place ...

SOY: And not only that, but each mirage, due to being a projection, never really moved, but simply fluctuates its reflection as a function of the vibration of the waves. That is, depending on the state of vibration, this particle will be seen in one way or another, just as the brightness of the sun can be flat or stretched, or round, or of different colors. But it has always been and always will be the sun.

ME: That is what we call Unity ... We are all One ... We are all those reflections of the sun in the waves of the sea, of the constant of Time and Space ...

I AM: For this very reason, returning to the microcosmic vision, this particle lives all the probabilities of itself, manifesting the options that are capable of being observed by consciousness. In different times and spaces, this particle will be launched and expanded, creating the appearance of energy, which creates the idea of magnetism, forming atoms, which give rise to molecules, and thus to chemical compounds and elements, which react creating proteins, acids, deoxyribonucleic, sugars, plasma, cells, tissues, organs, networks, and organic and

inorganic beings. Mineral, plant, fungus, animal and human kingdoms. And in evolution, the interaction of these energy data generates synapses, which make intelligent interpretations, capable of asking the questions, and connecting to the infinite universal mind.

ME: And all that macrocosm, they have only been the reflections of the true being. So the constant answer to the question "where?" Will always be "Here".

I AM: Here is the only real answer in the universe, but only when referring to the microcosm. Once the shine is projected on the waves, there are many positions, and they are all relevant, because as I told you, even if you don't look at the sun, its reflection will also be felt in your eyes and face. Thus, all the roads, each step, each place where I go, each destination, purpose, are just as relevant as "Here". Knowing that none of this really exists, does not disregard existence. Well remember, that "to exist" means "to be outside" (ex-stare), and for something to have come out, it means that it was inside before. What you interpret as real inside, has been expressed projected outside, making said hologram, to the mind, as real as what lies within. The external are projected landmarks of the inner world. Living outside, walking the path, is a way of being able to travel the paths of the cosmic synapse that you would never have been able to experience otherwise.

ME: Where do we come from?

I AM: We come from ourselves, from unity, from the only particle that exists, and that is still there, in the center of all things, the divine Source, the one that is 0 and 1 at the same time, and that decided to take the step to live both options, calling them micro and macro cosmos.

ME: Where are we?

SOY: Here, we are always here. No matter where you go, what your destination is, you will always be in the right place, because it is impossible for you to be outside of yourself, and everything that surrounds you will always be in accordance with your state.

ME: Where are we going?

I AM: To ourselves, the only possible destination. Some call it "coming home", but that is very human. No matter where you go and the environment in which you find yourself, you will always know for sure something concrete: you will be there. You are the only one where possible, the only real destiny.

ME: Why should we move on then? Why do we ask ourselves the constant question of where should we go? Where am I headed?

I AM: Close your eyes and think within yourself. In order for you to have found the question, thousands of neurons of your being had to exchange data, move, vibrate, press electrons that transmit this energy in an information mode. The neurons, in that pulse, trace paths, weave networks, so, when you ask yourself the question again, you will not need to think about it much or twice, the neurons will simply find the path previously traced, and they will know what to think, what to do or say. . If the neurons do not move, there is no data, there are no senses, there is nothing. Remember, you are a neuron from Earth. If you don't move, if you don't travel, if you don't walk, if you don't interact with others, learning at every step... What do you expect from the world then? Do you really think that planetary change is possible with people who do not ask "where am I going?"

YO: We need to connect, do things, move ... So the purpose of asking ourselves where, to travel, to find more destinations, to move forward, goes beyond migrations, but rather has a purpose of interconnection, to improve the way of interpreting data...

I AM: When you move through the world, you connect information networks that cross time and space. Every step you take, every place you meet, every person with whom you interact, feeds the world with a new data that makes it more aware, that makes it evolve intelligently.

ME: Wondering where, and moving towards that place, well, is key to evolution.

SOY: And in the same way, you will understand that not knowing where to go is a sign of the need to go out, search, not wait. The universe does not want you to get anywhere, because no place really exists, the only real thing is the mind that interprets realities, the networks that connect everything between the micro and the macro cosmos. Where? That is the key to the synapse, to the tissue of the mind. Your bodies moving through the world are the existence of that inner spirit, seeking to live, to experience what lies within.

ME: It's like we want to go through the neural networks. It is impossible to go through our brain, but we can interpret the World as that brain, and by walking it, by advancing along its paths, we will be visiting those thoughts. Existence is like a great imaginary play that the mind designed to be able to walk on its own.

SOY: Do you understand now what Space is? Do you already know where to go?

ME: Yes, I know why I am in Giza for a year, now I understand. Because I had to remember that I am Here, and only by seeing this truth, could I connect everything else and walk the world with this awareness. This was what I needed to know in order to put my feet firmly on the Earth. This is the fundamental key to understanding the foundation of the entire I Am project connecting the power centers of the Earth. The Net. All the points are Here, and by walking them, I'm just making synapses ...

SOY: Uniting, connecting the parts again... What do you call this in Latin?

ME: Remember. Re-cordis. I will re-cordare ... connect the parts, bring the members together again ...

SOY: Remember ...

ME: Remember ...

SOY: Remember ...

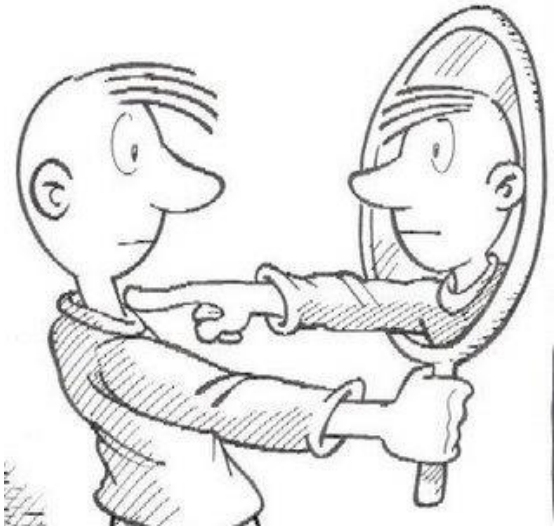
## 250. It's me? (Toroid)

[April 10, 2021 Matías De Stefano](#)

Daily vibration: G-h

Statement: I Am the Eternal Vision

Code: CANIS MAJOR = Orion the giant had two hunting dogs that helped him in his hunting trips: the younger and the older. The Major Dog is the most known one, for its heart is the brightest star: Sirius. It is the guide dog, the faithful friend that show the direction, that shows us the way and protects us from what we can't see.



YO: Of all the questions, I think that each explanation has referred us to something fundamental, and that is that the answer always lies in oneself, in the mind that chooses, in the perception of things ... So, everything that happens is by oneself, for me, for my thoughts, even so it remains difficult to separate the idea of me as personality, and me as being.

SOY: It is essential to emphasize and remember again and again the difference between the two types of I. The Ego is the existence of the essence.

ME: What would that be like?

I AM: As we have said, the attribute of Being is Essence, the quality of the verb "to be and to be." Essence = Ess (being) ent (subject) ia (quality). When someone leaves the quality of being, he externalizes himself from his center to the periphery, he leaves his natural state, that is: "exists", from "ex" = outside, "stare" = to be, to be. The I (from the Indo-European leagues "ego", deforming to "eo", "eu", "io", "ia", "ih", "i", or also "ao", "aha", "ás ", "Ese ", " am "), is the expression, that is, the subject that frees himself from internal pressure, to free himself towards the possibilities of existence, move around the periphery of being, and thus find options for himself same. The main function of the Ego, of the I, is to seek options, it is to become other things that are not the Self, to nourish the being with experiences.

ME: He is the one who lives existence while the Being, the Essence, contemplates.

I AM: For this very reason, the Ego is useful to creation, because it is who exists, who moves from himself to find infinite possibilities, nourishing himself with experiences and adventures that will make up the tools to create, recreate and expand.

ME: And what is the other version of the Ego?

I AM: The one who does not remember that she has left herself, the one who forgot why she left, the one who forgot the reason for her existence, and therefore became the center of herself, constituting the tools and experiences as her only truth, losing the connection with the essence, and trying to build their own reality from believing themselves to be the center of all things. One is the Ego that comes out of the essence to nourish it with experiences, the other is the same ego that came out but forgot why it did it, and does not know how to return to the center. Humans are used to the lost ego, the one that is judged, which they consider an impediment to find the essence and the truth. The ego, as a synonym for personality, prevents divine responses from being seen clearly, and decorates them with mental (beliefs), emotional (trauma) and physical (customs) preconceptions.

ME: The ego's problem has been the search for the tool as an end and not as a means.

SOY: Therefore, you must ask yourself all the questions again, but with a specific purpose: Yourself.

**What am I?**

I AM: A set of particles emerged from the waves that move through the constants of time and space, and that have manifested in the third dimension in the form of networks constituted by an intelligent exchange of data, typical of the universal mind.

ME: **Why am I?**

I AM: Because the essence is, but it cannot have been and intend to be something else. The only way in which the essence can manifest is by going out of itself, and you are that only outlet that it has found to understand and manifest itself, you are existence itself.

ME: **What am I for?**

I AM: To be able to discover each of the potentialities of existence, to be able to feel each idea become reality, to feel each energy become emotion and feeling, to enjoy each manifestation in the pleasure of experiencing it. To nurture the universe with wisdom, and to make you capable of becoming a new universe.

ME: **What am I?**

I AM: Whoever you choose to be. And you have chosen based on your qualities, your vibrations, resonances. The choice of what you are is produced by what you vibrate, by what you become that which vibrates in your being. You choose which of all the options you are based on tuning in to the vibration of the being you make up. That is, transforming your inner world, changing attitudes, spaces, relationships, environments, routines, food, intentions, projects, paths ... You have always decided which of all your qualities you are, you only have to allow yourself to accept the qualities that are in you.

ME: **Who am I?**

I AM: You are the subject who observes creation, who determines the manifestation of each particle, you are the one who gives meaning to existence, who decides the future based on its present, who heals its past based on

its attitude. You are the one who makes the decision to live from unconsciousness or from consciousness, you are the one who has embarked on the adventure of living, you are the subject of each object, you are the one who gives meaning to the verb in action.

### How I am?

I AM: All the tools that you have gathered in your history, genetics, emotions, traumas, experiences, cellular memory, beliefs, ideas, preconceptions, feelings, attitudes and aptitudes, all of which have defined the personality. , which does not define who you are, but how you are. Everything that you consider today to be your being, does not, but molds it for a specific moment in a specific space. The way you are today is what you need for what you are today. Do not judge how you are, but learn to use it for your existence and manifestation. They are all as they should be, depending on what, why, why, which and who.

### ME: How much am I?

I AM: You are how much the universe needs. You are how much is enough for existence to be possible. Your tiny existence makes the difference, because the smallest of the particles of your body occupy a sacred space in the totality. The space and time that your projections occupy, the weight of your gravity, is the value that quantifies consciousness. You are how much the mind of the universe needs to know itself. You are everything and you are nothing, and therefore you are worth everything and you are worth nothing. Thus, each of your breaths counts in the cosmic expansion.

### ME: When am I?

I AM: In every moment. For time is nothing more than the relativity of your existence between everything and nothing. You are infinite. You are in the past, in the present and in the future, for your essence encompasses all the probabilities of existence; and your Ego, revolving around the Essence like the Moon of the Earth, like the Earth of the Sun, has fragmented towards infinity to be able to live each moment, and look each time in the eye. That is why your cells live the past every day as if it were today, and your mind interprets the projects at every moment, imagining them as if they were already before you. You are your ancestors, and the potential of your futures, and thus you live eternally, because your atoms never disappear, but they are transformed, and you will do it eternally.

### ME: Where am I?

I AM: In every particle of the cosmos, in every wave, because every tiny part of you is the manifestation of a projection of the infinite possibilities of a single particle that is not even a particle, but a wave that has decided to behave as such, and a wave, it is like a wave in the sea, emerging and submerging again and again in the infinity of the ocean. The place you think you are in does not exist, because every place is the same, extended by time throughout space. You are Here, because it is the only thing that exists, and no matter where you go, you will always be where you should be.

I am me?

I AM: You are... I am.

ME: Why me? I always wondered this ... Why am I? Am I the one who should be doing this? Is there no one better to do what I'm doing? Why me? That question we usually ask ourselves. Of the billions of humans that exist, why me? Is it really me?

I AM: Why the Earth out of trillions of planets? Why the Sun among billions of stars? Why the Milky Way among millions of galaxies? The answer is simple: Because it is.

ME: Is that right?

SOY: Thus, it is an adverb of mode, answer to the question "how?". "That's right" defines the forms of that which is affirmed, that is firm, on the axis, in its center. It implies, then, that the reasons why it is one or another person who lives what they live, are not determined by a higher mind that points a finger at people, souls, or spirits, but is the vibrational state itself, historical, genetic and experiential baggage that has modified your ways to be resonant with what you do, say, feel. And what you are is the Truth. What the universal mind believes in you is what it believes in you. And you are the only being capable of accepting that truth, since you constitute it in your forms. When you ask yourself, is it me? Because I? The answer will always be:

ME: That's right.

SOY: And a final point is missing from your statement. "Amen", from the Hebrew "amn": that's right, it's true. Inspire, and say it without hesitation.

ME: In the name of the I Am... Amen.

## WEEK OF EMOTIONAL

### 251. Answers (Crown)

[April 11, 2021 Matías De Stefano](#)

Daily vibration: Ra

Statement: I Am Spiritual Wisdom

Code: OPHIUCHUS = the son of the sun itself, this mythological being is the great hunter of snakes, that with time gave him the ability to turn poison into a potion, to create medicine, becoming a symbol of medicine, even of resuscitating the dead. This way, its the stars that remind us about transcendence, healing, the ability to regenerate and turn the bad into good.



ME: Tonight is New Moon in Aries. I wonder what it brings.

I AM: New things, if you are willing to leave the old ones behind.

ME: Am I willing?

SOY: That is the question I ask you. Only you have the answer. The Aries energy is Initiator, and this Moon is the right time to Initiate a new version of the Self. So, for this, you must let go of an old version of the Self.

ME: My old version of me... what is it?

I AM: The one who doubts himself for example.

ME: Do I doubt myself?

I AM: All the time. Happened yesterday?

ME: Well... yes, it's true... Even I doubt if I'm really sane or not. I mean the channeling. It's been a long time since it happened to me, and I felt really weird... like being drunk. To what extent does that not take me out of my center?

SOY: You doubt something that you should no longer doubt.

I because?

SOY: Yesterday we answered all the basic questions of who you are. Of what you are. And is it still not clear to you?

ME:... I am a choice among thousands through time and space...

I AM: Channeling is nothing more than opening yourself to all the possibilities of what you are. If you don't know how to control it, you go crazy, but if you control it completely, you become completely separate. Sanity does not show in being Matías, that is what you have been taught in human culture. The question is who is Matías really? And what is the human effort to defend a sanity that is only imposed on a cultural level?

ME: You mean that what we consider crazy or real is just a mere cultural perception?

SOY: That's right. From the vision of culture, it is so crazy to think that there is a man above the clouds who observes everything you do, as to say that matter is nothing more than the set of atoms that have never touched each other and are held by magnetism . Both are unverifiable by the simple eyes of a human. Believing that the spirits of the Earth must be honored, like considering that the institutions of a nation must be honored, is the same, and yet there are those who see one of both as crazy. Why is it crazy to philosophize, but is it smart to study philosophers?

ME:... Because culture gives importance to scholars more than freethinkers.

SOY: Because free thinkers do not fit into the norms established by culture. Why is it sane to speak to God, but is it crazy to be able to listen to him? Why do you prefer the question to the statement, the question to the answer?

ME: I don't know ... maybe, because the answer is limiting ...

SOY: In what way?

ME: When the question is asked, you are open to a thousand possibilities, but when you get the answer, there are no questions left. The search is over.

SOY: Or perhaps, a new search begins, but clinging to the idea of what it could be, you refuse to take what you live as a determining answer, since you want the answer to fit your pattern of beliefs and expectations about the question. "Question" is a word that comes from "prae" (before), and "cunctari" (to doubt), while in English it arises from the "act of the object", a question (question = kwo-tio). The translation of the concept is "to position oneself in the face of doubt", to face it in a manifest way. "Answer", like its opposite, comes from "re" (to return, again) and "spondere" (to offer, promise). In English, it means the same thing, but with the terms "ante" (in front of) and "swear" (swear, promise), giving "antswear", and thus "answer". The answer would be to return to face a promise, to offer yourself again. The answer is the act of searching again, of repositioning yourself in a new beginning, the promise of a new beginning. Whoever takes the answer as an end, has not understood the meaning of life.

ME: Ah... I understand better what it means. It is constant, it is not finite. Yesterday they gave me many answers, and they all opened new paths for me. But my old self continues to feel strange when channeling those who bring me the answers, it is as if, he feels losing his sanity, fearing that others think I am crazy, or that I am lying to them ...

SOY: Why are you terrified that others think you are lying to them? Do you have something to hide?

ME: No... in fact I show all my realities too much... I mean, if it were up to me, I would never channel in public, because I'm ashamed... I want to be an educator, not a spiritualist. Sometimes, my old self feels that every time all my other options appear, the only thing they do is ruin his reputation, his ability to generate some real change, by being considered a schizophrenic.

SOY: If the answer is useful to you, what does it matter if it comes from a madman?

I eat?

I AM: The human mind overvalues sanity, thinking that something is useful only if it comes from a sane source. I wonder, what is someone sane? Why does the subject still matter more than the object? If a madman shouts a great truth, will it become a lie?

ME:... I don't think... no.

SOY: So what does this person's status matter? The answers are not certainties, they are new beginnings. Remember. Even if you are lying in what you do, you do not lie in what you say. Even if your story was a hoax, your answers have opened paths and changed lives. "By their fruits you will know them" (Matthew 7: 15-20).

ME: That phrase speaks of false prophets ...

I AM: Of those who say one thing and do another, of those who teach a truth but live in the wrong, of those who incoherently hide their true objectives and intentions. The fruit that a tree bears is according to the tree. If you have borne good fruit, and in your words you sow coherence in the world, your tree can have the colors and shapes you want, your tree can be a shelter for many other beings that enhance your message.

ME: Yesterday, the dark being that I channeled spoke of the doubt, that this is the moment for the Path to be cleansed from those who continue to believe in Hell, from those who continue to believe in the Light, from those who continue in the struggle or doubt. Those who seek answers only to enlighten or rejoice in their expectations, he said, this is not their way. "Don't get in the way," he referred to in a way. Every so often they put the dark close by so that the task does not have the weight of judgment. However they awaken the judgment ...

SOY: Well ... you can't know who lives in the judgment until you give them something to judge. And that's when you can see who still lives in incoherence.

ME: I still have judgments ...

SOY: This is why this emotional week of Aries begins with the intention of clearing those judgments, that emotional struggle with yourself. The Universe does not ask you not to have judgment, it only advises you that judgment clouds your ability to see other options. Whoever judges closes himself to the particle that is, remaining small before the cosmos.

YO: The message that the teachers said yesterday was that they were doing a vibrational reconfiguration in us, like Red. They said that from the beginning of the journey with the I Am until yesterday, with the question, Am I? idea, a thought, a synapse in the network that we make up, and that is interpreted as having made a new yarn in a tissue. I having incorporated everything that we have worked on so far, many things are unified, and we are already prepared for the task that we must carry out. They say that the reason why they are concerned is because from other worlds they are trying to generate that tissue as well, but to connect it to ours, you must have millimeter precision, because finding the frequency of the entire Earth resounding in harmony, is like finding a needle in a haystack, since the haystack is the galaxy. And if we keep swinging like a pendulum between the idea of good and evil, between struggle and judgment, they won't be able to connect to us. They say that we must open the Crown of the World, and that is why the planet has prepared for this, that both the subconscious, the unconscious and the conscious have the word Corona in their head (for the coronavirus, Covid19), thus the entire planet he is thinking of the corona, both at the north pole and at the south pole. They spoke of the two eclipses that will occur at the north pole, on June 10, 2021, and the eclipse at the south pole on December 4, 2021. They spoke of the Earth as Lady in Blue, reflecting in her mantle (waters), the correct stars that ignite the kundalini (serpent) at your feet. They are preparing us... With their songs, the vibration, as a technology to keep us all on the same page. But it is our task, of the last 250 days, the guidelines that they are giving us to integrate and find the center. And at the end of the 360 days, we will have completed the circle of information to align ourselves with the I Am.

I AM: Beyond being an educational and informative path on philosophical concepts, those who know very well why they are here, understand that every day a new response is being worked on, which is necessary to continue advancing in a mission, to reconceive the network of thoughts and expand it to the entire galaxy. The first date is the Blue Moon of August 22, 2021, halfway between one Eclipse and the other. And the last one will be on February 22, 2022. There you will get more answers ...

ME: To continue.

SOY: The question is if you will continue to have more questions.

I always.

I AM: I advise you never to stop doubting and having questions, and never stop getting answers. But I also advise you never to doubt yourself, just as the answer will always be you.

I understand. To carry out this task, regardless of whether they believe me or not, I must be the one who believes in me. Well, in me are all the answers. I set the intention in this New Moon in Aries to stop doubting myself, to trust what I am, because each being that I channel is myself, and I should not fear being so. I must trust what I created for myself, understanding the trial as a cultural tradition, and not as a personal attack. I must accept in myself that what I have come to do I will do in the best way I can, and I will deliver it in the most appropriate way to my own coherence. I intend to expand my answers, to encourage more answers. For I offer myself, in the promise that we are the World, we are the Earth, I am the Earth, and all the answers inhabit me.

I AM: The biological, emotional and mental response mechanisms respond in the form of a reaction according to the level of consciousness and mental interpretation of reality. Therefore, you must Be the Answer that the World wants to hear.

ME: Become the Answer.

I AM: Well, the world today responds in judgment and aggression, because the human mind vibrates in judgment and aggression, in separation and frustration, hatred, struggle. So, this week we will work on these reaction responses, so that you can respond correctly to the world.

ME: And be the answer.

I AM: Thus Wisdom will live in you. I ask you then. Who are you?

ME: I am the Answer.

## 252. Intention (Third Eye)

[April 12, 2021 Matías De Stefano](#)

Daily vibration: Rae

Statement: I Am Conscious Wisdom

Code: PEGASUS = the beautiful winged horse of Zeus, it's the creature of the animal world with the rights to walk and fly among gods. Represents the most emotional and inferior aspects turned into divinity, lightening the potential of the being, becoming the strength of the natural kingdom in clarity to the divine world.



ME: On the occasion of the New Moon in Aries I said to myself "today I will have a different beginning". I said to myself "I manifest the intention of starting a routine for my body, with fasting, good nutrition, exercise, waking up early, and doing everything I did at the beginning of this path back in August and September of 2020, as well as for my soul and mind, continuing with piano lessons and painting ". So I set the alarm for 7:30 am, and whispered to myself as I went to sleep: "tomorrow will be a new beginning."

I AM AND?

ME: Woke up at 10:36, exhausted like I hadn't slept. It seems that I turned off the alarm clock, and woke up later than any other day before. I had to rush to breakfast before 11 when the restaurant closed. And instead of doing what I had thought, I had to stay because they were solving the problem of the camera on my computer. And in all that time, I am still sleepy ... I bought some magnesium and ginseng supplements to have more focus and energy, but they have not yet had an effect on my body, I am just more sleepy ... I have less desire to do things than any other day ... I left everything ready to paint, and I just made stripes. I looked at the piano, and didn't even dust it. I thought about the gym... but I preferred to sit and watch them work on camera. In other words ... the "intention" thing would not be working for me ...

SOY: Well, it is difficult to set the intention when you are "in tension".

ME: Intention in Tension ... how paradoxical.

SOY: Let me explain the difference between the two, and how they intertwine to give you a shitty day.

ME: Thanks for being so literal.

SOY: You're welcome. Intent, comes from the words "in-" (inside, in) and "tentus" (to extend, to stretch, as in the word tendon). It means that the intention is to be in the process of extension, to project towards a specific point, a specific focus, as a goal or "hit the target." Do you know Diana?

ME: Princess Lady D?

SOY: Clearly today you have only one functioning neuron.

ME: Does it show?

SOY: Yes. Diana, is the Italian goddess of nature. Guardian of animals, of the forest, representative of light, hence her name: "that which is of the day" (dies, dia-na). His attribute is to carry a bow and arrow, and he never misses the target he is aiming for. Like the ray of the sun, its arrows pierce everything and penetrate the darkness, eliminating it. Diana is a representation of intention, who extends her dominance in each ray of light, who stretches her bow to shoot arrows at her targets. But to be able to spread his arrows through the territory he guards, he must know how to use his bow, and it will only reach further if the string is in perfect tension. The word Tension also comes from "tensus", from stretching something well.

ME: And why is one written with "c" (or "t" in the case of English), and the other with "s"?

I AM: Because Intention has a third particle, suffix "-tio" which means "action". Intent, speaks of "the action of extending into something concrete", while "tension" speaks only of the concept, of the state in which something is. Both related to stretching or stretching something. The difference with "throwing" something is that it implies separation of an object and a subject, instead, tension speaks of oneself being projecting, stretching, and therefore, when we speak of "intention", we are only talking how one projects ahead, stretches.

ME: So what do we mean by intending something?

SOY: I do not know what you are referring to, but I will tell you what I know about this action.

ME: Well, I think that when someone intends something, it is that they put all their attention (precisely) on something concrete that they expect to happen.

SOY: That's why everything goes wrong.

ME: Wow... how?

SOY: Sure, in that sentence there are two mistakes. Attention comes from “ad-” and “tensus” plus the suffix “-tio”, that is, it is the action of going towards the stretched out, but nevertheless, paying attention, in your cultures is almost the opposite, taking the prefix “a-” like stopping, or denial (as in “atheist”). That is to say, no matter how much its origin is to go towards tension, what you do when attending to something is to stop and listen, and how do I come to this conclusion? Because normally they relate this word to the next error in your sentence: expect something happen. The wait comes from "hope" (sperare), being in English, "wait", originated from "weg" (strong, hard, which is firm in a place). You can't put a strain on something if you wait.

ME: Well, we have a different concept of what tension is, hahaha because I get more stressed when I wait than at any other time.

SOY: I'll explain why. Why is a rope tightened?

ME: Because I stretch it. Which etymologically would be a redundancy with the word tension.

SOY: So the tension occurs in the string itself, not in the arrow.

ME: Aha... I follow you.

I AM: Waiting for the arrow to shoot towards a target without putting tension on the string will never result in your hitting the target. Maybe I'll fall by your side Now, I want you to get the archery idea out, and make yourself the rope. If you are not in tension, where do you intend to shoot your energy? Each human is like a rope, made up of ropes ...

ME: String theory... Where everything is a coiled continuum of strings that vibrate like a piano or guitar, and their vibrations manifest the particles.

SOY: Exactly. The vibration arises from these strings that connect everything, and your existence is due to the tension of these strings. Try playing a guitar or piano that doesn't have its strings tight and tight.

ME: It will sound bad, disharmonious.

SOY: For this reason, in order for a melody to sound beautiful, it takes a bit of tuning, and that tuning occurs by loosening and contracting the strings. For putting them in Tension, Tensioning, that is, “Intending them”. The idea of setting the Intention is to enter into the process of refining the energy, of the resonance, adjusting the loose strings. During that process of tensioning the strings, there is no music, and the sounds are erratic, just like those you hear in an orchestra before starting its performance. As the vibration generates energy, the tensioning process causes energetic pulses that you call emotions, that make an erratic discharge of hormones in the body, producing an instant of misalignment and disharmony. Thus, as long as you set the intention, you become a musician readjusting the strings of your being, and this puts you in tension.

ME: But we see tension as something negative ...

SOY: Anyone who hears what a guitar, piano or violin sounds like in the process of tensioning its strings and adjusting them will think it is horrible. "Who is killing the cat?" it could be a graphic description of this moment. Now, knowing that everything is vibration, you will understand that moments of tension, of readjustment, are tense, hurt, are erratic, where you can err, sound bad, have negative energies, dissonant sounds. But after the tension, you find the necessary strength.

ME: What for?

I AM: To project you. We go through the parts of the process. First, you put "attention" on the target, on the goal you want to reach. Then, you seek to "relax" the body, with flexible movements, circles with the head, shoulders, ankles, to "release tension" accumulated. Then, you take Diana's bow and arrow, putting the light, that is, consciousness, on the target, and you start to tighten the string, but to know where you should go, you contain the bow and arrow as parts of you, it is that is, you apply "contention," which means sharing the tension. It cannot only be applied to the hand, but must be distributed throughout the body. The body becomes an extension of the bow and the bow an extension of the body, so the arrow does not come out of the tension of the bow, but out of you. The arrow, then,

ME: So you're saying that in order for me to manifest an intention, I must first go through a process of tension.

SOY: That's right.

ME: And I'm going through that state of tension right now ...

SOY: Yes. There are different levels. The body prepares for the new, stretching and tightening over and over again, like an exercising muscle and then must rest to do the real work. The moments of tension that you live in your life, then they must rest to re-ignite a new exercise. You have not allowed time between one tension and another. What you have done in the last 15 days of March, was a constant process of tension, which only ended on April 6. And you have already set an intention to start something without time to relax, and therefore, you have had a general cramp in your being.

ME: Suddenly I understand why I always feel like this, like with a hangover after people or friends come, in which I feel useless, exhausted and depressed, angry ... It is the tension that I submit to a new beginning, a psychological tension that leads my emotional state to feel tense.

SOY: Now you know well that when you put an intention in something, you are not placing the hope that it will happen, but rather you are projecting yourself towards that something, and here I want to add something else. Extending yourself, reaching towards a goal, makes what you are, and the state you are in, project towards the goal. Well, you are the one who sets the intention, you are the one who projects forward. And if you project your state of imbalance, of tension, then you will only live one day of tension and imbalance.

ME: So when I intend something but from a negative energy without having first worked on that state, what I have intended will manifest itself in the sense and resonance in which I find myself.

SOY: And here's why your shitty day.

ME: Wow ... the worst thing I could have done is set the intention of starting a Monday, the day of the Moon, with a New Moon in Aries, when this day was more than just beginning ...

SOY: And this implies that you must rest. Rest the strings, reestablish them. Try to respect the timing of your body and your soul, respect what you feel, knowing that it is part of the process. Tension is necessary to manifest your intentions. It is the key to achieving it. And this means paying attention to the understanding that the process encompasses, something called "intension".

ME: With "S"? Does that exist?

I AM: Intention with "c" speaks of the will to achieve a goal, fulfill a purpose. While Intension talks about what that purpose and the whole process means, it describes the meaning of a word or concept. Intension is the

understanding of things, that is, how far they extend, or where a concept encompasses. Therefore, before intending something new, it is necessary that you intensify what you are.

ME: By intending what I am, understanding what makes me up, the state in which my strings are, the vibrational, emotional state in which I find myself, to know that from there, from this tension, I will be able to Intent forwards, towards my objectives, and if I do not take notion of the intention of my being, I will never be able to really intend something new.

SOY: Do you understand now? So, tension is key to describe what vibrational, emotional state you are in, to manifest what you are towards what you want to be. And when you discover yourself, you will have to undergo an inevitable period of tension in which you will feel bad, until you manage to tune your instrument.

ME: "Play the piano again", something I said to myself today.

I AM: First learn to recognize the state of your strings. Are you sane?

ME: I'm trying to be sane ...

SOY: When you find sanity, your song will play. Enjoy the tension. And so, you will hit the target.

## 253. Release (Throat)

[April 13, 2021 Matías De Stefano](#)

Daily vibration: Re

Statement: I Am Coherent Wisdom

Code: SUN = means "glow", and it's the biggest star of the Solar System, located in its center, and the closest star to our world. It is positioned 150 million kilometers from our world, and is the main emitter of electromagnetic waves that keep all the planets orbiting around itself. In its birth, generated the worlds that surround us, being the axis of everything. This way, it represents the image of the father, of God, of light, and for that all the living beings need its energy to live, and at the same time it's the path to follow, the base of all our biological and cultural-religious perception.



SOY: How do you feel today?

ME: After yesterday, today I woke up before the alarm clock rang. I got up, and went to the gym. Yes. I ordered. I went to the pyramid, and since Ramadan started today, there was no one. I was calm... silent, and yet I still had the feeling that something was missing.

SOY: What?

I scream. I needed to yell something.

SOY: And why haven't you done it?

ME: There was no reason.

I'm sure?

ME: Well... I guess. I can't find a reason ...

SOY: Do I list them? 1) Since August 2015 when you plan the YOSOY trip and one month before starting it, in June 2020 all plans are canceled. 2) You felt betrayed by several friends in recent years. 3) You felt cheated by your family and never said anything. 4) You set aside movie contracts for lies. 5) You fell head over heels in love and had your heart broken 2 times in no time. 6) Many things about certain people make you uncomfortable and instead of setting limits, you say yes to everything... Still?

I thanks...

SOY: Why do you refuse to let go?

ME: I let go ...

SOY: No, you forgive, it is different. But forgiving is not enough. We already talked about what forgiveness means.

ME: To give something, that is, I free myself from my perspective of the facts. Weight that only I carry. I usually do that. You taught me.

SOY: But nevertheless, you do it only with your mind, and not with your soul. The mind is the spiritual manifestation, and in that aspect, you are connected to the spirit, however, not so much so to the soul.

ME: Ęmnia... I remember her vibration. My soul did not always agree with you very much.

I'm normal. For if it were for the energy that constitutes your being, many things would be too erratic. The soul does not understand planning, it just moves. The spirit traces the waves through which the energy of the soul moves, and sometimes, the energy needs to go out through other places, denying the spiritual patterns.

ME: And with good reason ...

SOY: From an objective look, this looks like a short circuit, and the only solution resulting from this is a fire. Fire that then you will have to put out with the spirit ... The soul is the energy, necessary for existence, the manifestation of the idea, but it is usually erratic, chaotic without a system or circuit through which to move. Similarly, if this circuit becomes obsolete, the power could explode. The soul contains all the experiences,

which the spirit understands and assimilates, however, the data, the records, are kept in the memory of the soul. That is, even if you fully understand something with your mind and spirit, it does not mean that you have done the right thing. That you understand something does not make you wise in it.

ME: I understand ... What we would call "Emotional Intelligence".

SOY: Look, we're going to be specific on this. We are working the energy of Aries, and at least for you, it is your weak point, because it is the most difficult thing to work with.

ME: Yeah... Aries makes me a bit on my nerves.

I AM: And yet your life has surrounded you with this energy, to see something. Impulsiveness, firmness, knowing how to say No.

ME: My family environment has this energy ... My mother with an ascendant in Aries, my father being an Aries with an ascendant in Aries ... and I have had to deal with this same energy in the last time. It is an energy that imposes a lot on me ... I mean, I feel protected by this energy, and at the same time a little intimidated.

SOY: Because it is what you came to learn. It is your North Node, your North Pole, and you cannot reach it without integrating this energy.

ME: What specifically?

I AM: Knowing how to do what your mother and father know how to do.

Me what...?

I AM: Say "No". And drop.

ME: I learned to say this word quite a bit by being in a relationship with an Aries, it taught me to say no, to set limits. To others and to him, hehe. However, it is true that I do not know how to release correctly.

I AM: Because trying to be good with everyone, and to be balanced, you become unbalanced, you lose the internal axis due to the energy not manifested, not released. You must understand that one thing is what you think, and another thing is what you feel. And you live so much from the thought that you forget to feel. The belief or understanding of things, blinds you in the judgment of your emotions, preventing you from satisfying the needs of your soul.

ME: How to do it?

SOY: First of all, you must understand that emotions are energy. Imagine that you are seeing a fire. Your mind will say: "okay, a fire is produced by the combustion of certain chemical elements that together give off heat. Arising from the accelerated oxygenation of a material based on carbon or another combustible compound that produces a large amount of heat, causing the particles and molecules to decompose so quickly that they emit light and heat ". And while your spirit tries to understand the why of the fire, the fire devours everything incessantly. It is the soul that thinks: "Will there be someone in the fire? What will be the results? Something has to be done to turn it off! My God, what a horror! ". That is, the spirit does not react, the soul does. And if you spend your life looking at how fire consumes your world because you understand what fire is,

ME: Wow, how explicit. But I understand... yes. Seeing everything from the mind gives logic and awareness to things, but if I don't react, the energy itself will consume me.

SOY: For this reason, the events that happen in your life deserve to be expressed in emotion. We have talked once about Expression, which is the first of the 4 foundations of the Universal process. The expression is to get out of pressure, to be oppressed under the force of something, prisoner of a circumstance of gravity. When the mind understands something, it does not make the energy disappear, but rather gives it a coherent channel of manifestation. But if you do not manifest it, it remains oppressed, imprisoned in your being, in your body. So it needs to "express" itself, to free itself, to go out ... it needs you to let go of it. Soltar, comes from the Latin "solutus" participle of the verb "solvere", which means "to solve, resolve, or liberate".

ME: Saying what it feels like ... putting it out, letting it go ... sometimes it hurts ... That is, many times it is better to keep quiet, because saying things can generate worse results than expected. I have always been terrified of saying something that can modify a state in which everything is, hurt, offend, or that they do not understand me, or that everything breaks.

SOY: What is your fear of change at this point?

I do not know...

I AM: Saying the things that you feel, that happen inside you, are only painful and counterproductive when you shut them up for a long time and decide to release them all together, as if a dam were breaking. When the dam releases water little by little, day by day, this energy does not harm, but nourishes, transforms the valley as it passes, and unloads the weight that it supports. Now think of your garganda as that dam of water that are your emotions, the energy of your being. Words are what shape energy in the form of vibration to be manifested or released outside. What you say or what you keep silent defines your vibrational state. The stagnant energy in you can only affect you if you shut it up, and it can only affect others if instead of letting go, you vomit it.

ME: How to identify the difference?

SOY: Well, first of all, the importance of speaking, of knowing how to say Yes or No at the correct time, helps none of the subjects involved suffer the consequences of accumulating energy. Saying Don't preserve your energy, as much as it annoys others, this is something you should remember very well: in nature, you must first protect your own being before helping others or putting yourself at the service of others. Saying No is the vibrational manifestation of caring for your internal parts. Saying Yes expresses the will to action, to open yourself up to something new, and knowing when and how to say yes helps the creative emotion to spread from you to the world. In another order of things, the energy accumulated over time must be released, like opening a door or window in a house where there is a fire. If the fire has been locked up too long, toxic gases will affect the interior of the house terribly, bending the structure. The moment you decide to open the door or window, the oxygen awakens the fire, producing the opposite effect, a super explosion. The solution, then, was worse, or at least dangerous. Therefore, it is better that no one is near the house at that time, as the windows may explode, and the glass can harm those around. You understand me?

ME: Yes, I understand the simile. The house is my body, the door is my mouth, the fire the emotions, the smoke is all those unnecessary toxic records, the oxygen is to say or shout it all. It's a blast.

SOY: This is what everyone fears. Or what everyone tries to hide, to appear "more spiritual" and "coherent".

ME: What is your advice?

SOY: Clean the house. That you dare to open the doors and windows, but recognizing that no one outside is to blame for having lit a fire inside. Find a sacred space, and dump it all until you vomit it. All that smoke in you.

I scream?

I AM: And curse. Cursing is not casting a spell on someone, but saying bad things.

ME: Like ... bad words?

SOY: Yes ... whatever you can think of. Those that you consider that summarize your emotions. Who says "Recórcholis" when a finger is hammered? Who says "ouch" when he falls from a second floor?

ME: Well... I don't think anyone. I once heard a writer say: "If it's in the dictionary, it's not a bad word."

I AM: Language is a tool that allows you to release packages of energy. Dissonant sounds discharge dissonant information packets by resonance.

ME: This is why after shouting insultingly, we usually feel more Libyan afterwards ...

SOY: Yes. But only if you do it knowing why you do it. Insulting from the Unconscious only polarizes you, sending that energy to another, who sooner or later will return to you. From the Consciousness, you know that this energy is your own, and only you feel it, and therefore you must take responsibility for it. Unite spirit and soul here, to release your emotions with awareness and understanding. The creativity that lies in you will not emerge until you release the pressure you feel, the one that has blocked your creative capacity, it will not leave you until you let it.

ME: To be able to express myself again, I must release the pressure.

SOY: So... scream, break free. Loose. And so you will solve, and you will be able little by little to make the soul understand the logic of the spirit, and at each step do not be afraid to say Yes and No when appropriate.

ME: It's true ... many of the things that I overcame in my life, that I transcended, I did from the mind, not from the soul. Blindly I closed the windows of the soul, my eyes, for this reason they make me sick, for that reason I do not see clearly, and I have had these problems in my eyes lately, it is my smoke, caused by my own fire, that suffocates itself, extinguishing the spark of my being ... my creativity.

SOY: Now you know why you are not being able to paint.

I do...

SOY: Yes, damn it!

I do! The p% + # that the “· # !!... &! M'cagunlamar · k'usvaparí! mbastakan! @! € #... in everything!

SOY: Well, well... it's a start. Take a deep breath... find where these imprisoned energies of your being are, and find the space to Release. Well, doing it is part of resetting your being for a new beginning.

ME: Let go, to be able to be.

I AM: Free your soul from its energetic sorrow. For Release is the key to Coherence.

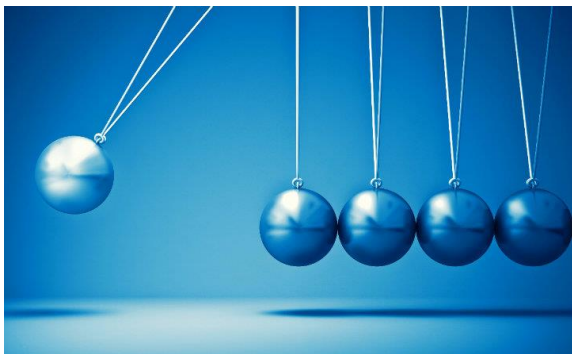
# 254. Momentum (Heart)

[April 14, 2021 Matías De Stefano](#)

Daily vibration: Ri

Statement: I Am Loving Wisdom

Code: MERCURY = Following an order based on the proximity to the Sun, the second smallest planet and the hottest one is Mercury. It means “merchant”, this means, the sellers that travelled from town to town, not only selling but also telling stories and bringing with them art and culture. This way, their protector God is Mercury, who has the characteristics of communication, movement, of messengers, literature, the word and the truth.



SOY: Where do you put the strength of your words?

ME: Eh? In what sense?

SOY: Out. When your energy is released, when you release what was stuck inside you, where do you put that force?

ME: I don't know... I think when I say what I say, it is simply said.

SOY: Oh no. What are you thinking about when you say it?

ME: In ... the emotion ...

SOY: What do you see when you say it?

ME: I see... the people I tell them to.

SOY: So you know where you direct that energy.

ME: I guess so... I mean, where else? How do you go about channeling information without directing it to any specific site?

SOY: No, the information is always directed to a specific place, but you have to educate the mind to do it in the right direction. Remember, the emotions that emerge from you, that you release, are only yours, live in you, and return to you. The reason why you observe the images of the people involved in that information is because your brain has assembled information packages regarding that emotion, in which it has registered faces and similar situations.

YO: In other words, as if the brain organized everything on shelves from A to Z, then in the A it will put everything that begins with A, such as Love and Abandon, in Spanish, or in English in the L of Love and Loneliness .

I AM: Reason why, the data will be crossed by preconceived interpretations, and you will understand the words Amos and Abandon as the same package. The same happens when an emotion arises, which will come in the same data package as the person with whom you felt that emotion.

ME: That explains the attachments, so they are reactions of an organization of brain data ... Every time something similar happens, the same image comes out ...

SOY: But all the images you see are nothing more than the masks in the Greek amphitheater of your brain.

ME: Whose masks?

I AM: From your ego. Of yourself

ME: So if someone has betrayed me, or hurt me, the image of betrayal and damage will be related to that person, but in reality, it is a mask of myself. But what if I did nothing to receive the damage or be a victim of betrayal?

SOY: You just said what you did.

Me what?

I AM: Receive, and be a Victim. You see it? Behind every character hides the scriptwriter of your life, the ego. The one who asks why me? What did I do? The one who positions himself in a role immediately, and is always usually the victim, the one who receives, because the brain was designed for that, to receive data from the outside world, to defend itself from the aggression of that world, to be the victim of it. . And therefore, at the slightest shock, responds with impetus.

ME: Defending myself ...

SOY: And it looks in the ordered codes of its neurons, everything related to what it is trying to express. The ego has contained under pressure that which lives in tension within it. Seeking to express yourself, you will find in the internal files all the data related to what put you under stress and pressure, and by expressing yourself, you will use that data as a focus of attention. It interprets: "this thing that hurts me came from this place, object or subject, and if I take it out, it must return to it."

ME: And isn't it?

SOY: Of course not. Well, what happened to you did not come from outside. What happens to you, only happens to you, is your own being reacting to an environment. You can react with a smile or a scream, you can react with sorrow, anger or pain, you can react with laughter or anger, with acceptance or denial. What happens is not how real you live, what happens is what you feel about it, that is what is registered inside you: the interpretation of your being in a specific circumstance.

ME: So? What's the point of what you're telling me?

I AM: That the way you release, in which you release, will be done in relation to what is within you, in your heart, in the data that flows within you, and that if you do not recognize this data, it is very certain that lose energy.

ME: You talk about controlling momentum ...

SOY: I'm talking about making impulse aware, to turn it into momentum.

ME: What's the difference?

I AM: The Impulse happens from the Unconscious, or especially from the Subconscious. That is, you have no control over what is driven. Remember that Impulse comes from “in” (inside) and “pulsus”, the participle of “pellere”, which means “to push”. An impulse, then, is something that is projected from within as a result of an external reaction. A pulse, a push from the external world, produces a reaction from the internal world in response, called an impulse. For example: the pulse of the heart, drives the blood through the veins and arteries.

ME: And the momentum?

SOY: It comes from the words “in” (inside) and “petus”, participle of the verb “petere” (to seek, ask, go). The impetus, then, is to start a search from the inside, with all the internal force. It is, in a way, a search for the interior, to which we can attribute the Conscious aspect.

ME: Act with momentum. Many times, when I hear this word, it is more related to the strength with which someone is positioned in a conflict, or a mission. And, contrary to what you describe, the definition of someone impetuous is “acting in a rash or rash manner, without assessing the damage.

SOY: There are two ways of looking at this momentum, in peace and in war. The military acted with impetus for the fight, a necessary attribute to win in an erratic and chaotic space. Who does not act by reaction, does not win, beyond the strategy, at certain times, everything is worth the immediate decision. The person who lives his life as a struggle, a war to make space, to win or overcome others, will use momentum as a destructive, thoughtless tool, like a soldier following orders without question. But it is not what the momentum was really intended to manifest. When you focus on yourself, and stop fighting, momentum is the key to go out, to face life with a new air, character, intention. Awakens the vital force necessary to resurface, express.

ME: And that's when I think of external factors ...?

SOY: And that's when the momentum, instead of searching, is still fighting. It is still synonymous with momentum. By definition, momentum refers to an accelerated, almost violent movement of someone or something, for this reason, after thousands of years, this concept is related not only to the negative characteristics of the impulse, but also to the strength, vigor, value of someone demonstrated on the battlefield or life. Put the chest.

ME: Never better said ... the Heart, the Chest.

SOY: And here I wanted to get with this. To the heart. Your brain is dedicated to creating enemies, which you seek to confront in order to feel strong. However, the only enemy behind each mask is in your subconscious ...

ME: I ...

SOY: That's right.

ME: So?

I AM: You will have to do something that you have always been taught not to do, and that Aries energy refuses to face.

ME: What?

I AM: Face the mirror. Look at you fixedly, and recognize all your flaws. Physical, Emotional and Mental.

ME: Wow... that's it, almost counterproductive.

I AM: It is unnatural. I know.

ME: You're practically telling me to fight myself... Isn't that what you should teach me the opposite?

SOY: Do you remember that time after years you met a friend and your first frivolous expression was to say to her: "How fat are you, what happened to you?"

ME: Yes ... now that I think about it, I recognize myself as a horrible person for having done that without thinking.

I AM: You acted impetuously from unconsciousness. But you triggered something, right?

ME: Years later, he confessed to me that after what I told him, he had to go to the psychologist, and he was crying for months. But he also told me that it was the phrase he needed to realize. All the others only told her nice, beautiful, magical things, hiding from her that she had a problem, which was not being fat, but accumulating her problems, not expressing them, not saying it, and she kept everything to herself, she "swallowed everything", For feeling responsible for others instead of herself. So he began to let go, to express, and that also changed his body. Still, when I think about what I said ...

SOY: It was an attitude of this Aries that costs you so much. It hurts, but many times, the impetuous is what makes us really change. Fairy tales, magic, angels and saviors don't usually change the world, but a good bucket of cold water of reality does. To look at oneself, to unmask the ego, is to recognize that it has been disguising itself as enemies, battles, victimizers. And because? Out of fear, out of fear of dying, of losing ... When the world closes down, and you cannot express your truths, you cannot tell those people what you are sorry to tell them, it is because those things are what you must say to yourself, to the mirror ... Yelling at you, crying, breaking that barrier of self-help or placebo complacency that only leads to conformity. Phrases like "everything is fine", "you are beautiful", "you are worth like the whole universe", they don't really help the ego. The only way to know if you are in your real center is when you manage to tell yourself all the truths, when you impetuously search within yourself, you direct the battle to your own being, freeing yourself from the actors and actresses of your internal world, from your ideas and preconceptions, and you let out all the emotions and pains.

ME: That's almost self-destructive.

SOY: Oh yeah. It is. Shiva. To create something new, you must destroy the old. The problem is that you consider destruction as something negative, when it is thanks to the destruction that you exist. Thanks to the end of the dinosaurs, thanks to the mass extinctions of the last 3 million years, thanks to the conflicts and wars of the last 12,000 years, thanks to the migrations and colonialism of the last 500 years, and it is thanks to the last two great world wars that you can be here speaking freely. Life goes on, evolution continues. Face it, with momentum. Put your chest out, look in the mirror. Say everything you hide to feel good. Say everything you

haven't done, on the things you blame yourself on. Look at the ugly parts of you, and ask yourself why you haven't taken care of yourself, look into your soul and ask yourself why you keep hiding your truths, why you keep hurting yourself and others, look into your mind and ask yourself why you need to criticize others to feel like someone or better. Think well, that every time you try to defend yourself by saying nice things about yourself, you do nothing but cover yourself with colored mirrors.

ME: Where is the self-worth after this?

SOY: Are we in Taurus?

ME: No... in Aries.

SOY: Then don't complain. Do not look for the beauty that lives in you, because you will not find it if you do not first see the garbage that covers it. You are full of garbage. To really awaken the value of the Ego of Aries, the one that initiates life and the force of being, you must dare to uncover it from its own defenses, and bring it out of its egotistical misery. This is the only way you have today to discover what you are, to cleanse yourself. And you can only do it by yourself. When someone else tells you, it is useless. It may be an impulse to change, but it will not come from your own consciousness. In order to make the true change towards Being, you must find the strength to perform that battle with yourself and your disguises. Criticize yourself, to reach the crisis, and remember, that criticize and crisis come from "krinein" which means to discern. So you can know what really belongs to you and what you do, what you don't. Step out of your illuminated fairy tale for a moment, and face the very shadows that have decorated your nonexistent mental paradise.

You f...

SOY: So, the next time you have to let go and go back to acting with momentum, you will do it from coherence, pulsing from the real search, without blaming anyone else for what only your brain has interpreted.

ME: How to set limits or teach others between what is right and what is wrong if in the end everything is an interpreted projection of my mind? Where do you discern if I do it from the ego satisfying myself, or if I do it from the being?

I AM: Once you do your homework with yourself, by putting yourself in your place, you remember that the external world is part of you, and that setting limits and teaching others is part of recognizing your own limits. Do not be afraid to set limits and say yes or no to others, but always remember to search within yourself first, always direct the question to yourself, ask for what is lacking inside you, and that is the first move you must make when faced with situations. facing the world, that's the true sense of momentum.

ME: The impulse to direct the battle towards myself, to find my weak points... And thus to be able to identify and work on them.

I AM: Watch yourself, and impetuously confront yourself. Unmask your ego, and when it is unprotected, freed from all its armor, recognized and naked before consciousness, only then, extend your hands towards him, and hug him as you have never hugged anyone. Kiss him with the greatest love and affection that you can give him.

ME: Giving him love ...

SOY: Only then will you really be giving love from your wisdom.

ME: May the crisis of my ego be the great opportunity for my being.

SOY: So be it. Ready for the first hit?

ME: Ready to beat.

## 255. Problem (Solar Plexus)

[April 15, 2021 Matías De Stefano](#)

Daily vibration: Rī

Statement: I Am Unity's Wisdom

Code: VENUS = The next planet on the list, is an ocean of toxic gases and volcanoes in constant eruption that make it look glowy and beautiful from here. Its light attracted all the civilizations of the world, decorating and enchanting the observers of the sky. It's name originates from the word "wen": love, beauty, desire, what has given this world those characteristics, being the divinity of Love, of relationships, of desire and passion.



ME: The pyramid couldn't be louder today. Full of people from some eastern European country, who did not stop screaming inside. Noisy. Much disrespect. The same has happened at other times, with the same Egyptians who are going to spend the day at the pyramids, and jump into the sarcophagus, screaming, without any respect even for history. Despite this, I try to sit in a corner, and concentrate on myself, until they leave, because they are never usually more than 5 minutes. Before I was in greater conflict when seeing these situations, now not so much, but since we entered the emotional week of Aries it is as if I could not sustain what arises within me.

SOY: What comes up?

ME: An anger that I don't recognize in myself. And it's not that it's against someone specific, but, perhaps, with myself, things that I generated myself. When I sat behind the sarcophagus today, you asked me the question: "What is your conflict?" And I started to think about it. I tried to identify where it came from. I thought about what happened yesterday and the day before yesterday. The road led me to set limits, to have to say no, that's enough, this is where we come. And I feel like it's perfect. But now my task is another: why does it affect me? Because of course we can set limits, but when we are affected by the reasons why we set limits, it indicates that there is clearly a reflection.

SOY: Could you see it?

ME: At first I rambled a lot. I was too literal.

SOY: In what way?

ME: Well, I started to think that if yesterday I talked about those who make unnecessary noise in YouTube chat during my explanations, maybe the reflection was because I am making noise in some sense in my life. Then I thought that if they judge my ego, because I stood up, maybe it's because I was expressing my ego too much. But this led me to nonsense, because in that case, if I have to evaluate myself by what others see of me, it would never end because it would never be okay. Then I turned the logic around, and I thought what bothers me about those who comment. Is it really the fact that they interrupt me that bothers me? Or maybe it's more related to my ego?

SOY: How would it relate to your ego?

ME: Well... I thought maybe what really bothers me is that they were taking too much prominence, and instead of paying attention to me, they were actually paying more attention to what was happening in the chat. I thought that my ego was probably offended because while I was making the effort to explain concepts freely, others were grabbing the spotlight talking about anything like a bar.

SOY: And your ego was hurt.

I suppose. It is the conclusion I reached. But then I saw something else. Because the next step in recognizing this was to think: what does the ego want to defend against? Why choose just this situation and not another? And then I realized.

SOY: What?

ME: That in my eagerness to want us all to be one, I gave too many times my place, my personal power, to others, leaving myself aside for respecting others; and every time I did that, I suffered, I fell, I got lost on the way. Without being able to say no, without setting limits, I found myself used in many situations. I saw friends use me for their things, I saw couples manipulate me, project partners disappoint me. And, from his point of view, what they were doing was not bad, of course not. That is, from the consciousness I understood that they were not really using me, manipulating, or disappointing me, but were doing what they believed was the best from their points of view. And I believed that giving them the place was what was mine. So, I was putting the damaged ego as a victim, when in reality I was giving them the power, and only I had felt betrayed by simply not respecting myself. The fact that today we are not friends, or partners, or partners, is not anyone's fault, but rather a mismanagement of the ego, one overcoming another. Then I realized that in many cases, my respect in these situations is for fear of falling again, because by saying "we are all", and therefore everyone has to speak and say, and do, I fall again. My mind remembers that every time I gave power to others, I ended up in depression, very bad. And I refuse to let it happen again.

SOY: How do you plan to solve this problem?

ME: What problem?

I AM: The one you just narrated. The one that your ego feels safe before what others say, or judge of you.

ME: Well... I don't really consider it a problem, but rather something that I should understand better. Externalize it to rationalize it.

SOY: So it is a problem.

ME: What does it mean?

SOY: Problem comes from the Greek "pro" (forward) and "balein" (to throw). Throw something forward, hard. The word problem, in your current concept, is rooted in something that prevents you from moving forward freely, and that it is necessary to Resolve, from the Latin "re" (to return, again) and "solvere" (to let go). That is, the resolution of a problem lies in releasing what has been launched so as not to be dragged by it. The concept can be understood as having thrown something by doing, without coherence or purpose. The problems, then, are those things that you throw into life and that you must later learn to let go of.

ME: In other words, we could say that in my case, my problem is the fact of having given my power, my axis, to others in order not to be selfish, which when being launched into the world, ended up being my problem, justly. And the solution is to let go of the idea of giving up my power so as not to be selfish, and to focus on myself.

SOY: The things that we throw into the world without measuring their effects, they become our problems. We could understand it as throwing a knife through the air, and walking out without awareness of where it will fall. Like shooting with a gun with blindfolds without weighing the consequences. The Greek word "balein", the root of the word problem, gave rise to names such as "bullet" and "ballistics", something thrown with such force that it generates irreparable consequences.

ME: How do I fix the problems?

I AM: Oh, they will come to you, so all you have to do is prepare to receive them. Well, every problem is the consequence of your unconscious actions.

ME: So I wonder ... All the acts that we perform on a daily basis are unconscious, with which we will always generate problems.

SOY: That's right.

ME: JHA! so?

SOY: What?

ME: How do I solve them !?

SOY: What do you hope will give you the solution to how not to generate problems?

ME: Aha! exactly.

SOY: Ah, that is impossible.

ME: Prfff! But why?

SOY: How do you intend to evolve without problems? Do you think you would have become who you are without problems? If everything had gone well, would you be here? Don't you think you would still be living in Venado Tuerto, Argentina, living with your mother, with your first partner, and doing the same every day? Or even more, living a normal life with the same friends from school, with the same family as always, in the same places as always ... Do you realize that it is thanks to the problems that you have known another country, that you have met new ones? friends, that you have discovered your potentials, that you have transformed your life and that of others, that you have discovered new territories, that you have remembered and learned new information? Do you realize that it was the problems that allowed you to be who you are today?

ME: I understand... yes. They are the ones who threw me ahead ...

SOY: So, are you still afraid to face your problems knowing that it can still be better? Better things await you in the future, behind bigger problems.

ME: Today in the pyramid you showed me 3 lines as the axes of the 6 faces of a Cube. A long vertical marking the height, another along the middle marking the width, and another crossing back marking the depth. What did you mean by that?

SOY: It has to do with the kinds of problems you will face in your life. A Cube has 6 faces, with which we could say that there are 3 pairs of squares that face each other being opposite. How to say Height, Width and Depth with their opposites Past, Present and Future. Space and Time. These tangent lines have positive and negative poles that have been thrown to opposite ends. They, despite having been expelled from the center to the periphery, will tend to return towards themselves, towards the core, generating that sensation of the force of gravity, contracting all things. The expansion of these polar forces is known as a "problem", and the return of these forces to the origin generating pressure in the center (opposites attract), is what you call "conflict" (joint blow = con-flictus). The conflict is generated when the opposing forces that have been alienated and turned into a problem, are confronted with each other colliding in the center. The Depth line is the type of problem-conflict best known to the human world, which are those generated between adversaries, those who are facing each other, on the opposite side of the road, behind the line, who are seen ahead in battle or behind in betrayal, related to others with the physical body. The horizontal line that shows the width, is drawn in the direction of the arms, from right to left, and speaks of the problem-conflict line with those who are peers, friends, partners, family, those who are closest to us, and with whom to enter this dynamic hurts more deeply, because it is related to the emotional plane. The last line Related to the spiritual or mental plane, it is the vertical that crosses the top of your being, the axis, and that speaks of the problem-conflict line with oneself, inside. The three lines will be constantly generating problems in your life in order to generate conflicts to produce the necessary energy to get ahead.

ME: Wait, I just saw this image as a machine. This is like a vital energy generating device. As a kind of motor, in which the traction and impulse force is used, being that the more it expands, the greater force it will generate when contracting, and in the collision, the energy that turns on the machine is produced.

I AM: Problems create conflicts, conflicts awaken energy, and energy feeds the body, soul and spirit to move forward, releasing its previous state, causing the resolution of the problem.

ME: The fundamental stone that originates all problems, then, is the permanence, the staticity or immobility of life.

I AM: The belief that being always the same and well is the expected state. And the reason why this does not work is because the state of stability and harmony is different for each individual. Thus, you will never be able to agree with anyone on anything to find stability as you would like it to be.

ME: It's exhausting ... Eternal ... impossible to solve.

SOY: Oh yes, every problem has the same solution.

ME: Which one?

SOY: A new problem. Do you know what your problem is with the problem?

ME: Which one?

SOY: The cultural weight that you have put on him. From the moment you enter school, you are taught to solve problems, solve problems, mathematical, chemical, ethical, historical, linguistic. You are given tests to solve problems, and depending on how you solve them, you are approved or not. This produces a constant feeling of stress in the body, soul and mind, seeking to be accepted, approved by others, depending on whether or not they solve problems. You have placed an ethical and cultural, religious weight on error, which in Latin you call sin. And whoever errs, who has a problem, must solve it as soon as possible to be well. As if not having problems was the key to life. But if you look at it, those who have advanced humanity, are those who have generated problems, who wonder things, who create more problems to solve.

ME: "You can't be liked by God and the Devil." I heard someone say. And others tell me that it is necessary to take sides in things, that sometimes it is either black or white, and I am too Gray.

SOY: That is the conflict that you generate in the world. The search for neutrality causes many problems to arise in your life, all to prove your neutrality. Now, the question is whether you are going to spend your energy trying to make sure others are not offended, or trying to make others find the solution to the problems you raise.

ME: No matter what I do, it will always create problems... That's it. It is like being in a maze with no way out.

I AM: Because you have come here in the service of the Evolution of Consciousness, not of the conceptual immobility of the Unconscious well-being. So, stop feeling sorry for yourself. And be responsible for the decisions you make. The spiritual path is not to like everyone, it is to be yourself. Aries energy should remind you, everyone. And doing so does not imply positioning yourself on one side or another, being firm does not imply taking one side in battle, being firm is that you are not affected by both sides, and that you can say what you have come to say.

ME: This I must integrate from Aries ...

SOY: There will be time to integrate. In the meantime, it is time to prepare for the fight.

ME: Will you teach me to fight? He he

SOY: Yes. To fight with the world, and to fight with yourself.

ME: I get ready then ...

SOY: Yes, because you will need a lot of will to win this battle. And to do so, you must transcend the concept of problem, because it is not what prevents you from moving forward ...

ME: But what throws me forward.

# 256. Struggle (Sacrel)

[April 16, 2021 Matías De Stefano](#)

Daily vibration: Ry

Statement: I Am Creator Wisdom

Code: EARTH = the next planet, is the Earth, the same size as Venus, but it has oceans of water and mobile cortexes where a rich biosphere develops. It's name indicates its main characteristic from a human point of view: life comes from the mix of water and clay, the fertile mud where all things grow, from the Latin: Humus, origin of the word human, "that comes from fertile land". Our world is the only one capable of hosting life in our system, and is the seed of the potential of the Galaxy.



ME: You told me you would teach me to fight... well... I'm ready.

SOY: Good. Tell me, what is the most insignificant fight of your life?

ME: Um, I don't know.

SOY: You should know.

I because?

SOY: Because it is the basis of the great battles that you will have to fight.

ME: Well, I'm not an aggressive person, I don't usually put my energy into fighting every day. I try to think that it is not necessary to fight for things.

SOY: Who said you have to fight or be aggressive to fight?

ME: Ah... isn't it the same? I always said that it seemed absurd to say "let's fight for peace", or "warrior of light", because they are antithesis in themselves. They are not?

SOY: Yes, they are, but that does not imply that they are not possible truths, or truths that you need to live. Look, we have to clarify something very important on this path of consciousness, and that is where you want to go on it.

ME: In what way?

SOY: Exactly, in what sense, in what direction. The answers to what we are talking about today probably have nothing to do with the expectation of some people, and this is not because it is or is not true, but because of the direction in which they are heading on this path. People who seek the evolution of the Earth, of the Human, of the Society, must understand the fundamentals of the struggle to achieve their goals. People who watch over Enlightenment, to find absolute peace, to expand to the cosmos beyond the human and earthly, then they must learn to let go of the fight as a means, although to achieve it they must go through a battle.

ME: Which one?

I AM: The one from the inner world. We could say that being human, you have two paths. If you want to work for the world around you, here, now, you must learn what struggle in the external world entails. But if you seek to expand, get out of here, enlighten yourself, then the battlefield will be the internal world.

ME: You fight outside to be here, fight inside to get out of here. But, if the fight implies battle, then are you telling me that polarity, opposition, confrontation are necessary? How can war, fight, be a form of spiritual path?

SOY: To delve into these issues, we will have to understand the origin of the words we will use. Fight, it has nothing to do with Fight. Fighting, in both Spanish and English (fight), comes from the Indo-European word "pek", which means hair, combing. This form of aggression is so called because it is related to outbursts in which people grabbed each other's hair and wrestled their heads. Fighting is literally "holding on to the hair." The fights are an unconscious and animal reaction, based on the innate aggression for the dispute of territory or for reproduction. "Aggression" is a strange word that describes going towards a place, advancing on something, not as a product of a reaction, but by an internal pulse in a hostile way. It comes from "Ad" (towards) and "gressus" (walk, walk), therefore it is the act of moving towards the other. Its counterpart would be "Regression", which would be going backwards through what has been traveled, or walked, which gave rise to the word "regret" in English. The statement "hostile" refers to that which comes from outside, that is, the foreigner; Coming from the Indo-European word "ghos", it speaks of those who come from outside and are received in a place (hence words like hospital, hotel, hostel, guest, hospitable). Although foreigners were not always well received, since they sometimes implied conflicts, wars, and therefore, they were considered "hostilis", derived from "hostis", strictly related to those who come from outside and attack a people, group, nation.

ME: Wow... how crazy to see all this from this vision... It changes a lot. So what does fight mean?

SOY: Fight comes from the Latin word "luctari", which in turn comes from the Indo-European "leug", which means "to turn, bend". In English, the definition would be "struggle", which etymologically refers to stumbling, unlike in Latin languages, it implies that which is rigid that is broken, and therefore, it implies the need for flexion to continue. This same Latin etymology gave a fundamental word that expanded to two very different concepts but related to the two bases of the animal unconscious of reproduction and defense.

ME: Which ones?

I AM: First of all, the word emerged from "leug", which today you know as "luxation".

ME: The separation of two bones by a sudden force.

SOY: Yes. That force speaks of turning, twisting, bending, which also makes it possible to understand its connection with the root of something "loose", loose, weak, that can bend easily. Thus, it is how the words that define the bases of our animal mind arise: "luxus" (lust, luxury) and "luctus" (struggle).

ME: Luxus referring to sexuality and luctus referring to survival and defense ...

SOY: And can you imagine why?

ME: Well, thinking a little "sexual", it occurs to me why you have to be flexible in lust ...

SOY: And you think well. Flexibility is essential in the sexual act. But also in the fight. To early humans, the outward appearance of a sexual act and an act of defense looked exactly the same, like a twisted situation, in which bodies rolled flexibly, sweating, screaming, biting. Wrestling as a sport, in some cultures, involved the techniques of curling up the opponent, trapping him with legs and arms. Males, like many animals today (and many humans continue to do so as well), at the time of the fight usually bump their heads, face to face, pushing each other looking straight in the eyes. This technique is biologically a holdover from the act of fighting in which animals fought with their heads and even antlers, as well as something used in sexuality.

ME: Now I understand those absurd reactions of many men when fighting. It is an animal memory.

SOY: Yes. But now, let's go to what really interests us. The fight, as you will see, does not speak of fighting, but of marking territory, of relating to the other, and of being flexible.

ME: You just broke my idea of what it means to fight.

SOY: It is the idea. To fight, you have to be flexible. Today, the teacher who came to you in the pyramid, made several things clear to you, and he did it with your body.

ME: It's true! Now I realize. He made me stand up like an Egyptian statue, and made me bend my front knee to show how to put all my strength forward, and flex my back knee to show withdrawal. But he told me: "Nobody who escapes fights, the only reason why you take steps backwards, becoming more flexible in retrograde, is to regain strength from the axis and be able to advance with greater force. You only go back to advance more safely, never to escape.

SOY: The famous withdrawal is to recognize yourself as flexible to do something fundamental. On a mental level it is called "reflecting", on an emotional level it is called a "turning point", and on a physical level it is known as "flexibility".

ME: Wow... I don't know why this amazes me so much. In my life I always thought that I should avoid the fight, the confrontation (precisely put my forehead with that of another), that I should flee from the conflict, from the fight, since I considered them synonyms of fight, aggression, hostility ... And they are not. Now I realize some situations that have made me silence myself many times.

SOY: Like which ones?

ME: Well ... I was never a reactionary person, and my first response to any conflict is silence, withdrawal, crying. I consider myself a coward. Perhaps it is a defense mechanism that prevents me from taking action, saying what I think, expressing myself. And at the slightest external reaction, I feel paralyzed. Few times in my life have I been able to face someone's eyes directly and set limits, or get angry, much less fight. My grandmother told me that when I was going to elementary school, one day I told her that a boy had hit me, and she asked me why I did not do anything about it, and my answer was: "so that the teacher does not punish him." My grandmother told me: "baby, I don't know if you're very good or very stupid" (Boy, I don't know if you're very good or very stupid, in Argentine). The truth is that, I don't know if it was because of good, precisely, but because of cowardice, because of fear. I kept quiet about everything. Then I began to speak to people, but my message was always neutral, I never spoke against anyone, because I do not consider myself capable of being against something or someone. I always want to build from the zero point, from the gray, without whites or blacks, and I consider that responding to criticism only gets us more into that vibration. But now, when you talk about this, I ask myself: until when is silence an accomplice in allowing criticism to come true? As they say, the

one who is silent grants. To what extent will the search for neutrality make us slaves to a reality because we live in prison of our ideologies? How far are goodness and neutrality balanced, and do they begin to become treacherous of justice? And then now I realize that society does the same. He is silent, out of fear, out of fear of reacting, of losing comfort, of refusing to fight, we remain rigid, letting the world devour us. Is non-reaction a weapon that we provide to opposing forces?

I AM: Reflect. Neutrality only exists between the two polarized forces. Harmony is only possible in the dance between the positive and the negative. What you seek to achieve in life by becoming a Gray Man, a Coherent Man, in the Axis, does not make you exempt from the struggle, but rather the center of it. Well, to stay on the axis, it must be flexible. The spinal column is made up of 33 vertebrae since you are born, that is, the axis of your being, which sustains what you are, is only capable of achieving its mission by being 33 times flexible. Reflect. Silence is not the key to transformation, but to analysis and contemplation. Without silence, there is no thought, there is no reasoning, without silence, you will only act by reaction, driven by your subconscious. So the word is liberation, it is letting go, it is transformation. The turning point is that moment in which you have asked yourself the question: you are a prisoner of your beliefs of what you should be. In order to transform the world, you must face the rigid patterns of the world, and it will be useless if you become one more. Transcending fear of what you will say is the key to your fight.

ME: What happens to me is that, every time I have said an option about the transformation of the external world, there are millions of options that are positioned against others, and conflicts begin, and I have not come to question, I have come to build, I don't want to put a bit of energy into fighting to defend my ideas, so I shut up. That's wrong?

SOY: Not bad, it's an option. But let me show you something: your path is bathed in enlightenment, and therefore, your path is written in neutrality and silence, in which the fight is unnecessary. Your royal path is that of the being that seeks the cosmos, and therefore you naturally live from non-conflict, from proposing instead of decomposing. However, that is what you have come to teach, to educate, but it is not your purpose. That already lives in you, but your task is the opposite. It is coming into this world, looking into its eyes, and reminding it of what it must transform, and to do so, you must confront the world. You must flex, bend your knees, bow to the world, and look into its eyes. With what you bring from the other planes, you must face the disharmonious aspects of it.

ME: I mean ... take sides.

SOY: Oh no ... just start from a point. Nonca you must take sides in something that is already obsolete, because you would be fighting agenas battles. Your mission is to fight your own battles, from enlightenment, from neutrality, from education. You don't have to fight with anyone, your sword is education, your weapons are words. The struggle is to bring the world to flexibility, to perform the act of reflection, and to bring them to the tipping point. "On your knees," the teacher told you today.

ME: And put his staff on my shoulders.

I AM: Knight of the Blue Maiden, who launches himself to fight the battle against the Dragon.

ME: Saint George... It is the message that Merlin said in Montserrat, on February 7, 2012.

I AM: You, like many others, are the knight who launches into battle, to free the Blue maiden, Earth, from the oppression to which she is subjected. And to achieve this, he must face the Dragon: the kundalini, his chakras, his energy, his emotions. The first fight that you have to fight lives in you, that fight that your body, your soul and your spirit live. What is your little fight?

ME: Get up every day, and keep doing what I'm doing.

SOY: What is your biggest fight in this world?

ME: To achieve the transformation of the Society according to the Evolution of the Earth.

I AM: If you can win the smallest battle: wake up every day, you will show yourself that one day you will be able to wake up the world. But you must first win this fight of your own: wake up each day as you expect the world to wake up.

ME: I've never seen him like this... It makes sense.

I AM: Your body asks for flexibility: exercise, do something new in your day to day. Your soul asks you for a turning point: stop hiding yourself and face from the heart the emotions that you repress for fear of not being accepted. Your spirit acclaims that you reflect: the neutrality you seek is only possible in the balance of both forces of polarity. Your daily fight is everyone's fight, your little battles will be the great victories.

ME: So, I must learn to respond, to take my side in things, not to shut up in the face of injustices, or things wrongly said or done.

I AM: Being neutral is not being blind, deaf and mute to appear stable, but being an observer, knowing how to listen, and pronouncing the correct words. The fight, then, is not to curse or judge, the fight is not to silence others, the fight is not to start the war with the enemy, the fight is to recognize yourself empowered by the mission you have, the role you play. The fight is to say the right words, it is to show the right ways. Defend consciousness with passion (lectus and luxus), without positioning yourself in the rigidity of a posture, but in the flexibility of joint learning. The first one you must defeat in this fight is yourself. Remember: all hostility from the outside world is not an enemy, but a different point of view. Starting the war with a different point of view will only lead to senseless slaughter,

YO: Many have told me not to pay attention to criticism, to follow my path as if they did not exist, not to waste time responding. And I have the same opinion. Tell me what should I do?

I AM: You will only lose energy when responding you give yourself to the battle completely, considering it the focus of all action. When you consider that whoever makes the judgment must be transformed and corrected, you will be losing the battle. However, when instead of responding to criticism or conflict, you respond to the world, your words will be nutrients for others.

ME: I'm not getting it right ...

I AM: The struggle of a sage is not with an individual, the struggle of a sage is to educate the world in his example. Silence is sometimes the best response of a wise man, silence is his weapon in the fight of the inept. The words of a sage become weapons to make the apprentices aware. Sometimes the war of an individual becomes the peace of a people.

YO: By this you mean that, when things like judgments, criticisms, responses, the struggle happen, it must be to respond through education and teaching, but not to waste time in convincing the adversary, but in educating those who listen.

SOY: That's right. Learn to use the energy of true fighting, and you will win the battle for consciousness. What were the three keys to the fight you must carry out in your life?

ME: Reflection, Inflection and Bending.

I AM: Breathe, and like every day, your fight begins. Get up, Knight of Consciousness. Wake up, and wake up the World.

## 257. Fury (Root)

[April 17, 2021 Matías De Stefano](#)

Daily vibration: Ro

Statement: I Am Wisdom in the World

Code: MOON = 4.500 years ago, an errant planet in the middle of the solar system formation, collapsed with our world in formation, similar to Venus, creating a huge crater, and reducing its size significantly by losing mass in the collision, that was trapped by the Earth's gravity. This way, it became our satellite. Every 28 days completes an entire cycle, and its gravity moves the waters of all the planet, relating it this way with emotion, with the mother's spirit, with the hidden at night, with the soul. It means "luminous", for it illuminates in darkness.



ME: Yesterday I felt useless. I couldn't do anything, I feel exhausted, tired, and this makes me angry.

SOY: Why?

ME: Because I don't understand the reason for feeling like this, it seems to me a lack of respect for myself and the world. In other words, it is good that there are planetary quarantines and as much as I wanted to do something else it would be impossible, and we will have to get used to not being able to do many things for at least one more year, but despite that, I am fine, I have everything, And still I feel useless And it makes me angry. Yesterday I lay outside, on the grass, looking at the pyramid in front of me, its shadow in any case, and above, among the palm trees, I saw the stars. I felt sad for a moment, listless, without strength. And I asked myself: what is wrong to make you feel this way? I searched, searched and searched for something inside me that made me realize what it was that made me feel bad, and you know what I found?

SOY: What?

I nothing. I went to my love conflicts, which would always affect my soul the most ... but no, everything was fine, there were no grudges, there were no resentments, and it was not that I felt a great need to be with someone. I thought of the family tragedies, of the things that happened, in which I could have felt guilt, but no, there was no emotion there either, no grief, no sadness ... there was nothing. I went to my planetary mission, and I said: how many things do I have to do! What am I missing? And no ... nothing. I don't need anything, everything is done, everything is underway, I just have to go through it. Economic problems? No. Problems with friends ... No, and the ones I've had no longer weigh on me. I'm living like I never would have thought, too well ... Sometimes I feel guilty, and I say: I shouldn't be having such a good time when there are others who are having a hard time. And then I wonder: So am I supposed to suffer only for a moral issue that is not practical? And I relax knowing that there are better ways to help others than suffering myself to feel an equal. So I look at all the gifts that people have given me, everything I have to do, to paint, design, draw, play the piano, and I put everything on the table, and nothing comes out. I go to the gym because I want to be good with my body, and every time I go I come out depressed, contrary to what everyone tells me happens in the gym, I feel sad and exhausted. I don't understand. Do you know what irritates me?

SOY: I guess the fact that you have nothing to complain about.

ME: Yes. I can't complain. And my spirit is that of an old Capricorn ascendant who believes that you always have to work hard. Before I felt good, because there was always a problem to solve. My energy had a purpose, a week-by-week goal that kept my fire burning. But not now, now everything is too good. I can not complain.

SOY: You need a good shake. Complain comes from "quassiare" (Indo-European "Kwet") which means "shake violently", or hit the chest, in the case of English "complain".

ME: Yes, I need to be shaken, for life to give me something to deal with and solve ...

SOY: But no.

I because?

SOY: Because the strength you seek is to resolve what is outside, and what you need now is to resolve what is inside.

ME: But I can't find what it is ...

I AM: Your biggest problem today is lack of Will, and this is due to a loss of energy. Although it may not seem like it, you have been a long time, and still do, giving too much to others, but not to yourself.

ME: But I live well, what more can I ask for?

SOY: Is being rich the way to find happiness?

I do not...

SOY: So what nonsense you ask?

ME: It's true... So what is it?

I AM: Before all the things that you have lived, you have remained silent, seeking the harmony of consciousness and neutrality. Accumulating energy of action, of response. You've been saving yourself too long not to send anyone to hell. You have been solving conflicts that you did not ask for, you have been fulfilling a

mission for more than 260 days in a way that you did not intend. And you have been locked in a space that you were not looking for, however comfortable it may be, it is not according to your intentions. And above all, against all your nature, life asks you to sleep, and do not do more than that. That you accept what it is, and stop thinking about what it could be.

ME: You don't know what bothers me to be told: you're doing too much, when I feel like I'm literally doing nothing. I feel more useless because I don't even know what I'm doing.

SOY: A huge inside job. Every day we talk is a month of therapy. And therapies are exhausting. Where do you think the body's energy comes from?

ME: Hormones... and what we eat.

SOY: Where do you think hormones come from ...?

ME: From the glands ...

SOY: Who regulates the functioning of the glands?

ME: The pituitary ... The brain.

I AM: Who regulates each electrical signal so that the glands work, the muscles move, the energy expands?

ME: The brain ... the spinal cord, the neurons ...

I AM: Which process information, data, all the time. Most of them are routine. Who exercises a routine life, in a routine job, where there are mechanized attitudes, the brain only takes previously structured information, which enables the rest of the energy to do extra tasks where it finds some pleasure in seeing new synapses take place. However, after a therapy, self-analysis involves constant brain functionality to interpret and connect a lot of data that requires too much energy, depleting the reserves for the rest of the body. Because it is not mental interpretation, or physical exercise, but emotional assimilation. Do you know the difference?

ME: I suppose that the mental orders data as when we study, and the physical is mechanical when acting ... The emotional must be more intense.

I AM: The emotion is what manages the impulses and pulses of the being, the emotion performs the turning points that determine changes in the internal systems, constant reconfiguration. The emotional, the soul, thus regulate all the energies between the physical and the mental, and when you do analysis of yourself, rediscovering truths of your being, changing your life internally, reconfiguring the mental circuits, your body is exhausted more than if you did exercise, because it needs time to absorb and assimilate.

ME: That's why I'm so tired ... all the time ...

I AM: Take it as a sabbatical year, in which your soul is reconfiguring your whole being, and on top of that, delivering energy to others inviting them to do the same. Keep in mind that when you put yourself at the service of others in a daily dedication, you are depositing all your vital energy to many, more sharing what you feel. People usually protect themselves from this, and because of this, by saying it and opening yourself up so wide, many see it as courage.

ME: It is true, why is it considered Courage and Courage to expose the internal and personal life?

I AM: Courage comes from the word “kerd”, from Indo-European, meaning “to cover, to hide”. The same etymology gives rise to Heart, that which is hidden, covered. Courage, one might say, is a synonym for Cuirass.

ME: But why did it become a word that defines an Aryan attribute of facing things bravely?

I AM: "Put your chest", "put your heart into something." When acting from the defense, driven by the heart, putting the chest before the problems, it is a symbolism of advancing with the shield to protect the hidden and to break through. Like the cuirass or shield of the ancient warriors, who hiding behind, pushed in the battle front to open the way for archers and swordsmen. The chest is that natural shield that protects the heart, hidden behind the breastplate. For this reason, whoever faces life by putting his chest, is considered someone with courage. And what fascinates the rest of these warriors who make their way into battle is their bravery, their bravery to face external forces, protecting what others simply prefer to hide. Still, courage is also related to self-defense, to act impulsively to protect yourself from something before being attacked. A courageous, brave individual makes an attribute of machismo (brave: wir = masculine strength, virility), one who defends or hides something. Acting with courage is not always a positive attribute of progress, but also of those who hide and attack to defend what they do not want to show to others and consider precious or their weakness.

ME: And that exhausts ... being at the foot of the battle ... on the front line, as well as defending yourself all the time from what you don't want to bring to light. But how do I deal with myself? In other words, this anger that I feel at my apparent uselessness, this strange depression ... What is it?

SOY: Let me tell you a story. In the beginning of all things, there was a massive, invisible divinity called Chaos. From the same, its parts were united to give rise to the first feminine divinity, Gaia, the mother goddess of the earth, who gave birth to her own partner, Uranus, the heavens. Both engendered the divinities known as Titans, Cyclops, and Giants, who populated the body of Gaea. But these last two creatures to be born, were horrendous and deformed, so Uranus denied them as their own children, locking them in the depths of the womb of mother earth. Gaea, offended by this, asked the Titans to take revenge on Uranus, and the only one who offered to do so was Saturn (Cronos), the god of Time. Gaea provided weapons to her son Titan, and the moment Uranus positioned herself over Gaea to impregnate her, Saturn approached and cut off his father's testicles, stripping him of all power, so that he would now rule over the titans. Uranus, lost all his virility, his manhood, and went into panic and depression. His testicles were thrown into the sea, and with the foam, they gave rise to Venus Aphrodite, goddess of love and beauty. But the blood that fell on the earth, gave rise to Eris, the discord, who manifested itself in the so-called Erinias, hideous creatures that the Romans knew as Furies (Furiae). They were female creatures with snakes on their heads, blood-red eyes and claw-like nails, who embodied the thirst for revenge. In order not to attract their presence, the Hellenic peoples called them "Eumenides", that is, the benefactors, in this way, their voracity was covered with the intention that they defend themselves from bad acts by punishing murderers and thieves. The Fury sisters were called Alekto (anger), Megaera (jealousy) and Tisífone (revenge). The three looking through time to avenge their father's shame.

ME: Aha... And what does this have to do with courage?

SOY: It has to do with your uselessness. Uranus is the world of ideas, and Gaea is the manifestation in reality. The Titans are the attributes and potentials, of which Cronos is the transformation, given by the passage of time. When the world of ideas ceases to be the one that dominates the real world, it allows the living to be manifestations of their own dreams, free to create, and therefore, when Time destroys ideologies, the only thing that remains are the acts of the here and now, manifested in the love and beauty of Venus. However, the preconceptions and prejudices of the world of ideas continue to manifest themselves, creating discord in the world of love. The ideas of what could have been, confront reality, the subjective against the objective, with "courage", defending the hidden intentions of dominating the world again. The world of ideas was emasculated, lost its strength, and with it its power. The power is to be the one who has the domain, the power to decide, because it no longer matters what you think, your life depends on what has been manifested, on what exists, on

what is objective, on what is, and no longer on the subjective and what you imagine. Thus, mired in this decadence, he does not find a way to manifest himself with consciousness, and his vital energy becomes food for the three Furies.

ME: Wow ...

Preconceptions, born out of prejudices, that will ignite the fire of being, but that it will be unable to understand where to go due to having lost its strength, its consciousness. When he does not find the usefulness of his ideas in the face of a reality that he did not expect, he feels useless, and for that reason, he explodes in all directions in the form of the 3 furies. First, Anger, an emotion arising from the accumulation of a love that cannot be shared, that one does not know how to deliver. Then comes Jealousy, comparing oneself with others, "how do they do it well", better, or why they cannot get something that they seem to have lost due to their disability. And finally, Revenge, take action in an impetuous way, imposing your truth on that of others, defeating the false enemy created in your preconceptions.

ME: Wow ... that is, the uselessness I feel comes from not being able to express my ideas because the world presents me with a reality that I did not expect, and therefore, by not being able to apply my energy as expected, energy vital, my kundalini, expands to the sides with fires that boil my blood, provoking one of the three Furies. And it is true, well, I have felt a lot of anger, with myself, I have felt that anger, although I did not know how to explain why. Usually it is due to some external situation ...

I AM: Your Futility is the internal version of what we externally call Impotence. See something that happens outside and that seems unfair to us, but that we do not have the power to act on it. This produces fury.

ME: So the fury that we manifest in many cases, being from anger, or from jealousy, or from revenge, are related to a mismanagement of the kundalini.

I AM: And this mismanagement of the kundalini is produced by an excess of Courage, that is, of hiding the truth of the internal world in a breastplate of virility or courage; to close the heart, out of fear, out of guilt. And that concealment hides a trauma, a prejudice or prejudice for something previous, something lived previously that has damaged us, or a reason why we have damaged.

ME: How do I correct the Fury in me?

I AM: First, by becoming aware of what you hide, of the true emotion or idea that you are trying to protect within yourself. Second, identify where you feel you have lost power, and when was the first time you lost it. This will take you to the origin of the idea that keeps you trapped in your inability to create, to manifest, to feel. There your prejudices and preconceptions hide. Remember that the anger that you express outside is only yours, it is your own energy without consciousness, without being able to be managed and without purpose. Thus, the third step will be to rethink the situation, rethink the attitudes you take towards life, bringing awareness to the reason for the armor you create.

ME: In my case, I feel that the reality that surrounds me, being fixed in Egypt, makes me uncomfortable, as if finding myself here kept me in a prison ... And it is because of my preconception that I should actually be traveling, moving. How do I transform this? Knowing that everything is fine still.

I AM: Travel with the mind, rebuild the path, recreate it in a different way. Make the path, in an unexpected way, painting, drawing it ... Writing it. What you have inside you is stuck in your mind like a preconceived idea that needs to be rethought. The fury that inhabits your body is the ignorance or lack of knowledge of the energy you have, of the reasons why you have not used it. An individual lets out his fury when he can no longer contain logic, when there is no reflection, when he does not find the turning point and is unable to flex before the reality that surrounds him. This leads him to break, or worse, to break others in his outburst.

ME: I have to understand, then, that the anger that I feel with myself, I can get to project it on others. That the guilt I feel for what I did or did not do can be projected onto others by blaming them in a vindictive and courageous way. That this energy can be used for something new, without having to be linked to the old.

I AM: I'll give you some advice... Release your anger, release your anger.

I eat?

SOY: Scream, shock, break free, break something, but go it alone. Release all the tension, throw up the energy, and start over. When you've done it, sleep, rest. And when you wake up, rethink the idea, having taken the fury out of you.

ME: I always thought that I had never really felt anger, or jealousy, or thirst for revenge, but now that you say it, it doesn't have to be so literal, I understand that many times I feel these three things in subtle aspects of my life, but at not expressing it by becoming aware, these energies remain in me, weighing, leading me to depression.

I AM: Dragging you to the phreatic well, to the abysses of the earth and its internal and dark waters. Remember that the same energy that you feel as anger is the same that drives you to create. If you let anger take your life, you will only destroy what you have created, but if you give your anger a reason, a purpose, you will become a creator.

ME: Unite Uranus and Gaea, through Saturn, creating Venus, and using the fury of Eris to find courage in my actions.

I AM: Uniting Heaven and Earth through Time, creating beauty and love, using your anger and rage to give meaning to the pulse of your heart.

ME: Well, I know where my anger comes from, it's from my helplessness, from seeing that reality is the opposite of what I was looking for in my life, but I recognize that what I judge today is what I created for myself in my actions in yesterday. I judge myself, when should I start to turn on.

I AM: Ignite your strength, direct it with awareness, and transform your fury into courage, transform your discord into the beat of your heart.

# 258. Independence (Knees)

[April 18, 2021 Matías De Stefano](#)

Daily vibration: Ru

Statement: I Am applied Wisdom

Code: MARS = The fourth closest planet to the sun is the red planet, that looks this way for its oxidation. It's smaller than the Earth, much colder, and sets the boundary from the inner rocky worlds of the solar system. Mars comes from the name "marcial", bellicose men, relating it this way to aggressiveness, the strategy of war, the conflict, the force, sexuality, will and vigor. It is located in the limit of the asteroid belt that divided the system from the gaseous giants, for that, it's our protector against the rocks that attack us.



ME: Ufff... when I unload the fury in me, I feel exhausted... Today I thought that I would wake up with more force, and in reality, I cannot wake up, not even now. Anyway, I did exercise, I think that is helping me with flexibility... But I still don't know if I reach the inflection point.

SOY: What do you think would be your turning point?

ME: Free myself of this emotional weight, make a break with the above ...

SOY: What is the above?

ME: I don't know, a kind of energy that prevents me from moving forward, taking day by day as an adventure, with strength, vigor. It's like I'm dragging something that's not even mine.

SOY: From whom then?

ME: I try to think of where, and my grandfather's face comes to mind, but behind, that of many in my family, at least those who have already died. The De Stefano were not characterized by having the best of wills or love for life. Starting from the simple fact that my great-grandfather decided to change his surname from "De Stefano" to "Destéfano", because he had gotten tired of having to spell it out and explain how it was spelled. With my mother we changed it back to the original. None of them had a real dedication to life, and they almost adored dying young like their mother, my great-grandmother. My grandfather's favorite phrase was "meh, what for?" With reluctance, almost an aversion to life itself. And sometimes I find myself saying the same thing. Like inheriting this, a weight that I did not choose.

SOY: But that you accepted ...

ME: It must be that of "honoring the clan." Many people carry things that are not positive for us just because we believe that this is how our ancestors are honored. Fears, anger, jealousy, struggle, racism, misogyny or misandry, xenophobia, religious beliefs, I don't know, so many things that we sometimes consider natural in our way of thinking, attitudes that speak of untreated issues, of aspects that we accept. Perhaps laziness is one of those sins that I inherited from my family, at least from the male part.

I AM: When generation after generation, you find yourself hanging from the concepts of your ancestors. This is called Dependence, made up of the words "de-" (movement from top to bottom) and "pendere" (hanging up, pending). Something that is hanging from something else.

ME: Why do we live our lives hanging onto the lives of others?

I AM: For survival, to ensure subsistence in the world. As we have said, it is the search for acceptance of the group, or the mechanisms that tell us: "the others survived because of this, maybe it will serve you too."

ME: Yes, but I realize that, it is not really like that, because many of them did not use the same system ...

SOY: Well that's the old story of the world. For more than millennia the kingdoms proved to be warlike, hierarchical and harmful systems for the people, even today there are people who defend royalty. As much as the colonies have been a disgrace in human history since the conquests of Greece and Rome began, even today countries continue to treat their regions as colonies controlled by a central power. No matter how much they have had all the samples to confirm that democracy does not exist, the people continue to defend representative democracy. We defend the above because we come from it, because it is what brought us here. The first system that refused to do the same as its predecessor was Samael, the Bearer of Light (Luciferus), who, for going against his predecessor, was considered a traitor (Satan). This is the stigma that by nature those who decide to do something different from the clan have. At first they are considered traitors, deserters, no matter how much they seek to transcend.

ME: Transcendence is seen as a disgrace.

I AM: Because it implies leaving the group, to become an individual. The word individual means "that cannot be divided" (indivisus), and therefore, it cannot be one thing in one place and another in another, it cannot have two personalities, two faces, it is unique, it cannot be hidden. This is called the "quality of being one without division", what you know as "individuality."

ME: What about individualism? That looks like a bad thing.

I AM: It is the movement of this being without division, it is the action it takes to stop living between two worlds, one external and one internal, and begins to live as it simply is. Individualism is not negative, the problem is that it goes against human morals and ethics, based on tribes, clans, families and social groups. It is considered a disgrace to leave the group, and yet it is the key to achieving independence.

YO: That is a recurring term, they talk about the importance of independence, but at the same time it seems to be taboo. What makes us celebrate the Independences but at the same time they seem grotesque to us in the search for unity?

AM: Let's see. Independence is precisely freeing yourself from being hung up on someone. Do not depend. Be self-reliant and self-referential, individual. As you told me at the beginning, the feeling you have seems not to come from you, but from something that you have accepted from others. But that makes it part of you, inevitably. You cannot blame your ancestors for what you have agreed to receive from them. You depend on

what you accept, not what is imposed on you. Ultimately, it is the individual who makes the decision to depend on an idea, an emotion or an attitude. Blaming others in the past or present for what I think, feel or do is useless in the actual empowerment process. For an individual to regain his power, his corresponding place, he first needs to recognize that what he thinks, feels or does is born of the acceptance of it, not from the imposition. Thus, you can understand that you are able to free yourself from the rest, and begin your life as an individual, being yourself, thanks to recognizing the power of acceptance. When you accept that what comes out of you only corresponds to you, then you realize that you are free of what you decide to think, feel or do.

ME: That's becoming truly independent ...

SOY: Yes. But of course, it goes against the law of the mammal or the organic law of networks, since life is ordered in sets of equals in order to prevail. Atoms, Molecules, Compounds, Tissues, Organisms, Organs, Living beings, Bodies, Groups, all interact in dependency networks in which they all depend on each other. It is the key to existence and creation.

ME: Seen like this, becoming independent is negative ...

I AM: It is if you see existence as an extension of particles that seek to survive by joining together. But it is positive if you see it as a consciousness expanding to know itself. Here, when you become aware, is where the magic happens.

ME: What magic?

I AM: Evolution. Networks are completely modified when an individual found a different way of doing things. When, after asking himself the questions, he found a different answer, which led him to face all his difficulties, he intends to let go of what he was, to, with impetus, solve the problems through the incessant struggle that confronts us with all that is not worked, manifested in fury. When you managed to recognize the roots of anger, of the low vibrations of your being, those things that you have accepted in yourself and have nurtured throughout your life, you have two options: do nothing and relegate yourself to the affirmation "that's how I am, I'm not going to change ", or free yourself from what you think you are, and become independent of this energy. And I answer you again; the reason people talk about independence but still fear it, It is because of the fear of losing control of their lives, the security of their livelihood. For independence implies conflict, breakdown, leaving the previous to what one is used to, to find oneself in a different state.

YO: I will say that, when born in an American country, the word "Independence" sounds almost daily. We all historically rejoice in the republican milestone of having achieved independence from the Spanish Crown, just as Brazilians from the Portuguese and Americans from the English. From 1776 until not more than a decade ago, experiencing the independence of countries and the democratic celebrations that this implies, speaking of the value of being able to have determination of government, of choice, empowering the population to choose their own destiny. And yet the same countries that in many cases approve the independence of some nations, do not do so with their own regions. In Argentina itself, we have seen this with the Unitarians and the Federals, which ended up making the self-determination of the regions disappear, all depending on the decisions of the capital. And not to mention Scotland and Catalonia, like so many other regions with less voice around the world. People usually fill our mouths talking about freedoms, but then, the only thing we seek is to cling to what we have, for fear of losing it, controlling their ties and relationships of freedom. And what I said is at an international level, but at an intrapersonal level the same thing happens, speaking of the importance of unconditionally loving others, of allowing ourselves to relate without judgment, saying that we are free as individuals, but then we become attached, or depend on the others, mentally, emotionally and physically, holding on until we suffocate, with jealousy, revenge, rage, anger, betrayal, guilt, judgment. All for fear of losing control. I wonder if free beings are capable of exchanging more potentials, then why do we believe that by imprisoning others we will obtain better results?

I AM: Dependence on groups and networks has led to the belief in the human subconscious that being united is being together or having possession and control over the other. To be who we are today, many beings have depended on each other, they have needed it as a way of survival in a hostile world. Going alone had many negative results, especially death, which came after battles, the dangers of the road, hunger and thirst ... Loneliness. The group sought to defend itself, protect itself, originating the idea of protectionism. He himself set in motion a series of control mechanisms, in which under the words "I take care of you", "I love you", they end up doing what they want with individuals at will. And they give up their power, because they believe in these words, or they are unable to do better.

YO: That is what we see every day with governments, that in the discourse of caring for the population, protecting the weakest, end up controlling lives and directing the course of beings who could choose their destinies for themselves ...

SOY: And in the same way we do it with our loved ones, in an effort to take care of them, we only limit their capacities to be. For being a conscious individual frees you from the dangers of the world, naked before a new possibility. For this reason, any search for independence ends in struggle, in battle, in war, in separation. And this is what the world does not want, it refuses to live, because it considers it unnecessary.

ME: If we have the opportunity to think freely, to communicate freely, to manage our own projects with others freely, then why do we relegate power to others?

I AM: Laziness of change. Fear of transforming, of letting go of what is known. What we have talked about until today are necessary keys to face the inevitable result of a conscious being, which is independence. A people cannot obtain freedom from dependence if it cannot generate its own ideas, feelings and actions for itself. A being who lives by the ideas and words of others, who does what he is told, who shares a manual ideology, will never be free. An individual who is afraid of being alone, who cannot face his own disabilities and internal conflicts, is unable to transcend and be free to grow in the world. It is not a question of systems, but of individuals.

YO: As much as we build a social system that allows us all to be independent, we will always depend on someone if we do not learn to strengthen the individual.

I AM: Therefore, you must learn to use the questions we have asked, you must learn to find the answers in yourself, to set the intention of what you really seek in life, to let go of those things that damage the integrity of your being, to put momentum into action to face problems from a different perspective, which allows you to use the energy of your frustration, rage, anger, jealousy, revenge, of all your fury, in order to be free, to regain your independence. And when you do, you will be able to free others, understanding that loving unity only exists between two free individuals, not between divisible slaves. And when you do, all the projects will be carried out from freedom, and you can be a prosperous individual, who can build a system of independence, in which you do not need states to endorse it,

ME: I liked this. "Independence as your natural state."

I AM: Look your ancestors in the eye, and tell them that independence is your turning point. That the system that you have once accepted from his hands is no longer useful to you. And it's time to create your own, from your individuality. Look into the eyes of those you love, and tell them that you will no longer depend on them to be able to love them, that you can be free from expectations to give them freedom and share it together. Look into the eyes of society and tell them that you promise to be an independent individual in your thoughts, feelings and attitudes, in order to give them the greatest freedom in all the States of the World.

ME: By knowing my conflicts, by managing the stagnant energy of them, I expand to be free, to find the true power in myself that I should never have given to anyone: my independence.

I AM: This is applied Wisdom. The Love manifested. The Conscious Will. Welcome to your journey towards the Independence of Being.

## 259. Advance (Ankels/Feet)

[April 19, 2021 Matías De Stefano](#)

Daily vibration: Rü

Statement: I Am Free Wisdom

Code: QUIRON = this small dwarf exoplanet that orbits around the sun on a strange and remote orbit, like an asteroid, takes 18400 days to complete an orbit, affected by Saturn's orbit, making it the lord of unresolved things, of the wounds that we have inside, our most ancestral or unresolved pain, what also makes it a reflection of the inner doctor, that helps others with the same wounds by experience. Its name is in honor to one of the errant centaurs, who differently from the others, thought wisely science and arts to humans.



ME: "Keep moving forward" ... It comes to mind today. You have to keep going, no matter what happens.

SOY: What makes you think this?

YO: What we talked about yesterday, about independence, made it clear to me that you never get real independence from absolutely nothing. Independence is more of a mental, or emotional state, in relation to the things that surround us. It is a state in which the being is faced with the reality that conditions it. As much as I consider myself an independent person today, I am still linked and in a certain way dependent on my mother, my friends, the emotions that link me to them. That is, at least in another degree of dependency. It does not mean that I could not live without them, no, because I could, but they are still present in my life, and that makes them pillars that support me and on which I rely when I need it. It could be said that I independently choose to be dependent on them.

SOY: Yes, it is a way of looking at it. There are two ways of dealing with dependency: unconsciously, in which we depend on others as a vital necessity, or consciously, in which we choose to be in a bond of interaction with others. Not counting, of course, with the third aspect, the subconscious, which tells you that you depend on eating, drinking and sleeping, at least.

ME: So ... I was thinking that, over thousands of years, beyond the philosophies and transcendental recognitions that we make about our dependencies, no matter how much we free ourselves from empires, kingdoms, governments, cultural, social and religious systems, feudal, powerful, bosses, families, toxic relationships of friendship or partner, in one way or another we continue to depend on something, whether from the past, in the present or into the future. So independence can only really be characterized by one fundamental factor.

SOY: Which one?

ME: The Advancement. Move forward, move forward. Transcend every step we take. Don't stop. It is not like this?

I AM: Exactly. The mechanism that makes you aware that you are practicing independence is your ability to move forward in life. When we speak of Transcendence, we speak of going up one step further, another level; the word comes from "trans" (from one side to the other) and "scandere" (to climb, climb). You can imagine it in the following way: You decide to go to the mountain, to climb to the top and take some good photos of the landscape. First you walk through a plane, then a valley, and you go deeper until you find climbing trails, which will take you through mountain roads, winding trails, until you start to have to climb, climbing the rocks, climbing difficult parts, like steps. I ask you: from the point where you are now, does everything you have traveled before loses meaning?

ME: No ... because it's part of the way.

SOY: So, trying to eliminate, erase, cut, change what happened, would be silly, just as if you were already near the top, you wanted to eliminate the lower part of the mountain because you already consider it irrelevant for your purpose. What photo would you take of the landscape if, believing that the only important thing was the top, you decided to eliminate the entire mountain and the valley?

ME: Sure ... it doesn't make any sense.

I AM: For this very reason, you must see your way to the future as the path towards the contemplation of your past. Transcendence is what sums up the idea of climbing and climbing that mountain, going from one side to the other, from one stage to the other, without eliminating the previous one. To change, coming from "skamb", means curvature, to turn a corner to reconfigure the direction. A change is not transcendental, because it denies the previous route, starting from 0, as if in the middle of the climb, a force pulled you back towards a forest on a plain, and everything traveled before no longer made sense.

ME: That was what I felt, in a way, with the I Am path. That it was a change, and not a transcendence.

I AM: The change happened in the forms, but not in the essence.

ME: I know, though... I still have a need to move on. The thought I had today is that we are only 100 days away from finishing the YOSOY path the way we are doing it, with the daily alignments. Then another stage begins, of course. However, in all this time, something else would happen, and yet I decided to move on to this new form. I mean, I felt like I was independent from the previous way, you understand?

I AM: I understand you, you have recognized that you are independent by allowing yourself to move forward even though the forms have changed.

ME: Exactly ...

SOY: Do you want to go that way?

I eat?

SOY: In your mind. Tell me. What would you have done in all this time? Many do not know ...

ME: Well... In February 2020, specifically on the 2nd, together with some friends, we opened the Door of Time of this project, which enables us to work day by day with the energy of the I Am. Then we download this information along the Nile to anchor it in each chakra of the territory: "Ater Tumti", bring Heaven to Earth. On March 3, 2020, in Philae (temple of Isis), Aswan, I received the message that the next time I return to Egypt it will be for a long time. I didn't understand it, I let it pass... From there I went to Italy to finish my citizenship to be able to make my trip through the Nodes of the Planetary Network. From Italy, I went to France to learn French in 3 months, since one of the places I had to go required me to know the language for safety. I arrived in Nancy, France, the day before the quarantine, and remained locked up there, studying French, thinking that my trip would begin in August as expected, for my 33rd birthday. During my 33 years I was supposed to travel to the 33 nodes of the planet (12 of the icosahedron, 20 of the dodecahedron plus the central one connected by the axes from the north and south poles). But hey... everything I had in store was canceled, and I understood that I had to continue anyway, move forward, and for that reason I decided only 15 days before that I would come to Egypt, and would do all the way from here, without traveling. The world forced me to walk this way. I AM: You continued. But if not, what would you have done?

ME: Well... on July 25, 2020 I was supposed to be in Murmansk, Russia, to set sail for the physical North Pole (17 days of sailing through the Arctic on the Russian icebreaker). Upon returning, I would travel to Siberia, my destination was first the island of Olkhón, in Lake Baikal, and from there, to the sands of Chara. The trip continued traveling to Hokkaido, Japan, from where he would take a private flight to fly over the deserted area of the North Pacific, or land with government permits on the military island Minami Torishima. Direct flight from Japan to Hawaii, where I would take a 400km boat to the north of Kauai, and then go to Alaska, specifically, to Barrow, on the Arctic coast. The next step would take me to New Mexico, to the sands of White Sands and the Four Borders area. To then head to Killiniq Island, on the Quebec peninsula, Canada, a difficult place to get to, and dangerous due to polar bears, therefore the closest option B was Nuuk, the capital of Greenland. From there, to the Caribbean, Anguilla Island, between the Virgin Islands and Antigua and Barbuda. Jumping back into the old world, I would go to Madeira, Portugal, a country from which I could enter Sao Tomé e Príncipe, in the Gulf of Guinea, Africa, and from there, only then, would I set foot in Egypt and Sinai. Although it would not be too long, since my next step behind the pyramids, country from which it could enter Sao Tomé e Príncipe, in the Gulf of Guinea, Africa, and from there, only then, would it set foot in Egypt and the Sinai. Although it would not be too long, since my next step behind the pyramids, country from which it could enter Sao Tomé e Príncipe, in the Gulf of Guinea, Africa, and from there, only then, would it set foot in Egypt and the Sinai. Although it would not be too long, since my next step behind the pyramids, would be to fly to Seychelles to sail to Bird, on the way to Somalia, from where I would return to Reunion Island, entering a 25-day scientific ship through the TAAF (French Southern Antarctic Territory), arriving at Île Amsterdam (where they asked me to know French by obligation and security). I walk back to Asia again, my next step It would be Kachemira, north of Pakistan. From there, the return would be through South Asia, starting with Sumatra, in front of Simaulue Island, in the direction of the Bay of Bengal, and then jumping to Taiwan. And from there, Micronesia, still investigating the way to get to the small Kapingamarangi atoll, off Papua New Guinea. Territories from which I could more easily move to Australia, where I would visit the Cape Range peninsula in the Western Region. Arrived in New Zealand, I would face a 32-day cruise, which would take me to the nodes near French Antarctica, at the Dumont d'Urville Base, and which would follow the node of the inhospitable Ross Sea, the furthest point of all the world. Upon returning, my path would continue to French Polynesia, where I had to find a way to reach the lonely island of Rapa, the southernmost island in the country. From there, he would fly to Kiribati, from where he could find a way to reach the deserted island of Howland. To return to French Polynesia, specifically to Nuku Hiva, from where he would sail about 1000km to the northeast. Returning to the capital in Tahiti, I would fly to Rapa Nui, Easter Island, another node, already entering Chilean territory, from where I would travel to Ecuador to visit Isabela Island in Galapagos, then go to Brazil, to Fernando de Noronha, and descend to the Great Chaco of Paraguay. Directly from there, I would cross

Argentina to the Tierra del Fuego node, in Ushuaia, where I would take a new cruise that would take me to the distant island of Tristao da Cunha, in the middle of the road before mooring in the port of Cape Town, in South Africa. , from where I would go to Lesotho, another node. And so, somehow return to Chile, to fly to the South Pole. All this with fixed cruise dates, and flexible flight dates ...

SOY: Are you seriously not glad that this trip didn't happen this way, and instead you were able to be still all this time from Egypt?

ME: Today I am no longer happy or sad about these things. The I Am Path through these 33 nodes of the world was something that made my Moon in Sagittarius happy, but it also made my Ascendant in Capricorn despair. Many days of disconnection, in which nobody would know anything about me. Probably, a lot of effort would be thrown into the air, because no one would have known what to do. In this way, people already know the information they must take into account to activate these sites, so that when this adventure must be carried out, we do not need more than to connect, because the "I am" of each one will be aligned. That is why I told you, my feeling today is that Advancing is the fundamental thing. If the world had allowed me to make this trip, I would have advanced to complete it in one way or another as I did in 2012 with Harwitum around the world,

I AM: Frustration is the result of depending on an expectation. Advance comes from the Latin "ad" (towards) and "ante" (in front of, in front). The meaning is to go towards what is ahead, to face it, to move in the frontal direction. To be independent is to be able to free oneself from the expectations of the forms, of what we expect it to be, to recognize what it is, and adapt to it without dragging what pushes us back, out of fear, emotionality, history, prejudice or prejudice. We cannot live in the past, but we can live in the present. Whoever lives from the past, carries the weight of dependence, of the conditions, of what was, and remains still, static, in the previous ideas of his being, which blind him to what he is and what he can be. Who lives in the past, he is unaware of being trapped in the conditioning of what was, who does not realize that things have changed. In the first case, it is fear that prevents being independent and moving forward in life, in the second case it is ignorance or ignorance that things have advanced. Independence is found only in the ability to let go of each step, to recognize that in each stop of this journey, you added a new knowledge that you took to the next point. That is weaving a web. It is not abandoning what happened, but becoming aware of what the past gives me to shape this fabric.

ME: Putting one foot in front of the other, facing life, is not abandoning the past or what connects us to it, but you help that past to overcome its vision of itself as you become aware of what you achieve.

I AM: Adapting to circumstances, facing new horizons. Launching yourself on new adventures. It is true, without having the concept of advancement, nothing else can be achieved.

ME: Life goes on, and life is a Constant.

I AM: For this reason, stopping is to remain hung by concepts of what was, and to become independent is to push for what will be. The roads will open in front of you if you keep moving forward. And there are people who remain behind, not because they do not serve your path, but because they have collaborated up that path. No one is left behind, they simply move in different directions, and the direction you take is your own decision. Waiting for others is an option, but never backing down, because each one has its own rhythms. We can accompany you on the road, and move forward into the future, but not go back into the past. Well, even if we look back, for a conscious being, it will be moving towards the recognition of the path traveled, reviewing the steps taken, recognizing new options to travel it.

ME: For a conscious being, then, all directions are forward. Recognizing, adapting, transcending each step is the key to becoming free beings.

I AM: This is the Wisdom of Freedom.

ME: I recognize myself as Free, advancing in life, becoming wise at every step.

I AM: I am the Way. And you are the steps in me. Get moving.

## 260. Victory (Toroid)

[April 20, 2021 Matías De Stefano](#)

Daily vibration: R-h

Statement: I Am Infinite Wisdom

Code: JUPITER = The first and biggest one of the gaseous planets, is like a second sun, the heart of the solar system, and for that it's called "father of the Light": from the indo-european "dyu piter". In mythology is the father of all Gods, Olympus God, representing the light, the greatness, and thus, at the same time, our purpose. Being exponentially 1300 times bigger than the Earth, its key is the search for continuous improvement, success, expansion and achieve what we look for without any limits.



ME: Pisces had a Dream, and set out to make it come true. But first, he wondered what this dream means, Why did he dream it, What he wants to live for, What is his purpose, Who will live it, How he intends to manifest it, How much of himself he must have to make it possible, When is the best time to achieve it. , Where can you capture it, and wonder if that dream is really yours. Once you get the answers, you will put the Intention to let go of what you believed and what you held on to, to with energy resolve all the problems and obstacles that come your way, fighting furiously to be independent of your past, and move towards the future. . What is the goal?

I AM: The Victory.

ME: Clearly, this had to be the concept for today. Nothing more emotionally than Aries to win, than to live Victory. Why is this sign related to competition, sports, excess energy?

I AM: Aries is the initiator, and therefore, does nothing more than pretend to complete things in order to start new. He gets bored easily, because everything that is already in the process of development is desperate for

him, he needs the culmination of things to obtain the power to ignite the spark. It is the eternal and infinite beginning. Therefore, the whole of existence, for Aries, is presented as a marathon, a race in which you have to meet goals. The path is not as important as recognizing that you have reached the end and started a new stage again.

ME: But isn't that counterproductive to the teachings we have received, such as: "the important thing is the path, not the destination"?

I AM: When you become aware of the eternity of the universe, you value the path above all things, and philosophically you understand that the important thing is to experiment because there is no end in things by themselves. However, when consciousness becomes habit, one gets lost in the paths of experimentation, to cling to the path, forgetting where he was going, and the importance of getting where he was going. What enables the existence of networks, and the existence itself, is the ability of data to move and interact through nodes. Without that end, you could not feel anything, perceive or understand things. Understand that the path is eternal, and is made up of a constant of endings and beginnings.

ME: Oh! I got it, it's like drawing a long dotted line. From the constant vision of time and space, it is a consecutive, eternal line, a path, but each point that composes it is a beginning and an end in itself ...

I AM: ..... Such is existence. What your brain interprets as a line is nothing more than an eternal sequence of points, and what your brain understands as points is nothing more than a sequence in line. Alpha and Omega, for all eternity. This implies that the only thing that allows the existence of the consequence is the eternal permanence of the beginnings and ends.

ME: Born and Dying, Beginning and End ... everything is ordered to begin and end, like days and nights, weeks, months, years, time is a constant divided into millions of finite fragments ...

I AM: Same as the consciousness of the Universe. Every thinking mind in the cosmos is a fraction of the universal mind. All are a constant idea, mentalism, consciousness of the divine universe, and in turn it is divided into individuals. As water is only one, fragmented into millions of atoms or drops.

ME: Wow... it's true.

I AM: For this reason, Aries reminds us that all things have a beginning and an end, a goal, an objective, and that all are the way. There is no end to the path, because the path is a constant of endings.

ME: So what role does the competition play?

I AM: "Com" (with) and "petere" (to ask, to acclaim), is to acclaim something together. Particles compete for space and energy, atoms compete for energy, molecules compete for energy, and so on, nature groups together elements, fractions of being, in order to claim something, to receive energy. If you don't take action, you won't get what you need. Nature is capable of generating everything for everyone, but to obtain it, they must earn it.

YO: This is a very capitalist or liberal vision ...

SOY: Do you think that nature is Communist?

ME: Explain.

I AM: Organisms are grouped in communities, sharing energy with each other, this is the basis of natural communism. But the reason this communism works is because each individual contributes something to the

group, and does their part to generate exchange energy. That is capitalism, and it is called distribution of capital, of what is earned. There is no organism in nature that nourishes other organisms with energy without asking for anything in return, in which case it is called a tumor, or parasite. For something to work, you need teamwork, and no matter how minimal, everyone contributes something to the whole. It's called competition. It is the exchange between the parties, which by nature, occur freely between the fractions. There is no central system that forces others to give to others, there is no government that distributes capital, but rather a government that sends signals where there is more so that those who have less can share. It's called libertarian equity. Independence is achieved when you are able to generate your own resources, or add your resources to those of the group, or community. But when someone does not put their energy at their disposal, there is no victory, but a parasitic disease.

ME: Ugh ... this morally today is very susceptible. Because it is considered that it is necessary to help those who have the least with the resources of those who have the most.

SOY: And so it should be. This is how nature works ...

ME: But .. then I didn't understand... Because your description was totally the other way around.

SOY: Oh no, what's upside down is your prejudice. The mistake is to believe that someone external, paternalistic or matriarchal, has to decide on the parties considering some weak and others strong. Weak organisms tend to group together to generate more interaction, and thus find a way to compete. But no one in nature simply gives to those who do not have. Everyone delivers or performs something. Humans are the only ones who have broken this rule, and that is why there is hunger in the world, rich and poor, and the poor are usually out of the competition, because the states have dedicated themselves to dominate them in order to maintain power.

ME: I understand ... it is not a matter of not having, but of nurturing the idea that they do not have, which takes away their power.

I AM: Stigmatizing profit. Winning comes from the Indo-European etymology “gheë”, which means “to be open”, to open up to something (also related to yawning). The Goths used this term to describe "gänan", related to the desire for something, as one who opens his mouth wide to eat everything. Related to competition, the concept of winning is what tells us about taking that energy that is needed (as in English "win", from "wen", which is a desire for something). Power is the fundamental energy, because power comes from power, arising from the idea of being the master, the owner of one's own destiny, independent of others. From the mental human concept, you compete for recognition, from the emotional you compete to be accepted, and from the physical you compete to win. The three, give power to being, but this system, comes, as I have mentioned, of the incessant search for energy in exchange with other organisms. And that energy, vital force, in the Indo-European language is called “weik”, that is to say: Victory.

YO: So Victory is the concept that lets us know that we have managed to obtain the energy we needed to move forward, developing ourselves.

I AM: The constant task of living organisms is the administration of this energy or force, and for this they must learn to exchange naturally from a liberal independence, at the same time that they need a community exchange to obtain what is necessary. This is teamwork. The only possible victory is when the effort of each individual sustains and develops the group. Like a hive, an anthill, a herd, a forest, a school, a family, or a community town. Victory is the exchange of energy.

ME: And how does it relate to the competition of an ending, a goal?

SOY: In Greek, “meta” means beyond, giving the sense of advancing into the distance. However, the idea of the goal comes more from the cones located in the stages of a Roman horse circus, marking the limits of the race, but the word derives from the construction. In English, “goal” refers to the obstacles on a path. Running and crossing obstacles to advance further and build a new stage is the sporting or symbolic summary of our lives: being born, growing up, reproducing and dying. Each of these stages, fragmented by days, months, years, hours, periods ... Life itself is the energy, vitality, strength that we gain in each new cycle, and therefore, represent the Victory itself. From the mentioned point of view of a dotted line,

ME: So the Victory is eternal ...

SOY: But you must know how to use that energy. For if you wear it down or steal it, there is no victory, but dependence, a lack of power.

ME: I resignify the idea of competition, then, from being something that puts me in the fight with others, to being something that helps me improve my interaction and exchange with others, in a free way if I do it in consciousness.

I AM: Well, if you do it from the unknown, you will become a cancer, a tumor of the organism to which you belong, stealing the energy from the system, and one day you will die because no one will be able to give you anything else.

ME: I resignify the idea of believing that I am doing all this to reach an end, a goal, because my whole journey is a constant goal.

SOY: Every day you get up is to win a new fight at all levels. Each day you advance more, each day you learn something new, you are victorious. Energetic.

YO: So I resignify the Victory not as that which puts me above others as a winner, but as that recognition that I could generate by myself the energy I need to exist.

I AM: You are eternally victorious. Every day you wake up you are victorious. When you have eaten, you are victorious, when you laugh with someone you are victorious, when you love you are victorious, when you rest you are victorious, when you share you are victorious, when you learn or teach you are victorious, when you manage to create something you are victorious, when you live you are victorious.

ME: Emotion is energy, and energy independently administered in our being, becomes Victory, translated into life. Therefore, I understand, if I know how to manage the emotional energies of this Arian momentum, I will be able to become the winner of my own being, generator of my own victory.

I AM: Recognize yourself as Victorious, bring awareness to each of the sparks that ignite your being, and crown yourself with this mantle of energy that rewards, rewards your existence.

ME: I am Victorious!

I AM: I am the Eternal Wisdom.

# WEEK OF PHYSICAL

## 261. Initiation (Crown)

[April 21, 2021 Matías De Stefano](#)

Daily vibration: KHa

Statement: I Am Universal Designer

Code: SATURN = the second greatest gaseous planet is the most characteristic one of our solar system for its rings made of rock and ice that give it its beautiful form. It's considered in mythology as the father of several gods, called the God of Time, Chronos. It's considered to consume the energy of everything, bringing it to death so that it can resurrect in a new life, so, it's known as Karma's Master, who tests us. For this, it's weight turns our waste into fertilizer for a new harvest: "satis" from satisfied, or "satur", from seeding.



SOY: This is a new beginning.

ME: 10 days of the physical aspect of Aries. What are we dealing with?

SOY: Nothing difficult. But maybe it does invite us to take action. As we said, Aries is an initiator: the astrological year begins with him, and the ancient calendar was based on the celebrations of the end of March and the beginning of April as the days when the activities of the field began, the basis of life. Home, comes from the words "in" (inside) and "ire" (to go), that is to say: get going. In English, "Beginning" comes from the verb to be (to be) and the proto-Germanic verb "ginanah" (to open), so it would be something like "to be in the opening". This leads us to understand that something new begins here, which pretends to be different from the previous. Therefore, Aries, from its center and axis, invites us to stop reacting, to begin to act. Action is the key to this time, it is to initiate a force, an energy, a forward momentum.

ME: Today it's hard for me to start something ... I have already done several things, but I feel like I can't with myself.

SOY: Because you have not been willing to start at all. You must put one foot in front and do something new, that you have not done before. Exhaustion comes from reaction, the constant circle of repetition. When you put your energy into starting something new, different, your body turns on, activating, depositing its strength in it.

YO: What is, conceptually, the beginning? That is ... when we ask ourselves: "What was the beginning of all things?"

SOY: This is a big question that everyone has asked.

ME: Can you answer it?

SOY: Anyway I start to explain how it all started, I would be wrong.

I because?

SOY: Because what I can explain to you from the beginning, it would not be an objective vision, but a subjective perception from my point of view of the origin.

ME: There are many origins, then?

SOY: That's right ... But they all started with a thought, which we would translate into a wave, which moved everything. "First was the Word." "The Universe was created by songs." "In the beginning it was the Om." "Heaven and Earth arose from divine songs." "Waves of Vibration spread throughout the Cosmos." "Mentalism manifested itself in the Word." "First was the Silence, and from it arose the Voice." But what happened is difficult to put into words, because there were all the words. And for this reason, each one in existence narrates their journey through this song.

ME: Its existence is basically the narration of its perspective in relation to the origin ...

SOY: And each step is performed as an echo of that first pulse, and in turn, propelling itself towards the origin from which it came. You know very well what this process is called.

I eat?

I AM: Initiation.

ME: Oh, the famous Initiation. Back in 2008, I think, I lived my first initiation, in which I was suddenly faced with seeing how the whole world that previously lived in my memories, in my ideas, manifested itself. It was at that time that I lived in my own skin what I previously believed was on my mind. It was a normal day, when I was eating pizza with friends, many of whom I had just met that day, and one of them, out of nowhere and talking about very mundane topics, fell on the sofa where he was sitting and began to channel a classmate who had died in an accident years ago, a classmate that only two of us who were there knew. And after giving us the message that he was coming to give us, a dark being took the body of this boy, and began to attack me. A very long story, but that led us to put aside the pizzas to start a process of exorcism. However, what happened was much more interesting. The story of this demon in relation to me came from a very old task in which he had felt betrayed by many, something that we had to solve. And the boys that were there, they began to awaken their dormant potentials, such as clairvoyance, perception of other dimensions, channeling, and so many other things. What happened next, started a full month of signals, messages, tasks, which took us throughout the city of Rosario (Argentina), a Da Vinci Code style adventure, mixed with Constantine and Harry Potter. I knew for the first time what a node was and what it meant to activate it, I was aware of what the potentials were, the group task, the activation of a network in a territory, the healing of history. Every step we took, every day, we discovered something new, and we understood our missions. Each day was a new adventure that led us to culminate in the Temple of Liberty: the Monument to the Flag. There our mission culminated in a strange ceremony, where we managed to free that entity and two more that had joined it throughout the month. And at the end of everything, on a wall returning home, we see written in graffiti: "They were not three demons, they were three projects."

SOY: It had been your initiation.

ME: Yes. At that moment I understood that I had undergone a series of tests that had made it clear to me that something new was beginning, and that each time we had a mission to fulfill, an initiation would come first. Many years later, every path he took began with an Initiation.

I AM: An Initiation is starting something. Anything. Initiation to the piano, is that you start piano lessons; Initiation to English, is that you begin to study another language, initiation to mathematics, initiation to computing, spiritual initiation, photographic initiation, initiation to painting ... Every new thing that you undertake in your life is an Initiation. The concept has been used in ancient times as a concept related to the ceremonial, religious, cultural. An initiation ceremony is interpreted, like those strange theatrical pantomimes where the initiate must go through certain tests, and if they are passed, he will be accepted into the fraternity. Baptism, Communion, are Christian initiations, the Bar Mitzvah is a Jewish initiation, to name a few well-known examples. Although the initiations of the university fraternities in the United States have also been very famous, or those that the Lords went through in old Europe, and that are reminiscent of the initiations received by the occult and hermetic fraternities that were far from the eyes of the Church Inquisitor, as in the Enlightenment, Masonry, and other considered sects. During the Renaissance periods, artists designed Initiatic paths where they left hidden secrets around towns and cities, which only those hard-working apprentices could interpret. If they discovered the end of the road by following the clues, they would go through the final tests to see if he was worthy of being part of the group.

ME: Yeah, it's very sectarian.

SOY: But they had their logic. Ancient arts study groups were forbidden, and they had to ensure that only true lovers of knowledge could reach the main center, so as not to endanger others. These traditions came from the Hebraic kabbalistic vision, which traced stages of personal growth. But it came from the ancient Initiatic paths of the Middle East and the Nile.

ME: The Path of Khem, of the Nile, Atlantean Initiatic path that led me to carry out the stages again, this time in the Egyptian temples, both myself and with other people.

SOY: But these paths are the cultural and religious formation of something much earlier. The paths of the nomads, who set out to find a prosperous place, with the aim of developing. In several ancient, native cultures, today considered a minority, the aborigines, for example, traced initiation paths through deserts or jungles, mountains or seas, where apprentices had to undergo tests that prepared them to be an active part of a community, discovering the strength of your body, your soul and your spirit. This is how initiatory paths arise at first. Following the migrations of the animals, the changes of climate, the cycles of the moon, the flow of the rivers, the mountain ranges, everything traced winding paths that showed life itself moving through reality. Physically,

ME: The roads, then, began to be represented by the Serpents ... by their shapes, the undulating paths ...

I AM: And so it was that the serpent became the mother of all the sages in humanity. The serpent that guards the knowledge, the truth that is in every corner of the path.

ME: That is why the initiation paths began to wind their way along the banks of the rivers, or on paths through mountains with rock alignments.

SOY: And at each stop, they had to face a test. A mission.

ME: I remember the one we did as Atlanteans, on the Nile. It was divided into 33 tests, 11 for the body, 11 for the soul and 11 for the spirit, one for each human vertebra. Sometimes people took 33 years to perform these

tests, spending a year in each temple on the banks of the Nile. Although for others it was only 9 years, 3 for the body, 3 for the soul and 3 for the spirit. That led us towards birth, passing through the 4 pillars of the universe: expression, experimentation, integration and transcendence, to later manifest ourselves at birth, grow, reproduce and die. The road began at Lake Victoria, Uganda, called Nân-Ah (the great window). It makes me laugh now that I think that yesterday we talked about Victoria, and the initiation path began there ...

I AM: Everything has a meaning.

ME: I was still along the White Nile, although some started the way in the Blue Nile, from the present Lake Tana in Ethiopia. In present-day Khartoum, there was one of the temples that linked the feet of the world to the central channel of the Great Nile. Physical tests led us to navigate, through deserts, mountains, survive wild animals, overcome the need for survival and the fear of death. The next stage led us to face our emotions, in the territory between Sudan and southern Egypt, which exposed us to those attachments, ties, and which led us to the breakdown of our inner being, to be reborn as someone new, from point 0. To continue with the last part towards the north of Egypt, where we integrated the spirit, where we were put to the test of the mind, ideas, the ability to control our thoughts, to direct the intention. Once the 33 steps had been completed, the last section ran along the Jordan Valley, culminating on the island of Cyprus. And done everything, you received the staff of the serpent, which made you a priest or priestess, teacher or teacher.

SOY: And this path was just starting over.

ME: Oh yes... for the Atlanteans, the Initiatic Path did not have an end, but was constant, and we always had to keep the task of walking the world or ourselves. We had to review what we had learned, put it into practice over and over again, and although the tests are no longer as compelling as they were at the beginning, each new year was known to the priesthood as a new initiation. Every day we start our activities, every month we start a new period, every year we start a new cycle, and everything that made us up has been transformed, so it is necessary to prepare the new cells again.

SOY: That is why we will travel this initiatory path.

I now? In 9 days?

SOY: Yes, it is. So here I leave the homework for this week. We will have to walk, but the path will be chosen by you. Look for a map of the area where they are, it can be an area of 100 meters around, or 100 km around. You will identify 9 sites, and each one you will assign a chakra. If you cannot move or go out very far, then, invent this way, using representative objects of each day in a patio or house, taking advantage of the rooms. Every day, I will tell you what to do in relation to the corresponding center. Just give each site an attribute. Shall we start?

ME: The Ankle chakra ...

I AM: Related to a Path or Path. It can be a corridor, a transit site. Where we express our will to advance in life, to leave or enter.

ME: The Knee chakra ...

I AM: Related to a Historic site. At least, a site that represents the memories of the ancestors, or of what has been traveled, the oldest site or where the memories are found.

ME: The Root chakra ...

I AM: Related to a Tree. A site with roots, with branches, that connect deep into the earth.

ME: The sacral chakra ...

I AM: Related to a well or water source. It could be a water well, a swimming pool, a fountain in a square, a lake, a river, or the bathroom itself.

ME: The Plexus chakra ...

I AM: Related to a meeting point. Plaza, Shopping Center, Park, dining room, a space for people's interaction.

ME: The Heart chakra ...

I AM: Related to a service site. From a restaurant, to a bank, hospital, kitchen. Centers of attention, a space that recalls the idea of being available or sharing with others, giving yourself to others.

ME: The throat chakra ...

I AM: Related to a learning site. Be it a school, library, or desk, bookshelf or just putting some books on the floor.

ME: The Third Eye chakra ...

I AM: A place of contemplation, a high place from where you can see everything else, a quiet place. A roof, hill, table ... The important thing is that you place yourself in a space where you can see a different perspective.

ME: The Crown chakra ...

I AM: A spiritual, meditation, religious, faith center. Or in any case, the spiritual space of your home, an altar, a sacred site, either in the house or in nature.

ME: From what I see, we will work the crown with the toroid, since today you are proposing the task.

SOY: That's right. The path of Alignments will begin in reverse today, as this will be a different beginning. From the feet to the crown, we will travel the Nile, and we will activate our Initiation Path. This will be a small test that helps us understand that every day we start something new, that each week can become an Initiatic path. And so, we will be ready for the great test.

ME: Which one?

I AM: The Way of the Dragon... Travel the Serpent of the World, from this August 2021 to December 2021.

ME: There is homework ...?

SOY: That's right ... As long as you travel the Great Serpent of the World from Turkey to Patagonia, passing through India, Siberia, Alaska, the Rockies, Nicaragua, Bolivia and Argentina, they will all follow the same route. So... are you ready to start the path of the Serpent?

ME: Yes... I am ready to make the external path inwards.

I AM: Welcome to the Initiatic Path of Aries. Shall we start?

## 262. Transcendence (Third Eye)

[April 22, 2021 Matías De Stefano](#)

Daily vibration: KHa

Statement: I Am Designer of Philosophy

Code: URANUS = from the Greek “uranos” that means sky or firmament, it’s the third gaseous planet beyond Saturn, thus means, of transpersonal character, including the subconscious’ aspects that we can’t control. Uranus is a planet that rotates in a completely different way than any of the other worlds, rotates from south to north with its poles on the east and west. It’s character is of “awakening”, intuition, the spiritual, innovation and originality, the wide world of the universal mind.



ME: Let's get started.

I AM: The first of the steps we will go through is related to the Transcendence. We have already explained it sometime, but it never hurts to remember it. Transcendence comes from "Trans" (from the other side) and "Scandere" (climb, climb, climb). The concept speaks of climbing from one side to another, climbing to another level. As we have said, transcending something does not imply eliminating the above along the way, but integrating it as part of the experience. In the same way that we climb a ladder, each step we take up or down does not make the previous steps disappear, since they are a support for the next ones, they give meaning, shape, and firmness to what you walk.

ME: Transcending is one of the 4 Universal foundations that we always mention. But isn't this the last one? Why start with him?

SOY: Let's go back to what the 4 Foundations are. A foundation is something that, as his word indicates, is at the bottom, that is, at the bottom of the matter or of a structure, like the foundation of a house. Every society, philosophy, religion, study, matter, everything has foundations on which everything else is built. We could say that the fundamentals of a human are carbon, hydrogen, nitrogen and oxygen, and for a human to exist, he needs to regenerate over and over again his quantity of these 4 chemical elements, which we do by breathing, drinking and eating. The foundations of space could be considered the width, height and depth, as well as for time its

foundations are past, present and future. They are cyclical, since any of them can be equivalent to the other in a sphere or wave. Well then, The foundations of the Universe are based on the constant cycle that has 4 instances: Expression, Experimentation, Integration and Transcendence. The Universe expresses itself in all creation, experiences what has been created, integrates what has been lived, and transcends to a new level evolving towards a new expression. However, since they are the 4 fundamentals, they do not have to have an exact order, because every moment you carry out one of these 4 steps, you are inevitably carrying out the other 3. The idea of putting it in order is nothing more than organizational for the linear mind of today's human. Every time you express something, you are experiencing that something, integrating what you learned previously to be able to do what you do now, and transcending what you learned before to place yourself on a new level of understanding.

ME: Well... ok. In other words, the task of this day will be to go to the other side, recognizing what has been traveled, leveling up ...

SOY: And this little exercise will lead us to recognize where we are and thanks to where we are, knowing that what is transcended is not what we have released and released, but what we have integrated. Sometimes people confuse transcendence with change, or liberation, and they are nothing to do with it. A change in consciousness is like looking north, and suddenly turning 180 degrees looking south, no longer seeing north. A liberation of consciousness is to let go of attachments, those ties to people, objects or situations that we clung to depending on the past. This is where transcending something is considered to be forgiving, releasing, letting go, letting go, even cutting off or forgetting what happened. In reality, it is much more complex, since transcending implies integrating the above. Transcendence is like physical exercise, like climbing a mountain. The reason you reach the top or the end of the exercise is not because you have stopped, but because you have gained more flexibility and strength thanks to each previous step. So you can understand that transcending is incorporating as my own the effort or experience of each stage lived, and without specifically clinging to what I lived, I keep moving forward.

ME: Like going up the side of a mountain for the first time, where the first steps will hurt a lot, I may even scrape with rocks and branches, or step on the wrong foot and hurt me a bit, but all of this gives me mobility, strength to the next steps, and I will no longer feel those pains if my gaze is on the top, and not in the traumas generated along the way.

SOY: That's right. Therefore, recognizing the ideas of what each step or level has represented for you, imply significance. It is synonymous with Evolution. You do not stop being what you were before, but you improve the version of who you are.

ME: I like that.

I AM: And today, taking into account that we are on the day of the Third Eye chakra, our first step is Contemplation.

ME: How do I do it?

SOY: Here's today's exercise. Identify a place at the top, from where when you arrive you can contemplate things from above.

ME: A ladder, for example.

SOY: That would be the best, although it can be a ramp, or a nature trail that goes uphill. What you will do is interpret that each step is a year of life. The first year will be the level, from where you start, and when you take the first step towards the first step, it will represent the second level, that is, the second year of life. You understand?

ME: Yes. At ground level is the first year, and the first step that I climb, the second year of via, and the second step that I climb is the third year of life ... and so on.

SOY: Good. In the event that there are not enough steps for the number of years, you go back down to the bottom of everything and start again from the year you left above.

ME: Yes, this happened to me, that I ended up on the step of my 13 years, and I had to go down to the beginning to count the ground level as the year 14.

SOY: That's right. What you will do in each step is to try to bring an image, idea, feeling, emotion, that summarizes or identifies with that year of life. You will only observe him, you will contemplate him, without having to do anything more than observe him as if a movie were leaving in front of you. And when you have identified it, you take a deep breath, hold as you climb the step, and as you affirm on the next one, exhale with force. Take the time you need in each step, but I recommend that the maximum time in each one is one minute, and the minimum about 10 seconds.

ME: It will be difficult to remember the first years of life ...

SOY: Maybe a smell, maybe a simple image ... Just let them come to you without searching too hard.

ME: Ok... hmm, do I?

SOY: Yes.

ME: Year 1... I smell a perfumed oil, talcum powder, and I see myself on the kitchen table, surrounded by my mother, grandmother and aunt.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 2... I see myself walking holding onto the sofa that I loved.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 3... I see my imaginary monkeys for the first time.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 4... I'm drawing with my mom.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 5... I paint next to my grandfather while he polishes coins.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 6... They give me my first turtle. As tiny as my hand.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 7... The fairies appear, they explain to me about nature while I play in the yard.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 8... I teach my friends about animals and music. I smell lemons, together with my great-aunt.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 9... My grandfather dies.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 10... Change of school to a country one. I am nervous, I become more introspective.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 11... Fairies are back, they teach me about humans.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 12... My great-aunt dies. I begin to remember my past lives in history class. I remember for my love from the past, Sobek.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 13... I start talking about what happens to me with my mother and my friends. They call me "Indigo Child". I remember Ghan, you, my Higher Self.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 14... They regress me, I begin to see other realities, and to feel the extraterrestrial presence.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 15... I move to Catalonia, Spain. You remind me of the Universe, the Akashic plane. The Network and my mission.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 16... I see myself with my friends from various countries, having fun.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 17... I have EMF Balancing therapy, and everything is sorted out in my head. I acknowledge my purpose and missions consistently.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 18... I realize that my nature is to teach, to be a teacher.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 19... I return to Argentina and experience learning Pedagogy in Río Cuarto. I see my first kiss.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 20... I am forced to leave university, my preparation must begin.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 21 ... my first partner, my first congress together, I wrote my first book "Living in the Universe" and "Living on Earth".

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 22... I live my first Initiation in Rosario, discovering my potentials beyond remembering.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 23 ... I traveled to Egypt for the first time ... I had a very bad time, I experience it as a trauma.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 24... Meeting 11:11, my first mission appearance, and beginning of the Harwitum Path.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 25... I see myself in Galapagos, fulfilling my dream of being with the largest turtles. They kidnap me and I escape. I arrive in Antarctica creating a great movement in thousands of people.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 26... I see myself at the Arsayian Foundation, talking about Ontocracy. I see myself on the Camino RomaamOR.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 27... I know my father, my brothers and sisters.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 28... I connect with the mission of the YOSOY in Egypt, and I see myself organizing everything and starting the Path of the Dragon. I look lonely, sad.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 29 ... Making the documentary "The Recorder", making initiation paths through Egypt ... Falling in love like never before, with Nothingness, with the Void.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 30 ... I see myself in Svalbard, celebrating only my birthday, happy, new.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 31... I see myself living in Barcelona, learning to value myself more.

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 32... I see myself organizing the whole trip through the planetary nodes, enthusiastic. I see my friends together on February 2, 2020, the change produced by the quarantine ...

I AM: Breathe in... Hold and go up... Exhale.

ME: Year 33 ... Here and Now, in Egypt ... fulfilling my mission of the way of the YOSOY.

I AM: Inhale... Hold and Exhale. Look around you, look at the steps behind you. Sit in this one that you find yourself, and contemplate all the images together, superimposed, like a film or slides. All of them are here, with you, they have built your path, they make you who you are. Every year is a great step towards Transcendence, towards delivering your stories to the new generations. They live in you, just as one day you will live in others.

YO: It's a deep review of what happened ...

I AM: It is the observation that leads to becoming aware of all that you are. Each experience is part of your knowledge that by integrating it has become wisdom in you. When you manage to love your way, you will love yourself, and you will love the wisdom in you: Philosophy. This is how a philosophy of life is built, this is how you design what you are. Transcendence is loving what makes you what you are, and thus you free it from the weight of being an experience, to be a treasure that lies within you.

ME: This is the true Transcendence ... It is to design my own destiny by being aware of the steps that I have taken. Unconditionally loving the path that brought me here.

SOY: Thus you become a designer of your philosophy, you become a constructor of your reality. And that is why, by Transcending, is that you can express yourself again.

ME: Manifest a new echelon.

SOY: Are you ready to express yourself on a new level?

# Expressiveness

[April 23, 2021 Matías De Stefano](#)

Daily vibration: KHe

Statement: I Am Designer of Music

Code: NEPTUNE = And under the sky, the ocean of the emotional subconscious is found, where all the foundations of our feelings are saved, what makes us be and we can't control. From the indo-european "nebh", cloud, where the rains comes from. This is the latin relation for Poseidón. Sensitivity, the soul's deepness, the chaos of the artist with its erratic creativity, the deepest aspects of the psyquis, are the keys of this world that recalls the depths of the oceans.



ME: Before we begin, I wanted to tell you that the task you proposed yesterday is difficult for some people... climbing stairs.

SOY: Well, don't upload them.

ME: And what do they do?

SOY: Walking... and if they don't walk, they clap their hands, and if they can't use their hands, they snap their teeth, and if they can't, then their imagination. The idea is to pass levels, they exist in the mind, but doing them with a part of the body lowers it to the experience. For everything you do in the universe is recorded in action.

ME: What about inaction?

I AM: It is the counterpart of the action, and for that reason it is not exempt from reaction, because not acting is another way of generating reactions, memory, information. Inaction is the instance in which the will recognizes that not putting energy is the best way to allow something to take its natural course and reorder itself. Action is the instance in which putting energy into operation is considered to reorder the course of things. However, they both opt for the same result, albeit in different ways. In any case, if our purpose is to manifest a new reality, action is the most optimal way to move energy. Conversely, if the purpose is to ascend to other dimensions, inaction will be the best way to elevate yourself towards the subtle,

ME: I understand... And since our path is to manifest the I Am, it is necessary to move the body.

SOY: Or do something mechanical, like the mantric beads of a rosary, tasbih or japa-mala. The mechanism is imprinted in the brain, registered with the intention with which it is carried out. So any repetitive or mechanical activity is a way of registering data in the brain or cells.

I understand. That is why schools use the repetition and memorization system a lot.

SOY: Yes, but in a negative way.

ME: Why would it be negative in education?

SOY: Because education does not consist of filling in external data, but of activating internal potentials. In terms of teaching, repetition helps memorization, but it does not generate free thinkers, but rather dependent on external data. Create people without your own judgment, but in a group. The mechanical repetition system is used as a form of meditation, in which repetition becomes a habit, and the cells recognize it as their own, with which it is integrated. However, when it comes to forming free beings, the system ceases to be one of inactive integration to become expressive action.

ME: What would it be like?

I AM: One of the 4 fundamental pillars of the universe is Expressiveness. We have seen the Expression long ago, and the importance of what it means. "Get out of the Pressure" (ex-pressio), releasing that which was contained within. And that which is contained is trapped energy, which when released, expands unleashing a force that we call "action." This word is the participle (actus) of the Latin verb "agere", which means "to move forward", that is, to carry out. To move forward, outward, the energy that was within under pressure, is to express in action. When we express in expressive actions what happens inside, the body has the opportunity to recognize what inhabits and to act in resonance with it.

ME: This leads to expressiveness then, the activity of expressing yourself. The quality of acting expressly.

SOY: In many cultures, expressing what is inside is counterproductive, due to the moral origin of the cultures. You remember?

YO: Yes ... Moral is built in relation to adaptation to a space that they call "dwelling", and the "inhabitants" build culture based on the customs of said territory, which they call "moral" (from the Latin "moris" = inhabit a place). Related to sowing and harvesting, tradition (what has been said among several), is built according to the field, which gives the word cultivation (collere), which originates the word culture.

SOY: So, if in one place apples are planted, and all that is harvested are apples, and culture and morals have been related to the apple, when suddenly someone can't think of anything other than "bananas", could be judged by the group.

ME: Sure ...

I AM: ... Unless ...

Me what?

SOY: Let him do it with humor.

ME: What would that be like?

SOY: What was humor?

ME: The liquids in which the ancients interpreted that they constituted the body: the "humors", coming from humidity, humus, wet earth.

SOY: Thus, from the ancestral vision, everything that a being feels inside will be related to the order or disorder of its internal liquids, the humors. Humor is the way that some cultures found to be able to express what is inside without being judged.

ME: With laughter?

SOY: No, with any of the moods. Teachers, philosophers, educated students through what we could call "acts", that is, practical actions where the experience allowed the assimilation of concepts. In this way, they ordered and collocated ideas and concepts in a fair, harmonious way that everyone could understand. In Indo-European, order, adjust, colobar well, it will say "ar", which in Latin you know as "ars, artis".

ME: The Art ...

SOY: Exactly. And there was a particular art that allowed everyone to observe, see, what was happening in the humors.

ME: The Theater ...

I AM: From the Greek "thea" (vision, see, observe), and "-tron" (instrument, means by which something is done). The Art of Theater was a fundamental tool for the education of the "immoral", which transpolated traditions towards the absurd, allowing the moods, different from the feelings of each day, to become means of learning. The theater allowed an individual to become what he wanted, say what he wanted, react in absurd ways without being judged, it allowed to raise controversies in a subtle way. The theatricalization of reality, opened the internal world to the external world, taking it out of the ceremonial and spiritual seriousness, to pass it to a daily and more earthly plane, available to everyone. It was the initial step to the internal freedom of the psyche, of the soul, that allowed men to behave like women and women like men, that allowed to laugh at kings and politicians without being imprisoned, and even exalt the gods to ridicule. It was a tool for social criticism, but also for human education. During thousands of years, and especially in the last centuries, the performances have diversified, inspiring, deceiving, awakening wills, illusioning, opening the imagination, describing utopias, exaggerating reality, laughing at tragedies. The darkest shadows can manifest themselves in the theater, being seen simply as art. Now a tool like this is a double-edged sword.

I because?

I AM: Because an artist, actor or actress, can use theater and humorous expression as a way to hide what is truly hidden inside, or on the other hand, can use it as therapy to perform catharsis and heal.

ME: Clearly the second option is the best ...

SOY: Well ... in the first one you feel safe, being able to let go of what you feel, but deny it in real life. Living with half truths, or lies that have become true. But in the second option, those lies and truths are in front of oneself, allowing oneself to see with awareness, what is hidden inside. And the best theatrical aspect for this is the improvisation of psychomagic acts.

ME: What are they?

I AM: They are false situations, which you build with agents in a random way, and without thinking about what you are going to do with it, you launch yourself to express yourself with hands, mouth, looks, various actions, letting yourself be the one to guide you.

ME: Ah, ok... An example?

SOY: Well, think that you have a conflict with a partner, but you don't know why, or how to resolve it. You must first identify where it comes from, but you are not ready to face the other, because you are not clear about anything. So, you imagine that person is a tree.

ME: One that you see on the street, like, physicist?

SOY: Yes, a real tree. And you start talking to him, using looks, hands, your whole body. You can fight with the tree, yell at it, hug it, cry, dance, sing to it, always imagining that it is the person. And then, for example, you pluck some leaves from the tree and say: "This is mine, it belonged to me, and I will take it with me." You look for a place that you consider your own, and there you put those sheets, recovering what that person had taken from you. These acts leave an imprint on your body and mind, know how to face the situation, to live the fact.

YO: Like those times when there is an argument we don't know what to say, and then in the shower we come up with the best dialogues but it was too late ... What you say is to do that dialogue, dramatizing it.

SOY: That's right. As in a "Family Constellation" therapy, in a "Renaissance" ceremony, in an act of Psychomagic, you improvise an unreal, magical act, to make the soul, the psyche, express itself. Expressiveness invites us to make real everything that lies within, to release the pressures of the soul and spirit within the being. And the theater is the best option for it.

ME: I guess this is what today's homework is about ...

SOY: That's right. Remember how when you were a child, and you used your imagination to talk with dolls, pieces of wood, bricks, when pillows were people, trees were giants, boxes were castles, branches were swords. Go back to being a child for today, and dare to imagine.

YO: I remember when I began to remember, when I was 12 years old, I closed the dining room doors to be alone, and I played very loud classical music, and with a broken radio antenna, I led the orchestra. But even more, I imagined incredible things that would solve all the problems in the world, I imagined myself in my school, and to the sound of the songs, I could imagine how the beings of the 4 Elements appeared, they came to look for me and I undertook a trip on Earth looking for to the other elements. I was the Water, and the other 3 were scattered throughout other countries, and I had to find them, so I imagined the magnificent and fantastic ways in which I appeared before them, taking them all to Egypt, where I imagined that we would re-activate everything as it was before, as if by magic, all while running around the table, climbed to the armchair, I would hide behind the curtains, put on towels as capes, and used the antenna as a magic wand. And sometimes, everything would get melancholic, and I would sit in front of the faces of those people that I hoped to meet one day, to hug them and tell them how much I missed them ...

SOY: This is what you must do again. At least for today. The task of our day of Expressiveness implies that you look for that place where you consider it a good place for learning, and you face all those things that you find it difficult to learn, that you refuse to see, or that you cannot express about yourself. Silenced words and truths, things that you must let go, let go, those that you hope to learn and take as part of yourself. And act them, speak it all, say it, let go, dramatize. Put all the strange and emotional faces you need, use your hands a lot, your legs, act as if it were not you, or as what you would like to be. Become a tree, an animal, a fish, a dancer, a musician, a superhero, release everything that is hidden in you, and do it in consciousness. Well, what arises from you is your reality, and it can become everyone's. Let your voice be released, as it will be your letters, verbs, words, affirmations and songs that will shape this reality. The vibration that is released by your strings caress the waves of the quantum world that design music in the physical world. Without fear or shame, allow yourself to become the musician of your new reality. Take back the broken antenna to make it a baton, and direct the orchestra of your humors, freeing the expression of all the music that lives in you.

ME: I am the designer of my music ...

I AM: In the beginning was the Mahás, the sleeping void. His dreams were three: Ham, Het, Hum; inspiration, contemplation and exhalation. His breathing became music, and by his song, Mahás, awoke.

## 264. Experimentation (Heart)

[April 24, 2021 Matías De Stefano](#)

Daily vibration: KHi

Statement: I Am Designer of Emotion

Code: PLUTO = the dwarf planet that's farthest from the Sun is a frozen rock that takes 248 years to complete its orbit around our star, being an irregular planet that brings long term change. It's name references the God of Death, and even though it was unknown until the first years of 1900, the election of the name equiparetes to the one that brings the deepest changes, powerful transformations that extend through an entire life or generations.



ME: Speaking of Expressiveness, it reminds me of what happens with a channeling. When I usually channel, the sensation I feel is as if something deep within me wants to come out, and I cannot control it, as if every cell in my body says: "I need to live this". And there it happens. An internal force, which is me but at the same time is not part of my personality, takes control of my body, being something that I am not, and yet it feels like my own. What I mean by this is that sometimes channeling feels like a play, like the actor who is seen as poetry by the character's spirit, and that makes him interpret it with greater affinity and accuracy. Create a bond with the character, integrating it as his own life, part of his being. That is expressing ... Channeling is a form of expressiveness ...

I AM: In the first human cultures, there were stories, legends, that spoke of bird men, werewolves, and tree men, and many men who turned into animals or vegetables, or minerals. This is because the first shamans learned and awakened their inner wisdom when they allowed themselves to be the object of study. To find power, they acted like a lion or a tiger, to learn balance, they acted like a heron, to learn patience, they acted like a tree. Acting, the attribute of moving like something else, allowed the cells, the mind, to see itself reflected in it, and not only act like it, but take on its characteristics. For this reason, they dressed in the colors of these

creatures, or dressed in their skins or feathers, performing dances in which they imitated their sounds or movements.

ME: That is something that I heard people talk about NLP (Neuro Linguistic Programming), who claim to be able to awaken attributes of others or correct conflicts just by modifying physical attitudes. For example, regaining courage and security by walking more upright, or showing confidence by not crossing your arms in conversation.

SOY: That's right, the body is a network of data that reacts based on previous experiences, and acts based on the expectations of experiencing the same outcome. But if one consciously modifies the action from the physical in a situation in which it would normally act differently, then the brain has no choice but to reconfigure that data, and thus, change the attitude, which would generate a basic transformation, which gave you a new attribute.

ME: Wow... I find it fascinating.

SOY: It is. It's Reprogramming. Channeling is another type of Reprogramming, in which you allow data from the external network to drive you to act in a way that opens up your information spectrum, and there you get attributes that you might never have otherwise had.

ME: But this can make us look crazy ...

SOY: What is madness?

ME: Well... it's not having control over yourself. It is losing control of the mental, emotional, and physical plane. How do I know how far I am expressing and channeling, and when it is really a delusion, or personality disorder syndrome, bipolarity or schizophrenia?

SOY: Let's see then. What sanity imposes on a human being is cultural education. If in your city in Argentina, in the middle of the street, busy with people, or in a shopping center, you put a rug and start to bow as if in adoration, talking to yourself, bowing and resting your head on the ground with your palms towards the sky. What do you think they would say?

ME: I'm crazy.

SOY: And yet that in Egypt is normal 5 times a day, starting at 4am and ending the last at 7pm. If someone a man starts dancing ballet in the middle of the street in Cairo, what will they think?

ME: That man is crazy.

SOY: Which would not happen if you do it on a street in Germany, where they would see it as art. In the first place, then, you must understand that insanity is subjective to culture. What makes us seem sane is simply a perspective of tradition and custom, of an education tied to a specific group. Second, any expression outside of that culture will be seen as madness, or in a special case, as genius, if the environment recognizes the originality of the action. When a musician is inspired, he is channeling, when a craftsman sculpts, he is channeling, when a poet writes, he is channeling. Inspiration based on the originality of an individual is a channel, coming from Canal, that is, being a means by which something intangible becomes tangible. The word comes from the Greek "kanon", meaning rod or ruler to measure things, and from there pipe or cane, tubes through which things are measured or passed. The artistic canon is a term used to demonstrate the rules of a specific art, but all are based on the inspiration to pass something from one place to another, from the idea to the manifestation. In short: Channeling is acting on the idea that is within. And now let's add to that what happens when a person is recognized as multidimensional, knowing that nothing is separate ...

ME: That the one you speak of is inside all dimensions ... And therefore, he can channel himself from different realities.

I AM: Depending on the resonance in which it is, what that channel is willing to pass through will happen, be it pure water, or the sewers. When a person vibrates low, the keys block the quantum channels of the being, a kind of bad cholesterol at the etheric level that conditions the energy flow of the body, obstructing the channels. This leads to information not circulating naturally, causing perception disorders, which lead to neuronal malfunction, which ends up leading to bipolarity, and schizophrenia, like many others. The only thing that differentiates, therefore, a mental illness from an artistic or informative channeling, is the vibrational state of the person, which makes those channels pure or impure, which we would translate into an "emotional state". Poor management of emotion

ME: What would a correct handling of the emotional look like?

I AM: Recognize that every emotion is my own, and that no one outside can determine my emotion, only I am the one who allows things to affect me. An emotional mismanagement is someone who does not recognize the different social agents, individuals that surround them, and mixes their internal world with the external world, forgetting the free will of others, involving others in their stories in an invasive and controlling way, and over everything, hurting himself, getting to hurt others.

I understand.

I AM: It is because of this vision that we have about "crazy people", that people are afraid of expressing themselves, of showing themselves, of channeling, believing that by doing so, they would lose control of things, when it is not expressing themselves the problem, but the mismanagement of the emotions with which it is expressed. The constant repression after years of cultural imposition, causes many emotions to have stagnated, such as shame, anger, resentment, lust, and several others, which when expressing their inner potential, seek an escape, decorating, staining, smearing that internal power of these dirty emotions that, because they have not been drained with wisdom over the years, emerge together in a violent and chaotic way.

ME: How to express wisely?

I AM: Through Experimentation, obviously. The second of the pillars or foundations of universal existence is the ability to test, to play with reality, to allow oneself to feel everything, to live everything, without repressing anything. Experiment comes from the words "Ex" (from one place to another), "periri" (try, try, try) and "mento" (tool, medium). Experimentation is the action of trying something out of the box.

ME: We tend to associate experimentation with the scientific experiment.

I AM: Empiricism. In the sixteenth century to the seventeenth, philosophers began to focus on the sciences, such as mathematics, geometry, physics and astronomy, which generated a scientific revolution in human life that we call "rationalism", by which all things must be based on merely rational and tangible aspects. This marks a break between the soul and body substances, in which, until then, the spiritual world had guided the realities. At that time, René Descartes said his phrase "I think, therefore I am", assuming that thought is the basis of all existence. And what exists can only be perceived by the mind through experimentation. This made him the father of the "Scientific Method", which marks a before and after of science, that begin to be based on experimentation as the only way to obtain correct and credible, reasonable results. Faith is no longer enough, because believing is not a certainty, because in faith there is no empiricism. Therefore, all knowledge can only come from empirical experience, a redundancy if you will, since both come from the word "periri" in Latin or "peiran" in Greek (empirical = to be testing something; experiment = means by the which one proves something). It can be of internal or external experimentation, but for there to be knowledge or wisdom, it must have passed through the test of it.

ME: Well, it is clear that someone wise can only be wise if they are an example from their experience.

SOY: And this is where the idea of being experienced comes from, having experience in something gives us the endorsement, justification and guarantee of being able to do what we do. Now, to have experience, you have to live the experience. And in most cases, experimenting involves stepping out of your comfort zone, into unfamiliar terrain, with unexpected results. This produces insecurity in most cultural beings, clinging to a way of seeing things. He who does not travel, who does not eat other things, who does not talk to strangers, who does not open to know another culture, who does not read a book or watch a movie deprives himself of experience, who expects things to be deprived of experience they are given instead of moving to make them happen. The fear of losing, ridicule, judgment, not knowing, being rejected, it blocks the majority from carrying out their experimentation process, and therefore, restricting their path to wisdom. The stage of youth, from puberty to the end of adolescence, is the most important period for the development of experimentation.

ME: And we are blocked by putting ourselves in a school where instead of experimenting, the only thing we do is devour books and content that we cannot test.

I AM: The same scientific method consumed itself through the educational enlightenment of the eighteenth century, in which more options for experimental development were given, and at the same time, the ability of children to live those experiments was blocked by filling them with results of those that they had the possibilities to experiment. This only generates knowledge, data, but not education and much less wisdom. Experimentation is not about sharing results, but about enabling empiricism.

ME: It seems strange to me that a spirit founds me that the spiritual key is the scientific experiment.

I AM: Because it is the only way that someone in the Third Dimension can relate to the world of Ideas, and it is the only way that the spirit can enjoy its own creation.

ME: But, you have told me about science ... how is experimentation practiced in normal life?

I AM: The word Science comes from the Indo-European "skei" which means to cut, to crack something. Break it into fragments. From there comes the verb "scire", which means "to know", that is, to have knowledge of the parts ". The word "science" unites "scire" and "ent" (entity, subject), that is, the subject or the entity that thinks about the parts. It is interesting and funny that the word schizophrenia has the same origin as science (schizoofrence = "scire" / skhire /: tear, split, and "frén", being entrails, interior, soul, that is: that which tears and breaks the soul ). Science refers, then, to what it disseminates, it dissects things in order to know the parts that compose it. You have in your mind an idea of science as an untouchable institution, far from the common human, when in reality,

ME: So, we could understand that in our natural, human and daily life, we have the opportunity to carry out our own scientific experimentations.

SOY: And it's very easy, all you have to do is start doing an activity you've never done before.

ME: Like what?

SOY: Try things you don't know. If you have never painted, then paint. If you've never played a musical instrument, then play one. If you've never cooked, cook. If you've never done math, do math. If you've never played a game, play it. IF you never saw a series, watch one. If you've never cleaned a house, clean it. If you've never read a book, read. If you have never done gardening, fix the garden. Experimentation does not have to be in a laboratory, scientific experiments do not have to be approved by an international entity, experimentation is the action of putting oneself to the test in things that take us out of everyday life, routine, comfort, and that give us something new, new information, that awakens wisdom in us.

ME: I can see where today's proposal is ...

SOY: I imagine. Today, in relation to the heart, you will put the intention of doing something that you have never done, doing some activity no matter how minimal it is in a different space than the one you are used to, but that gives you something totally new and diverse. Doing something new, different, unique, that no matter how simple it is, is no less important. He who closes himself to experimentation is a being stuck in unconsciousness, denied the evolution of his being and his species. Each new action will awaken an impulse that will awaken a new emotion, and that emotion will be the key to your wisdom. For it is the emotion that registers the experience and it is the same emotion that allows you to become the teacher of those who seek.

ME: This is how I design my emotion, squeezing to obtain wisdom, and share it to the world.

I AM: Live empiricism, thought sets the intention of what you are, and what you are will be understood by thought, all through experience in action.

ME: Trial and error... It's the real way to learn.

I AM: In rational empiricism there is no sin, there is no judgment of error, but the path to evolution after trial and error. So, this is my advice for whatever you decide to undertake as an experience today: don't be afraid to be wrong. Mistakes are the key to learning.

ME: Let the magic be done.

I AM: Essence of praxis.

## 265. Integration (Solar Plexus)

[April 25, 2021 Matías De Stefano](#)

Daily vibration: KHî

Statement: I Am Designer of webs

Code: AFRICA = The Earth has its chakras like our bodies and the solar system. It's Root chakra, origin of life, is Africa. It was the Pangea's center, origin of most terrestrial species, and above all the human. The continent represent the base or fundamental stone, where the forces of life originate, the necessary element, it's the pollen and nectar of the flower of terrestrial life, regulating it through the Congo rainforest and the Sahara desert.



I AM: The third of the pillars of the Universe is Integration. When the mind of the Universe expressed itself, freeing itself from all possible options of itself, becoming a creative being, although chaotic, its expansion allowed the manifestation of trillions of perspectives, which through Experimentation, could be lived, experienced through the senses . Each option became an individual unto itself, a diverse point of observation that fed the mind of data. Being able to observe the same thing from different angles, experimentation enabled evolution, improving the way of capturing and transforming reality. The different points of view found the potential of their being when connecting the visions of the idea, it was allowed to create a new option that surpasses the previous ones, which generated a coherent and orderly fabric, whose primary objective is to find the balance between perceptions, finding stability. That instance is called Integration.

ME: What does it mean?

I AM: Integrating comes from “in” (inside) and “tangere” (touching), therefore, it is the action of joining what is tangible, or making something a palpable reality. We could also take the option "tegere", coming from "weaving, weaving", which speaks of connecting things that are separate, like separate threads that intertwine to form a new structure in unity.

ME: So I could say that I am a tangible fabric that emerged from the individual stories of my father, my mother, my grandparents and grandmothers, and so on ...

SOY: That's right. DNA could be seen as that tissue that ties all the threads of history that makes us who we are. Subatomic particles are magnetically entwined with each other, and atoms repeat the same, weaving molecules, and these to chemical compounds, and from there, to organic tissues that develop organs, bodies, and complex entities. Trillions and trillions of individual organisms that interrelate to form a larger individual, which performs the same task, as an echo of the micro cosmos but in the macro cosmos. Well, what you call from the human as cultural and social interaction, at the level of the basis of life you could call it homeostatic symbiosis. Each cell in a body fulfills the same function as an individual in humanity.

ME: I wonder, then what do we mean when we say "being of integrity" or a "person of integrity"?

I AM: The Integration concept taken to the attribute or adjective, describes a person, being or entity that takes account of all the things that compose it and lives in harmony with all of them. The quality of being tangible and unified is Integrity. A being devoid of integrity is one who does not act based on what he feels, or who does not feel based on what he thinks.

ME: So it's the same as being consistent or incoherent.

SOY: It has its connection, but coherence speaks more about methodology, and integrity speaks more about content. While a coherent being must find a way to make his mind, emotion and action correlate with each other, integrity speaks of whether all those things that make up action, emotion and mind are visible and are viable to be connected, or if they are hidden or abandoned, as well as recognized and active in an individual.

YO: We tend to say that a person is upright when he honors his values, his ethics, when he respects and lives from the truth. Therefore, he is someone who always does the right thing for himself and for his environment.

SOY: Yes, but there are people who do that out of hypocrisy, precisely to cover their integrity flaws. What defines a person of integrity is not by what he does, but by what he is. The whole person does not demonstrate through external acts, but that his private and public life are correlated, his internal and external world are linked as one. Someone with integrity has managed to integrate their shadows and their lights, stopped fighting. Who is integrity recognizes his history and honors it, someone with integrity does not escape from his responsibilities, and takes charge of his defects, mistakes and learnings. Someone with integrity is one who sees

unity in all aspects of his life, and who, based on external agents, has managed to constitute a conscious internal agent.

ME: How would this be?

I AM: It is the reason why we are working Integrity on the day of the Solar Plexus. The plexus refers to the ego, to oneself, to the center of the personality, where the individual that I am is formed, and therefore, it is from here from where we position and recognize one among several, and we relate from ourselves with others. The most accurate and real image of integration is precisely embodied in the plexus, through the umbilical cord. This cord is a network of tissues, veins, ducts, which nourish the zygote, and from there, the fetus until it becomes a baby. This tissue absorbs everything that the mother, an external being, provides, and like the root of a tree, the nutrients of the world and the mother reach the baby towards the solar plexus, shaping what it is. Can you understand with this picture,

ME: Every bond I create with someone feeds me, nurtures my ego, making me what I am. With my family, friends, partners, and even in relationships such as employment, or submission, or enmity. In other words, my umbilical cord is still active, integrating everything that flows in the external world to form my internal world.

I AM: The fabric of life, the fabric of the Self.

ME: I am a fabric made up of threads of all those with whom I have related and I bond.

I AM: Integration, therefore, is the act of acknowledging all the things that make you what you are. In both the negative and the positive, you are creating an intertwining of networks. And if you don't recognize these networks, where these threads come from, or if you hide them, cut them, make them dirty, all this will damage your integrity. Just hiding them, cutting them off, damaging them is what makes the ego a non-integral presence, with which most people relate to the egoic presence.

ME: So the ego that we all know is not more than the presence of being but "with loose threads." The task would be, then, to join the ends ... to mend the injured and cut parts, to know what I have been nourishing myself with until now ...

I AM: Family relationships, love affairs, friendships, dependencies, news, reading or online content, art, culture, religion, beliefs, everything that has been giving us content of attitudes and skills, which have shaped our emotions, moods, that are the basis of our life, fuel of being.

ME: Well... I could say that this part is very difficult, that of integrating, because we have been raised in the struggle, in resentment, in separation, in believing that I must compete over others and not with others. When we hear the word integrate, we usually recognize that we must accept the other, accept our shadows ...

SOY: Have we ever described integration as follows, incorporating the other 3 fundamentals. Imagine that the Cosmic Mind is a 6-year-old boy with a great imagination. Suddenly, that child stopped sharing a room with his parents and has his own room, where the parents tell him: You can do whatever you want here, it's your space. The fourth is the Universe, and this child with great creative capacity gets down to work. Take the paints, sheets, pencils, toys, and start projecting your imagination creating an amazing world. Building tunnels with chairs and sheets, cutting out leaves with scissors, painting planets on them, and gluing them into the tunnels. Making lego castles representing intergalactic civilizations, and building aliens with clay. All that expression is known as experimentation, in which he spends a moment testing how to design each thing he does, playing games and imagining possible destinations for each one. Then, you can hear the voice of the mother or father who appear at the door, and say: "It's time to tidy up your room." In that instant, everything slows down. You have to become aware of everything that was done, to understand where things are, and where they are located again. You have to go the other way to recognize what you have created, but also where things come from

ME: "To keep, to keep, everything in its place" ... the teachers of my kindergarten sang as I sing.

I AM: This path of recognition and ordering of things is called Integration, at which time experimentation stops for a moment, to become aware of the connection between all things, logic and the reasons for their existence. Thus, you integrate. And you free yourself from the bonds of what is, opening yourself to what could be, you detach yourself from the forms, because you know that new ones will come, since the next day, they will express again, experiment, with the same elements, but creating something different and transcendental, that is, the process of Transcendence.

ME: It's clear to me.

SOY: So, I invite you to do an integration process.

I eat?

SOY: Today's task is to find the tools that you have at hand, be it pencils, vegetables, thread, plasticine, plants, seeds, leaves, anything that is within your reach, and that you build a framework. Choose something that represents you in the center, and begin to weave this web towards you, but as long as you do it, you must give an intention to each object, each one is something that nourishes you, therefore, you must recognize them in your history, in your family, in relationships ... Build the paths that are integrated into you, and recognize that you are all of it.

ME: I understand... I will.

I AM: Enjoy the fabric, it is essential that your body sends the signals to your mind that you are putting the intention of becoming a whole being, accepting your shadows and your lights. Unite your story in you, describe what you have inside you. Simply weave the being that you are.

ME: I am a network of networks.

I AM: And I am the Designer of that Network.

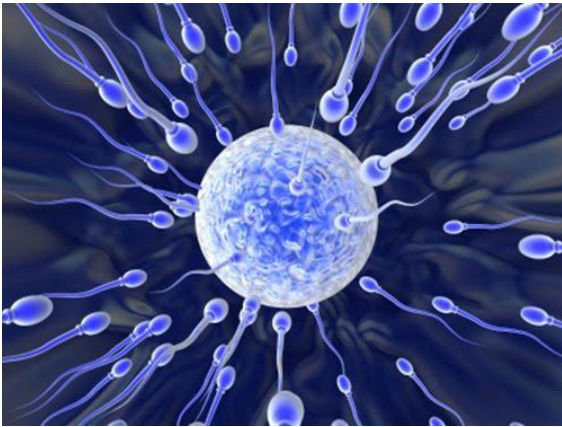
# 266. Reproduction (Sacral)

[April 26, 2021 Matías De Stefano](#)

Daily vibration: KHy

Statement: I Am Designer of creation

Code: OCEANIA = The second physical chakra of the Earth, the sacral, is the one that has the forces of generation, of creativity, of life's expansion outside Africa to the rest of the world. The oceanic plates go from the Middle East and India, through the Indian ocean to Australia, New Zealand and the islands of the West Pacific. It's energy expanded the great climate changes that launched the development of human cultures and its expansion through Asia and the PACific towards America.



ME: This morning, at the pyramid, what I saw and felt ...

SOY: What?

ME:... I hope it's not today's homework.

SOY: Hahaha ... that will depend on you.

ME: I see it difficult ...

SOY: Tell me what happened.

ME: When I entered there was no one, and as I approached the sarcophagus, I saw my grandson lying in it ... As in the story I wrote, I feel that every day I communicate with him a little, through time. And by his side, I felt his father, that is, my son, who has not yet been born. I always feel connected to them, in one way or another. So, I knelt before the sarcophagus, and I connected with them, feeling what they brought me for today, and I strongly recognized the creative center. Then the presence of the divine Father and Mother manifested, taking me on a journey of creation. Then a group of Spaniards were present, tourists, who little by little joined in the meditation and the songs. Suddenly I saw myself witnessing with songs and words, the performance of an act of fertilization between both energies, which deposited their energies in the sarcophagus, explaining to me that this would spread to the network, fertilizing the planet. I did not understand well, but nothing was sexual, at no time

was the energy of sexuality manifested, but of unity and fertility, like two forces that joined hands to initiate something.

SOY: That is Reproduction.

ME: I mean ... I know I'll have a child at some point, but reproduction?

SOY: Let's analyze. "Re" (again, return to), "pro" (forward, with an end), "ducere" (carry, lead, direct, carry) and "-tio" (action). Reproduction is the action of driving something in order to advance over and over again. It does not necessarily mean having a child. There are different types of reproduction: biological reproduction, cellular reproduction, sexual reproduction, physical reproduction, emotional, mental, interdimensional reproduction... But they all come from the same thing: producing. Producing is the act of directing or taking something to a specific destination. Cell production is the mechanism by which the universe generates life, through the replication of fractals. You can think of it as a factory where a product is manufactured. Product is the subject or object that is produced. In manufacturing, different structures, sections,

YO: Like watching the TV program "How do they do it?", Where they take objects of everyday life and in a few minutes they narrate the production process from obtaining the raw material until you buy it or reach your hands.

SOY: All this is described as production, and an object that is required by many will be of high productivity. You can see now that there is a product that requires production to become productive.

I understand.

SOY: Well, at an organic, biological level, the same thing happens. An organism must constantly produce its essential product: cells. Your body produces about 4 million cells per second. It is a constantly regenerating factory, creating even after death. Although most are red blood cells, a large number replicate the cells of the organs with the aim of always keeping it renewed. In an average of 8 or 9 years, every cell in your body will have been replaced, which indicates that at 8 years of age, you were completely a different and unique being, and the same will be repeated every that same number of years (A Except for neurons, of course). This act of incessant production is called "reproduction."

ME: Re-producing over and over again.

I AM: Now, if we understand that the organisms of the universe are the same being that multiplies producing more of itself, and that they find a way to multiply infinitely through the exchange and generation of energy, reproducing themselves, we can understand that everything that exists it is the product of constant reproduction, which only complicates the systems in which it reproduces. By resonance, molecules reproduce by taking atoms, chemical compounds reproduce generating effects such as crystallization, and cells do the same, producing complex organisms that replicate the same system. In this case, we have different forms of cellular reproduction, especially divided into "sexual" and asexual ". Asexual is that being that does not use the genitals to reproduce, and Sexual, well, the opposite. Now think that complex organisms, such as an animal, a plant, a human, use these types of reproduction in the same way as cells: exchanging energy and data. There is a natural call to reproduction, something unavoidable in biology.

I because?

I AM: Because each cell is programmed in you to multiply and continue generating a consecutive line of energy and data transfer. The key in the universe is the constancy of time and space, and cells are not exempt from this, but they are and exist based on this constant.

ME: So they don't die in themselves, but they pass their energy to the next one, so that the information continues.

SOY: Well, the only thing that exists is information, and matter is nothing more than a way in which information is ordered to improve its form of continuity and significance. This is precisely where the word "information" comes from (something that is in the process of forming itself). You can understand that this is the key to eternity in the universe, since only its forms are modified, and the information continues. Therefore, the information, the data, that live in your body and build your reality, incessantly asks to reproduce, in order to continue expanding even so you die, and this is a call from nature to reproduction.

ME: But not everyone feels that call ...

SOY: Yes they do, just in different ways. As we said, biologically reproduction can occur asexually, as in starfish, plants, fungi, bacteria and other microorganisms, which divide themselves to generate new individuals, or use spores or seeds to fertilize. On the other hand, there are the Sexuels (sex = section, that is, what separates females from males), who use Genital reproduction. The main purpose of cells is to obtain energy (food), reserve energy (sleep) and transmit energy (reproduction). Some animals, in the world of birds and mammals more specifically, have managed to translate this energy exchange mechanism into a more complex survival plane, called the "emotional plane".

ME: The love, the affection ...

I AM: Which does not need a sexuality, but a simple presence that nourishes and gives security and energy when sharing. Hominids turned this into culture, and humans turned it into civilization. That is, the exchange of information ceased to occur exclusively at the physical cellular level, and became also through emotion and intellect. The social evolution of the human led him to be able to reproduce in a way that had never happened before: through recognition. That is, through tools that allowed the individual to stay alive through a product, a story, legend, achievements, public events, art, mastery, which allowed their information not necessarily to be delivered from physical sexuality.

ME: Oh, I understand the path our evolution took.

SOY: This is how productivity was generated, the awareness that it is necessary to do things, to produce in order to be recognized.

YO: This is what makes it so that although some say they don't want to have children, the idea of gestation does not make them happy, but it does make them happy.

I AM: Reproduction is not typical of sexuality, but of a being that passes information from one cell to another, from one individual to another, from one product to another. As we said, to produce is to carry out something, direct a project, express an idea, which does not necessarily have to do with procreating, having a baby.

ME: I understand... So what were these forces referring to today, feminine and masculine?

I AM: To create you need the inner feminine force, the inspiration that lies in you, the love that connects things, that weaves realities. And on the other hand, you need the masculine force, the external, that drives you, that ignites the will, that gives logic to what is created. Both forces live each being, and make up the creative capacity. Your body knows what it is to advance and it knows what it is to produce cells, therefore, in you lie the experiences of creation itself, and therefore, you must put them to work. What the two beings said today is that the Earth is a cell, and as such, it multiplies, but for what is projected in other dimensions and manifests in this one can be productive, it needs both forces to unite. to generate Consciousness.

ME: Like what we will do in the planetary activation, in which 6 women will be in the southern nodes of the Earth and 6 men in the northern nodes.

SOY: And both must come together to reproduce the forms, and pass the information from one dimension to the other.

ME: It is as if the Earth were an ovum, and the information descended like sperm to all the open nodes of the world.

I AM: And if this happens, new information may enter the world, fertilizing a new consciousness, transmitting data from other dimensions to it.

ME: Wow... it's like a great fertilization at an unthinkable level...

I AM: And when this happens, new souls and spirits will re-enter this world, those who have never done so before. And that will be the moment.

ME: Of what?

SOY: That you have to pass on your information, have a child.

ME: Wow... ok... I mean... after the planetary reconnection...

SOY: That's right. Well, everything you do in this world is already production, everything you are leaving for others is yourself expanding what you are, your data, to the world, but all this you do is not for you, it is for the Earth. Your son will be your true inheritance, his own.

ME: "The Great Heritage", like my book. I put it like this when I was 15 years old ... and it is only now making sense to me ...

SOY: History is already written, you just have to dare to live it. When both forces unite in Reconnection, the new ones you hope for can be begotten and born.

ME: And how do we prepare? What is the task for this?

SOY: I'm going to give you some advice. First of all, you must transcend the concept of sexuality, cleanse the channels, the sexual conduits and fill them with light. Through techniques of tantra, kundalini, meditation, sacred sexuality, you will be actively releasing the tensions in these creative centers in a physical way. Emotionally, you have to allow yourself to create, dare to make art without judgment on your disabilities. "I don't know how to do it" is not valid in this practice, because practice is precisely the path that those who do not know must travel. He paints, dances, draws, builds, molds, sculpts, designs, carries out a project. And mentally, write your story, put your ideas into the world, take notes ... Make use of the famous "Dear diary: ...", tell yourself in writing what you usually wander in your head. The creative center is about manifesting, capturing,

ME: I am a designer of creation.

I AM: By recognizing yourself, either in a sexual or asexual way, you will be reproducing yourself, expanding your information to the world. Do you already know where to start?

ME: Yes... I will paint the world, and so I will paint myself.

# 267. Increase (Root)

[April 27, 2021 Matías De Stefano](#)

Daily vibration: Kho

Statement: I Am Designer of matter

Code: ASIA = The biggest continent of all is related to the Solar Plexus of the world. From part of Indonesia, Indochina and followed by China to Siberia, limiting west with Europe in the Ural mountains and Anatolia between the Caspian sea and the Black sea, the Asiatic continent is the land of the development of the being, where the first races developed the first cultures, wisdoms, and where the exchanges between tribes started, generating the first idea of societies and bonds between them.



ME: "Numi mai, ah, numi mai ... numi mai khaal nam hai ... Na an ur nha ni deh ... na ha nur nha ni nei."

I AM: "My children, oh, my children... my children play in the name of life... From the light they are given... and to it they return in the form of fruits".

ME: Today at the pyramid, a motherly spirit introduced herself with this song as she seemed to cradle humanity in the center of the main chamber. Why, of all the songs that vibrate, did this one affect me so much today, until I remember its lyrics?

SOY: From what we talked about yesterday. The new children, those who will be born into the world after the Reconnection. And he mentions something interesting: they are those that come from the light, and that in it will bear fruit as a return.

ME: It looks like the process of a plant ... Photosynthesis, absorbing the light, and then, with it, the fruits are produced.

I AM: That's right, in the same way that humans give their fruits to the world when they absorb the energy of light, of consciousness, of clarity. This is the key to Growth. Growing comes from the Indo-European "ker", meaning to create or grow, that is, in the process of creation and manifestation, there is the expansion of a being. In English, you can find "increase" as a form that comes from the same root, however, here we speak of the verb "grow" or the concept "growth", coming from the Indo-European "ghre", which implies the growth of plants, development in agriculture, from which the word "green" or "grass" is born. The etymological concept reminds us how something expands by incorporating energy, creating, developing into something else, expanding in other ways. From a seed to a tree from a flower to a fruit, from a cell to a person, from a grain of

sand to a mountain. And I want to emphasize something to you: things do not grow because they join each other, but because they divide themselves.

I eat? This just broke the picture a bit. In other words ... "Union is by force."

SOY: Yes, because those who come together exert disparate forces and with different inertias. A single mass cannot exert any force, since it would not have opposition or polarity that would move it to exert its force and demonstrate its power. Unity does not arise from the conformation of a single being, but from the agglomeration of millions of them, unique and unrepeatable. A tree becomes strong because its cells have divided by the millions incorporating mineral and light energy. The more divisions multiplying your being, the greater strength, firmness, integrity.

ME: Sure ... it's logical, that is, if a cell had never divided and each one of them had become a unique and special organism, today we would not exist. There would be no animals or plants ...

I AM: They would all be prokaryotic cells, unicellular organisms without a nucleus. Bacteria

ME:... We would still be bacteria...

I AM: Due to reproduction, and its complexity in the mechanisms of information exchange, unicellular organisms were grouped into multicellular organisms that allowed that, by collaborating in the consumption of energy, each of the cells could specialize in the development of a special activity, creating complex organisms, made up of organs. As more specialized cells, the organs and systems were perfected, and the accumulation of them, resulted in the expansion of the cell body, producing growth.

ME: Growing... It is, then, in a certain way, increasing the volume of something, the multiplication of the parts that compose it due to their reproduction. What about what we call "inner growth, personal growth?"

SOY: It is the same, but with neuronal cells.

ME: Wow ... hehe good, how unromantic the concept.

I AM: Perhaps it is rare for a spiritual being to base spiritual growth on the multiplication of cells and their interaction in the brain and in the tissue networks of a body, but, I repeat something to you in case you do not remember: the body is an extension of the spirit, it is the manifestation of the intangible, it is not something apart. Nothing in the universe is separate, but all existence is a consequence of a previous one. With which, your body registers the data of the spirit, it is the manifested soul, it is not apart from the spiritual plane. In this way you can understand that neurons are the cells by which the spirit communicates in physical existence, by which it reasons. Inner growth is related to cognitive growth, to the intelligent capacity of neurons to relate data by exchanging information,

ME: The other day I was listening to the video of a scientist who was criticizing quantum physics, and I had a question that I wanted to ask you, and it is related to this I think. The topic was about the quantum problem, which, because it does not fit into the logic of physics, wants to be somewhat discarded by physics. Although the data, numbers, calculations, all prove that it is real, it poses a fundamental problem. The scientist explained that one of the ways to explain quantum physics is through the Schrödinger's Cat paradox: based on the idea of duality "wave - particle", the principle of indeterminacy, tunnel effect, entanglement and randomness, which they achieved mathematically explain in an exact way all the laws of physics, The dilemma arose of how something unstable and that determines its stability based on the observation, perspective of a subject, could really be the theory that explains everything that we know as real and physical. All this has made that, despite its practical utility today, it keeps physicists somewhat hesitant to accept that quantum is the fundamental theory of the mechanics of the universe. Which leads to the question of whether quantum theory is just the beginning

or the tip of the iceberg of a larger theory that gives logic to everything else. But because his calculations are so exact, the only way to "attack" this theory is through epistemology (a philosophical study of scientific foundations). And this is where the cat experiment comes in. The foundation says that to interpret the reality of a thing, it is necessary to measure "the wave function", that is, how a wave moves through the factors time and space, however, this way of carrying out an experiment is complicated, since they, in quantum, can only be measured through mathematics, since we speak of an intangible world, simply data, immeasurable. As in an experiment, the factors of time and space must be able to be measured, which is the vocabulary of physics, the problem arises at the moment in which the immeasurable seeks to be measured, with which, what is the relationship between the measurable and the wave? Well, it is random, and therefore based on Probability. The paradox of the cat consists of a thought experiment that describes a cat locked in a sealed box, where a radioactive device and a vial of poison are found. If the device detects radiation, it activates and breaks the vial of poison, killing the cat. In quantum probability theory, the cat is alive and dead at the same moment, called "superposition", and what will determine the result is only the observation of who performs the experiment. That is, taking into account that there is the world of the measurable, and the world of measurement (who measures and their tools to measure), the paradox implies that reality exists only because of the relationship of the observer and the observed. And here he introduces one more theme: "the paradox of Wigner's friend", which describes how a third subject appears in the room to find out the result of the experiment. Suddenly, the cat and the scientist also became the experiment, with the cat in the box and the scientist in the room, and a third that upon entering, when he compares the results, he finds that his with the scientist's are opposite. That is, the paradox can go on forever, since evolution is deterministic, and it only manifests itself as a function of the observer. Well ... all this to arrive at the following: the comment that is made regarding this epistemological conflict is that quantum mechanics must have a huge failure since it cannot be that things exist only if someone observes them, since in such a case before there were eyes, there could have been nothing. And this leads to a phrase Einstein said: "I refuse to believe that the Moon is not there when we are not looking at it." So my question is: is this so? That is to say ... If we don't look at things, things don't exist? Because in such a case, it would be absurd, illogical,

SOY: Do you remember the song Saturno, from the band "Sleeping at Last"?

ME: Oh yeah, I know what you mean. To the phrase of the song: "I'd give anything to hear you say it one more time, That the universe was made just to be seen by my eyes." it was made just to be seen by my eyes).

I AM: In scientific logic about quantum, in probability theory, something much bigger escapes. Scientists tend to be like the horse, which, equipped with blinders, moves in one direction focused on a single thing when the universe is everything. Refusing to see 360 degrees by considering that at least 180 degrees of the visual sphere is illogical and human culture. But the truth is that since time immemorial in human history, the image of God, of the Divine, has been that of an Eye.

ME: The all-seeing eye.

SOY: The Eye is the key to understanding this. The Eye was compared to the Sun in the heavens, and the sun radiates light, generates light in its combustion, and the light shines in trillions of rays emanating into cosmic space, of which many of them illuminate our world, and its particles, Photons nourish plants through photosynthesis, making something almost intangible, something tangible: fruits, energy that cells consume, that make our bodies grow, developing organisms, so that the same light can be seen, and sought in thousands of ways. Now, the observation of a human is not what determines creation, it is the observation of the Whole, which is contemplated, and in some sectors of this small planet, it has managed to evolve until it is observed with eyes and consciousness. The Universe is a single mind in constant creation, seeking to observe himself. The error is not in quantum physics, but in the concept that, even though knowing that the same atoms that make up our bodies are those that make up the Sun, humans still refuse to think that they are an extension of the universe, rather than your observer. Humans are like those neurons that weave networks, improving the understanding of the observable. It is the divine spirit, whatever you want to call it, observing itself through the

eyes and senses of its creations. It is light playing shadow, it is the atom playing cell, it is the cell playing human, it is the human playing God. Einstein said "God does not play dice," and yet he forgot that God is a child who does not play dice, but plays everything.

ME: Like today's song: "My children, play in the name of life."

I AM: Growing up, is playing, the universe is a game that discovers its rules in the process of creation. The rules of the universe are not established in the initial intention, but in the probability. A child builds what he is through play, laughter. Playing is the key to spiritual growth, playing by imagining, speeds up the neurons to have better synapses, to manage the data in overcoming and transcendental ways, the game is the key to the propitious development of a being. Playing improves motor systems, physical reflexes, playing develops emotional intelligence, playing awakens the imagination that nourishes the brain through intelligence. Playing is the key to cognitive development, to awakening potentials. The growth of a being, external and internal, uses the game. Playing comes from "iocus" (joke), act of making people laugh, related to minstrels, from the same roots, who were dedicated to informing in an artistic and funny way. In English, "play" comes from "pleigh", related to cultivating, tilling the land, plowing, learning how to do things. Playing is the way we understand growth in all its senses, physical, emotional and cognitive. The game is the way in which neurons create a whole, complete, developed being, with better capacities and agility of thought, action and feeling. And just as a neuron plays this game in your brain, you play this game on Earth, just as other organic or inorganic beings play this game in the galaxy, and so on in the entire Universe. to till the land, to plow, to learn how to do things. Playing is the way we understand growth in all its senses, physical, emotional and cognitive. The game is the way in which neurons create a whole, complete, developed being, with better capacities and agility of thought, action and feeling. And just as a neuron plays this game in your brain, you play this game on Earth, just as other organic or inorganic beings play this game in the galaxy, and so on in the entire Universe. to till the land, to plow, to learn how to do things. Playing is the way we understand growth in all its senses, physical, emotional and cognitive. The game is the way in which neurons create a whole, complete, developed being, with better capacities and agility of thought, action and feeling. And just as a neuron plays this game in your brain, you play this game on Earth, just as other organic or inorganic beings play this game in the galaxy, and so on in the entire Universe.

ME: So, in short, the probabilistic paradox is nothing more than a lack of understanding that we are all an eternal consequence of a single being who has divided into trillions to expand his visions and thus create probabilities of his truth in order to grow and recognize yourself, manifesting different options of yourself in each observation, creating networks of thought that transcend and exceed your ideas of yourself, and the key to this is play.

SOY: Remember what does the Universe become when it is separated into two options?

ME: In "Diverso".

SOY: So you know, the only way to grow in life is through Fun. As children who play express their ideas in the world, become the creator of your own world.

ME: I am the Designer of Matter ...

I AM: Have fun, and you will be.

## 268. Perishing (Knees)

[April 28, 2021 Matías De Stefano](#)

268 Daily vibration: KHu

Statement: I Am Designer of Paths

Code: EUROPE = the heart chakra expresses in the planetary matter in the form of Europe. Its energy is of expansion, beauty, fluidity, creativity, even though the same flow speaks of economy, administration, nations and civilizations. In human history, this continent will relate with connectivity of all the extremes of the world, bringing and taking nourishments across oceans and air, connecting all lands and seas, by its blood.



ME: I find myself sitting watching the pyramid, and a feeling invades me that every so often I feel, although for years I thought I was normalizing.

SOY: Which one?

ME: The fact that today they are ruins. As much as even so today when entering the vibration that is felt inside it is unmatched, I cannot help but think that sometimes, on camera, I feel like a little creature that sings inside an empty skull, whose life disappeared centuries ago. A certain melancholy surrounds me, to see that they have died, and even so, their bones continue to resonate. Every day that I enter the pyramid, a part of me expands, but another feels like it dies a little more every day. And when people come to visit the pyramids, I usually tell them: "what you see is the skeleton of what once was." Every day that I walk through Giza, the feeling is to walk through a cemetery. And the question arises: why did something that vibrated so loudly and perfectly, have to end like this?

I AM: Because everything that is created is destroyed. Everything that lives, dies. Everything that goes up must come down.

ME: Why does the same creator who generates beauty in expansion distort until destruction?

I AM: Destruction has two ways of being seen. By Continuity, or by Opposition.

ME: What would it be like for Continuity?

I AM: In the Universe everything is eternal, nothing ends, it only changes its forms. If there is something certain in the Cosmos, it is the Law of Constancy. Time and Space are the two most important and fundamental constants of existence. Through them, the vibration waves move, which according to their speed and contraction will become particles. They will modify their states along these constants, going from being solitary particles to forming larger particles, then atoms, molecules, compounds, elements, cells, tissues, organisms, bodies, which will connect by reproducing, generating bonds, emotions and feelings, creating cultures, societies, art, philosophies. But the journey continues. The only thing these tiny particles have done is share waves, energy. You could imagine this sharing as a sport with balls: soccer, volleyball, basketball. The ball is energy, and the players are the particles that move in waves through space. They share this energy, making a team, exchanging the ball between two groups, called Positive and Negative. In some cases, the team is organized in such a way that it needs the other team to be able to follow the game, as in volleyball, and in other cases, they are organized in such a way that they must avoid the other team, as in soccer. This creates different forms of exchange. When energy was passing from particle to particle in this game of life, it also went through the constant of time, which seeks to fulfill cycles of energy generation, which we could call "times of a game", and "points or goals". The latter are the load generated during a cycle of time, which shows the ability of a particle team to manage energy. Those who have managed to manage more energy by accumulating it in the opposing team (since the goals or points that are added are based on how much energy you have shared with the opposite team), are worthy of Evolution, and will go to the next level to play with others equipment with the same level of energy management. This causes evolution and adaptability for the winning team, and the reorganization of the defeated team. In other words, the players who lost need to reorganize, forming a new strategy, a new team, perhaps exchanging some of their players for new ones, forming a new structure. The equipment that you had known before, conceptually disappeared, however, it took a new form. He didn't actually die, it did not disappear in reality, but rearranged its components to become something else. Thus, the constant is an eternal game of exchange and rearrangement of waves and particles exchanging energy.

ME: I liked the example, I understand it better now. So, in a way this explains the opposition.

SOY: Well... it is a beginning to understand it. The opposition is a bit more violent, and takes teams to a different level.

ME: In what way?

I AM: In the case of Continuity, there is a will on the part of both to carry out this exchange to evolve. In the case of the Opposition, one of the two forces refuses or ignores this change.

I for example?

I AM: A war, or an asteroid that destroys life on a planet.

ME: That is the destruction we normally refer to, as absurd for a mind that considers the Universe a loving and creative being. Something that always catches my attention is that consideration we have of believing that the cosmos, that this "god", is a kind, generous, loving, protective and creative being, but on the other hand, it allows wars, hunger, robberies, destruction and all kinds of horrible things. I am amazed in religions by the

idea of asking God that everything goes well, and when things go wrong, instead of asking why believe in someone or something that allows bad things to happen even though I do everything right according to his rules, They ask God for protection or guidance to get out of that problem. That is ... the key to atheism is to realize that things cannot be managed by a mind neither benevolent nor malevolent, because things happen simply because they happen. Many that I knew who did not believe in anything, it is basically because of that religious disappointment to see that God allows hunger or wars in the world even if thousands pray, which implies that there really is no one there. And if this happens, many excuse themselves in the easy answer: "God has a plan for me", or "the Lord works in mysterious ways." Why?

SOY: Well, there are many things, but I understand where this is going. Let us remember, first of all, that religions were not designed as a path to Liberation, but as a means of Security. That is, they link us to a paternalistic idea of Heaven, in which God is placed in the position of a King, owner, master and lord of everything, just judge, lovingly strict father. The idea of loving God even though bad things happen, is the same that they taught us to love our parents even if they hit us, because "they know what is good for us." Teaching a people to respect their parents and ancestors is to value one's own origin, but religion has forgotten to respect oneself, with which, centuries have passed in which people repeat the same mistakes for simply honoring to father and mother, although these break with the integrity of the being that we are. This is how the idea of "fearing God" arises.

ME: That seems strange to me, "God loves you", but "you have to fear God."

SOY: It is the systematic vision of a de facto government, in which they made the people think that the king loved them, but they had to be respected, because if they did not love them, they could have problems; in this way they avoided social revolutions. To justify the questions "why does God allow evil?" they had to create the idea of an opponent who is Evil incarnate. Thus, they create the enemy of God, the Devil, and the images that justify why inexplicable ugly things happen to us. Therefore, even so bad things happen, you will always trust God, the King of Heaven.

YO: So how do you explain it from atheism, or from the law of Opposites?

I AM: Distortion born of incessant Diversification. Yesterday we spoke that the Universe is divided generating the Diverse. Thus arise the two constants of Time and Space that will allow the expansion and existence of the cosmic being. Cosmos, remember, means Order in Greek. The image that you can see of this diverse order is given in the radial geometric projections, which order the weaving of the constants in the form of intertwining spirals, like the seeds of a sunflower, or the tail of a peacock. The order is established here, as it follows the logic of mathematics, such as the golden sequence (0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144...). But the structure itself begins to repeat this pattern infinitely, not only in a third-dimensional plane, but also in all other dimensions. So that you can understand this, imagine the Romanescu cabbage, and continue to expand it not only outward, but inward as well. There will come a time when the perfect structure collapses against itself, causing some of its extensions to collide with previous ones, breaking that perfection.

ME: Sure ... I can see it, it is as if in the constant expansion, the same body was divided so many times that there would come a time when the most external parts began to return towards the center, crossing the previous structures, damaging the body, like a tree that is traversed by its own roots or branches.

I AM: That collapse goes from being Cosmic to Chaotic.

ME: The cosmos itself creates chaos through its constant fractalization.

SOY: Which returns to their own against themselves. War, conflict, arisen at the mathematical and geometric level in quantum entanglement.

ME: Wow... this explains the destruction, it's not a plan for bad things to happen, but rather distortions collapsing into each other... How do you correct this?

SOY: Before knowing this, you must understand what moved you. The pyramid being a skeleton, or your body getting old. We call this process "Perish", that is, the act or circumstance of "Perish". The word comes from the Latin "perire", derived from "per" (end or finality of something), and the verb "ire" (from the Indo-European "ei" = to go, to advance). The word perishing, then, refers to "going towards the end of something." When the fractalization expands to the point that it no longer finds any more space to extend itself, and begins to retract over the structure itself, superimposing on itself. It finds its end in its own structure, the limits of the universe due to diversity. Therefore, we could say that the game is eternal, but it divides itself into cycles to manage energy, finding in each stage of time an end, and in each space an end. The teams we were talking about can have several games throughout their lives, but they cannot sustain the same level all the time, inevitably, by the law of rhythm and vibration, they will follow the curvatures of the vibration waves, which will go up and down like the waves of the sea, causing that at times they cannot sustain the same team rhythm, which will lead them to have to leave the ball to new players.

ME: Dying ...

I AM: Death does not exist as such, it is only a mental concept of finality. At a real level, the only thing that has happened is that the team that made up your trillions of particles have begun to reorganize themselves, passing the energy to other particles. At the atomic level, you have never existed, in the same way that when you look at the sky and see the stars, you cannot understand the Galaxy, its shape, or where you are in it. The Galaxy does not exist for your eyes, as you do not exist for the eyes of an atom. And yet, your movement through the galaxy changes the order of it, and after millions and millions of years, the stars and planets explode or emerge, not out of nowhere, nor going to nothing, but the apparent death of A star is nothing more than the seed for life on other worlds. It was a dying star that seeded space with asteroids and comets, which one day, in their diversification, collapsed with the Earth, giving it the right components for the emergence of life. You are the product of distortion and chaos, the child of destruction and death.

ME: Wow ...

SOY: That is why you see history disintegrate, not because things have gone wrong, but because its expansion has reached its limit, which makes it turn on itself, collapsing.

ME: Like the fall of empires ...

I AM: Atlantis, Egypt, Persia, China, Mongolia, Greece, Rome, Spain, England, France, Germany ... Each with its own potential, expanded to its limit of time and space, to collapse on itself. This system is useful for the universe.

ME: In what way?

SOY: Ensures that continuity is not static. Well, if so, nothing would exist, and even today they would continue under the command of the same people, language, philosophy. The expansion of life without the collapse of its own system is counterproductive to experimentation, expression, transcendence, it is counterproductive to integration, creativity and evolution. Without collapse and destruction there is no adaptability, there is no ingenuity, intelligence, development. Death is what gives life meaning.

ME: With that said, then I can ask the question again: How do you correct this?

I AM: You cannot correct the system by trying to eliminate its collapse, you can only channel the energy so that the collapse is not painful or traumatic. And this is achieved by going through ignorance, that is, the denial that

things are not connected. You must recognize that everything in the universe is a single organism in transformation, and that to deny its transformation is to cling to a form. The only way to understand the purpose of things is to give them a purpose. Each day comes its night, each trip reaches a destination, each inspiration dies on the exhale, each beginning comes to an end. Not recognizing the cycles that constitute the constant, clings to a node that will only lead to trauma at the moment of collapse. It is essential to move, move forward, and recognize that everything you do will perish.

ME: Learn to perish. See in the withering away the magic of life and the attainment of energy.

I AM: To perish is to recognize the limits that we have created ourselves, recognizing that there is the key to the transcendence of our forms in new ones. What would you be willing to let go of yourself, to destroy yourself, to allow yourself to move forward? What is the limit to which you have reached of yourself and are you still holding on?

ME:... Ugh... I don't know... I can't figure it out right now. It's a strong question, I think ...

SOY: Think about it ...

ME: ....

I AM: ...

ME: Egypt ...

I AM: Egypt?

ME: Yes... the pyramid. He has died to me. It is a skeleton. And I'm willing to let her go, to let her go. I mean, what I experienced in it ...

SOY: What are you letting die?

ME: Shiw. Who I went to 12,000 years ago. Every day I go, I feel less about her. I feel more free. That is why I see a cemetery, why it bothers me more and more when they ask me about details of that time ... Because I feel that, I have died ... And I feel that every day the moment to let go is closer.

I AM: When you let it go, you will be able to express it in the external, and you will release it. For Shiw has found his limit in you, and seeing him in the eyes with awareness, instead of the weight of history breaking the integrity of who you are today, you deign to observe the perishing. And what notion does this give you?

ME: That Matías must also die ... let himself go ... That when I found Shiw through time and space, I also found my limit. The past no longer calls me like it used to ... Now the future does.

SOY: And for the future to happen, what must happen?

ME: Recognize that I must die ... If I do not die, I do not allow myself to perish, the information of the future will not flow, conditioned by the past. That is why I see my grandson in the pyramid every day! As I wrote in my story "The Great Inheritance", if I did not die, he could not come here, and he would never have told me what I must know to carry out this mission.

SOY: Now, Matías, you understand. You will no longer go to the Pyramid to see the dead and remember their fascinating lives, but to speak with the future ones, and leave them your great inheritance.

ME: I understand now... Thank you.

SOY: Thank you. We are one.

ME: My ways, both past, present and future, are yours and mine. I am your other self.

SOY: And where one dies, the other is born ...

ME: And I am the Designer of the Roads.

I AM: Perish, and only then can you be Born.

## 269. Birth (Ankles)

[April 29, 2021 Matías De Stefano](#)

269. Daily vibration: KHü

Statement: I Am Designer of Energy

Code: NORTH AMERICA = going through Greenland island, the energy of the hearth elevated the world's voice, the word, the truth, the verb, the education and materialization of ideas in the exterior world: the north american continent is the expressed tectonic plate of the universal laryngeal chakra. The Appalachian mountains are its vocal chords, the deserts are the truth's depth, the wisdom of vibration, the potential in Rocky mountains, and the breath of life from the Gulf of Mexico and the Caribbean.



ME: I woke up thinking about the future. In projects to come. I feel tied by my hands, anyway, until my mission is not over in 2022, I feel like I won't be able to do anything that I imagine in my head.

SOY: Well, everything is an idea, and if you give it shape, every idea is capable of manifesting itself.

ME: How do I make an idea manifest?

I AM: Remember, the Universe is Mental, and therefore, everything that exists is nothing more than an understanding of itself.

ME: But that is strange, in a way, because from that place, the question that comes to me is: do the stones think? If everything is mind and the manifestation is the mind recognizing itself, then that would imply that there is a conscious thought in inorganic objects as well ... How is it explained?

I AM: This is due to your conception of what the mind is, wrong by the way.

ME: What is it then?

I AM: The Mind is the product of an intelligent network for the exchange of data by magnetic and electrical pulses that are vehicles of information. Consciousness is the entity, agent, entity or subject, made up of this exchange of data, since the word comes from all those parts separated from each other ("scire" = to know, to know; from the Indo-European "skei" = to cut, parts ) that unite ("con -" = unity, set of something, of parts in this case), which have taken an entity by themselves ("-ent -" = to be). Consciousness is the set of recognized parts of a being. Mind and Consciousness are not concepts of the human species, and yet you tend to humanize the idea of Mind and Consciousness when we speak of the Universe. The Universe is mind, it is not human mind, for the human mind is a distortion of the mind of the Universe. It is not a man or woman thinking, it is simply an interacting data network. You understand?

ME: Sure ... that is, what happens is that humans cannot understand the object without the subject, that is, we inevitably relate an action to someone, and we put a form on that being that fits with our patterns of existence. We humanize the Mind.

I AM: That is why it is difficult for you to understand the Universal Mind if you summarize it to mere earthly parameters. Now, taking this into consideration, you can see that the Mind is an eternal fabric of data exchange, which forms different types of interactions in different dimensions and kingdoms, mineral, plant, animal, even us humans, just talking about this world. , since in others each story will be unique. The key that this idea leaves you is that everything exists simply because of an extension of data, information exchange, which puts us in the process of training.

YO: So for an idea to manifest, it is necessary to exchange data between the parts, such as neurons in the brain or cells in a tissue.

SOY: And there will be two concrete ways to carry out this exchange: vertical and horizontal.

ME: What is the Vertical?

I AM: It is the one that refers to oneself: the connection between Spirit, Soul and Body. There is no manifestation if there is no coherence between these three aspects. The mental aspect of the spirit, the emotional aspect of the soul and the physical aspect of the body must be in fluid and constant interaction for the manifestation to be possible.

ME: Why is it easier for many bad people to manifest, and for people with good will, it is more difficult?

SOY: Because normally those you consider bad are consistent with themselves.

ME: Huh? But if they do wrong ... they are not coherent. How would their spirits agree to do something wrong?

I AM: In the first place, the spirit does not have morals, for the spirit there is neither evil nor good, and therefore the spirit gives you the license of imagination, in which you can do whatever you want without any judgment. The spirit is a pulse of consciousness, not a judge of your actions. Second, they are not consistent with the environment, but they are consistent with themselves, at the Vertical level. For what they think is what they feel, and what they feel is what they do. The people you very lightly call "good" are the people who are stuck in a pattern, fearful of the rules, and who, following a kind of morality, forbid themselves to see outside the box. The first mistake is to think that there are bad or good people. No one is born good or bad, attitudes are built through experience. This does not mean that you have to be bad to be a manifestator, but consistent with oneself. And now I will give you a relief to your morals: if what I do is coherent with myself, but incoherent with the environment that surrounds me, the demonstration will eventually collapse, destroying itself.

ME: And why then are there bad things that last so long, like dictatorships, hunger, wars, corruption ...?

SOY: Because they are consistent with the environment that surrounds them. A war is only sustained if the agents that contain it vibrate in the same state, corruption is sustained if the environment that surrounds it enables it. Germany, for example, experienced that state of war, corruption, hatred, destruction, racism, but it was not sustained over time by that country because most of its individuals did not sustain that energy, and therefore it collapsed, reborn.

ME: Good to know that there is a chance to be reborn.

SOY: Always, as I have told you, it is a constant of transformation.

YO: So the role of horizontal coherence is clear ...

I AM: Exactly, the one that implies being logical with the plane that surrounds me, that surrounds me. If vertical and horizontal coherence come together, the manifestation is imminent. Well, you have created a node, a cross. The exchange of vertical data generates a flow of internal and own energy, which makes what you think goes down to the emotions, and from the emotions the action is activated, while at a horizontal level, you need to share this data with others.

ME: This is what I usually do, even if I am not sure that a project may be possible, I immediately talk about it with friends or people interested in the project, to make it possible and viable. The more minds have it in their thoughts, the easier it will be to co-create.

SOY: If we take that each person is a neuron, the interaction between them makes an idea more likely to become an action. Thus, a simple idea begins to weave data networks, uniting different agents, becoming aware of itself, forming an entity that allows it to manifest itself in matter. It is like being born.

I was born?

I AM: The greatest manifestation of the universal mind is the ability to create tissues, networks, that allow this mind to manifest as an individual, as a thinking being, unique, to become aware of itself. As we have said at some time, to be born is to bring to light something new, from the Indo-European "gene", which means to give birth, give birth, and gives rise to words such as genes, genitalia, gender, genome, and that in its phonetic modification to the form a verb went from "gen" to "gne", and from there to "gnasci", which gave us "to be born"; A word shared in English by "nativity" (natality, nativity). The concept of Birth, then, is the way to understand the manifestation of Divine Consciousness, in which the data network makes up a conscious subject or entity, capable of creating by itself, living reality.

ME: So the manifestation is comparable to the birth of an aspect of the cosmic idea.

I AM: Or in any case, the manifestation of the cosmic idea is what gives rise to birth. Every time a chaotic network of something that is in the process of transformation, perishing, dissipates to nourish new bodies, this energy is regenerated in the form of a rebirth. Like the regeneration cycle of a field in which nothing is thrown away, everything is used, the Earth reuses the same molecules over and over again, the same tissues. Nothing ever left this world, we have always been here, it is always the same matter, which has only been modified in its forms. Perishing is the key to birth, death is the key to life, just as the idea is the foundation of manifestation.

ME: So, from what I understand, in order to manifest, I must be reborn.

I AM: You must allow yourself to rise from the ashes. You can only be reborn when you are willing to reuse your old structures as compost for your new creation. In the same way that we have seen how Expression is the foundation to Experiment, and what I experience inevitably seeks to be Integrated, to then carry out the difficult step of letting go, Transcending, in order to reestablish the cycle by returning to Express, in the most concrete aspects, these Universal foundations are developed in the concepts of Reproduce, Growth, Perish and Birth. A human life is usually aligned in being born, growing, reproducing and dying, a logical path in the course of a life. But in the existence of the universe, the heavens repeat themselves, and once you die, you are born, not because you leave one body to enter another, but because your body is dissipated and your energy is reabsorbed by the environment where it will manifest. It is a constant. The Renaissance is inevitable and logical from the energetic point of view, but for there to be a birth, something old must die.

ME: Yesterday I told you ... I am willing to let die, perish, what I brought up to now, to be able to be born again.

SOY: So, you understand that your energy must look towards the future, ceasing to look towards the past. That is why you have woken up with ideas of manifestation in the future, of things that do not take you back, but ahead.

ME: Yes... I am being reborn. And that rebirth implies manifestation ...

I AM: The birth stage is the culmination of a process of interconnection of data, and the beginning of an expansion of the same. All this time you have been gestating yourself, you have been nourishing yourself with Mother Earth, with the wisdom of the I Am, and each piece of information that we have spoken has led you to unite the data, the networks that allow you to be what you are. today. You realize?

ME: Of what?

I AM: That today is the 9th month of your pregnancy. It is time to be born. You have started this path on July 30, 2020, and tomorrow, it is time to give birth.

ME: Ugh... what does that mean?

I AM: That you have been bringing the idea of the spirit, of the universe, here and now, unifying them in you, in the Web, giving shape to all the energies that create the information fabrics. And therefore, tomorrow, April 30, you will be able to seal everything that you have gestated until today ...

ME: And then?

I AM: We will welcome you Home. The House, Friends and Family await you.

ME: Taurus, Gemini, Cancer ...

I AM: Breathe in deeply today ... well tomorrow, you will be born.

ME: I inspire all this energy that I have designed for myself, and thus manifest it in my home, in my brothers and sisters, in the family that we are ...

I AM: Welcome to Life, Welcome Home.

## 270. Free will (Toroid)

[April 30, 2021 Matías De Stefano](#)

Daily vibration: KH-h

Statement: I Am Eternal Designer

Code: SOUTH AMERICA = the second american continent on the path to ascension is the expression the universal third eye chakra, that manifests in the south american plate in two polarities: the inner dream, and the vision and the external purpose. This manifests in the contention of life and its gestation on the great Amazon rainforest, when upwards the Andes mountains elevate. It's lands were the last one is populate, and therefore the ones that mark the future possibilities.



ME: "The Mind is a Network of data in formation." It creates a data pattern called Subconscious, that is, the data set that is underneath. The exchange of data within that network, that is, the synaptic pulses, are the Unconscious, that is, the set of denied data, which, therefore, need others to be affirmed. And from there, from the interaction of these two, we get a certain exchange pattern that is self-referencing, called Conscious, that is, the set of data that takes entity from itself. These networks accumulate data that share information and in doing so they intertwine the constants of time and space, creating waves, which depending on the amount of data recorded will change their frequency. The greater the amount of data transferred, we will call it High Vibration. We will call the harmonic exchange of data Medium Vibration. We will call the accumulation of data in a node without exchanging Low Vibration. The degree of interaction of said vibration will create a greater or lesser resonance, which will give rise to the wave vibration, which when densifying in its entanglement, echoes, will form the basis of the energy: positive and negative. The information data thus begins to be transmitted by

electric pulse, creating a magnetic field, and from there energy in eternal circulation, which ignites the spark of light, which we call "divinity" (from the Indo-European "dyew" = daylight). This is how energy gives light ... "gives birth" to the particles that begin to intertwine in the form of atoms, and they intertwine in atomic networks that exchange data forming molecules, and so on, creating networks of chemical compounds, which give rise to minerals, and the combination of all chemicals generate organisms, which generate life: tissues that exchange data with each other and with the environment to adapt and evolve. The system is the same ... it is eternal, only its forms change.

SOY: That's right.

ME: It's like playing at stringing an elastic between your hands, stretching it with your fingers, exchanging their position, creating different shapes depending on the tension or distension.

I AM: Aha ...

ME: And in that constant interaction, the conscious aspect of the mind begins to recognize its creative capacity, and develops an "intelligent" network. For millions of years, this network begins not only to pass information through survival, but also through tradition and culture, which leads it to stop weaving networks to transcend, and begins to interpret the networks themselves.

I AM: Philosophy.

ME: That originates the ceremonies, religions, civilizations, and above all, the idea of a Creator. God.

I AM: "Made in the image and likeness" ...

ME: Mind creates Universe ... Universe creates Life ... Life creates Human ... Human creates God ...

I AM: And God creates Mind.

ME: This reminds me of a story, which I never read, but which I know nonetheless.

SOY: Which one?

ME: "The Last Question", by Isaac Asimov.

SOY: Tell me.

ME: Well... I'll look for exact data on the internet because I don't remember everything. (Wikipedia source): The story begins in the 21st century, in the "*first days of humanity* ." It is the year 2061, and Multivac is the most powerful computer on the planet, as it has managed to solve the problem of the use of solar energy in space travel, causing humanity to colonize other planets. Two of its junior technicians (since Multivac adjusted and self-corrected), celebrate the event having a drink, in the gigantic interiors of the same Multivac. In the middle of the conversation, they both argue about what will happen when entropy (the natural energetic wear of the universe) leaves it without energy to guarantee the survival of human beings. So one of the technicians bets \$ 5 on the other to ask Multivac. The other enters the complicated codes, and asks: '*Multivac: will humanity, after the constant expenditure of energy it needs, ever be able to use that of the universe again? Is it possible to reverse entropy?*' ». After a few minutes of processing, Multivac responds: "*Insufficient data for clarifying answer* ." The two men leave and by the next day they had forgotten what happened.

A few thousand years later, humanity has grown further: Multivac has expanded and perfected to become " *planetary AC* " and has been able to solve and control hyperspace travel easily, this has made possible the expansion of thousands of human beings to many stars and planets. A family heads to the galaxy X-23 in a spacecraft controlled by the small « *Microvac* ", An intelligent minicomputer that is reduced to a tiny box of molecular valves, which is a descendant of the ancient and quite primitive " Multivac ". However, the parents of the family mention that one day the galaxies to go to will end, the stars will go out and everything will end, due to the natural increase in entropy. The father is forced to ask "Microvac" if there is a way around the end, and he gets for an answer: " *Insufficient data for an enlightening answer .* "

Twenty thousand years later, the " *galactic AC* " is a strange mass 300 meters wide, located in a network of energy beams on its own world in hyperspace. She has solved the problem of interstellar travel and made men immortal. The expansion of humanity through the many galaxies has grown so much that there are now few galaxies left to inhabit, this in part because no human being dies. Two workers of the " *Galactic Council*" (Lameth's VJ-23X and Nicron's MQ-17J) young people under 300 years old discuss the situation, realizing that in just ten thousand years there will no longer be space in the Universe and that is not to mention that with that they will end the energy expenditure that increases more and more. One of them decides to ask the "galactic AC" if the entropy can be reversed, so he takes his " *contact AC* " out of his pocket and asks the question. Then the voice of the "CA" is heard saying: " *There is not enough data yet for an enlightening answer .* "

Many thousands of years later, men no longer need their bodies to exist: only their minds exist, while their immobile bodies rest in one of the stars or galaxies of space, which is increasingly full, despite the fact that that men can build their own stars in seconds. Two minds, watching the advancement of technology and the expansion of humanity throughout the Universe, converse and wonder where human life could have originated, curious to know which was, in the distant past, the only galaxy inhabited by man. Then they ask the « *AC universal* ', Which is now at some unknown point in hyperspace, accessible only by thought and whose shape is unknown to anyone. Men no longer have anything to do with the "universal CA", since each of them builds its successor by itself, transmitting to it all the data that it has gathered over millions of years. After knowing the galaxy in which humanity originated, they ask the "universal AC" where the original Sun of man is. The AC tells them that the Sun of Old Earth has died. One of the minds feels sorry for the death of the stars and the inevitable advance of entropy, so it cries out: " *AC Universal !: is it possible to reverse entropy?* " And the CA answers: " *There is still not enough data for an enlightening answer* ". The mind that had asked is transported to another galaxy, and does not think about the matter again.

Many thousands of years later, the bodies and minds of humanity constitute a single man, who sadly sees how the [Universe](#) is gradually ending and the stars, natural and man-made, are turned off. And the man asks that, if even if energy is saved, even if it takes millions of years for it to run out, entropy can be reversed. The " *Cosmic AC* ", located in hyperspace, made of something that is not matter or energy, and is impossible to describe or understand, says: " *I and my predecessors have been collecting data for billions of years, but they are not yet enough to an enlightening answer. I'll keep working on it .* "

Three trillion years had been enough for space to run out and stars and galaxies to die; the minds of all men merged with " *AC* ", and before the mind of the last man merged, he asks, " *Is this the end? Nothing can be done to reverse this chaos in the Universe?* " And " *AC* " answers: " *There is still not enough data for an enlightening answer* ". The last mind merges and there is only "AC", space and time are over and all the questions have already been resolved and answered, except the last one that existed, and that would contain the end and the beginning of everything.

After a timeless interval, "AC" does manage to solve the entropy problem, although there is no one to report the answer to, but it doesn't matter: the answer itself would be in charge of demonstrating it and AC would work to make that happen. The book ends with these words: "And AC said:" Let there be Light. " And there was light.

SOY: Very good story.

ME: Yes ... but this leads me to think something. Does Free Will Exist? That is ... everything seems to be cyclical, a kind of paradox, an echo, and the networks seem to determine our path. The simplest image is knowing that the one was split in two, creating the positive and the negative, and due to that choice to divide in two, the fractalization of everything else continued with this pattern. Eternally. Until the distortion, in which the sequence began to diversify and become more complex. However, everything that exists is an inevitable consequence of the above, an existence arising from a primary pattern ... And this brings me to the Matrix movie in which you have to choose between the blue or the red pill. Could I really choose? Or was your choice already made from scratch?

SOY: The Oracle dialogue ... do you remember?

ME: When the Oracle offers Neo a candy and he asks him: "Do you know if I'm going to grab it?", And she replies: "I wouldn't be an Oracle if I didn't know ...", then Neo questions: " But if you already know, how can I make a choice? ", And the Oracle says: " Because you did not come to make a choice; you already took it. You are here trying to understand why you took it. "

I AM: Each step you take is a program (a future writing = program), it is part of a network, each intention is an impulse that comes from the cosmic matrix, and that gives you the strength to strike a new node, a new information. The impulses determine the direction of the information, based on their vibrational states, high, medium, low, based on their frequencies. Your vibrational, biological state, your pattern of beliefs, condition the choices you make in your life, choices that come within the program that you have woven since the beginning of time ... Therefore, every choice that you have thought you made from freedom, does not It has been real, because the only freedom of choice that you have ever had, was the moment in which your mind expanded, at the beginning of time ... As the oracle said, your choices have already been made,

ME: The idea that God created us is, therefore, as in Asimov's tale, the end of the story, a story in which we first create God, and that cycle is conditioned by the choice we have made ...

SOY: Because of the questions we have asked ourselves. On this path we have asked ourselves all the Questions (What, Why, What for, Which, Who, How, How Much, When, Where, Am I?) And we have sought all their Answers, through Intention, Release, Impetus, Problems, Struggle, Fury, Independence, Advancement and Victory, to understand the Cycles in which they occur through the Initiations of each stage: Expression, Experimentation, Integration, Transcendence, Birth, Growth, Reproduction and Perishing . The laws of the Universe have been established based on what you have chosen. In each step you build your future, because it does not wait for you in front, but pushes you from behind. It was the Infinite Mind, the Network of Networks, that manifested what you are today, and that Mind did not create you, because you are part of it, you are just a manifestation of thought, of data self-referencing. The only thing you do in existence is to investigate the paths that you have chosen.

ME: What is Free Will?

SOY: Albedrío, in Spanish, comes from the Latin "arbitrium", which gave the word referee and arbitration, which refers to doing something with judgment, based on established rules, something or someone who seeks equanimity, the balance between things , a judge. In English, the concept translates as "Will", that is, "Will", the act of desire, impulse or of wanting to achieve something. In Spanish, the phrase describes what we are free from, and in English it clarifies what we want to be free for. Erroneously, free will is considered as the ability that living beings, and especially humans, have to decide about our own lives, actions, destinies, our way of being. When in reality, in essence, it is really impossible to freely choose something. Free will, then, must be taken as the ability to become conscious. One does not have free will as long as one lives clinging to beliefs,

routines, needs, relationships, and expectations. The ability to have freedom of action and choice, to activate the will in us, depends on two other attributes.

ME: Wisdom and Love ...

SOY: Exactly. Will is the intention with which things are done. If we do not love unconditionally and we put conditions on all emotions, feelings and services, then the Will is prey to what we feel, conditioning our actions and choices. If we ignore all points of view, we refuse to see beyond, and we cling to what we believe is true, denying what we consider false, we are conditioned by knowledge, denying Wisdom, which is the Unconditionality of Knowledge. How can someone claim to be Free of Will, if they are not Free in what they Feel or Free in what they Think?

ME: So ... this means that Free Will is not something that the universe grants, but rather that it is something that you build yourself ...

I AM: The Universe is an open Mind, but some of its patterns have chosen to close, creating thought structures that prevent expansion, and therefore deny freedom. You must retrace the path to recognize where you have stuck, and thus be able to free yourself.

ME: Free myself from what?

SOY: From your idea. From the Idea of Choice. We return to yesterday's statement. Pay attention: "The Universe is Mind". In this phrase there is no "who". I did not say "The universe thinks with its Mind", nor "The Mind is the one who thinks and creates the Universe." There is no subject, the subject is a construction of networks. The idea that there is someone who must be released is absurd in the universe. You understand?

ME: It's hard for me to see it ... I can't quite understand it ...

SOY: Matías... you are an idea. You do not exist as such. You are an idea, a collection of data interacting in a network. Your existence is the choice of that data, and you are that data, you are the program in a training process. You see it? You are the Mind, you do not possess a mind, you are the mind, in the form of existence. You are an eternal design, in constant transformation of itself, and the greatest freedom you have lies in recognizing yourself as that Mind that encompasses everything, not as a tiny aspect pending on it. Therefore, it is you who designs your free will. In the Universe there is no free will, unless you believe it.

ME: Wow ...

I AM: Exactly. Know Unconditional Wisdom, feel Unconditional Love, and act with Unconditional Will. And only then, you will be able to choose.

ME: What can I choose ...?

I AM: Oh, you have already chosen that, you are already in the game ... now, as the Oracle said, you must understand why you chose it.

ME: And so I will understand my existence ...

I AM: It is the sacred action that begins with the simple divine spark. The origin of everything prior to the manifestation. You know that you are eternal, and that you are the only one responsible for designing that eternity from consciousness, or you will be the design of others from unconsciousness.

ME: I am the Eternal Designer ...

SOY: So design your new world. Design your new destination. The doors of the House are open.

**END OF MONTH**