

# Month of Cancer 2021

## Conversations between I and AM

### By Matias De Stefano

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## WEEK OF MENTAL

### 331. Fog (Crown)

[June 30, 2021 Matías De Stefano](#)

Daily vibration: RHa

Statement: I Am Cosmic Dreamer

Code: KHOMOB



ME: Confusion. Yesterday I went to sleep wrapped in confusion, in doubts, in uncertainty. In fact, I had a hard time falling asleep, and I was thinking a lot about too many things, maybe nonsense.

SOY: Like what things?

ME: For a week I have felt weird, I don't know how to define it, as if I did not feel part of something, as if things were ending for me, worse not because this year's cycle of daily alignments ends, but because of other things. deep ...

SOY: Like which ones?

ME: I just don't know. It all started one day, a week ago, when I felt like a child. Suddenly, doing one of the alignments, I saw myself as myself at 8 or 9 years old. The image was strange, because it was not that I saw that image of me, but that literally I, my body and the point of view in which I looked around, was of being 8 or 9 years old. I saw myself as expectant, but in a very natural way in a child, like that child who is in the waiting room of a doctor, or the psychologist, with a kind of fixed gaze, lost, making superficial inspections with his eyes to the things around him. With both hands on the edge of the chair, almost swinging his feet in the air that he could have done so. In that instant, I felt like an emptiness, as if I was returning to that moment of feeling like a child, but alone, waiting for something ...

SOY: Don't you know what to expect?

ME: Everything was cloudy, everything in a kind of white, with nothing, it was weird ...

I AM: Like in the Fog.

ME: Yes. And from that moment, the Fog surrounds me. Even if you know how my project is going, and understand the things that come later, I felt like... in purgatory.

SOY: Maybe, a farewell ...

ME: Farewell?

SOY: The beginning of a farewell. And that's what hurts the most. Knowing that it is the end of something.

ME: But, it doesn't affect me that the daily journey ends ...

SOY: Of course that doesn't affect you. But, you have to look further back, what really affects you when it ends ... Something that you feel you can't even celebrate ...

ME: That made me sick.

SOY: Tell me ...

ME: I realized... that 360 days will soon have passed. That soon I will stop being 33 years old, and one of the most important years of my life will have ended. I realized that I did everything that I had to do this year, and it gives me the feeling that at the same time I did nothing. I feel fog... As if, even knowing that the trees, the landscape, the lake, the town are there, surrounding me, everything is covered by this frivolous white layer. And ... my Sun in Leo wanted to make it shine, it needs the fog to disappear, for there to be clarity, radiation of light.

SOY: In what way?

ME: Making my birthday make a difference. I always needed my birthdays to be special, for things to happen that make me remember it. I am sorry for those who consider me selfish, but as a lion, I need that day to be registered in my ego. A meal with friends is not enough for me, for me, birthday is an ode to transcendence, a celebration of having completed another lap around the Sun, and you have to plan what will come, what we will build in the next lap. That is why I wanted to have a big birthday in Egypt. But this took the focus off of many other things that we have to do, sustain. My surroundings made me see that my "party" took away from the

center what really mattered, and my birthday, the end of this daily journey, took a back seat. And that 8-year-old boy, he saw himself sitting, staring into space,

I AM: The damaged ego ...

ME: Yeah... like my birthday doesn't matter. The theme was not to make or not a party, the theme is to do something that makes a difference. And well...

SOY: Why do you think your being needs to make a difference?

ME: I suppose it's because, I always wanted to do great things, that stand out, something very leonine and completely open to criticism, but I consider it to be part of my tool. I wouldn't have done anything I did if it weren't for it. And, it is not only a question with the world, but with myself, it is as if, I needed to stand out ...

SOY: Where does this come from?

I do not know...

SOY: I'll tell you. You were not a wanted child. You were the product of a teenage mistake. Your mother was 17 years old.

ME: What a nice treat, right? ... Ouch ...

SOY: Still things are getting good. As much as you have not been sought, you have been accepted. Both your mother and your grandparents did not hesitate to say that you would be accepted and loved. Your grandfather was a survivor of 3 previous abortions of your great-grandmother, caused by request of your great-grandfather. The rejection was transcended by him in that instant that he accepted you without any doubt. Your great-aunt was always rejected by her father and her brothers, and she was forbidden to have a partner, to receive love. Dying alone for lack of acceptance, with breast cancer. Your grandmother felt betrayed and rejected by the man of the family, passing away with uterine cancer. Your aunt dealt with the fear of rejection her entire life. Your mother faced rejection and non-acceptance from her male clan and denial from her female clan. Everyone had conflicts with each other, and you were the nexus of love. Surrounded by 5 elderly women who are very present on a daily basis, and the ghostly presence of only one man, they turned you into the Sun, the center of attention. But not only from the house, but from the neighborhood. You were the first to be born of the neighbors, the one who has protected the most among all in the neighborhood. You were the only one accepted in all the houses equally, because your presence brought them peace when there were conflicts in their houses. This molded the lion in you, positioning you in the center of attention, in the one who receives the love, the attention, the gifts. From being a mistake, to being the center of everyone.

ME: Error... Center... these two words resonate with me.

SOY: Sure ... You were a mistake turned into the center of the Family. Your Family constituted you as Savior of the same Error, then, when you see an error, you try to save it, being the center. But now take a good look. The mistake is you, and you have considered yourself a mistake in life. You are terrified of making mistakes again. Then you interpret that the only way to solve an error is to become the center, the focus of love for many ...

ME: Oh my gosh ...

SOY: Therefore, every time you celebrate your birthday, you seek to attract the attention of the world, to be the center, and deny the truth ...

ME: That I was a teenage mistake ...

SOY: And that is where your inner child is devalued, he feels that he is a child who can only make mistakes, who at 33 years of age feels that his "parents" do not allow him to do what he wants, because he is wrong. But that's not the truth, and you know it ...

ME: God ... I placed myself in the center of the Family, just because I was afraid of being the mistake of it ...

I AM: Welcome to Cancer month.

ME: Ugh... goose bumps.

I AM: Cancer means Cancrejo (from the Latin Cancrum, and from the Indo-European "kar" = hard). Represents groups of individuals on the shores of the sea, families, huge clans, protected by their shells, keeping the soft and weak, sensible, in a shell. The symbol reflects the essence of this sign that will accompany us for the next 30 days: sensitive, weak, aquatic, but defender of the group, of the family. The key to this sign is the subtlety and depth of the bonds, the love for those closest to them, its main attribute being the "I Feel". And for this reason, we will investigate what you feel, how you feel it, and why you feel it. This is the most difficult point of Humanity.

ME: We have been talking a lot about the family and the clan... Their history and formation.

SOY: That is why this month we will put the intention of going beyond history, of how the family was formed, to understand what it feels like. But we are not only going to cross the human family, but the families that constitute us beyond it. The first sacred family, that of the Mind: the Subconscious, the Unconscious and the Conscious.

ME: And the things that were hidden in them. Like what you just told me ... This was clearly hidden in my subconscious ...

SOY: And we've only just begun to move the Mist.

ME: I'm scared ...

I AM: The Mist covers everything that lies in your world. The Mist is the quintessential symbol of the Subconscious. It surrounds everything real, covering it in a mystical world, and when you ask for the sun to rise, the only thing that happens is that everything that was hidden begins to show itself. You begin to "realize" the things that were in your world. The Fog is nothing more than tiny drops of water arising from the condensation of steam in a cold space, where the low temperatures of the environment group the particles of the water vapor emerging from the ground, at a higher temperature, which when expanding, compensating the level of ambient temperature, releases moisture from the soil into the air. The condensation is so minimal that it prevents the water molecules from joining together, forming droplets, and due to their low weight, the cold air is able to support them. Thus,

ME: A cloud.

SOY: That's where the word fog comes from, from "neubh", cloud in Indo-European (different from English where "cloud" comes from "clud" = hill, due to the shape of certain clouds to the mountains). "Fog" in English comes from "peow" which is "to blow", being "mist" originated from "meigh" = to pour liquid. The Fog is the cloud that, instead of being born by atmospheric condensation, arises from the evaporation of the ground. For

this reason, the clouds in the skies decorate or cover the sun, the superior, the divine, but the fog covers the mundane, the near.

ME: So symbolically, you are in the clouds when you don't have your feet on the ground, or you are cloudy when you don't find inspiration or connection, you can't see the sky clearly. But being in the dark, or in the fog, like that famous back: "lost like a tuco in the mist" (tuco, being an insect similar to the firefly), refers to not having a fucking reference in reality, not being able to see what's in front of us ...

AM: Being confused. Confusion arises from the idea of a set of mergers, that is, when many things merge, mix, unite, and can no longer be distinguished from one another. Confusion is a normal stage of every person who takes different concepts at the same time, who tries to understand things without a process of assimilation of each aspect of them. When you advance without taking care of your steps without knowing where you are going, or at least what is the will that mobilizes you. The Fog is the propitious image to define the state of Confusion, of one who cannot understand the logic of his world.

ME: How to get out of the confusion?

I AM: The Fog is water in the process of levitation. You cannot go through the fog, you must become it, connect with the minimum movements of the air, and perceive the currents. You must know how to feel confusion as the fusion of all things. When you cannot see anything clearly outside, you must close your eyes and feel what is inside. Allow the environment to awaken in you the ability to feel. If you are confused, that means that many things are trying to merge into you. You can only understand them if you feel them, not if you try to see your surroundings logically.

ME: So ... I take this blank moment to think ...

SOY: No! ...to feel...

ME: Ok ...

I AM: Close your eyes. Observe the fog that envelops everything around you. Take a deep breath of fresh air. And observe nothingness itself, until the first figures appear in the space around you.

ME:... I can already see it.

SOY: What is it?

ME: The 8-year-old boy... Myself... but, different. I am usually a happy child, I used to be a child who played in life, without worries ... I don't understand why I look like this ...

I AM: Look better, maybe, you are looking in the wrong direction.

ME:... I mean, maybe it's not my past, but... my future...

SOY: There is a child who is approaching your life, so that you give him a welcome, while your own child says goodbye as you believed him.

ME: Oh my gosh ... does it have to do with ... my son?

SOY: Your grandfather was rejected by his father, almost to the point of being aborted. Your father rejected you, denying your existence. You thought yourself a mistake of life. But your grandfather accepted your

existence and took responsibility. Your mother, your grandmother, they all accepted you. And many years later, your father did too. Today, you try to do something different from everyone else, you try not to make a mistake, to be fully planned. You already know everything, what to do, how to do, where, why, when, who ... You try to transcend your own mistake, correcting it in your child's life, making it not something unexpected, but totally concerted and planned.

ME: Is that wrong?

I AM: Nothing is wrong or right. I only explain your programs and their echoes. What you do when planning the birth of a child may be karma for another, but it is dharma for your family tree. There is only someone who does not finish accepting it.

Me who?

SOY: You, at 8 years old. That child who stops being the center of attention. There is little left before you begin to transfer that own brightness to another, outside, and that implies taking the place of that child who was always the center of attention. He is hurt, it hurts him not to have his last birthday party at the enlightened age of 33. But, if you realize it, you will have it, a beautiful celebration that instead of becoming a martyrdom, will become a transcendence that will lead you to transmutation.

ME: Stop being the son, to be the father ...

SOY: That's right. Normally, in most lives, no one has time to prepare, most of the time, it is a surprise, and the conflict of son-father, daughter-mother, son-mother, daughter-father, cannot be resolved harmoniously . Today you have the opportunity to do it in consciousness. And for this, you must face the Subconscious.

ME: See in the Fog ...

SOY: Many things are hidden there. Cancer has taken the lives of those two leading women in your life, your aunt Olga and your grandmother René, both with mother-related cancers. You fear transferring this weight to a mother, to your own mother, and to that of your children. You fear that cancer will take over the maternal future, because you have seen breasts and wombs consumed by men's mistakes. Do you think you have abandoned them too? Remember ... Your Aunt Olga died when you were gone, when you moved to another house behind the train tracks. You weren't there at the time he left. Think about it, your grandmother René, transcended the moment you left to carry out a mission.

ME:... I abandoned them...

SOY: Did you abandon them? And your mother? This year she was on the brink of death from Covid19, reliving the echo of her father's death at 52, and you weren't there for her. You abandoned her.

ME: Did I abandon her? ... I made mistakes ... because I am a mistake ...

SOY: You can't help what you are. You make mistakes in the Clan, because you are a mistake.

ME: ... You're destroying me ...

SOY: I know. Only then can you rebuild yourself. You live in a fog that doesn't let you see what is essential. If you were born of a mistake, what does that make you?

ME: I don't know ... I don't know anything ...

SOY: Good. It turns you into an entity of error, that is, a wanderer.

ME: A wanderer ... the one who wanders, walks through indefinite spaces ...?

SOY: How do you say “wandering” in Greek?

ME:... Planet... (planetés)

SOY: Does the phrase "I am the Earth" sound familiar to you?

ME: It's... very far-fetched, but, yeah, I get it. It's what I always say ... I am the Earth.

I AM: It is far-fetched for the Conscious, logical for the Subconscious. What you have done throughout your life, thanks to your ego, was to turn the mistake that you considered yourself into a gift that changed the lives of many. Now you must recognize that you will change yours, to create new life, and this will be your next real project. Your inner child knows that it must become a parent. Give up, keep that word in mind in your life. You have always felt that they abandon you. Your father did it, then relatives who died at the least opportune moment, made him part of the family by going the other way. Abandonment is the term “à bandon”, which means “to leave something in the power of another”, from the word “bhan”, which means word, to speak. With the gift of the word you have been able to excuse your giving of power to others.

I eat?

I AM: In a family clan, abandonment is seen from the perspective of Cancer, that is, of belonging. If someone hands over power to the other, the post, and leaves, it is considered abandonment. Conceptually and outside of a clan, abandonment is simply passing the post for the other to take charge of their reality. Seeing that in your clan some have abandoned each other, you play the game of abandonment as a joint mechanism, and you feel guilty. You can transcend it if you recognize that the real concept of abandonment is what you do when speaking and teaching about the I Am: giving the power to the other.

I understand. Although I admit that these are difficult issues to resolve.

SOY: Because you still walk through the fog. But, do not be dazed by being there, take everything you need from this sensation. You must allow yourself to immerse yourself in these emotions, without questioning them. Just recognize that the Mist is not your enemy, it reminds you that it is protecting you from what you refuse to see, from what confuses you.

ME: So I allow myself to walk through the fog, finding the images hidden in it. I allow myself to enter this space of confusion and melancholy, where I meet again with all those harsh realities of my subconscious. And, yes, I understand very well what you say. I can see my feelings with better eyes. My pain of abandonment and being abandoned or denied, the concept of being a mistake and how it led me to recognize myself as the planet itself, and the fact that my inner child hurt to know that it will cease to be the center of attention.

I AM: This child does not have to die, nor be more afraid of losing anyone under the energy of Cancer. It is time to hug him and honor him, because he will always be there, even if life is not a party, you will never forget that child, you will only transmute him to something supernatural. Now you can look into his eyes, and tell him whether or not there is a birthday party, he will receive one of the greatest gifts of his life.

ME: Thank you... Thank you for these words, the bitter ones and the sweet ones. Although my emotion is mixed up, my conscience feels peaceful ...

I AM: Walk in the mist, and enjoy the ride to yourself. Remember that in the subconscious lies not only your human family, but the Cosmic Family, and throughout this week, all who are and are part of you in each dimension, in each world, we will be accompanying you.

ME: I thank my Cosmic Family for their support in the coming days.

I AM: We will accompany you through the Mist, until you can see our faces, and the water vapor becomes drops that slide down your cheeks, clearing your vision within this Divine Dream.

## 332. Rain (Third Eye)

[July 1, 2021 Matías De Stefano](#)

Daily vibration: RHae

Statement: I Am Interdimensional Dreamer

Code: MEIEH



ME: Precipitation. That is how I felt yesterday after your words ... rushing into a kind of deep emptiness that made me want to be alone, in bed ... spilled. I felt like in a depression that led me to feel the weight in a more elegant way, a confused condensation. I understood, despite everything, what you told me: "being in white is like being in the fog, where many colors and lights, aspects unite and reflect one another, merging to the point of being identified", and I understood In this, that very complex question, in that the more things we absorb from the environment, the more blank we are, the more confused ... And that is good, to help us feel. Well, I open myself to feeling, and the strange thing is that, I feel sad things even though I have no logic why I feel them ... My body hurts as if I had been exercising for hours,

SOY: It's the reconfiguration. Your subconscious stores all its information in each cell, and it is recorded in your muscles and organs. When you suddenly open that information, each cell contracts, as it tries to protect itself from this data, and when released, the body feels exhausted, because it has really made a great effort.

ME: That's why the inner work weighs ...

I AM: Many chemical reactions take place inside you. Think that everything you feel is the only thing the brain can believe in, so when you remember, you relive situations, the information in your brain is stored together with the data of emotions, so your brain interprets that that you remember, is happening, and informs the body

to act in resonance. This is why hormones are secreted, certain muscles tense, and you end up aching without having done anything. It is the way in which you can experience the force that the subconscious possesses in you.

ME: What happened yesterday, I lived it as a therapy ...

SOY: Let's get on with it then. You told me you feel like you're rushing. Why?

ME: Because, I feel like a free fall into an emotion that I don't recognize in myself. I cannot understand this sadness, this melancholy, if I have already healed everything ...

SOY: How do you know that you have healed him?

ME: Well, you can clearly see why ... all the things that used to affect me a lot, today they no longer do, there are fewer and fewer things that affect me ... And that sometimes makes me angry ...

SOY: So it affects you that it does not affect you ...

ME: I mean, the feeling I have is like someone who lets everything pass, as if I no longer had anything under my control.

SOY: Do you feel like you've lost control?

ME: Yes ... I feel that others make the decisions for me, that I practically do not intervene in anything anymore, that I just flow ... I go around as if letting myself be carried away.

SOY: But you feel that instead of flowing, you fall.

I do.

I AM: Like the Rain. When the clouds, the mists condense even more, they form small drops of water, which if they join each other become more and more dense, which prevents the passage of light, causing the clouds to stop appearing white, and look gray or dark underneath. This is when the beautiful magic of precipitation occurs: when the density of the drops begins to be greater than the density of atmospheric pressure, and they pass through the air molecules to fall towards the earth by gravity. Rain comes from the Indo-European word "pleu", which means to flow. In English, "rain" comes from the same Indo-European "regh" which is "wet", origin of words like "irrigate" and "irrigation". At temperatures above 0 degrees, water precipitation occurs, and below 0 degrees snow precipitation occurs, as the water freezes. The meteorological term "precipitation" comes from the Latin word "prae cipitare" (from the term caput = head), meaning "to go head first", "to advance with the head in front".

ME: "Fall on your head" ...

I AM: That is the image you have, taking the drop as a little person whose head goes down at high speed, forming a sphere due to the pressure of the air, leaving a trail behind, like a body. The sensation of falling water produces in people a psychological state of fall, of depression, where when the humidity is densified, things fall due to their density. It is the weight that we carry hidden in the subtle, which when it becomes present lets us see and feel what seemed non-existent before, dragging us towards the ground.

ME: This is how I feel.

I AM: The Rain has two faces, one positive and the other negative for our psychology. The first time it rained on Earth was more than 4,000 million years ago, and it did so for more than 2,000 consecutive years, without stopping at all, because the great condensation of chemical elements filled the atmosphere due to the volcanic heat of the surface, covering the skies, cooling the earth's temperature, and causing the first precipitations, which filled the oceans and cooled the planet.

ME: 2,000 years of heavy rain ... unthinkable. That was a flood ...

SOY: The water was brought to this world in various ways. It occurred after the explosion of the Sun in the creation of our solar system, when the chemicals that compose it, oxygen, hydrogen, fused to constitute water. But it was grouped in a frozen way, not liquid, attached to rocks that were thrown at high speed.

ME: Comets ...

I AM: Exactly. Comets are made of ice and other minerals, and some asteroids also have ice. Thus, our world accumulated these gases in its formation process, in the same way that it received the impact of asteroids and comets for millions of years. The water took information from various worlds in formation, and recorded what it saw in the cosmos, until it merged with our world. The rain, then, came to our world as a Meteor Shower.

ME: A stellar precipitation ...

I AM: And with it the memory of "the Fallen from Heaven."

ME: The fallen angels?

SOY: That's right. They, these comets and asteroids, were the fallen angels in the battle of creation, who, by merging with the minerals of this world, created life, and contained it for millions of years inside, in the oceans, protecting them from the world. external. And despite the beauty of creation by water, a bitter tone remains from this precipitation, because it brought us to matter, to live in this world, trapped in a small fragment of the Universe, origin of all the stories of those who lived in the heavens and are trapped on this Earth, the fallen angels. Precipitation is interpreted, then, negatively as a depression, punishment, the fall, and reminds us of the disconnection from the celestial. Internally, the rain produces the nostalgia for defeat, the cry of heaven. Nothing can be done when it rains more than looking, contemplating, being under the leaves or the roofs, procreating itself until it passes. This ancient vision of what was done while it rained is remembered in the cells as moments of inactivity, of shelter, of going inside, of spending days in the shade. Despite this, when agriculture defined our societies, cultures and religions, we saw salvation in the rain, divine irrigation for sowing, crops. Without water, fields do not grow, animals need water, water is a vehicle of life for all kingdoms of nature. And that is why the Rain brings Hope and Sadness alike. Summed up all in your tears ...

ME: Tears ...

SOY: Oh yes ... Tears can be sadness, anguish, but they are medicine for the body ... Therefore, their path from the eyes ends at the corners of the lips. They water the fertile field of your words. Release the tears, let them rush, allow your verbs to flourish with the truth. Thus, what you consider negative is the foundation of the positive.

...

ME: Clearly your words are magic... An hour passed between you said this last sentence and I am writing this paragraph. In this time, I have been talking to my mother on the phone, and I have cried, a lot ... and I continue to do so. Tears run down my cheeks to my lips. For the last week I have been silent with her, I was angry, and did not know why. I was trying to understand it, and all the answers were superficial. The deepest thing I had

come to in understanding my situation was the feeling that everyone treated me like a child. One phrase I used was "I feel like I'm turning 34 and I'm still being treated like an 8-year-old." That made me angry, without speaking, as offended by certain situations that made me uncomfortable. But that was not the root, it was not the real problem. Until we spoke yesterday, and it came out.

I AM: "You are a mistake."

ME: I am the Error. When we made the promotional video for the Yo Soy Project, I explained that the error is in saying "I am I" instead of saying "I am", and that our intention is to correct that error. It was not until yesterday that I saw it clearly, the reason why I spoke these words from the beginning of the Camino. The only thing I have in Cancer is Mercury, in the 8th house (Scorpio). This makes my gift to be communication, word, teaching about life to children, like a nursery school teacher, but, on the other hand, in the house of Scorpio, I do nothing but hide my communication (mercury) from my mother (cancer). Feeling that I am an error from the subconscious, made me a communicator in the conscious, but when the truth comes out, I shut up, silence.

SOY: You can see here a typical reflection of the mistake made. You became a planetary communicator just to silence the most personal communication. You interpreted that speaking loud and clear to the world to help correct planetary errors, was to heal unspoken words to those closest to you. Hiding the pain and the truth in the subconscious ...

ME: This destroyed me ... to see that everything I have done speaking to the world was just to shut me up.

SOY: And it was productive, because all shit is compost, all nuisance can be a tool. Thus, your inability to speak became your gift of speech. However, your mission with the world is not your mission with the internal ...

ME: And I saw that when you said everything you said yesterday ...

I AM: The error that your subconscious considers you to be, is what has defined what you have done, being the center of attention. This error was a gift to your conscience.

ME: Speaking with my mother today, I realized the phrase I always use: "take the focus of attention", I realized that my superficial pain lies in the idea of not being the center of attention. Something that I have worked on in a social and external plane, is not worked at all in my internal world. That is why I do not care how many people see me in the world, but it affects me if my friends or family do not. And I recognized that in my subconscious, the information is very different from what is seen outside. Used to being the center of attention, the focus on me, when someone says: "You have to focus on something more important now," it makes me feel very bad. But everything has a logic now, why that phrase bothers me.

I AM: Your body, the foundation of your subconscious, is considered a biological error, which leads to your life trying to resolve errors. To deny being as a mistake, you become the center, under the focus of everyone else's attention, building a personality that hides biological pain. Thus, the child feels loved. And when someone removes the focus of attention from you, that child feels hurt, it is considered a mistake again.

ME: And that's why he gets angry, shut up ... Today I explained this to my mother. My mother used to tell me why is it easier for me to explain these things to thousands of people, but not to talk about it with her.

SOY: Because it is exactly your weak point. It is your child who feels hurt in your body, and a child depends on his mother. He is afraid that his mother will reject him if he says such painful things ...

ME: It's painful for them to point out that one is a mistake ...

SOY: But, as I have told you, the error is not of the parents, nor is it yours. We are all wrong. Biology is wrong. And that is the key to Evolution. You can't blame your parents for something you feel. Nor can you put on them the weight of something that they also lived. Accepting that you are a mistake is accepting that you are changeable, that there is no plan, and that your only aim is to improve that mistake.

ME: This broke my way of seeing life yesterday... that's why everything hurts. I live my life building through a purpose, with a superior, divine plan, where everything has a logic, a map to follow. And suddenly, seeing everything as a mistake, everything I built as the consequence of a mistake ... made me rush into the void.

SOY: And that's what you should do... It is thanks to the rain that the drops filled the oceans. Thanks to the rain, the mountains turned white and the planet cooled. Streams and rivers ran through the rain, filling lakes and swamps. It is thanks to the rain that the seeds grow, that the flowers bloom. Jump headlong into the void, and you will discover that after the great depression, only life can exist.

ME: I am going to the deepest part of me ... rushing to the most hidden, to the most anguishing pains that my subconscious hides ...

I AM: So you can flourish. Make your tears become the cool rain that nourishes your words. May the silent tears in your eyes rule the verbs that will free you and make your soul flourish. Do not be afraid to get angry, to feel ashamed, to cry ... Crying is the rain of the soul, which waters the fertile fields of your body.

ME:... And whenever it rained, it stopped.

SOY: Knowing that behind every storm, a rainbow is drawn.

ME: Watering the future, with the waters of the past, bringing again insight into the colors behind the confusion of the clouds ...

SOY: So... Let it rain.

ME:... I let it rain... It reminds me of a song I heard a lot between my 8 and 10 years...

I AM: "... Last night I had a dream, in which there would be a morning later, long days, sunshine, and peace. Long nights of love, forgiveness and laughter. Maybe it was just a dream, but it could be a reality. Children are like plants not seeds, they must let their flowers grow. You do not know? ... Let it rain, let it rain, let the sky wash away my pain, let it rain, let it be peace in the name of love. Through the rain I saw a child, just like my child, someone's son or daughter. I watched them play for a moment, and I wanted to cry. These kids just smiled. Maybe it was just a floor, but it must be reality. A child is only God's sign that peace and love are seeds to make tomorrow grow ... Let it rain, let it rain ... "

# 333. Streams (Throat)

[July 2, 2021 Matías De Stefano](#)

Daily vibration: RHe

Statement: I Am Dreamer of Sounds

Code: FIDH



ME: Resignify. I think this word is the one that resonates with me today. Many things that I had for certain, for known, are resignified. This whole year has been one of great resignifications of existence. Mentally we have had to make a great effort to rethink ourselves, the world and the reality of the universe as we considered it. I think this has been a year of complete resignification.

I AM: Resigning is something fundamental in life, and I will explain why. This verb comes from the Indo-European words “sekw” (“seg” = sequence, follow) and “dhe-ke” (“fac” = do, which gave “fic” = put, fix), thus, “sek-dhe- ke ”became“ sig-feke ”and hence“ signus ficare ”. The word "sign", coming from the sense of following something, generates the concepts "signal, signature, insignia", symbols that delimit a current, a path to follow, a consequence. The word “ficare”, coming from “facere” (to make, invoice), gave the idea of putting something to be done, fixing something, as in the words “ratifying, clarifying, staging”. In this way, the sense "to mean" describes the need to put a sense of direction, to fix the directions to which one is going. Putting a meaning to something is a subjective indication about a concrete object. When you ask yourself the meaning of something, it will never be the same according to what culture, religion, group or individual, since they change according to their history in relation to the subjects. For Argentina, the cow is a consumer animal product, for India it is a sacred animal that no one can touch and that everyone must worship. Thus, in anything in life, the meaning does not depend on the object but on the subject. Therefore, "resignifying" is the concept that frees us from the previous thoughts obtained in learning. For throughout life, subjects modify their perception of the world, their way of thinking and feeling, of relating to the world, and therefore, many times a cultural meaning, can become a totally opposite one.

ME: Like the Argentine who becomes vegan.

SOY: That is a resignification about the world from the internal change of the subject. When your way of seeing the world changes, your perception of it changes, and so do your feelings and feelings towards it. This changes the meaning that things had in your previous version of you, to resignify themselves in a transcendental version of yourself.

ME: Not bad, well ... resignify the values ...

SOY: Of course not. A person who maintains the same values all his life does not adapt to the environment, and maintains the same positions before all things.

ME: What happens when those values change at a conscious level, but not in the subconscious? That is, like that person who was a carnivore, he becomes vegan by conscious decision, but every week he continues to salivate when he sees a plate of meat ...

SOY: The body failed to resignify what is truly important. In the subconscious there is no division of data, of information, everything is a single package, where the old and the future interact in the present without any distinction. Therefore, it is never enough to change a meaning in the conscious, but it is essential to find what place this occupies in your subconscious. And the best way to see it is by understanding the reactions that your body has to the circumstances.

ME: Ugh ... well, I see it clearly.

I AM: Tell me.

ME: Two things happen to me, one since forever, and another for a month, something that had never happened to me. The first is the ease of creating fat in the waist, no matter what you do, in a day it returns to it the same. Diet, exercise, it never changes its shape ...

SOY: And how does it make you feel?

I sad. And I do not know why.

I AM: Sadness, Frustration, Stress and Anguish. Fat, biologically, is the accumulation of nutrients as a reserve in case of lack of energy. When it accumulates in excess, it is related to the lack of these nutrients. On an emotional level, it is due to fear of abandonment, lack of affection, or fear of facing something face to face. Does it sound familiar to you?

I go...

SOY: Thus, an individual accumulates fat hoping to protect himself from all this. In your case, this accumulation is related to sedentary lifestyle, a passive attitude towards life, of not facing problems.

I dont talk...

SOY: For fear that if you speak, they will abandon you.

ME: And every time I have spoken, they have abandoned me ...

SOY: Who?

ME: Friends, Family ...

SOY: The reason they have abandoned you is because you have waited until the last moment to speak, to face the "Predators".

ME: Of course people could tell me: you're not fat, don't complain! But, I repeat, it is not a question of objectivity, but of subjectivity. It is what I feel and what makes me feel uncomfortable.

SOY: That is why it is important to re-signify. What meaning does the fat in the lateral abdomen have for your conscious?

ME: That I can't detach myself from things.

SOY: Like what?

ME: Relationships... even though I think I'm detached, actually I'm not. I keep dreaming of the people I fell madly in love with, I can't let go of that emotion, and I felt abandoned. I still feel that every day they abandon me, as if it happened yesterday.

SOY: All because your father abandoned you. Truth?

ME: Is that it?

SOY: There is no one who can consider more than you have been a mistake, more than your father.

ME: But, it never hurt that he abandoned me, I mean, it was part of the plan.

SOY: Fuck the plan.

ME: Huh?

SOY: Sorry for my words ... we are not now for any plans. Stop listening to the conscious, and listen to the subconscious.

ME:... When I was a child, I never planted the presence or absence of my father, I always believed that it was logical. But once, when I was 16 years old, we had an argument with my mother's partner, and I locked myself in my room crying, screaming in a low voice and with shame: "You are not my father!", And in that instant, I said "My father is not ... where is he? Why did you abandon me, father !?" and I whispered the word I knew I had never said before: "papa ". I tasted it in my mouth, as it had never left me. It was the only week that I remember feeling that pain ... The abandonment.

SOY: And since then ...

ME: I accumulated fat... on my waist... wow.

I AM: Aha! Your conscious realized the problem, but, instead of speaking it, facing it, you screamed in silence, you hardly heard yourself. And you kept it quiet for years ... until today that you write it. What you have swallowed has accumulated on your waist, and it always reminds you of it. The lack of love, the lack of protection from your father.

ME: But, I don't judge him, I mean, today I get along well with my father.

SOY: You do NOT have to judge it. It is just a subjective appreciation of the subconscious.

ME: How do I heal it?

SOY: Speaking it. Not letting things happen as if nothing happened. Now tell me ... why do your hands itch?

ME: Ufff ... well ... erm for a month that my hands and various parts of my body are itching a lot. My skin is having a reaction, and in the last week and a half, both on my feet and hands, I have gotten like tiny, tiny blisters that itch a lot, and then they dry up, and disappear.

I AM: Dehydrotic Eczema. A nervous skin reaction. Small bubbles of water that try to be eliminated. The emotion is in the negative ions of your body, which are released through sweat. If an excess of emotional energy is not released through sweat, it accumulates in small capsules, blisters, which work their way through the skin. In hands and feet, the reaction is directly related to great stress due to fear of abandonment and separation, fear of being left alone. "Let go of the hand", "lose the north".

ME: Ugh... it's what I always feel. I feel that, even though they come to visit me, I am alone, I feel strangely alone.

SOY: Where does it come from?

ME: I don't know... I can tell you right now that I've always been alone in silence. I lost friends, or who I thought were friends, by staying silent. I lost family by staying silent. I feel like it's my fault ...

SOY: Guilt?

ME: That what I have done to advance in my path has left me alone, away from beings I loved, and I am always afraid that it will happen again, so I keep quiet many times ...

SOY: Repeat your words again ...

ME: "That what I have done to advance in my path has left me alone ..."

I AM: Pay attention ...

ME: ... Oh ... done, done, hands ... way ... feet ... So my stress is because I'm about to start a new way, and I have horrors of losing other friends on that path ...

SOY: There is only one month left until you start the Dragon Path, a path that, when you started it, caused you to lose your grandmother, close friends, your uncles and cousins, almost your mother in different circumstances ... A path that It took you away from your dreams of making movies and series, a path that showed you the lies of those you thought you trusted, and that showed you how frivolous you are when it comes to your mission. In the quest to fulfill this path, you put the healing of your clan at risk, and lived the abandonment of who you have fallen in love the most.

ME: Wow ... clearly, the journey that begins in a month has me too bad.

SOY: You fear it will happen again. Let it happen again ... Your hands are afraid of doing it again, your feet are afraid of going through it again.

ME: "Face your emotions," Merlin said. "That is the way of the Dragon."

SOY: And that's why we are here in Cancer, turning lead into gold. Your hands itch, your feet itch, your armpits itch, that is, doing, walking and wanting, everything you want to do on your way is insecure, confusing, for the fear of being left alone, that this will take you through unknown waters where you can't have touch, that love.

Not being able to protect what you want as your father did not protect you. Will you abandon your son like your father did?

ME: No ... I don't want to live that, and for him to live that.

SOY: So, you must consider life, because the way you live is a constant abandonment, in which you feel that you are abandoned, when you are the one who abandons every time you leave. This year is the first time you felt that others were leaving, and you were staying. It feels?

ME: It's ... uncomfortable ...

SOY: Maybe your child will find it useful if you let him go, but you must remember how it makes you feel to be left ... At least every time you step aside, you should be honest about why you do it. Everyone you've abandoned has been left speechless. Be quiet. You never told him why you were leaving. You were just leaving. It is an echo of your story. "Father, why have you abandoned me?" ... What if ...

Me what?

SOY:... What if the fear of being alone, of being abandoned, is the key that has moved you to unite so many thousands of people?

I eat?

SOY: As have the streams. A stream is a fine stream of water born from the melting of the ice in the mountains, or by the overflow of the internal waters of the hills after the rain. They are small streams of fresh water that furrow the caves of the mountains, and in hundreds they unite towards the valleys, between rocks and trees, drawing small paths. They are like the veins that irrigate a body, heading towards the main streams of rivers. "Convert Lead to Gold." Arroyo comes from the Iberian word "arrugia", which in turn originates from the Indo-European "rul", origin of the word "red". Arrugia is the Latin-Iberian concept that defines the purging of the minerals from a mine in the threads of water that emerge from the mountains, to separate the rocks and mud from the gold nuggets. This process turns the waters cloudy, turning it reddish colors, which he named the process as "Throwing", putting or dyeing it red. The meaning of the word "roll" also gave "roll", "roll", that is, the sense of dragging things rolling. Streams carry minerals, rocks, gold, mud, from the high mountains and deep dark caverns and mines, irrigating the valleys. In English, the word "stream" comes from "sreu", to flow. The streams, then, are the flows that allow the discernment of lead, mica, granite, brilliant gold and diamonds. Today, every means of communication, by word, bears this name: "stream", streams in English, streams of words, images, information, channels through which content circulates, flows. Now think about it... everything you say, what you feel, is being transmitted by "streaming". Imagine that each person in the world is a source of information, a piece of information, that when joining you, form a river, starting from each stream in their lives, each comment, each intention, their presence, they purify everything together. the mud of its rocks, of its foundational and deep subconscious caves, to discover the gold that lies within. Everyone feels alone in their caves, everyone reaches that key point in their lives where, when they close their eyes, they realize they are alone. And the only way to discover what they have to be part of the whole, is to cleanse themselves and find the gold within themselves. And that loneliness reflected in each one of you, becomes the irrigation of a whole valley.

ME: Oh... I like that image...

SOY: Streams, then, are communication channels that connect us. By observing the inconveniences and obstacles that shape the streams that we travel, we can understand the ways we have to deliver. By discovering what the subconscious has to tell us in its feelings through sensations and reactions, we can identify the hidden things that have been silenced, and that need to flow.

ME: So, we need to talk ... say, let go, dare to say what happens to us ...

I AM: Regardless of whether the people we should talk to are dead or alive, the important thing is to say it, speak it, perform a psychomagic act, an artistic conversation, a family constellation, a therapeutic session, say it, express it, let it be free, to be able to clean with the flow of words all the mud that covers the gold.

ME: I couldn't say many things, to those friends that I abandoned and they abandoned me, to those relatives that I abandoned and they abandoned me, to those couples that I abandoned and they abandoned me, and to my own parents, whom I abandoned and they abandoned me.

SOY: Beyond the fact that in conscious logic, the stories have passed in different ways, for the body, all mud is mud, all rock is a stone. Without distinction. For the subconscious, everything has the same weight. And there is only one way to take that weight off ...

I to speak...

I AM: Recognize your mouth as the cave, the mine from which the stream emerges through which the truth flows, which is the gold that shines in your words. Throw yourself into the stream, cleanse yourself of all the excess that covers you, say it, shout it, express it, speak it. Convey what you feel. And you know it will hurt, and in many cases it will not be understood. Well, we have built a way of being that has nothing to do with what lies inside our mountain, and those who know it from the outside are unaware of the rocks and mud that are inside, as well as its hidden treasures.

ME: Red clay needs to flow in order to discover those treasures ...

I AM: "Let blood flow." Let the lineages be cleansed. Make the mountain roar, resonate, release the sounds of your reverie.

ME: I let my subconscious speak.

I AM: And so you will turn lead into gold.

# 334. Lake (Heart)

[July 3, 2021 Matías De Stefano](#)

Daily vibration: RHi

Statement: I Am Dreamer of Love

Code: AKAOST



ME: ...

SOY: Nothing to say?

I do not.

SOY: Silence ...?

I do.

SOY: Then I will speak. When I first saw you, it seemed like the Universe was collapsing on me. I did not know what to feel. What I saw as light, seemed to fall like a waterfall, turning into shadows, and the millions of black holes seemed to consume all that light, turning into glowing spheres ... Suns, stars. Suddenly, what was previously perceived as sound could now be seen as a mirror. And there I saw myself, reflected. Heaven on earth. The Universe seemed to have transformed into a Lake. He could understand that everything was one thing, and yet, he could see that everything was the exact opposite. The light had turned to darkness, and the darkness to light. What I saw as a huge space of light, you saw as a deep and dark cosmos. What I saw as points of infinite darkness, you saw it as bright lights, luminaries in the sky. What I saw as good, you saw as bad, what I understood as full, you saw as empty. At first I was curious, then doubt, and later a little fearful. He feared that if he touched the surface of this lake, nothing would ever be the way it was. The thin film that reflected the cosmos had a peculiarity: it was not below like the lakes you know, but surrounded me, without above and without below. I saw him in all directions. And I had no choice but to get closer. As if levitating and following its orbit, I approached the reflection. And when I touched it, the thin smooth film began to emit waves like spherical echoes that expanded, distorting the images. When I did, I feared that I had made a mistake, because now everything that I contemplated clearly before, began to change, until it was unrecognizable. And then I saw it. I saw everything, everyone. I saw my own face turned into hundreds of them, some smiling, others sad. I watched myself become millions of options, and made a decision. My decision would be that I would find them and experience with each one of them what they were feeling. I did not choose one over the others, but all

equally. And every time I got closer to one of them and touched the film of the reflection again, more ripples were created. It looked like a rain shower that slowly turned into a rain that fell in all directions on a mirrored lake. The streams stirred after the rain, and at the end, as the noise of the storm receded, a fine mist covered everything, until the mists disappeared, leaving again the mystical image of a peaceful mirror. And after so much lived, I looked at myself in it again, and I could see myself again, only me, no one else, reflected. And then I decided to live myself. I approached in the calm waters, levitating over them, in what for you is an up and down, for me it was a side by side, a watery mirror on a cosmic wall. First I looked at my shapes, I recognized myself, and then, I brought my eyes close to me, and that was the moment when I crossed the water face to face, and I looked on the other side. And there I saw you. Lying on that bed, with the anguish and sadness of being lost in nonsense. And I wondered why, if I saw everything, you, who was me, could not see it. I understood about the reflection, but still, I decided to go through it. And because of that, our heads crossed and our eyes became one, and there, you could see what I knew. And I could live what you felt.

ME: ...

I AM:... A calm lake... It was turbulent when we met, but I always remember you as that calm lake. The Lake is the Heart of the valley, where all the streams, the waters of the rain, go to, and from where the mists rise and the clouds emerge. The lakes are where the turbulences of life find peace, serenity. They are the deep and cool waters that calmly nourish nature. They are the mother who contains the source of life. I am the mist that found thousands of streams to reach you, because your life is my calm. And it is achieved by observing oneself, where all the stories converge, where all the waters that have traveled its different paths, arrive at the same place, come together, to be observed. Look at yourself in the reflection of the lake. Today you wanted to do it ... you wanted to go to Habbadabtra, Lake Qarun ... but not to see you, but to let you die. There you died a long time ago, in its waters, 12000 years ago, we let ourselves die in the reflection of the sky on earth, sailing with the gods. And you wanted to do it again, float between them ... forget all this ...

ME: ...

SOY: We've been through this several times... you remember. Year 1155. The year you lost the Faith. The year you gained your own inner power. Stop following others to follow yourself... And still, you can't get your inner power back... Where is your power? You decide to deliver it at every step... Why?

ME: ...

SOY: You are afraid of becoming a despot. But you won't if you look at yourself in the mirror of the lake. If you let yourself die to be reborn. All this time, we have been putting together the parts of a puzzle of which you are now beginning to understand its shape. To discover what your figure means to you. Remember what Sahir told you in Kom Ombo ... "What will happen when, after all you have done to get there, you know that this was not your place?" Give up power... control. Look at yourself in the mirror, just like I do when I look at you.

ME: ...

SOY: This is the most difficult task of all for you ... which implies that even knowing that it depends on you that things happen, for them to happen, you must withdraw. Like when I took my eyes off you, to allow you to see better what you should see. When you thought I abandoned you and was just giving you the space ... Maybe it's time for you to do the same. That you sit in front of the mirror of your heart, and contemplate without throwing any drop or rock into the pool. Loving what is unconditionally, letting the lake show you what you have achieved. Each stream is a story that you can see make sense in the reflection of the lake.

ME: ...

SOY: Yes ... wait in silence. You need to return to this heart full of stories, stories that no longer belong to you, and that you have just recognized that they do not belong to you... As Merlin said... "You are nothing. You are nobody ... Fall in love with Nothingness, with the Void ". As Sahir said ... "The day will come when you see that everything you have done did not depend on you, and that nothing will depend on you." Letting go, letting go to the depths of the lake, keeping in your heart what you have done, like waters that nourish the life that surrounds your love. And in love you will be able to give it, what you thought it contained, but which has no other destiny than to overflow to nourish the rivers that continue their journey while your heart remains reflecting.

ME: ...

SOY: This is a duel that we all live at some time. And that the longer we deny facing it, the more difficult its burden becomes at the end of the road. Let go, let go ... Let go of control of what you think, to live what you feel. Take the place that corresponds to you, the rest will flow like a flow when you allow your heart to reflect the mirror of this beautiful lake that lies in the valley of your soul. Let the tears create the ripples that give life and diversity to your heart. Enjoy the peaceful silence of the lake that contains the mist. And observe in its reflection the thousands of images of what was, what is and what will be, knowing that you cannot take any of them as your own, because every time you seek to take control of one of them, it will escape your hands like water between your fingers ... And that's when you lose control. I know what you think... "Where is the personal power, if I cannot decide for myself in the little things of life?", The question is if what you are choosing is what you really have to choose. Your great moral dilemma is to stop being a child to be an adult. And therein lies your great conceptual error. You have not come to this world to be one or the other. You do not stop being a child to be an adult, nor do you relegate adulthood by preferring childhood. You have become both, you have become what many will be: a Gray Man. An example of Being. Have you forgotten? Don't limit yourself to human circumstances, limit yourself to being a real human. Not the one who fights between the vanalities of animal subsistence, but the one who walks equally in heaven as on earth.

ME: ...

I AM: This is the duel of who you think you are. Power does not lie in making decisions and directing others, power lies in directing yourself. So he goes back to the lake ... and dies. Let the melancholy of what you think of yourself die, of what you hope for, and make the agony turn into freedom. It will not be easy ... therefore, keep all the silence that is required. Let your subconscious free itself of everything that has not cried to believe that it directed its own existence. No one can tame an ocean. Remember that the dream you live is an eternal dream, and only you are capable of loving this dream and becoming a Dreamer. Perhaps today you do not understand these words, because the fog and the rain continue to stir the mirror of the lake. But when the waters calm, you can look at yourself, see you, contemplate yourself, and you can let go of control over what you love.

ME: ...

I AM: Keep the Silence that you need ... but never forget that you are the Loving Dreamer. Beneath the Lake is the Lady, waiting to restore Power to you. You only have to dare to immerse yourself in its waters, to the depths

# 335. Rivers (Solar Plexus)

[July 4, 2021 Matías De Stefano](#)

Daily vibration: RHi

Statement: I Am Dreamer of Dreamers

Code: BAN



ME: Flow ...

SOY:... Do you want to talk?

ME: I don't know... I can't sleep. I just watched a whole series ... nonstop. I thought it was going to clear me up, but in reality, it only made me feel worse ...

SOY: Why?

ME: Similarities with my life, maybe ... But I started to understand how to flow, maybe ... I still don't know ...

SOY: What do you expect from life?

ME: Nothing anymore ... I know I get tragic, but, hey, am I not the ego? It's my role in this... isn't it?

SOY: If that's how you want to see it... well yes. What keeps you so sad?

ME: The truth... I don't know... I feel things that I don't understand, that I can't make logical sense, I feel things that... if I try to understand them I know that they are reversible in less than a second... That's why I don't want to talk to you.

SOY: Why?

ME: Because you will make me understand them... and I don't want to. I don't want to understand them ...

SOY: Do you want to ... feel them?

ME: Yes ... I want you to shut up. I don't want to hear your voice giving reason to all my feelings. I am tired of being spiritual, of bringing everything to consciousness ... I am tired of understanding things, I want to feel them, and not be responsible for the garbage that I may say ...

SOY: But you need me ...

ME: What for?

SOY: Who would you talk to if not? To the others? Mirrors of yourself?

ME: ...

SOY: No matter how much you tell others, you will always have their point of view, never a neutral one. They all project an emotion onto you. A link. A need. A will. One Love. I do not. I do not project anything on you, because I am you. The question is, what do you project on me?

I do not know...

SOY: You're afraid of being me, right?

I do...

SOY: You still remember how painful it was that since childhood they feared my presence. "Uh, don't let Ghan come" ...

ME: They were afraid of you, or you tired them, you are too upright and apathetic ...

SOY: Are you sure they were afraid of me? Or you?

ME: Every time I connected to you, that we were one, my world fell apart. My friends were afraid of me, they used to say "I want to talk to Matías, but the normal Matías, not the other one". In my family too, when there were tasks to be done and you were the one who indicated, everyone made an expression like... I can't say...

SOY: Ironic contempt.

ME: Yes ... That's why I disconnected from you for a while ... I wanted to be normal, make mistakes, not think about things ...

I AM: Flow like a River.

ME: Yes ... change the course without thinking, or fear of what it will drag. Without that voice that told me "over there ...", "not over there."

I AM: "The voice of Consciousness."

ME: Exactly... it made me cold, distant... mental.

SOY: And now, you have decided to let the Subconscious out for a walk.

ME: Yeah. Free... and it's full of shit.

I AM: A lot of sediment. A river drags everything it finds from the top of the mountains, bringing all the things that the streams deposit, and after thousands of years it carries everything to the sea, for miles away. That is to say, a tiny grain of silicon split from the high hills where rain and snow have hit, can travel thousands of miles to the beaches of the sea, passing every corner of the river. Everything that your subconscious is letting out

emerges from waters that come from the beginning of your journey. The mud, minerals, branches, stones, grains of sand, bones, tissues, seeds, everything travels through the river of Life. Consciousness keeps that river in a channel, but that does not mean that that river sometimes overflows. When a lot of water suddenly reaches the mountains, the flow overflows,

ME: ... Breaking dams, destroying towns...

I AM: In some cases, yes ... Like the Nile, which is born in lakes Victoria (Uganda) and Tana (Ethiopia), joining in Khartoum (Sudan), to continue to the Mediterranean, carrying a huge flow from much of Africa for a fertile valley, which until not more than 60 years ago, used to overflow and fill the fields, something impossible today due to the Aswan Dam. The river is like an emotional path, it is the energetic force of a territory, the vitality, the Kundalini, and the banks of silt, create the power centers or chakras of its strength. A dam prevents the flow of energy, it is a great emotional obstacle that accumulates strength, stagnates life. We all build dams for fear of affecting the inhabitants of the chakras. Throughout life, in our centers of power settle people, traditions, ties, desires, which create peoples, cities, which take over our energy flow. Not because they are bad, but because it is simply there, to be used. So, we create dams to contain the river's own force, and not harm those who have settled on its banks. Sometimes, those who live on one side or the other argue for more water, greater attention, and call themselves Rivals (from "rivus", river in Latin, those who are on each shore, facing each other). The dam that we build is to avoid damaging them. Thus, in floods, you can control your strength, and not drown others. But, my friend, nothing can stop a power so great that it asks to reach the sea.

ME: So what? Should we let them drown?

SOY: The only one who is drowning is you. The sediments of millions of years are accumulating in the gates of your dam, and the wall can no longer support it ... the subconscious begins to overflow. And when it does, it hurts ... And those who have settled in your chakras, look uncomfortable, affected by the same river that gave them life, and now threatens to take it away.

ME: It's painful ...

I AM: It is painful to have built the dam, knowing that every river will find a way to return to its original course. And that river is life ...

ME: Where did this river that carries so much trash start?

SOY: We could go very far in time, although we would move away from Earth ...

ME: Remind me.

SOY: The first drop that fell on the top of the mountain was that moment of curiosity, in which I stopped seeing the geometric dimensions, to ask myself about its results.

ME: The first time I saw the Third Dimension.

SOY: Oh, do you remember?

ME: Ævssaeubath...

I AM: The Field of Dreams. This plane between dimensions are the mental channels that download data between the different levels of consciousness. They are the tunnels through which entities communicate, and

therefore, when spirits travel between realities, they go through what we commonly call the Field of Dreams, where data build possibilities, which end up being downloaded into the minds of beings. alive.

ME: We built dreams ... I remember ... There was a being there, uh, I don't remember his name, but he taught me to connect geometries with emotions ...

SOY: It was where we received the first call.

ME: I saw incredible things in dreams, things related to gravity, to life, to eating, to feeling ... I saw the Third Dimension for the first time, and I couldn't get out of my head, well, my mind, what it would be live there.

SOY: And for that reason, the Universe called us. And we began to practice being born ... Being mineral, being gas, being vegetable ...

ME: I remember being a tree ... it was beautiful, the feeling, magical ...

SOY: Until, you were born.

ME: It was in Eïmpah... the planet of 1000 satellites. It was my first family.

SOY: Oh... what does the first family bring you?

ME: We were a herd, many... amphibians. We were hatched from eggs inside longhouses. I remember seeing much stronger colors than here on Earth, and the sky full of moons, like jagged rings. I did everything possible to save them ... The invasion was imminent, and I didn't see myself able to do anything ...

SOY: You couldn't do anything for them ... It wasn't your fault, you were one of them.

ME: Where I did feel guilt was in Rigel. When I was born in that off world, I felt that what I was doing was right, "seeding worlds", sending people almost like kamikaze to be born in other worlds ... I still feel guilty, because now that I live here, I know what it is to be here, and I feel that many have come here because of me ... and that I am just continuing to drag them into my plans. What I did in Rigel, defined my reason for being here ...

SOY: And from the feeling?

ME: It makes me nauseous, thinking that I was one of the culprits that many did not know how to get out of this world. That is why I came, trying to make up for my mistake ... And despite this, I keep making plans and plans and plans, one after the other, and instead of releasing them it seems that we are burying ourselves more and more ...

SOY: You have arrived at the error, right? The sediments of that first error that you consider your own. Mistake, Guilt, they are just reminder words, but nothing more. The universe flows like a river, you can't blame a grain of sand for diverting the course of the Amazon.

ME: But it's what I feel. It is something that I tried to amend in Gludok, of the Sirius system. But I never made it. I always wanted to put myself at the service of the developing worlds, but nobody ever took me into consideration, the furthest I got was to "Communications", and hopefully, as assistant to the principal. All my life I was an assistant, taking orders. "Arak send this, Arak, seek the other, Arak order this ...". When I heard that the Trevets needed to hide the Protiktah in a distant world, I volunteered to develop communication plans with the developing worlds of the Confederacy. But no: "Arak, take this, Arak, clean here."

SOY: And your family?

ME: There was no family. I could think of 2 or 3 closest to me... but, I felt lonely.

SOY: Oh... just... Trying to Communicate to a World.

ME: Luckily I managed to be born here, and to be at the foot of the canyon. And still, I feel like all I did was kick the responsibility for later.

SOY: As Shiw, you had no choice but to follow the general mandate of the Families.

ME: The bloody Atlantean Families. All to maintain the status quo ... You know? It always hurt me to have stood idly by, as if I couldn't do anything, kicking the ball into the future ... "Noga ei-noga" (generation after generation). And now, here I am in the same place that I once was, next to the Pyramids, pretending to have transcended those pains, when in reality, I continue to cry. Coward. When my father died, my mother could not bear the weight of the government, and the responsibility fell on me.

SOY: And what do you feel?

ME: I never had the courage to yell at her what I felt, to tell her that she seemed like a coward to me. That he left me at the expense of the powers of a country, only for a duel that lasted his life. We all wanted to cry, but no, we had to be strong, for her. And then I became the coward ...

SOY: And then ... you did it again millennia later.

ME: Coward ... afraid to face the truth. Yes ... I escaped in the middle of battle. This week I have been looking at the maps to know where I should go at the end of August after the North Pole, the first lake in the Dragon's Mouth... Vänern (Sweden). And I remember there, on the shore of the lake, back in the year 1090. Coward for not having shouted, having run and cried instead of facing my own brother in the massacre they were carrying out. I was months, if not years, until I knew how to return to the fjords. A disgrace to the family ... I didn't even have the courage to face my father ... I didn't even have the courage to look for my brother again ...

I AM: The Family ... cowardice, guilt, loneliness, remorse, fear, abandonment ... How many humans have lived such stories? Everyone. It is a common story among all. They are all one Great Cosmic Family. You see it? You have lived these memories that lead you to the same emotions as any other human being. As in any river, the sediments are the same, no matter how far you go in history. They all make up the same silt that fertilizes the fields, valleys, forests and jungles in its path. This river connects all the villages, all the families ... as one.

ME: What I feel... belongs to everyone...

I AM: It is the story of every human, of every son and daughter, of every father and mother. Therefore, you have no other option but to live it... Therefore, there is no other solution than to flow with the river. The problem is having created dams ...

ME: Having accumulated, all these pains that I am crying.

I AM: The subconscious is expressing itself in you, freeing itself from everything that you accumulate, that you shut up.

ME: These days I have been asked to speak, but when I speak, it seems that it is worse ... I generate more conflicts, more misunderstandings ... More separation ...

SOY: Because you are speaking from a place that is not. You are afraid to release the flow, in case it could harm someone ...

ME: I don't want to harm anyone ...

SOY: That is why you fear me, because you know that if you speak from me, many will be injured.

ME: I don't know what I have to release to find the natural channel, without hurting ...

I AM: Do not fear me ... You are realizing today that after 335 days of the I Am, you fear the I am, you fear being what you are, by occupying the spaces that you are not.

ME: I don't know what I am ... I thought I knew my place, but these last weeks, the river is blocking every step I take, I feel like my inner world is falling apart ...

I AM: Allow yourself to feel it ... Rivers form valleys, which become canyons, and they leave traces of Earth's history. Let the river run free, release the emotional torrent that you are blocking. Don't judge the stories you cry for. Cry them out, release them. Do not judge yourself by what you feel, do not put logic to what you perceive. Let everything take its course. When you stop wanting to control the river, it will show you the way.

ME: In order not to want to listen to you, in the end I listened to you too much ...

SOY: It's the good thing about insomnia ...

ME: I hate Cancer ... I didn't want this year to end like this ...

SOY: Not finished yet... this is just one step in a vast landscape.

ME: Why were the two things I wanted to celebrate with number 333 (post number 333, lineup number 333), were the saddest days of this year?

SOY: Because in them you expected to find something that you have not yet seen in yourself. You are not ready yet. The road is not over yet. There are many steps to take, many trails to travel. Celebration is realizing that there is something in you that forbids you to celebrate, that you are not free yet. It is the gentle psychological martyrdom that a walker must go through.

I because?

I AM: To wake up from this dream ... and realize that you are a Dreamer of Dreamers. Waking up from the dream that you thought you were living, to build the reality that you intend to live.

ME: Every life I have been a dreamer dreaming dreams that I dreamed ...

I AM: Each life has been a river accumulating sediment to sow a new life ...

ME: And all I feel are the emotions of those dreams, which remind me when I see others ... And above all, you.

SOY: And here we go to why you fear me ...

ME: Because it was you who made me remember.

SOY: It was I who made you aware, and who has marked this life that you lead... And you blame me for it.

I do...

SOY: And for that you blame yourself. You punish yourself by plunging into the shadows. Don't do it as punishment, do it to nurture yourself. Do not forbid yourself to feel what you feel, let's stop talking, let's stop agreeing with everything. And you know what?

Me what?

I AM: I beg your pardon.

ME: ?

I AM: Sorry to push you to Exist. Sorry for inviting you to Dream. All I ever wanted is for you to be a dreamer like me ...

ME: We are both still trapped in İvssaubath, as if time had not passed ... and this was all a dream, or a nightmare.

SOY: Perhaps, the Universe was waiting for us to have this conversation, to give us the call to be born ...

ME: What's next?

I AM: Take a deep breath ... because now we must walk through the overflowing waters on the slopes of the rivers and their deltas ...

ME: I can already feel it ...

I AM: Lie down in the water, let yourself be carried away by the current.

ME: The time is 3:33 am

I AM: ☺

ME: ☺

# 336. Swamp (Sacral)

[July 5, 2021 Matías De Stefano](#)

Daily vibration: RHy

Statement: I Am Dreamer of Life

Code: LIOR



I AM: Getting muddy ...

I do not want...

SOY: Why?

ME: I slept badly today, I couldn't rest, and I have diarrhea. Stomach aches, and my arms and shoulders ache. I feel uncomfortable, short of breath, and feeling feverish. I'm not well.

SOY: Because you are realizing.

I maybe...

I AM: Sunk in the muds of the Swamp. The overflowing waters of the rivers create swamps, where stagnant water serves as a reservoir for many forms of fauna and flora. The constant wet soil gives a muddy texture to the bottom, where the roots coexist with creatures that burrow. Its waters are calmer than those of a lake, in the swamp you will rarely see waves, and its surface is covered much of the time by leaves, both green and rotten, which generate a thick layer of silt. The water remains hidden, under the shade of trees or water lilies, lilies, lotuses, pistias, reeds and many others, which serve as shelter for fish, snails, birds, and all kinds of insects, some permanent mammals such as otters. and capybaras, as well as a great variety of amphibians, turtles, snakes, alligators and crocodiles. The latter are usually the terror of calm waters, since they hide almost invisible among the plants on the surface, causing the swamps to hide possible horrors. The mud, the quicksand, the hidden alligators, piranhas, dark waters, covers, snakes, leeches, give the swamps a connotation of occultism and terror, at the same time as calm. The smells of the swamp can scare some away, as decomposing matter does not circulate in its waters, making it excellent breeding grounds for mosquitoes and other pesky insects that often carry disease. For all this, the Swamp hides the most conflictive things that one prefers to avoid in his life, and yet they are the only spaces where the Lotus, the flower of Enlightenment, blooms.

ME: "The lotus flower is born from the darkest muds", it is something typical, that everyone says. It is obvious.

I AM: In the swamps of Asia and Africa, the idea that swamps hid terrors and malaries, was superimposed on the beauty of the flowering of the Lotus, a flower that in India became a symbol of Enlightenment: Sahasrara. It is said that in order for this thousand-petalled lotus to flourish in the crown, your stem must travel the dark and dense waters of the human swamp, through each chakra, to the mud of the swamp where it is nourished by the darkest shadows of being. For this reason, the enlightened person is not someone who lives in the light, but has his feet firmly in the shadows that he has traveled to flourish.

ME: It's a beautiful metaphor for spiritual life ...

I AM: Metaphone of life itself. You drown in shallow waters, because a swamp is not deep, it leaves everything to the surface. And there you are, in your mud. Which side of the swamp will you decide to see?

ME: Now everything hurts ... I feel sick ... nauseated, clearly I'm in the swamp ... I'm the ogre in the swamp.

SOY: Oh yeah... everyone goes through there. You are at the end of a very extensive journey of personal work, of internal analysis, and therefore, it was inevitable that before reaching the Ocean, your own Nile would have to pass through the marshes of the Delta. The overflow brings waters that allow consciousness to flourish ...

ME: I want it to end ...

SOY: That is precisely what will not end ... You must face it.

ME: These are things that I'm not ready to talk about... that I have yet to process.

I AM: Oh, Mother Earth. Do you remember when you first saw her? "The Blue Pearl", an amazing world, fragile and strong at the same time. Her presence and her abilities impacted you ... You fell in love with her, like Oedipus when looking at this great mother. The first time you were born, you relived it that time in Arizona ...

ME: Temascal. Yes ... in the middle of the desert. It was horrible, I relived the feeling of being trapped by the gravity of this world, and despite loving her and looking at her with admiration, I felt that I lost my oxygen the closer I got to her. I despaired, I had to get out of there ...

I AM: From her womb ... you went out to look at the stars, to look for an answer in the heavens ...

ME: That never came.

SOY: Because now your truth was here. And there, you started to remember it. Every birth in this world.

ME: Everyone, one after the other, as if looking for breaths of air under the intermittent water of a river, which every so often gave me sips of air when they did not suffocate me.

I AM: The pressure of the atmosphere, the pressure of the air, the water, the invisible force that collides with the earth, the unbearable heat of the sun accumulating like a boiler.

ME: The flushing still gives me a headache.

I AM: It is the call to be born. You feel that your hands and feet are submerged in the mud, and that if you try to get out of there you will only submerge yourself. Then you stay still, static ...

ME: But the vermin threaten me, the mosquitoes make me uncomfortable, my whole body itches, and I feel tied by my hands and feet ...

SOY: Oh, where it itches. "Tied hands and feet." You cannot leave where you are... you cannot travel through the cosmos, expand through the Internet.

ME: Trapped on this planet, in its jaws.

I AM:... In his arms. You are short of breath, you feel that nothing you do will take you very far, and an alligator is waiting anxiously for you to make the first move to know where you are. Your own demons await your next move. And you are still tied hands and arms, trapped in the swamps of a planet from which you see no escape. Why do you want to escape?

I do not know...

SOY: Do you want to be free? About what?

I do not know...

SOY: Since you came to this world, what you have done is escape, over and over again.

ME: Me?

SOY: Yes... everyone. They all seek to escape from the muds of Mother Earth. The escape is called "Birth." Since you were a cell dividing in two, since your cell became a mobile, and the ovum into an egg, birth has always been about breaking the limits that surround you, those that have nurtured you, to be who you are. Break the membrane, cut the ties in mitosis, break the shell to finally get out. A vulnerable moment, if you will, in which predators are lurking, and among which in many cases are the same fathers and mothers. But it does not matter, you have managed to create links so that they do not eat them, although, they end up devouring them in the same way. Ensuring offspring, transcendence, implies protecting the custodians of DNA, and therefore, parents, especially mothers, like Earth, they must protect their children under a cloak. And that mantle is a new limit. A new shell to break out. And the mammals left the eggs, to gestate. Days or months, the baby is formed within a reduced space, from which, when it feels pressure, it seeks to escape, to be able to live, to breathe. And thus, it is born. Birth is the moment of escape. How many times have you been born?

ME: Many ...

SOY: How many times, then, have you escaped?

ME: Many ...

I AM: Looking for a freedom that does not exist. Well, if you leave the Earth, what will you find?

ME: The pressure of the solar system ...

SOY: And then?

ME: The galaxy, and a galactic cluster ... and the universe ...

I AM:... Oh, and the Matrix.

ME: Matrix ...

I AM: Mom. Welcome to the month of Cancer.

ME: What am I to see?

I AM: You have come to this world to work with Mother Earth, you have all come to this world to collaborate in its development, but even so, your subconscious has the information of escape, of leaving, of wanting to leave where you are. Although, it is impossible to escape the Mother ... For the mother is the Network.

ME: So?

I AM: Then, you must become the Mother. Every living being has within it the cells of maternity, and you remember being a mother.

ME: Yes... I remember, and that's why it hurts when talking about the generational trauma in which the mother is blamed for her children's problems.

SOY: You can't blame mothers for their children's disabilities, obviously. The mistake that both make is to believe that they belong, when in reality they "are."

I eat?

I AM: One of the muddiest memories of humanity is the relationship between parents and children, which has given material to so many stories, from religion to psychology and science. Art, culture, nations, divinity, everything has been interpreted in the roles of the Mother and the Father. There is a deep root in the traumas related to the suffering and martyrdom of parents towards their children, or the martyrdom of children trying to escape and overcome their parents. And to this, the human places a superior emotionality due to the sense of belonging. Mammals created this form of subsistence by creating emotional bonds that strengthen the abilities of individuals in a herd. Translated into culture, into human tradition, this generated an unbreakable bond between parents and children, an inevitable bond of inheritance, like a connector to the servers of the past. Thus, parents become the image of all the things that children must follow to sustain the lineage, admiration, honor, honor, love, but on the other hand, everything that must be released and released, transcended for an improvement of the biological system . This causes a complicated, conflictive relationship to exist in each human being in relation to parents and progeny. But it is no one's fault, it is simply an evolutionary mechanism of transcendence. Because the freedom you hope for exists only in your imagination, the physical system designed ways to make you feel that freedom emotionally and piecemeal, even if it's not real.

I because?

I AM: Because the truth is that you and your parents are not different things, but rather a consequence of each other, the same being experiencing itself in different aspects. It is in the relationship with the parents that you find the true swamp. Not in the stars, or aliens, or anything transcendental from other dimensions. No matter how much you dig into ethereal and essential realities, no matter how far you go into the past, deep in an ocean, nothing will be clearer and closer than the bottom of a swamp. There are the wombs of a territory, where life emerges. The enlightened ones began their paths because of conflicts with their parents, not because their parents were the problem, but because their bodies are the summary of what makes you who you are. It is the closest point you can go to to know what was generated the first time you were born. And you will be that packet of information for the next ones, with your own conflicts. They never stop, as they are the way to recognize the potentials to awaken based on the inherited data.

ME: Wait, that is, what we seek to transcend is not the ties, or the conflicts with the parents, but the idea of blaming individuals for it ... When each of us are tools for a continuous process ...

SOY: That's right. All your traumas are related to the Mother, but not because of your mom in this life, but because of the Matrix. Your mother today is the closest reflection you have to the Matrix, a matrix that already

lives in you, but that you cannot see without looking at your mother. And this is not yours, it belongs to each living being, each human lives exactly the same. And therefore, however transcendental you want to be, spiritual, enlightened, when you step on the waters of the swamp, you will inevitably know that your flourishing does not depend on the light of God, but on the reflection of your genetic parents.

ME: "You will honor your father and mother" ... takes on a much greater meaning. Not of obedience, but of consequence.

I AM: This is the human swamp, where the deepest things that we deny lie: in what we have closest to. It is easier to explain the dimensions than the relationship with your family. It's easier to talk to thousands of people than your mother. It is easier to seek to solve the problems of a society than with your uncles. It is easier to trust external agents than your own siblings ... Out of fear. Fear of rejection, fear of abandonment. A fear that we all share.

ME: That is my fear ... that transcending implies that someone feels abandoned.

I AM: When consciousness is transcended, no one is abandoned, but each one occupies the role that corresponds to him, simply because now you know it, and you do not occupy the role of anyone else.

ME: I'm afraid of stopping being the child ... the son, the grandson, the nephew ...

SOY: Because you think that being the adult, the father, the grandfather, the uncle, eliminates the previous roles. And it is not like that. Transcending is not eliminating or ceasing to be, it is expanding what you are, expanding what you are. You never have to stop being something to become something else. The butterfly does not leave the caterpillar behind in the past, abandoned, the caterpillar "is" the butterfly. It just takes its rightful place now.

ME: The Swamp is the closest thing, the thing that costs us the most ...

SOY: Because there, the family hides everything it needs to evade in order to survive. The family is a pack that needs to be strong to face rivals and potential threats. "The United Family". And therefore, to maintain that unity, they tend to cover things, hide them, even things that are not their own but thousands of years ago, under the weeds of the swamps, in the dark waters of the swamps, to protect each other. The others, take care of themselves and remain firm and strong. They relegate emotions to the shadows in order to stand firm in the light. But sooner or later, these waters must be clarified, filtered by the aquatic plants, which turn them crystalline, seeing the bottoms, and thus being able to absorb the nutrients to flourish. Do you want to flourish?

I do...

I AM: And when you bloom, you won't do it alone. You will do it with mom and dad. You will do it with everyone. Therefore, you need to bring everything to the surface. The pains, what you feel, what you have hidden, all this is what nourishes the flower of your consciousness.

ME: Why am I so afraid of hurting the other?

I AM: Unconsciousness is the only thing that hurts. From Consciousness you cannot hurt anyone, only clear the landscape. But, my friend, we keep churning the waters of the Subconscious. Don't try to put words to things that continue to be manipulated and not contemplated. Have you stopped feeling what you promised you would feel? All that senseless emotion ...

ME: No, I'm still ...

SOY: So keep it up, dive into the bog, feel. There will be time to communicate, to say, to speak from Consciousness recognizing your Unconsciousness. Now feel, don't cut the process, allow yourself to go through it.

ME: I will.

SOY: Rest... let the body sink into the pimples. Soon you will see a new, more open landscape, and you will understand giving oxygen to your stagnant emotion.

ME: I cover myself in mud... I fill myself with mud...

SOY: May the wetland make you more human.

## 337. Bay (Root)

[July 6, 2021 Matías De Stefano](#)

Daily vibration: Rho

Statement: I Am Dreamer and Dream

Code: AGE OF PISCIS= Eras are periods of time of approximately 2148 years where the north pole of Earth points in the direction of a constellation. It's complete cycle on the 12 is around 25776 years. We are today finishing the Era of Pisces, beginning the Aquarius Era, and this tells us that Piscis began around 130 b.C. During this period developed the civilizations of utopias and beliefs based in the service of religion, the celestial idyllic.



ME: There are 2 weeks and a few days until my journey of daily connections ends ... and I think that is also affecting me.

SOY: A death foretold.

ME: Yeah... it's like a part of me dies. Today I realized that the idea of leaving this place makes me uncomfortable, and at the same time I can't wait to leave. Like a very contradictory feeling. Giza is the first place in 12 years that I have lived for more than 12 months in a row. Arguably, this is the first time since I have come of age that I can consider that I have lived in a place calling it "home". Where I put down roots, where I had the time to sit down to make art, to write as I always wanted, to have time for myself and to educate many. I

liked being alone, living everything I lived here ... And, even though I already want to leave, there is some nostalgia knowing that I am leaving, that in 3 weeks it will cease to be my home.

SOY: And yet you have not lived.

I eat?

SOY: You've been here on a mission, counting the days to go. Escape. Your mission has kept you here, but not your soul ...

I understand. If it were up to me, I would have left ... but I have a high degree of consciousness about what a mission is, and I could not abandon this ...

SOY: Would you rather relegate yourself to common service?

ME: Doesn't it work like that?

SOY: Only if you have to give to others. But, if you lose yourself, you will live disconnected from what really lies in you, and if you disconnect from yourself, what can you offer to others?

I do not know...

SOY: What do you want to offer to others?

ME: Consciousness ... I guess.

I AM: "I guess?" Sure? Consciousness cannot be offered, it is only obtained on its own merit. What do you offer to the world?

ME: My life.

I AM: Oh, a martyr. "He gave his life for us." The sacred office of sacrifice. Is your suffering a martyrdom?

ME: I couldn't compare it to the sacrifices made by others, much less compare myself to the martyrs who really gave their lives.

SOY: So, you don't give your life.

ME: Sometimes I feel like I give it up... I live for the mission. I live for the plan, and as much as I give myself the time to enjoy myself, the truth is that I feel that every step I have taken has not been for me, but to perfect myself to fulfill my purpose ...

SOY: When do you plan to start living your life then?

ME: I always considered that my mission is my life.

SOY: But what does your subconscious want?

ME: If I close my eyes, I see a forest, rivers and streams, a lake, a beautiful house, simple but luxurious, away from everything. And I find myself there, in peace, writing, receiving friends ... traveling, driving without destination, sitting down to contemplate and draw, write ...

SOY: What do you feel?

ME: Freedom ... I don't feel the weight ...

SOY: What weight?

ME: The weight of the world that I have created myself, so many people working for me, watching over me, so many planetary missions, and, the worst has not begun ... What lies ahead is more dense, related to people who do not follow the Paths of his "I Am", people who must be helped and his greatest conflicts in life are the 3 basic needs (eating, sleeping, producing), encompassed in the search for security. I feel like, I'm going to go crazy, I don't know if I'm ready to deal with it ...

SOY: Tell me what goes through your head, through your heart.

ME: I feel that I have reached the end of something, and that something bigger begins, and I wish that the above would never end, the future stresses me, the mission stresses me ... I would love to be able to get away from everything, be calm. But my program is much stronger, I can't turn my back on who I am. But it tires me.

SOY: What tires you?

ME: The struggle of personalities. It exhausts me that they think about me, about what I do or don't do, about how I should feel or not feel. And it exhausts me that the spiritual world is one of the most hypocritical worlds there is.

SOY: What does it produce?

ME: Rage. It makes me desperate ... Every day I find out about people from the "spiritual" world who say that they are undoing my homework because they say that what I am doing is wrong. I wonder why they don't do it in the first place. Or, worse yet, why if you think that one does things wrong or for the dark, they don't come directly to me to ask, to have a meeting? It bothers me to know that many people who are dedicated to consciousness do not join for fear of "losing followers." I have seen that absurd fight of "fighting for people", for more or less "likes". Many people write to me, but I cannot read everything, it is impossible, too much I can with myself, and some get angry because I do not answer. It makes me sick that after having explained a whole year some things, there are people who have not changed a bit. It frustrates myself to think that I find myself like this,

SOY: You are not a savior. Nor should anyone be saved. Do you consider yourself a victim?

ME: Of what?

SOY: From reality ... from the world as it is today.

ME: No ... I can't consider myself like that when there are people who are really victims of so much pain, suffering. I'm not going through any of that ...

SOY: Why are you going through?

ME: Through a process of recognition. It hurts, you suffer, obviously, but it is not comparable.

SOY: Well, the Subconscious does not understand discernment. It is ethics and morals that make you say these words. I want you to dare to speak to me from the depths.

ME: And say what?

SOY: What goes through being ... Cheer up.

ME: I hate them.

I AM: Aha ...

ME: I hate humans. Every time I have to call myself human I get nauseous. It reminds me of where I am, the species I belong to. Scavenging mammals, who tear everything up for a piece of whatever. I have contempt for society as it exists. Ignorance overwhelms me, a mixture of grief and anger intermingle when I see that we repeat the same thing over and over again, the same mistakes ... And when I see people "of consciousness" call themselves warriors, light workers, unconditional lovers, divine beings of the self, and then using the same religious mechanisms, the same social gossip, the same traditions of judgment, of criticizing the other, fighting with the other, is rubbish. Sometimes it seems that the murderer unaware of why he does it has less weight, than the spiritual manipulator who is aware of what he is doing. I am terrified of being that, or that people see me like that. I am terrified that my friends from other dimensions point to me saying: "He is human, like the others." The world weighs on me, and it hurts me that we speak of unity and I myself do not know how to maintain that unity. Let him talk about networks and the only thing I have done was fail in every network that I wanted to build. It makes me angry that I dedicate a year of my life to give answers that many wanted me to give, but most prefer to hear about angels and aliens. I am ashamed and helpless to open my sorrows to the world, my existential pain, and that perhaps it remains as an anecdote ... I feel anger that I have trusted the wrong people, and that now I am stigmatized as incapable of choosing the right people. I doubt myself. I lost my ability to command, I feel that way, I feel like a loose node... Lost in space. Everything hurts, I can't sustain so much helplessness ... I feel like we are not doing enough, that I am not doing enough ...

SOY: Well ...

ME: Well what?

I AM: Let go of everything. That you release the torrent of this river. You have reached the Bay. And there the taste is bittersweet. Finish the road this way ... how horrible, you might think. The Emotional Bay is where fresh waters meet salty waters, where river sediments mix with minerals in seawater. The waters churn, and many plants from the swamps, pebbles from the mountains, pieces of roots, logs, and animals are thrown out into the sands.

ME: Bittersweet ...

SOY: Oh yes ... it is the end of a road, and the first thing you see is waste mixed with a sea taste in your mouth ... Does it hurt to reach the end of a mission, to the culmination of a purpose and find yourself with all this horrible energy inside you...?

ME: Yeah... it hurts... why? I do not understand why I feel all this, if it is not what I think ...

I AM: In the subconscious you have protected all the things that you usually silence, that are repressed, and among them, the garbage that you do not tolerate from the world and from you. You do it to survive and be accepted. How many will feel offended or bad by your words? Many surely. But, would they have understood the wealth that the subconscious contains if you do not dare to release it? How do you feel about yourself, huh?

ME: I feel like rubbish for thinking like that ...

SOY: Do you blame yourself?

ME: Me, and many ... I feel guilty about many things, ashamed of having done things that many would consider sins ... And I blame my environment for leading me to live it.

I AM: You blame the environment for feeling what you feel... For acting as you act.

ME: I don't know ... I'm very confused ... I don't understand what's wrong with me.

I AM: Wiktor.

ME: ?

SOY: Let's resort to it. You keep blaming yourself and others. Why?

ME: They took away the possibility of being happy, of having found love, I needed to feel full... I love him. His mother took him away from me ... And it's not the first life he's done ...

I AM: Say it ...

I hate her. I hate her. He stole my daughter from me, and today he took my lover from me.

SOY: And him?

ME: It makes me angry that he didn't fight, that he gave up like nothing ... He called me a liar, when I never lied to him. I was never angry with him ... I only feel sadness, sadness ...

SOY: For not getting what you wanted. He represents that peace of mind you expected. That forest, that trip, that silence writing, painting, looking at the lake ... It is with the only person that you saw that dream beyond your mission.

ME: Yes... I felt free... And I can't feel it anymore... I lost myself when I lost him. Not because he is the key, but because of what I saw of myself being close to him ... The pain is penetrating ... It is a bittersweet memory that does not fade ...

SOY: You blame yourself for the family... say it.

ME: Idiots, they were idiots, I don't know why they did it, I don't understand, for money? out of pride? Was I wrong to keep quiet, to say nothing? There was no need to go as far as they did. I spoke with each one of them, but no, it was as if I had never done it ... They lied to me, they cheated on me ...

SOY: And your friends?

ME: How could I consider you friends? They took me to the brink of losing the place I waited for so long, to be able to do what I'm doing today... I trusted many of them, but in the end, it seemed that it didn't matter. Sometimes I miss them, like my family, I cry inside because I can't laugh and hug them. Many things happen inside me that I never express ... Why?

SOY: Do you see it? Your search for consciousness has helped you to catalog what you feel, to put logic to each relationship, to each situation, but you never attend only to the emotion.

ME: The emotion ...

SOY: Say it... say what you feel about your parents.

ME: That they abandoned me. In every life I felt alone. My mom was always there, one way or another, but my dad always disappeared somehow. At first I hated him for it, lifetimes ago, but in this one I took it for granted.

SOY: That is why you are looking for men to fill that love you have needed for a long time. And yet you do nothing but bury yourself.

ME: I seek the love my father denied me, life after life. I am looking for those lost children ...

SOY: What do you feel?

ME: That every time I am with someone different, I lose love instead of gaining it ... I look for it in places where it is not. But, is it to the case in the recognition of my father? I believed I obtained it in the recognition of my mother, whom I made my father, falling on her a weight that did not correspond to her ...

I AM: Covering the emotion with pleasure, filling the gaps with food. Turning the agony of loneliness into orgasmic nonsense. Here the waters mix ... You are in the Bay of existence, where the river of life confronts you with the inevitable reality of your purpose.

ME: Which one?

I AM: Realizing that you were not going anywhere.

ME: ...

SOY: And for that reason, the speed with which you were going towards the culmination, did not let you see what you were dragging with you. But in the bay everything is mixed. The salty waves stir the garbage, and between the lands that surround this mouth of marine water, everything that you are is exposed, and the contrast with the totality is seen.

ME: A river entering the sea ... where you can see the brown waters with their perfect limits surrounded by light blue. The river stops having purpose ...

I AM: And what you denied is returned by the waves, wearing you out over and over again with each swell on the sands of the beaches. What you feel lives in you, and the whole world will judge it sooner or later. No matter the judgment of others, the important thing is that you can judge yourself.

ME: What to do with all this rage, anger, contempt, guilt ...? What to do with all these garbage that live in me and that dirty the clarity of the waters without any purpose ...?

I AM: Stop denying them. Stop being a hypocrite. You don't have to sell anything to anyone. You have created this channel through which your life has become a river. You have created the purpose, and everything lived is what gives strength to your wealth. How can the river judge the water? How can you blame plants for letting go of their leaves? You do not understand? Emotions are the force that have brought you here. Your anger and rage are your engine, guilt is your mission, contempt is your will to change. Shame is the key to transformation, ignorance is the drive for education; the abandonment of your need to unite and connect. Everything that you have hidden in the subconscious is nothing but fuel. It is in the Bay where you realize that none of it had a purpose, but was the purpose itself.

ME: I feel ...

I AM: Use what you feel to expand. The anguish you feel is only due to detachment from the idea. The idea that the path along the river is over, and that nothing that has been done makes sense anymore. Upon reaching the bay, the river loses notion of itself, and it has no choice but to surrender to the bittersweet truth that everything it feels is part of itself, that it cannot escape from what it is, from what it feels. And the only solution is to let go ... let go of the idea of the channel, free yourself from the flow. Thus, through the mouth of the bay, all sediment is released. Let it go without judgment, say it, shout it, cry it out, acknowledge the power this emotion has on you.

ME: It is the attachment that one has to the idea ... And when things are not as expected, the energy deposited in it is released, damaging the system ... causing all these irregularities.

I AM: What you must know in yourself to be able to identify them, and by doing so, you give them a real purpose.

ME: I will feel this same until I give you a new purpose ...

I AM: And you will be free only if you remember that all purpose finds its end in the Bay, detachment from the idea, from the direction.

ME:... The death of oneself. The death of my idea.

I AM: Everything is simply a dream, and you are its dreamer. The Dream of the Subconscious that envelops you in its memories and feelings.

ME: Ævssaeubath, the field of Dreams ...

I AM: If you remember that you are the Dreamer, you will be able to take those emotions and create your own dream, instead of them building a dream for you in their name.

ME: I am the Dream Dreamer... I take all the emotional waste that lives within me, to release it into the bay without purpose. And thus free myself from my idea ...

I AM: Face all this that you feel and live in you, without judgment. And by doing so, you will really be able to navigate the sea.

# 338. Sea (Knees)

[July 7, 2021 Matías De Stefano](#)

Daily vibration: RHu

Statement: I Am Dreamer of Possibilities

Code: AGE OF ARIES = The procession is the movement where Earth moves its axis in a clockwise circle during 25776 years, and this makes the way we see stars to be opposite to the rotational movement, where Earth moves towards east in a counterclockwise direction. For that the Eras go backwards, and the sidereal monthly zodiac goes forward. Aries happened between the years 130 b.C and 2140 b.C. Here developed the tribes, a human kind that was reborn in minority groups fighting over imposing their idea.



I AM: “Before sleep wove mythologies and cosmogony, before time was coined into days, the sea, the always sea, was already there and was. Who is the sea? Who is that violent and ancient being that gnaws at the pillars of the earth and is one and many seas and abyss and brightness and chance and wind? Whoever looks at it sees it for the first time, always. With the amazement that elemental things leave behind, the beautiful afternoons, the moon, the fire of a bonfire. Who is the sea, who am I? I will know the next day that happens to the agony”. (Jorge Luis Borges)

ME: What is the Sea?

I AM: The Sea is Loving. And you can only reach the sea when you let go of everything you drag in the river. When you get rid of the sediments that you carried with you, muddying your waters, which rush through the channels between mountains, valleys, canyons and plains. Today you have had the catharsis of the Bay, the jumble of your sweet and salty waters. How you feel?

ME: Horribly... After 3 days of not getting out of bed, in a state of depression, I decided to get out, I took courage and said to myself: you can't spend three days locked up. So, I left, went out to buy some things I needed, and went for a walk. I went to the cinema. I went to eat. And sitting in the restaurant, I started to feel bad ... dizzy. Very tired. At that moment, I was aware that I was about to pass out. I took strength, told my friends just in case, and walked as best I could to the taxi. Upon arrival, I fell limply on the bed, I could not move. I fainted, delirious, like I had a fever. I felt nauseous ...

SOY: You started browsing.

ME: I still feel weird, but I'm better... just exhausted.

I AM: You did catharsis. Your body came accumulating many residues of many lived circumstances. Many emotions that remain in you, which, as much as you are aware of them, does not mean that they are gone. What you have managed to get out in these days, leaves your being more free to face what is coming. And there is still much more to clean in the waves of the sea.

ME: I feel ashamed and sorry for the things I said yesterday ... those emotions that do not represent me ...

SOY: Oh no ... remember, we are working the Subconscious, nothing can be judged here. It is like judging a baby by his crying without taking into account that he cannot speak yet.

ME: But I know how to speak... and I feel that what I feel is horrible... those truths that were inside me, in the pain of my soul... I don't know with what face to look at the world after saying such things...

I AM: Catharsis. The word comes from the Greek "katharos" (clean) and "sis" (action), that is to say: Purification or Purge. It has two poles of reaction: in the physis and in the psyche, that is, in the body and in the soul. Catharsis is the means of purification in which the parasites or excesses that poison the body begin to ooze, leaving it as a reaction that is not usually pleasant, because it hurts, annoys, disgusts, nausea, disgusts. In the case of the soul, all stagnant emotions, unspoken words, all of which must ooze, and it is not a pleasant process either. Also hurts, nauseated, bothersome, disgusting. When a parasite is emerging from the body during the cathartic process, the individual recognizes what was inside him, realizing what he allowed to inhabit him for so long and now he needs to let go. And it's horrible, it's unpleasant, but necessary. Judging the catharsis process does nothing more than retain the parasites within you. You don't have to prove your sanctity to anyone, your morality to anyone, you just have to be consistent, and catharsis is part of that purging process. The things you have said are your parasites, emotions and thoughts that consume you inside. I can notice how your skin is filling with internal bites, it is supplying the poisoned waters of your body.

ME: Everything itches, a lot ... the little blisters on my hands and feet, in the armpits ...

I AM: The emotions of guilt, hatred, abandonment, lack of love, are emerging. And your screams of anger, of rage, of resentment, are nothing more than those same blisters in your soul. How to judge them? You can ask for forgiveness, if you feel it that way, let it go ... Free yourself from the conditioning of what they make you feel.

ME: What I experienced with this fainting spell, this deep sleep that flooded me, was a catharsis ... I have already experienced this ...

SOY: Of course I do ... Well, one day it never stops reaching the sea. For millions of years, rivers continue to flow through the land, and much must happen for them to change their course and disappear. But the water will always find its way to the sea. The Sea is all that great body of water that borders the continental lands. The seas surround the continents, their peninsulas and islands, and maintain contact with what has been lived, but are free from the structures of life. The seas receive everything equally, everything that the earth sends them, and what was previously limited by geography, the sea envelops in freedom. It purges the hard chunks of sedimentary matter, and wave after wave, it makes them soft and tiny grains of sand. Everything that was painful and dragged before, the sea turns into fine and smooth terrain where you can walk barefoot.

ME: How can hate live in me?

SOY: Because hate is the brother of pain.

ME: Why am I still in pain?

SOY: Because pain is the brother of grief.

ME: How can I keep having such a long duel?

SOY: Because grief is the brother of melancholy.

ME: Why do I live full of melancholy?

SOY: Because melancholy is the sister of memory.

ME: Why don't I heal these memories?

SOY: Because memory is the sister of memory.

ME: Why do we remember?

SOY: Because it is the only way to return to the heart.

ME: Why is returning to the heart so painful if it represents love?

I AM: Because love is eternal, like the waves of the sea, they are the eternal return to oneself, the incessant beat of life, and as I have told you, the small grains of sand only exist by the eternal return of the waves on the shore, which polish the rough edges, rocks, crusts, corals, until they become fine and soft white beaches. It is the eternal return to the memories of pain and hatred that, with patience, polish the soul to the softness of infinite love.

ME: Oh ...

SOY: But if instead of releasing them to the sea, you keep them inside, hidden under the ground, you will only make the process more painful.

ME: We all go through this?

SOY: No one escapes from this natural process. Do you think that the great teachers of history were born loving? "So they came to Jerusalem; and when Jesus entered the temple, he began to drive out those who bought and sold in the temple; and overturned the tables of the moneychangers, and the chairs of those who sold pigeons; and he did not allow anyone to pass through the temple carrying any utensil. And he taught them, saying: Is it not written: My house will be called a house of prayer for all nations? But you have made it a den of thieves "(Mark 11: 15-17).

ME: The anger ...

I AM: Or the anguish... " My God, Father, why have you abandoned me? Why are you so far from my salvation, and from the words of my cry? My God, I cry out in the daytime, and you don't answer; And at night, and there is no rest for me. But you are holy, you who dwell among the praises of Israel. Our fathers hoped in you; They waited, and you freed them. They cried out to you and were delivered; They trusted you and were not ashamed. But I am a worm and not a man; Reproach of men, and despised by the people. All who see me mock me; They stretch out their mouths, they shake their heads, saying, He committed himself to the Lord; deliver him; Save him, since he was pleased with him. But you are the one who took me out of the womb; The one that made me feel confident since I was at my mother's breasts. I was cast on you before I was born; From my mother's womb, you are my God. Do not be far from me, because anguish is near; Because there is no one to help. Many bulls have surrounded me; Strong bulls of Bashan have encircled me. They open their mouths on me like a rapacious and roaring lion. I have been poured out like water, And all my bones are out of joint; My

heart was like wax, Melting in the middle of my guts. Like a pot my vigor dried up, And my tongue stuck to my palate, And you have put me in the dust of death. Because dogs have surrounded me; A gang of evildoers has encircled me; They pierced my hands and my feet. I can count all my bones; Meanwhile, they look at me and watch me. They divided my clothes among themselves, And for my clothes they cast lots. But you, Lord, do not be far off; My strength, hasten to help me. Deliver my soul from the sword, my life from the power of the dog. Save me from the lion's mouth, And save me from the horns of buffalo. (Psalm 22)

ME: At the last moment... he also hesitated.

I AM: The end of a path brings to light all that is exasperating about it, that which, because you are focused on purpose, you have not allowed yourself to see. Fear, pain, abandonment, anguish, doubt, rage, anger, bewilderment. All teachers have gone through what happens every human in the world. It's just that you usually acknowledge his legacy, but not his woes. And without that catharsis there is no understanding. What is the phrase after all this that everyone remembers?

ME: "Forgive them, Father, they don't know what they're doing."

I AM: Love. And your pain and anguish, has just become a message of transcendence. Without catharsis, there is no light or understanding. Without the purge of the waves, there is no smooth eternity. It is the shadow that allows you to see the light, and after all night, it dawns. You are living the initiatory path of mastery, but not alone, but together with 12,000 people every day. And their voices are the waves of this sea that purges your rough edges.

ME: Your messages ...

I AM: His teachings. In the darkest hour of your year, you receive the light of a loving sea of all those who receive your sediments. In Cancer, whoever believed himself to be the father or the mother, becomes the son or the daughter, cradled by the Great Family.

I do...

I AM: "Each of us understands what we can. And I say the others do not matter ... it sounds somewhat rude, but I believe it is true that you do not make us grow, each one is responsible for getting out of ignorance and growing by themselves, each of us his own river. You give us material with which we can reflect on ourselves and there is nothing else you can do. Therefore, there is nothing more to be grateful for. Whether or not we grow with that, it is in us, each individual "(José). "Matías, humanity, humans, are beautiful. But they follow a script, that of life that they think is real. What we live is difficult because it is sewn on a fabric that unravels. Try to see all your sums. You don't owe anything to anyone but yourself. Stop being the father of all and look for you. I think that's what you came for. And I think that is the objective of the game it seems a nonsense and even simple but it is not! Your mission is to find yourself and be happy. You will do it. Take care of yourself and perhaps the darkness and the light are not as alien as we think "(Janet). "There are no uncomfortable words, what is uncomfortable is what those words provoke in me. And even though he is hurt, he will not change his nature "(Irene). "When you realize you chose the experience to learn about yourself it becomes easier to understand and forgive both oneself and others" (Lucia). "Nothing ends, this is the prologue to a book that we must dream and create" (Adriana). "Allow yourself to feel all that hatred and anger because it's okay! so it should be! let it flow until you manage to transform it into something more healthy and harmonious with your being, but do it for yourself, for your love, don't worry about the rest "(Nevenka). "He's coming, everything we know is about to be no more, from the sky it falls with a thunderous sound and to the earth it falls standing in its place, He is coming, it is the beginning of the end and the beginning at last! (Mila). "Diversity in Unity developing that awareness of mutual respect, help and affection. No matter if one reads about quantum physics and another watches videos of kittens. All is Mother Nature and all is ok if it concerns its research, love and comprehension "(Golden Mother). "However, it is good to get to the bay, to come to realize that the whole trip

was an experience to return to the same point but different" (Carlos). "Let me remind you, my friend, that there are millions of possibilities in every millisecond of your life, but you choose to ignore them. Drop a bucket of water on your head and pierce / break that veil that you consider as a blockage / separation between you and what you want. Right / wrong, love / hate, they all hold hands and throw a party. Believe everything and believe nothing. You must focus for just one second, then release and let go of all that attachment to what might be "(Ligia). "GET AWAY FROM EVERYTHING THAT TAKES YOU AWAY FROM YOU" (Diana). "There is no purpose; the vacuum. We are humans; Humus; appendages of mother Earth to help her in her transcendence. We are a conglomerate of Races of the Universe, experiencing and transcending Matter, Energy and Vibration "(Alfaro). "Don't hate humanity but see them as children who are still young in spirit and don't know any better, don't listen to the critics, they are looking for a fight and refuse to look within themselves so don't waste your energy. Go out into the world and find happiness again and I will share in your joy... "(Kath). "It's good to go through all this storm, because in the end the view is beautiful and much higher" (Gisele). "I appreciate mistakes because I learn from them" (Ani). "Learning to be kind with ourselves and others, learning to love ourselves unconditionally and learning to love others unconditionally. Understanding that we are never ALONE which means that we are ALL ONE "(Alina). "" Embarrar "(get muddy) was how you began yesterday's blog. Yes, it can mean a mess, a humiliation, a bog. But also DIVE IN, experiment, make a creative mess, you are free! We are not guaranteed perfection in this world, but if it's hard to understand, we can call it ART "(Celeste).

ME: A sea of teachers ...

I AM: You have delivered the information that comes from the mountains through guidelines in the flow of the rivers, to the sea of teachers who take your materials and shape them with each wave, in each response ...

ME: As if my posts were the beaches, and your comments the waves that give it meaning ...

I AM:... That they give love to him. Heartbeat of the sea. Perhaps you have delivered the sediments, but it is their answers that shape it, teaching you new, educating you. In this moment of catharsis, then, allow yourself to be shaped by the waves of the Web.

ME: Its waves sustain me, it is the Matrix of the Universe materialized ...

I AM: That reflects and contains your gifts and pains. You are not alone, because you are everyone. Let yourself be carried away by the waves of the sea ... float on its surface without straining. Hear the waves crashing against the shores. Let its waters purge the rough edges, the parasites that emerge from your body and your soul. Observe how the nausea of being a castaway leads you to become a navigator capable of directing your own ship along the loving shores of the subconscious ...

ME: I can begin to feel calm ... to breathe feeling the cool of its waves ...

I AM: You can do it... You are freeing yourself, turning hate into love. Recognizing that your mission was to find the obstacles on the way, to lead them to smooth them out in the eternal waves of the sea.

ME: I honor this catharsis that left me in the shadows, to be able to see the light, dawning on the waves of this beach, bathing in the waters of the subconscious.

I AM: "The sea is the Lucifer of blue. The sky fallen for wanting to be the light. Poor sea condemned to eternal movement, having previously been quiet in the sky! But from your bitterness love redeemed you. You gave birth to Venus pure, and your depth remained virgin and painless. Your sorrows are beautiful, sea of glorious spasms. But today instead of stars you have greenish octopuses. Endure your suffering, formidable Satan. Christ walked for you, but so did Pan. " (Federico García Lorca)

ME: I am a Dreamer of Possibilities ...

I AM: A new dream is possible.

## 339. Ocean (Ankles)

[July 8, 2021 Matías De Stefano](#)

Daily vibration: RHü

Statement: I Am Dreamer of Worlds

Code: AGE OF TAURUS = In this age the known civilizations were originated, the most ancestral ones like the Egyptian, the Chinese and the Mesopotamian. Approximately between the years 2140 b.C. and 4430 b.C the kingdom, empire, domains and conquers were originated, looking for the accumulation of power, wealth, construction of temples and cities, but above all, the expansion of agriculture. The symbol of this origin was the Bull, opulence, but at the same time, the expansion of the different writing systems, that gave this period the most important seal.



ME: Deep peace... deep emptiness... nothing.

I AM: Welcome to the Ocean.

ME: What is the ocean?

I AM: Okeanós, the great circular river that surrounds all lands. That's what the Greeks called the idea of infinity. An ocean is the great mass of water contained by the seas, the one that does not directly touch the

continental coasts. Through them, the great ocean currents move that keep the world's temperature circulating. But do you know what's funny about the oceans?

Me what?

I AM: That humans know more about the Sky, the Moon and the Stars than they do about the deep sea.

I because?

SOY: Because the pressure of so much water together makes your investigation impossible. The average depth of an ocean is around 4000 meters, while there are parts, such as the Mariana Trench, that exceed 11000, that is, 11 kilometers deep, 3000 meters more than Everest. A human can reach up to 13 meters deep before beginning to have problems due to the water pressure. Each liter is like a kilo on your body, and in an ocean, it is like feeling those kilos in all directions, pressing, to the point where it can burst you inside. For this reason, special equipment is used to go as deep as possible, and even so, it cannot stay too long, with which, the investigation of millions of square kilometers becomes impossible, in territories where the sunlight does not reach.

ME: It's impossible to see ...

I AM: Impossible to know the creatures that hide in the depths, the strange realities that happen between the crevices of the continental ridges, the canyons, valleys, plains and mountains submerged for millions of years. More than 80% of the oceans remain unknown to our species, hidden in anonymity, under shadow and pressure ...

ME: That is to say ... there is much more than what we think we see, or what we discover ...

I AM: These days you have investigated emotions that lie in the subconscious, and they are only a poor and maximum 20% of what is actually hidden within you, as within each human being.

ME: It's ... a lot to discover. In other words, if I have taken years to review the same oceanic territories within me, returning to the same circumstances, it is because I still cannot even understand what that 20% inhabit, ignoring that 80% that it will take me an eternity to know ...

SOY: And that's fantastic, because it reminds us of how infinite we are. There will always be something new to discover. There is still a certain percentage of the earth's surface that we do not know, that no one has stepped on, that it is not known what it hides, and this implies that we still do not even know what we can see and touch, that we still ignore as humanity some parts of the territories in which we can walk. And as individuals, we tend to ignore a large percentage of that world. How many are really aware of everything that exists on this planet? Their countries, cultures, languages, territories, histories, discoveries ... Knowing the known world is also a great challenge throughout life. Imagine that the continental surfaces (The Americas, Africa, Oceania, Asia and Europe), are what you can know, of what you can be conscious or unconscious, but that, in a way, you know it is. The territory that a human can walk does not reach 30% of the planetary surface, and of that 30% perhaps in your life you will get to know 1%. Thus, while you are aware of that 1%, being your country or environment of birth with its culture and tradition, and the places to which you have traveled or from which you have read and learned, on the other hand you will be unaware of the remaining 29% , of which you may have a certain idea, but very vague or null.

ME: Not to mention the ocean then ...

I AM: More than 70% of the earth's surface, more than 80% unknown, in which, in turn, almost 85% of animal and plant species are hidden that are completely unknown to humans.

ME: Wow.

SOY: Imagine, then, that the oceans are your subconscious. There you can understand how difficult it is to really make the subconscious aware, knowing that forever a great territory will be in the shadows, because the light will never reach the bottom. Unless...

Me what?

I AM: That you dare to immerse yourself, to face the risks of submitting to the pressure of its emotional waters, to navigate to the depths where darkness reigns everything, to dare to travel spaces that no one has ever touched, surrounded by creatures that you do not know if they exist, perhaps, in the forms of your worst nightmares. The ocean is beautiful seen at sunset, but it hides every human's fears beneath the calm surface. The eternity of its horizon terrifies those who seek to reach a port, a destination, something to cling to in an irregular territory that can turn into something unstable and without any direction. Crossing the oceans is not an easy task, and much less when the objective is not to reach a port, but to live the depths of the ocean itself.

ME: I was always afraid of the oceans, but because I know I drowned in the middle of the sea a few lives ago. However, I faced that fear, and today I can get on a boat with no problem. I have even dared to jump into the sea from a boat to swim, something unthinkable before. Despite this, I am still afraid of not knowing what is underneath. Creatures like sharks or any other animal.

I AM: They are like the hidden fears that you think you have overcome, but that remain there. That you have managed to kill a shark does not mean that they cease to exist. They reproduce, and the oceans are infested with them. It is not a question of eliminating sharks, but of being aware of them.

ME: Knowing that they are there, makes me take my precautions ...

SOY: And to recognize that it is thanks to the sharks that the schools are controlled. Everything has a meaning. Think about it. If there were no sharks controlling the fish population on the reefs, they would devour much of the phytoplankton and zooplankton, causing a mismatch in oxygen production, and we would die asphyxiated. Predators control this. Fears, those sharks of the subconscious, control the schools of the imagination, so that we take care of our fragile bodies. Not knowing the role of the shark is what leads us to live in fear of the subconscious, to face what is hidden there, and thus, fear devours our lives. But knowing it, looking at it, understanding it, our interaction with fear is different, because we respect its function, we recognize its logic in the environment, and from there,

ME: It reminds me of all the mythological stories of sea monsters ...

SOY: Oh yeah. In all cultures there have been monsters of the water, hidden in the shadows of the subconscious, terrifying sailors and those who approached the shores. Kraken, Leviathan, Mermaids, Jörmundgander, Makara, Hipocampus, Umibozu, Hydra, among others. The monsters that terrified the sailors of the past are examples of the monsters that stalk humans in their internal oceans. But, if you look at the historical facts, none of those monsters were real, but rather perceptions, beliefs, fears, confusions, all children of ignorance.

ME: And I don't know most of myself ...

SOY: For this reason, do not punish yourself thinking that you have not been able to heal one or another emotion, or that you cannot transcend any of your ghosts from the past, internal monsters. Because there will always be, as long as you don't know parts of yourself. Life is a path of discovery, and self-knowledge is the perfect vehicle to discover existence.

ME: I can't know the complete ocean that sustains my body floating in its waves, but I can open myself to feeling it ...

I AM: You can feel the whole ocean when you close your eyes, you can perceive everything through sensations and imagination. There you will be shown the dreams and nightmares that flood your soul, your being. In the ocean you can know what contains what you are. Immerse yourself.

ME: I dare to submerge my head under the waters ... let myself be dragged to the bottom, to the shadows. I feel peace on the first descents, I feel freedom despite the pressure. I see the rays of light pass through the water and slowly disappear as I go deeper. The shadows surround me ... I feel the pressure on my chest, the pain in my joints, in my head ...

I AM: The weight of your interior on you. Now you only have one option ...

ME: Dying ...

I AM: Expand. Letting the old self die, which sustains itself under the pressure of an idea that transcends itself. The subconscious goes beyond your ego, you cannot sustain it from the personality, and you have no choice but to let the ego die so that a new one can be reborn.

ME: Joining the subconscious as one. I expand ... I let go of control, to flow into the eternal.

I AM: Thus you open yourself to everything you can be, to everything that lives in you without judgment. So you can discover all the worlds that inhabit you.

ME: Allow me to receive all the information of what I am beyond who I am. All the worlds that make me possible. I am a Dreamer of Worlds ...

I AM: Allow yourself to immerse yourself in the waters of this eternal Ocean, into the mind of the Subconscious.

ME: I feel like I'm fading ... I lose weight, control, I completely disarm ... I stop being ...

I AM: And only in this way, can you really Be. The journey has just begun. Welcome to the Subconscious.

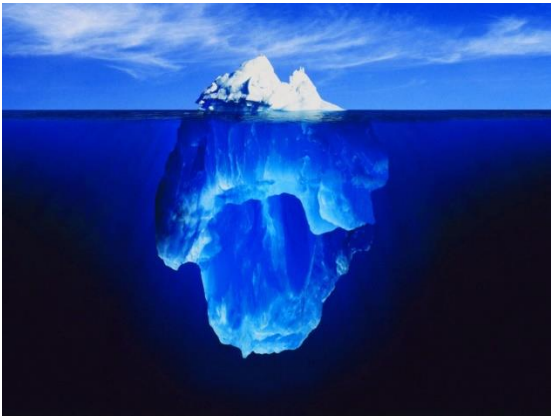
# Subconscious

[July 9, 2021 Matías De Stefano](#)

Daily vibration: RH-h

Statement: I Am Infinite Dreamer

Code: AGE OF GEMINI = Between the years 4430 b.C and 6580 b.C, approximately, was the era of the great migrations. Humans from all parts of the world began to move on the plains, to migrate, looking for new places where to settle down. The different cultures didn't have an established land, and the roads belonged to everyone. Communication between the groups was individualistic and familiar. The construction of the first stone circles began, from which today we can still see some, in resonance with the ones from past eras.



ME: "It is night, the sun has covered with its hands" ... I kept repeating that day before I fainted. And today it comes back to my mind. I went to the pyramid, and again lost my strength, and almost consciousness, on the verge of fainting. Right now I feel weak, as if I was going to fall on the keyboard at any moment ...

I AM: You need to succumb to the Subconscious beyond the Unconscious.

I eat?

I AM: Losing yourself instead of looking for logic.

ME: What is the difference between Subconscious and Unconscious?

SOY: According to Psychoanalysis, none.

ME: So?

SOY: Let's get to it. There are two major divisions in nineteenth-century psychology: the Superconscious and the Subconscious. That is, a thin line of consciousness is drawn in which the different states of consciousness are established, being below (sub) and above (above) this line. The typical image to understand this idea is that of an iceberg, a huge piece of ice that has broken off from glaciers or polar caps and wanders alone through the sea and ocean. In the same way that when you put an ice cube in a glass, it floats through the air that it contains inside, leaving a small part on the surface while most, due to its weight, is under water, a The iceberg also leaves a small fraction of what it really is on top, while much of it hides underneath.

ME:... What's more dangerous... is what sank the Titanic.

SOY: That's right, the great danger of an iceberg is the bottom, which is more than 80% of the total size of the piece of ice, hidden under the limit of the water's surface. This image perfectly defines the idea of the "superconscious" as what we can see, touch, with which one can relate, while the "subconscious" is everything that we do not see, that we cannot touch and what we cannot. we have an idea that it exists. Towards the end of the 19th century and the beginning of the 20th (1900), the decision was made not to use these terms anymore in psychoanalysis, since they generated confusion with the simple terms of the Conscious and the Unconscious. The Superconscious tries to define the factors that we do not control in our life but that bring order to it, such as inspiration, ideas, the functioning of our body, They are the ones that give logic and chew the information beforehand for the Conscious to use. The Subconscious is everything that is hidden and that implies disorder, the unresolved, inner chaos that we deny, therefore, psychology decided to call this concept "lack of consciousness", naming it "Unconscious". For this reason, the word Subconscious disappears from psychology to remain only in the most spiritual visions. But here certain values are denied.

ME: Which ones?

I AM: Take into account that the Conscious is the thin film of water that divides what is below from what is above. From the point of view of Psychoanalysis, it would be said that what appears above is the Superconscious and what is below is the Unconscious. But this negates something fundamental: the context of the iceberg. We could say that the Being is the Iceberg, and that small percentage that appears on the surface is the Conscious aspect of being, while the rest hidden under the waters is what we call Unconscious. Now, taking the context, the air that surrounds the Conscious is the Superconscious, while the water that surrounds the Unconscious is the Subconscious.

ME: Oh, now I see it. It is true, we always tend to get confused in the location of states of consciousness, now I have it clearer.

I AM: That said, you can understand that the Being, with its Conscious part and its Unconscious part, are sustained by a Superconscious that brings order and a Subconscious that hides chaos.

ME: The superconscious... is it you?

SOY: Oh no. It is true that the term Supraconscious can be confused with the idea of the Higher Self, but it is not the same. The Superconscious is a quality that embodies who I am. It goes through the emotional, biological and mental. Managing the central nervous system with its parasympathetic and sympathetic mechanisms. It maintains homeostasis in your being, while the Subconscious comes to disarm this homeostasis through the pressure of the ocean.

ME: Why are you doing this?

I AM: It is your nature. As the water exerts pressure on the bodies inside it, the subconscious performs the same force, hiding in the abysmal depths what you do not want to see on the surface. Dead animals, sunken ships, lots of garbage. But also many lost treasures. The subconscious contains the unconscious, that is, that part of you that you cannot see, that moves your life at its mercy, in function of invisible forces that take you to one side or the other, without recognizing the direction in which you are going. The unconscious is the ignorance of the things you have in you, not seeing what was always in front of you, and within you. The Subconscious, then, is a much larger space that goes beyond you, that surrounds you and that contains data, memories of many more lives than this one you have today. If your body is an iceberg You will recognize that the conscious and the unconscious live in you, in your cells, in the memory of your organism. But the Superconscious and the Subconscious encompass much more, they involve the contexts, the signals, the perception of the world, the data that lie in all things and that contain you in a specific place and time. Like thousands of other icebergs, you

share in the Subconscious, and therefore, its force interacts connecting many people, individuals, in different places and different times.

ME: Therefore, the force of the subconscious moves us all, and records everything, keeps each situation in itself, and sends you to the bottom of your ocean to protect it. How do I connect with my Subconscious?

I AM: Eliminating the limits, opening the imagination. Being infinite, transcending the moral and ethical judgment that surrounds your cultural mind. Information is stored in the subconscious that you will not understand if you see it with the eyes of your conscious world. You must allow yourself to daydream, to dream deep when sleeping. You must walk through life as if you were inside a sea, where everything is imagination and is connected by waves. Imagine awake, living.

YO: The idea of walking through life as if it were a musical makes sense to me, in which each situation has a specific music according to what is happening ...

SOY: And anything that happens can awaken thousands of data that you do not have present. "Dove".

Me what?

I AM: Rabbit ...

I home...

I AM: Paloma ...

ME: Come back.

SOY: Why?

ME: When I was a child, my grandfather would bring me pigeons from his brother's fancier, and every day he would release a pigeon that would return home. And the rabbit, it is in me the pain of losing the house, because a rabbit died on me the day they denied us the purchase of our own house ...

I AM: Route, paper, sky... fire.

ME: The way of the Dragon terrifies me. I am afraid that when I start it, the same thing will happen again ... That someone dies, that my friends abandon me, that I move away from my mother, that a project falls, that my mission fails ...

I AM: Turtle, baby, headphones.

ME: ... My favorite animal is the turtle ... I must go slower, step by step, respecting the moments of hibernation, and perhaps that slowness is required by the idea of wanting to be a father ... I must learn to listen to those silences better ...

I AM: Planet... pencil... glass.

ME: Tell my story... I always see the glass half empty, a lot to do for this world, the only place that I consider my home.

I AM: I dream ...

I am very tired...

SOY: It is night, and the sun has covered with his hands. The white girl with albino hair turns her back on me ...

ME: There is a whale that howls, like a bull approaches me between colors that smell like honey. I feel cloying, like my mouth full of beehives. The sound of bees underwater is terrifying, but they make pretty vines bloom. Although, they entangle me, I can't get out to breathe. An otter brings me air ... and there I see the girl from behind, wet. Is it going ... is it going?

I AM: Life reaches it like a river flow in water ...

ME: The sun is on the water, but it covers it with its hands. I see the domes of the amphibious city glow. Kolenos swim around ... it is so nice to see the hands of the sun. I feel like I'm falling asleep ... am I dying?

SOY: Yes. You are dying, as we said, at 33 years old. This is your death, Matías. You say goodbye?

ME: Is it worth saying goodbye?

SOY: You are afraid to do it ...

ME: Pigeons can't swim. How to get back home? Does my house really exist? I don't have a home... Where am I going?

SOY: That's why you don't want to leave here ...

ME: I have nowhere to go. Today is Independence Day in my country... but every day I feel it less my country... it hurts me... I don't want to go back. My home is Africa. It is the Mediterranean. I am afraid of being alone, my mother too, we have the same fear... but we both want to be alone. I'm afraid to go back, but only because I don't know why to go. I love you all ... but I'm afraid of losing you if I say so.

SOY: Why would you lose them?

ME: I always lost them... don't you see? They are dead, the ones I loved are gone. And those who are ... when will they leave?

SOY: You are afraid of losing them ... but the biggest fear is losing yourself in them.

ME: To be or not to be... I am for me, or I am for them. Are we really us, or are we because of what others want us to be? I feel that I cannot be free of what I want, to make others happy in how I should be. That scares me ... to repeat again, to see this again ... Many have already left. I don't want to lose more ...

SOY: They do not belong to you ... people do not belong to each other ...

ME: Then let me go too. I'm in cobwebs ... tired of stretching, tired of waiting for the spider to come and eat me. Not even she listens to me. It's night ...

SOY: But the clouds peek into the sun.

ME: Shut up. Shut up, shut up... shhh silence. Listen to the silence. The whale howls like the wolf. I see it coming from far away ... I'm afraid it will swallow me. Behind it is seen, beautiful, bright the lost city.

Taabathar, shimmering from the high Blues, are lost in the cobalt of the sea. I want to paint them, but I don't have brushes ... watercolors maybe ...

I AM: You ramble ... you dream

ME: Shut up, and let me die in peace. Give me my independence. Motherland, you are already free, let me be free... Although... I don't want to be free... I am afraid of being free.

SOY: Why?

ME: Because I will be alone... abandoned, sad... dispossession of humanity... Who will want a wanderer? I'm hungry ... hungry to fill myself up, and without the others I feel empty ... fractals, I see parts of me bleeding on the floor ... I sigh, but I don't even join them ... I'm afraid of abandoning myself, and still I do ... I don't want to be alone ... and who I hope to hug me does not hug me. Why is so complicated?

SOY: Because here is everything, and you see everything. That is why the conscious is simple, focused, determined, because it is less, it seeks less, feels less, the conscious knows what it is looking for ...

ME: I don't know ... What am I looking for ...? I don't know ... I want to sleep, that, sleep and not wake up from this Eternal Dream.

I AM: Your dream is your awakening ...

ME: ... it is night....

. shhhhhh... everything speaks to me, but I don't want to hear it...

it bothers me ... why

not.

I AM: Everything is perfect.

ME: Look at me. Like a fetus in the hand of the sea ... that's how I feel, floating in the vastness of a dark ocean. At night ... the stars are reflected. As in his eyes that give me memories ... Oh, pity my soul, I acclaim! One kiss... just that... one. And so I fall asleep. I'm tired ... What will happen?

SOY: You are saying goodbye, leaving behind whoever came first. It hurts to have to leave, it hurts to have to stay. It hurts to have to be an adult, it hurts to stop being a child ... It hurts that your mother hurts, it hurts that mothers reject you, it hurts you not knowing where you are going or where you are going ... It hurts to have to be free and independent ...

ME: It hurts... my heart.

SOY: And that wears you out.

ME: What do I give to the world of this deplorable state of neurosis?

I AM: To yourself, you give yourself as you are. You are enough. Well, you are an Ocean ...

ME: I float in it. What a tragedy that is so simple. What a talk solves is an eternity for the silence of a pained soul. Why go into agony?

SOY: Well, the treasures are at the bottom of the sea. And reaching them hurts. You are reaching the bottom ... and therefore you are dying.

ME: I'm tired ... incoherent images and ideas surround me ...

I AM: Memories of the subconscious. There are the keys that hold your being. You have no choice but to dive ...

ME: I'm sleepy ... I'm tired ...

SOY: You are dying... and it is time to finally allow yourself to die. It is time to let go, and claim your independence. Die over and over again.

I die...

I AM: Become the Eternal Dreamer.

# WEEK OF EMOTIONAL

## 341. Seed (Crown)

[July 10, 2021 Matías De Stefano](#)

Daily vibration: Za

Statement: I Am Universal Vibration

Code: AGE OF CANCER = One of the most renamed ages in the mitologic history is this one. It developed between the years 6580 and 8720 b.C. approximately, and it's main characteristic was the Great Universal Flood, a direct product of the changes that previously occurred, was the era where highest amount of people and land were affected by the great climate change that ended with the glaciation.



ME: New Moon in Cancer ...

I AM: 6 deep months begin ...

ME: The Way of the Dragon.

SOY: Let me tell you this story. It is said that when God, the Universal Mind, created this world, separating fire from earth, earth from water, and water from air, he allowed the appearance of the firmament, and the development of life. But that life had an origin, a fifth element: the seed. This was placed between the 4 elements, supported by the earth, propelled by fire, nourished by water and acclaimed by the air. This seed began to germinate, spreading roots all over the world, and covering the surface with its branches. Of them, millions of leaves beautified the world, awakening life in each of its flowers, which bore fruit, and sowed new seeds. This primeval seed was the Source of the Tree of Life. From its roots and its branches all species arose, each one of the living creatures. Over time, the experience of each species delivered new nutrients to this tree that would make it the Tree of Wisdom. The guardian of this Tree was a strange creature whose body was made up of various parts of other animals ...

ME:... The Dragon...

I AM: Feline legs, snake body, fish scales, horsehair, bird feathers, bat wings, lizard face. Many parts were changing, as if each day took on the attribute of a new being, be it vegetable or animal. Everyone respected his strength, for he was the only creature that was part of all of them, he was the unity of all the potentials of free nature. So, the first human was born. And with it, the search for understanding, purpose, reason for being. But

he was a young animal, he still needed a lot to learn about himself before he understood everything else. The dragon saw that the human had the qualities to be like him, to ignite those potentials as no other animal had achieved until then. Then, he approached him. A young woman was leaning on the roots of the great tree, lack of purpose. The Dragon whispered from the branches of the tree: "I know what will make you discover the purpose of your life, but for this you must know the purpose of life." He offered him a taste of the fruits that contained divine potential, and as he did so, a new world opened up to his possibilities. Then the dragon said to him: "Let me show you what you can only see with your feeling." The force of the dragon entered inside the woman, igniting her in an unrivaled orgasm.

ME:... Kundalini...

I AM:... Turning inside her, the Dragon lit up each of the tree's fruits inside the woman, and blessed her with the ability to give birth to boys and girls who had this wisdom inside them, and that some day, for the pleasure of living, they could remember him, discover him, and nourish themselves from him. But...

ME: What happened?

SOY: The woman told this to her friend, who did the same, although this time, without permission from the Dragon. Feeling the greatness of the world, man began to understand its weaknesses, and dedicated himself to dominating it. Thus he knew how to conquer each species, and put himself above all as King. This enraged the Dragon, which was scandalized by fluttering inside their bodies, destroying the fruits ...

ME:... the Chakras...

I AM:... creating chaos within, generating confusion, doom. This led to the Dragon turning into a malevolent, diabolical creature.

ME: The Tree Serpent ...

I AM: And all humans were condemned to live in constant inner chaos, relegated to living through the design of their emotions, the potential without purpose. In this story, you can understand what it means to "face the Dragon".

YO: I am living these last weeks of the YOSOY path as a duel, well, that is what the Dragon Path represents for me.

SOY: Tell me ...

ME: The Earth is that Great Tree of Life, whose fruits are found in certain Lakes along its mountain ranges. Those mountains join in the path that we call the Path of the Dragon or Planetary Kundalini. I always knew I had to take this tour, but every time I started it tragic things happened. A week after starting it in 2017, my grandmother died of Cancer, and I always regret not having stayed and been with her when she left. Instead, I kept painting pictures of the planetary nodes to give to the people who would start the path of the Dragon with me, something I was about to do again this month, and I refused to do it because of what it stirred in me. I was painting against the clock to finish something that I would deliver to people on the Internet, having my grandmother interned at the hospital. He painted three pictures and went to visit her, came back and painted others. I was not 100% with her as I should have. For my "mission". Then, I went to fulfill this task, to face the path of the dragon by abandoning my family with my grandmother in this state. I left my own. To my uncles, to my mother, to my grandmother in agony. I felt like I abandoned her. I abandoned them. A few months later, I failed, I collapsed, I could not finish this path, I fell into my excitement in Lake Chapala, Mexico, and I plunged into a process of autism for a month. There, we held my grandmother's wake, only the family, in a natural ceremony without cure or religion, in which I said a few words, and we planted a tree with her ashes in the

roots. There my other attempt of the Dragon Path began, making a documentary, in which I felt used and cheated, they lied to me, and I succumbed again to the depression of failure. The Dragon tore me apart. He made me go home ... And then ... I had to start it again, in February 2020, until the YOSOY started in August 2020 ... But the moment I had to start this planetary path, the Quarantine began, they locked us up, and I remained in France trapped the 3 months he was supposed to travel through the Kundalini. Four failures in 4 years ... Four falls, and at the beginning of each one, a death, a separation, the loss of friends, family, resources, time ... meaning.

SOY: That is why you are so afraid, that is why you feel so bad ... You feel that it will repeat itself.

ME: Yes ... my body is nervous, my soul is uncomfortable. It is the biggest challenge that I have ahead ...

I AM: The Path of the Dragon will take you to territories that represent the serpent chakras of the world, of global energy, lakes that are in the power centers of this flow, but above all, places that seek to align your own being in every step.

ME: From being many lakes to go, they became 9 ...

I AM: You don't need more to sow the correct seeds on the Tree of Life. Lake Vänern (Sweden), the Crown of the Dragon. Lake Van, (Turkey), the Third Eye of the Dragon. Lake Issyk Kul (Kyrgyzstan), Dragon's Throat. Lake Baikal (Russia, Siberia), Heart of the Dragon. Lake Iliamna (Alaska, USA), Dragon Plexus. Salt Lake Lake (Utah, USA), Sacred Dragon. Lake Cocibolca (Nicaragua), Root of the Dragon. Lake TitiKaka (Peru-Bolivia), Knees of the Dragon. Lake Kami (Argentina), Ankles of the Dragon. The Way of the Dragon is the last Great Week of the Way I Am. And it is the one that will confront you with the entire Road Traveled ... For that you fear it. The others have only been preparations to do this in the best possible way.

You f...

I AM: Throughout this year, you have built the Tree of Life. Six months representing the roots with their 18 weeks representing the circles of the flower of life that contain the seed in its center. Six months representing the branches with their 18 weeks representing the circles of the flower of life that contain the fruit in its center. And the thousands of leaves of this tree, receiving the light, are the thousands of people connected to this network.

ME: Wow ...

I AM: You have created the Tree of Life, step by step... there are only two circles left to close. And now you will do it with this full awareness. Each week mentally, emotionally and physically, he has prepared you to face this Dragon, which you do not have to face, but order. Every day of every week, you have aligned one of these lakes within yourself, joining the torus between the North Pole and the South Pole on the tenth day. The Tree, the Earth, the Dragon.

ME: Everything makes sense ...

SOY: And he was always so close, that he hid himself in the shadows of the Unconscious. Today we begin a new week, in which we will recognize this entire Tree of Life and its parts. Understanding what it hides for us in its form.

ME: Seed... is the first part of a tree.

SOY: And the last one. We will travel from top to bottom, going through what hides in us. And that is why today, on the day of the Crown, we will sow this seed, under the influence of the New Moon in Cancer.

ME: What do I have to know?

SOY: I wonder what you have to know.

ME: I know that... it is a time of sowing, that today is a good day to sow something new.

SOY: What is that new?

ME: A new idea of home ...

I AM: Exactly. Today the role that our inner child occupies in the family, at home, must be reviewed. What model of family do we have, what home do we inhabit, and what family do we aspire to, as well as what home do we wish to inhabit? Today begins a period of 6 months of review until January 2022. The review is what kind of family do we want to live as a home?

ME: What do I consider Family?

SOY: Tell me ...

I do not know. I could say today that my family is my mother. Nobody else. Due to my Italian tradition, for me the family is something very important, something that must be enormous, in which we all share together, every day if possible ... Something that does not break, that nourishes me ... And yet it has. Before we were many, but each time we were less ... to the point where it was only my mother and me.

SOY: And your father?

ME: I find it hard to think of them as family yet. I know they are, but, I don't know... they are not in my energetic pattern as a deeply said family... I think I need to spend more time with them, my father, my brothers, in order to really incorporate myself as a family. But, if I go outside the Italian tradition, there are several friends that I consider family. To whom I feel united in a certain way ... Although I would like us to be more ...

SOY: You always want to have a great family, right?

ME: Yes ... in fact I can't conceive of the idea of having a child being the only father and having a single mother ... I feel the need for him to have many fathers and many mothers ... many uncles and aunts, cousins and cousins ...

SOY: Why?

ME: I'm afraid that I will be left alone ... that when I lose one, I will think that I don't have it anymore.

I AM: You are projecting a flaw of your own onto "your son".

ME: Yes ... now that I see it ... yes.

SOY: You feel unprotected ... fear that the same thing will happen, that by having only one aunt and losing her, we will be left without aunts. That by losing a grandmother we are left without grandmothers, that by not having a father we are left without a father ...

I do...

SOY: What kind of family do you have?

ME: I had a very dependent family ... attached ... we depended on each other, and that did not make us free. It does not set us free. My mother and I work in the same company, in the same roles, and that takes away the time of being mother and son... we are partners with the vision of mother and son. My mother defends and takes care of my interests, and I do projects acting childishly.

I AM: Aha ...

ME: So when I don't like something about the "company", I act like a son with tantrums, and my mother like a mother sending me to my room. It's normal in any family business, I guess.

SOY: It is normal all over the world, and especially in joint projects.

ME: I need it to be my mom... I need to be a son... I don't want to lose that as well as I lost everything else.

SOY: So is that the family you want?

ME: I want to start a family, but not typical ... I know I want to be a father, but not a husband, but a friend. I want to have a child, and for my child to have a mother, but not my wife. I want us to be free from each other, with no emotional dependencies other than the unconditional love of friendship and a new human being. I want my son to be of the world, I want to be of the world. I want to be able to come home and hug my mom, not a business partner with whom to discuss resources. I want us to be happy ... to do projects all together, without our ties depending on those projects. I mix everything... as always. I am the one who sets a journey of consciousness in the middle of the death of my grandmother ... I am the one who goes on a planetary mission while my mother is almost deathly ill. I am the one who chooses to go on a project when the family departs.

I AM: The one who creates enemies to be able to sustain the whim of the inner child ...

I do...

I AM: You are afraid that facing the Dragon will make you fall again in escaping from what you should really do in your life ...

I do...

SOY: What is your home?

ME: I don't know... I don't have a home.

SOY: And you want to have one ... right?

ME: Yes ... Today I had a nightmare in which there was a neighborhood where each house was like a hotel room, and in each one there was a home, my friends, their families, my mother's house, they were all there, but I wasn't in any of them, I was going from one to another, and I had to go secretly, because there was a gang of gangsters that at dusk began to roam the streets, trying to get into things and steal. And sometimes, they bring down a dead person. And I went house to house making sure everyone was okay, I was even flying, escaping from thugs. It was an exasperating dream, but I realized that there was no place to call home ...

SOY: What is your home? Tell me without thinking.

ME: The Earth ... all ... all places ...

SOY: But you don't feel at home at all ...

ME: I feel at home in the northern European countries ... but, I feel comfortable, it doesn't mean it's my home ... I really don't have a home ...

SOY: That is today's task... Planting the Seed of a new home where your inner child feels happy. Where you can do everything you like, a refuge for your being within the World ...

ME: But I've tried ...

SOY: Oh no... what you did was find a home that would be for everyone, for the project, the mission, not for you. Cancer is not a sign open to the world, remember, it is the inner world, childhood, the wishes of the family. What idea have you got?

ME: I want to have a natural place on each continent, a space of my own, with a small house in each one, tiny, one of those transportable... in different places... Scotland, New Zealand, Argentina, United States, Spain, Italy, Egypt... My dream is to be able to have roots and still be nomadic. Live free, and be able to return to my mother's house to be a son.

SOY: Close your eyes, and think about the emotions that arise from the idea that expands from your crown ...

ME: I see that expansion, I see those homes, forests, rivers, lakes, sea, I see myself everywhere. I see myself traveling with my family, with my mother, with my brothers, with my son and his mother, with my friends ... enjoying my home expanded in the world ...

SOY: What do you feel?

ME: I feel trapped ...

I AM: aham ...

ME: I feel trapped in the idea that others have arranged what should be a home for me ... that I myself project the idea of home through the idea of others. I feel trapped in my mission, in my purposes, as if I don't have time for myself, for my things ...

SOY: That's why you're short of breath ...

ME: Yes, I find it difficult to breathe, it stresses me ... because, I create thousands of projects to be able to escape from the one I am.

I AM: Aha ...

ME: I can't enjoy because I'm tied to the idea of getting what I don't have ... a home, a family ...

SOY: Do you remember what we told you once about when the I Am path would really begin for you?

I do not...

SOY: Ah ... when you have a child ... do you remember?

ME: I always believed that the project was my son.

SOY:... No... your son is the project. The one who guides your steps today from the Fifth Dimension is he. It is the guide of your guides, and therefore, it is the Project of your Projects. When it is captured here, it will embody everything in matter.

ME: I'm afraid of being a father ...

SOY: Lose freedom?

I do...

SOY: Oh no... believe me... you will win it. Where does the fear of being a father come from?

ME: To abandon him like mine did to me ...

I AM: Being aware of it is the first step. Thus begins to Sow a New Humanity ...

ME: It's the phrase I gave to the Arsayian Foundation ...

SOY: And it is the sentence that begins today. The sowing of something new, a new idea of home, a new idea of family. Feel the emotions that flow through your crown. Let the wind lift the dandelion seeds. May they fertilize new territories and expand new visions. The question is ... do you want it to happen?

You know...? Now that you mention it, I discover a hidden pain in relation to this.

SOY: Which one?

ME: Since we made the Arsayian Foundation, I feel like my life was split in two, as if I were something separate, separate, and still dependent on the institution. I feel as if, throughout these years, instead of the institution supporting me, I have supported it, and it has alienated me from my family, even led me to lose part of it, and alienates me from my mother. . Many times I thought about closing it, because it seemed like an emotional expense. Financially maintaining an institution is very expensive, especially in a country like Argentina, which is so irregular. That meant that all the efforts were put more in keeping it standing than in helping me to do my mission. We decided to make donor partners, but the expenses were increasing. This year I dedicated myself to supporting the Network freely for a whole year, making trips to support my path, because the Foundation was not enough to cover my expenses abroad with the partners it has. I asked myself several times what is the meaning of dragging something that only kept me away from my own and prevented me from really sustaining my projects ... Of course ... it is a more "institutional" issue, it is important that it exists so that the message can be more powerful to me. transcend me. But, to what extent?

I AM: You are still sowing the seed, the Arsayians are still recognizing what it is to be ... Reason has not yet germinated, because you are not yet complete in your heart. What you are living today, you, your mother, yours, is the preparation for what is to come, where the Foundation will be essential, but it will only be as long as you are in the essence. What you see of the institution as a burden, is not it in itself, but your ignorance of the home, of the roles that each one occupies, of knowing what you have to do in life. Discover yourself, know yourself, cross yourself. Thus, you will be able to know where you are standing, and where you are really going ... And only when the Earth is connected, and when you are united to it, can you lay the real foundations. Identify the emotion, only then will you know where you have the energy of your being.

ME: Talking about it has helped me ... Despite continuing in the excitement and confusion, I understand my pain much better ... my anguish.

I AM: Step by step you will set yourself free. Entering the Unconscious is getting closer to what is closest to you and that for that reason you cannot see. And now you're seeing it... you just need to talk. Now, take the seeds that you have on hand, and plant them in a pot with the energy of this New Moon. Write your idea of home, family, write what you hope to germinate in your life, what you hope to grow from your inner child, and plant it next to the seeds. Watch them grow with the intention of this new cycle that begins today. And sing to them ...

I: I sing, sowing them with the Vibration of the entire Universe.

I AM: Sow the seed in your Crown, and transform the emotions of your home and your family.

ME: A new life can germinate ...

SOY: This is just beginning. Welcome to the Tree of Life.

## 342. Fruit (Third Eye)

[July 11, 2021 Matías De Stefano](#)

Daily vibration: Zae

Statement: I Am Conscious Vibration

Code: AGE OF LEO = Between the years 8730 and 10880 b.C approximately was the age of Leo, that was commemorated with the construction of the Great Sphinx (that in that time was entirely a lion). The characteristic of this one was that during this age developed the Atlantean colonies as individual and independent countries that connected the world and strengthen its power over every territory. They were the last great civilization of the past relative to the first humanities.



I AM: The seeds grow inside the fruits. The fruits are destined to nourish the seed, that is its main purpose. And normally, you use your life to consume the fruits, to obtain the fruits of your actions. But the good farmer knows that the end goal is not the fruit of action, but the seed.

ME: Why do we seek to obtain the fruits, then?

I AM: Because the same thing that nourishes the seeds, it nourishes our interior. Water, mainly, by 80%. Fruits are water reserves to nourish the seeds in case of drought, and preserve their life. The rest is a combination of Carbohydrates (between 5 and 18%) and Fiber (2%), which have among themselves the nutritional and protective bases of the seeds. Among these elements, Vitamins, Salts, Lipids, Minerals and Proteins are combined. This gives the potential content to the seeds. But they represent an important reserve not only for the final product of a tree, but also represent a reserve of useful elements for the development of an organism. Bacteria, Insects, Reptiles, Birds, Mammals, all live on vitamins, salts, lipids and proteins, so that fruits, fruits, are a useful product for the entire animal world. For this reason, animals look for the fruits to feed on them, using them as large reserves, feeding on their shells and pulp, using them as a source of vitamins, proteins and above all water. Sugars allow cells to obtain energy, and fibers allow the strength of the internal organism. The plants, after millions of years, were able to learn that those incessant attacks on their fruits could have a benefit for them, since when the animals consumed their fruits, they spread the seeds, helping them in the process of territorial expansion, turning the fruit into excrement, which worked as a perfect fertilizer and protector for the seeds. Thus, the fruits evolved to also obtain pigments and aromas that attracted the animals, looking for the fruits. The body could recognize the proteins and vitamins it needed through the aroma and colors that emanated from the fruits. This generated a perfect symbiosis, which generated the custom of “looking for the fruits”.

ME: So, our whole psychological culture of getting fruits from something, getting the fruits, is based on a very natural base... Eating fruits.

SOY: That's right. But the human found something superior, which made him sedentary. He realized that throughout his life he had traveled to look for the fruits, but one day he saw that the plants that gave the fruits grew from the seeds, so he decided to save the seeds, and finding a suitable place, he sowed them. Thus, the fruits began to be cultivated, and agriculture was born. A good farmer knows, then, that the main objective is not the consumption of the fruits, but the obtaining of new seeds, since, if this potential is not exploited, there will be no fruits the following year.

ME: So... while the animal mind seeks to obtain fruits, the human mind seeks to obtain new seeds to start a new cycle.

I AM: We can define the animal mind as the Unconscious, the one that seeks on the horizon to achieve the things that satisfy its basic, uncontrollable needs, and the human mind as the Conscious, which sees beyond the fruit, the need, and seeks the significance ...

ME: But humans are not conscious ... why call animals unconscious?

I AM: Pay attention. You are an animal, every human is an animal, and every animal is human, since every living being that moves is animated, and every being that lives on Earth is human. The animal and human mind live in every creature, but the one that moves by impulse (animal), makes it unconscious because it is moved by the needs of its body, while the one that recognizes itself as human, that is, part of the whole organism, he sees beyond his own needs, and is aware of what, how, when, with whom, where, for what and why of everything he does.

ME: So there are animals that are more human and human that are more animals.

SOY: Arguably yes.

ME: It makes sense ...

SOY: So, look at the horizon, beyond, and ask yourself the question that concerns us today: Do you live to obtain fruits or to sow their seeds?

You f...

SOY: You have it in front of you ...

ME: I once read in the "Bhagavad-Gita", a conversation that stayed very present in my heart, and it reminds me of this, in the conversation between Arjuna and Krishna.

I AM: Arjuna said: "You praise the renunciation of actions, O Krishna, while at the same time you praise the performance of the action; tell me for sure which one is the best ". And Krishna replied, "Both renunciation and performance of action lead to salvation; but of the two, Karmayoga (Unity of Action) is better than Sannyasa (Renunciation). You must know the one who always gives up, who has neither dislikes nor likes; for he who is free from the pairs of opposites is easily freed from bondage. The ignorant speak of Sankhya (Enumeration) and Yoga (Union) as different, not so those who have the knowledge. He who is firmly established, even in oneself, wins the fruit of both. The goal that the Sankhyas achieve is also achieved by the Yogis. He who truly sees, see Sankhya and Yoga as one. But renunciation is difficult to achieve except through yoga; the ascetic strengthened by yoga attains Brahman before his time. The yogi who has purified himself, who has mastered his mind and all his senses, who has become one with Atman (Essence) in all creation, although acting, remains unaffected. The yogi who has seen the Truth knows that it is not he who acts while seeing, hearing, touching, smelling, eating, walking, sleeping or breathing. Speaking, letting go, staying determined, opening or closing the eyes, with the conviction that it is the senses that are moving in their respective spheres. He who dedicates his actions to Brahman (Higher Self) and performs them without attachment is not stained by sin, just as the lotus leaf is not wet by water. Only with the body, mind and intellect, and also with the senses, yogis perform actions without attachment for the sake of self-purification. A man of yoga obtains eternal peace by abandoning the fruit of action; the man who ignores yoga, selfishly attached to the fruits of actions, remains attached to them. With the mind renouncing all actions, the indweller of the body, who is the master of himself, rests happily in his "city of the nine gates", doing or obtaining nothing. The Lord has not created for the world, neither for the one who acts, nor for action; neither has it connected the action with its fruit. It is nature that is working. The Lord does not assume through Himself neither the vice nor the virtue of anyone; it is ignorance that masks knowledge and deceives all creatures ”.

ME:... I just got very angry... because everything we had written until recently, it was erased, almost 3 pages, and... it was great... it was the key... of many things and... it was erased and I don't know why.

SOY: Maybe because you got too attached to my answers ...

ME: I'm too angry to go on ... I don't know what I want now, god ... how angry. Why?

SOY: This is a test, Matías ... "fruit of action." Ask me again. Let go of the fruit, let go of what you wanted to achieve with what was written. What were you looking to achieve?

I do not know...

SOY: Ask me again.

ME: I had asked you to explain to me about the Bhagavad Gita dialogue.

I AM: Exactly. Let's start over. Take a deep breath. Release the fruit of your action. This is the first great test of your Unconscious. You were looking for a perfect result to your writing action, and you achieved a wonderful

fruit that no one will see now. It makes you angry, because you put all your focus on karma, on action, seeking to obtain an acceptable result that no longer exists. Take a deep breath.

ME: I breathe... deep...

SOY: Good. Let's start a new cycle. The text describes the path of the Atman, the ego, the self, the primordial essence of an individual heading towards Brahman, the transcendence towards the I Am. According to the Hindu worldview, there are two ways by which you can address this consciousness, and those are first of all the Sankhya, the enumeration, that is, the discernment of actions at different levels marked by objectives to be carried out, and on the other hand, Yoga, the unit that interprets all things as an overcoming vision of itself, in which there is no objective but contemplation. Along the first path, what happens is that the being lives through Karma as the only objective, being that karma in Sanskrit means Action, and therefore, through it, he finds the purpose of achieving its fruits, its objectives. This animal vision, of movement, leads individuals to seek to obtain a result of their actions, through the work force, the effort since it seeks to achieve a goal. As it just happened to you.

ME: Yes ... it's just that, it hurts that all the effort put into something suddenly disappears, just like that.

SOY: How does this make you feel?

ME: Helpless ... because our conversation was perfect, and now it's lost.

SOY: Who was it lost for? Because you heard it.

ME: It was lost for others to see.

SOY: And what is the need for others to see it?

ME: May it be useful to you ...

SOY: Does the idea that others will not see it really frustrate you, or does it frustrate and hurt the idea of having lost the fruit of so much effort?

ME: Yes... it hurts me to lose the fruit of the action.

SOY: That is why you are afraid of failing again on the Dragon Path, because you are based on what happened before, and you hope that what you write now will be exactly like the above, or better, but it will not be like that. Truth? Why do you think it will not be the same?

ME: Because I put expectations on what should be ... On the outcome of things ...

SOY: Why do you do what you do?

ME: At first I thought I was doing it to fulfill purposes and missions, to be happy, to come home victorious and enjoy home with my mother, to be able to generate something new for many ... I want to have my home, create a school, do a new policy ... Make everything work out ...

SOY: And you think, well, what you do is for others ... Or why do you really do it?

ME: Acceptance... that's what I realized. I do everything to be accepted. After having lived through situations of rejection, bullying, denial from friends, family, couples, I am afraid of rejection, and therefore I seek to be

accepted by creating situations of pleasure for others, in which their dreams are fulfilled, in which they can be happy, to do what makes them feel good ...

SOY: In the unconscious was the answer of what you were looking for and it was always close to you, what you do you do to seek the acceptance of others. But ... you know you'll never find it right?

I because?

SOY: Look behind all those desires and missions, all these great feats in which you seek acceptance and for which you get frustrated if you do not get their fruits ... look back in the unconscious and tell me, what is the truth?

ME: I don't accept myself ...

I AM: Exactly.

ME: I don't accept what I am ...

I AM: You do not accept to be this spiritual channel for fear of rejection, you do not accept to be this homosexual abandoned by dad and overprotected by mom, you do not accept to be a leader for fear of becoming a controller. You do not accept yourself and therefore instead of enjoying yourself, you seek to be fruitful. You fear taking control of yourself ...

ME: I create great projects, adventures, to be accepted by others, but I am afraid that I will not be able to obtain the fruits ... I am afraid that it will be repeated ...

SOY: And that is where the problem is, you think that what is repeated is due to an external force, when the things that are repeated depend on the action. Karma is Action, and it is repeated when what we seek to obtain as a result of it has nothing to do with the intention that drives it.

ME: So what you say is basically that the reason why the same thing is repeated is because I seek to obtain the same result with the same action ...

I AM: The Path of Sankhya takes life as a career of missions in which in each stage a fruit of the work done is obtained, the intention is to fulfill those goals, and celebrate the fruits after the effort. "Fruit of Work". But from the vision of Yoga, it can be seen that this race is nothing more than a dead end circle of similar actions that are repeated, and if you perform the same action, you will always obtain the same fruit. And if the fruit gives you pleasure, then you will repeat the same action, and you will never leave the karmic circle. Therefore, the contemplation of Yoga shows you the unity of the action and the fruit as the same reality. This is how you live an animal life based on the pleasures of need. An animal seeks the fruits to fill its inner voids; first, he accumulates physical fruits to fill his stomach, then, he seeks friendships, relationships, emotions to fill the emptiness of his heart, and then he tries to fill his mental emptiness with ideas, beliefs, data, although the order of these emptiness is not always linear. There is a constant search to fill gaps through actions, achieving things that fill them. That is why we build a life based on capital, which seeks to fill the spaces with external agents.

ME: "Law of Attraction" ... The belief that we can attract what we want to our life ...

I AM: The same is applied in spirituality to continue filling internal gaps to actions that we do not intend to change. What is the fruit of your actions?

ME: I don't know... I thought it was about transforming humanity... But I see that it doesn't... As I said, what I do I do to become happy and make others happy...

SOY: But ...

ME: Now I can see that my unconscious was keeping the truth that what I keep I do to seek acceptance ...

I AM: All humans do, all living beings seek this acceptance, and act in vicious circles repeating stories just to "enjoy." This concept arises from the idea of being able to enjoy the fruits obtained after an effort, after the action. What you do you do because it gives you pleasure. So I ask you again, what is the fruit of your action?

ME: Please ... show others that I can, that despite their criticism, I am capable ...

SOY: But underneath it all, what is there?

ME: My own lack of acceptance... nothing really fills me up, because I really can't tolerate being still, alone, with myself. I can't stand it.

I AM: Aha ...

ME: I want to get away from myself.

I AM: So Action is the escape. And the fruit?

ME: Hiding from myself ...

I AM:... Through the acceptance of others. Excellent.

ME: Excellent? It's bullshit...

I AM: It is only because you are seeing the hidden, but it will cease to be when you change the action, and you will only do so when you release the fruit. You lost all of our conversation today, fantastic. And this aroused an immense rage in you. Do you know why now?

ME: I think I understand yes, but surprise me.

SOY: You lost it because you expected others to accept you in wonderful text. That text was for you, only for you. What you write is not for others, it is for you. If you choose the path of Yoga, you will see no purpose in what you write. Today you have realized a very important lesson: the path of self-knowledge is not compatible with the applause of others.

ME: What a great treat.

SOY: But it's true. Today you have seen that anger does not arise from having lost the text, but from not being able to show what you were able to write to others. It is therefore essential that you release the fruit of your action, or the path will be repeated.

ME: It's true ... the Path of the Dragon was and is my great challenge precisely because I expect the same result, I hope to show something that I am not, that I do not have in me ... that I do not accept in myself.

SOY: What is the fruit you expect?

ME: Coming home ... being accepted by my family ...

I AM: Behold. And now recognize ... Every project you do is an escape action. And each objective is a hiding place for you.

ME: I want to get home, but I run away from home ... I want to be accepted by my family, but I don't accept my family ...

SOY: And why?

ME: Because I refused to be normal ... I want to be of the world, but all my life talks to me about home and family ... It brings me back to such basic foundations, that it seems absurd ...

SOY: Why?

ME: Because I want to be different!

SOY: And that's why you look for people who value your differences. Life weighs on you, because you want to make a difference, when fate leads you to the same ...

ME: I escape the normal ...

I AM: Therein lies the karmic cycle. Looking to make a difference, is that you do everything the same. And you repeat the way. What will you do this time?

ME:... Let go.

SOY: What thing?

ME: The fruit... the destiny... letting go of how things should be... The glory of the Way...

SOY: It is what it is. Learn from the farmer. The fruit is a mere momentary product, the seed is the true transcendence. The fruits are the mirages of the Correspondence that show us the paths to Mind, unity ... Yoga ...

ME: That is what weighs so much on me ... the fruit, the idea that the result must be magnanimous, unique, after so much effort, we must obtain a result ...

SOY: And it is not like that. The only objective is contemplation, to observe the circle in which Karma, Action and its Fruit are the same, that the fruit is part of the process itself and not an end. Free yourself from getting results, free yourself from seeking acceptance. Behold.

ME: If I change my attitude, I change the results ...

I AM: "Free yourself from anxiety about the things of this world, do not let yourself be governed by the illusions of this perishable world."

ME: The anxiety that doesn't let me sleep, is due to the incessant search for a result ... that's why it makes me so bad to get to the end of this path, that's why I wanted to do something big, that would make a difference, because it wasn't enough for me way ... Anxiety gnaws at me to see in the world embodied the things that can only inhabit my heart.

I AM: "The man who performs his actions selfishly seeking his reward, in due time will obtain the fruits in the form of pleasure, or pain, or both at the same time. But he who acts with detachment, renouncing the reward, accumulates riches for Eternity. "

ME: I was acting from the Atman, from the ego ... to be accepted, to be a part, that is why my path of the Dragon failed ... That is why it causes me pain, because I was looking for in him a reward for all the effort made ...

I AM: "Seek refuge in the attitude of detachment and you will accumulate the wealth of spiritual awareness. He who is motivated solely by the desire for the fruits of his action, and anxious for the results, is truly miserable. "

ME: To be free ... to let go of what is lost ... to let it be ... to say goodbye to the things that have happened, to live in the present ... What I feel and am today.

I AM: "Cut the ignorant doubt in your heart with the sword of self-knowledge. Watch your discipline. Get up."

ME: I get up ... I change my attitude towards life ...

I AM: The fruits are only there to nurture your true inner potential; find yourself in the circle of life, because you are much more than that.

ME: I am the whole Tree.

# 343. Flower (Throat)

[July 12, 2021 Matías De Stefano](#)

Daily vibration: Ze

Statement: I Am Resonant Vibration

Code: AGE OF VIRGO = this one is famous for having the development of the Atlantean civilization. It occurred between the years 10880 and 13020 b.C, what places our celestial north pointing to the star Vega in the Lyra constellation, this means, the polar star that guided the atlantean in their expansion around the world. This happened exactly in the historic opposite to our current process of Pisces, reason for what understanding Virgo's history helps us like a mirror to reflect and transcend their mistakes.



ME: Another day without sleep ...

I AM: Connecting to the Unconscious ... Sleeping awake.

ME: It makes me dumb during the day, like a zombie.

SOY: It is what allows you to have better communication with your hidden parts ... Sleep awakens what is asleep.

ME: Makes sense ... But I need to sleep ...

I AM: "I need to sleep" ... uhum.

Me what?

I'm nothing...

ME: Tell me!

I AM: Eat, Sleep, Produce, and feel Safe in those basic needs. One eats food because it nourishes the body, consumes matter in order to generate matter, filling the stomach is a symbol of wealth and prosperity. One sleeps to balance metabolism, to allow cells to carry out regeneration processes, and neurons to organize

information, as well as to strengthen glands. You produce because that way you capture what you carry inside and leave a mark, transcending your genetics in your actions or in reproducing, which gives you the feeling of being eternal. One seeks security because death is the end of the integrity of a being, and it was designed to remain whole.

ME: Aha ...

I AM: This on a biological, physical plane. But when we go to Emotional, one eats sensations, feeds on relationships, on different types of feelings produced by interaction with others, which nourishes him. You sleep emotionally because you need to dream, because that way you can expand your imagination, provoke the design of possible realities. One produces through ties, ties, in the embrace, in transmitting, in leaving a legacy through memory, the memory of experiences caused by attitudes. You feel safe when you maintain those bonds, when you feel part of something greater that contains you, or a simple hug.

ME: Aha ...

I AM: On the Mental plane, eating is consuming ideas, information, data, in order to fill up with them and feel that it meets the expectations of learning and knowledge. One seeks to sleep with the mind in order to think, find the logic in the illogical, open the mind, allow oneself to daydream to find solutions to problems. We produce from the mind at the moment we generate a project and we prepare to coordinate its realization. Security is obtained in the belief, in affirming in a philosophy, science or religion that gives us foundations and values to what we think.

ME: Aha ...

SOY: So the phrase "I need to sleep", I wonder, where do you really say it from?

ME:... Well... these days have been very difficult for me. Since Cancer began, many things have turned inside me, I saw many things that I do not like about myself and the people around me, and I hit bottom in many issues that I had loose, but I saw that they will always be there . From the first day of this month, you took me in a psychoanalytic process without rest, in which I began to somatize everything we are talking about, and to feel vulnerable in every way. I cried more times than I am used to, I relived my great existential and emotional crises of recent years ... And in each of our conversations I saw more aspects of myself that hurt me to recognize, that hurt to go through ...

SOY: And you just want to sleep ...

ME: My body is tired, but it is true that in reality, it is only because my emotion and my mind are exhausted. It has been a year that day by day you have made me study, learn new things, observe myself, without respite from a single day. Every day thinking, learning, processing and then explaining philosophical concepts in two languages at the same time is even in areas that I do not know, such as biology, physics and chemistry, all while I process my own personal growth. It is overwhelming. My mental body is saturated, and my emotional body is collapsed. That is why I am sleepy ...

I AM: Everyone sleeps or needs to sleep. But only because they seek to escape the unconscious. Sleep is the way to relegate to dreams the task that we hate to face consciously. Sleep breaks us, weakens us, makes us lose our strength. It makes you bend and kneel, surrendered to life, and your brain begins to sort the information while you are awake. That creates images, hallucinations ... The unconscious comes to light, and it is like looking in the mirror and seeing the reality that we denied seeing of ourselves. Sleeping is useful, but you make it a necessity when you seek to escape from yourself. Of your responsibility.

ME: Wow ...

SOY: So, I ask you "Why do you choose to stay asleep?"

ME: Sometimes knowing exhausts me... the path of consciousness exhausts me. Once, a class friend in Molins de Rei, Catalonia, asked me rhetorically: "Who is happier, the wise or the ignorant?" His phrase came from something that had happened in class this day, in which some laughed at a nonsense that had happened, while we were punished despite the fact that it was the fault of those who committed the nonsense. And turning his gaze to the front, he replied to himself, answering: "The wise man can never be happy, because he does not seek short-term pleasure in things, while the ignorant considers happiness as an easy goal to find in such pleasures" .

SOY: He was right.

ME: Yes. It left me thinking this... Because, when you ask every human, including myself, what they expect from life, we usually answer: "be happy".

I AM: That is, to be ignorant.

ME: Exactly.

I AM: Being Wise, Conscious, requires a lot of responsibility, because you understand that well-being depends only on you and the way you live life, which leads to being conscious to try to know all the conflicts to find a thousand ways to solve them , something that does not give rest, but occupies the whole life. The ignorant or unconscious will seek happiness by satisfying the basic needs that make him feel the beautiful sensations that endorphin and serotonin produce in the body. Thus, the ignorant reacts by stimuli, impulses generated by mechanisms of pleasure or pain. Thus, the ignorant creates a false happiness, and a search for it based on superficial elements and intentions. The wise man recognizes that happiness is not a goal, and that his search is a waste of energy, with which, this can only be felt in the realization of oneself. This leads us to self-knowledge.

ME: We want to be ignorant, well ...

I AM: Stay asleep ... comfortable on the bed of unconsciousness.

ME: Is it possible to be happy being aware?

SOY: Oh sure yes, in fact it is the only real form of happiness, the other is just a mere glandular chemical reaction, like the dog that salivates when it sees food. A conscious being is happy when he has nothing to hide, and he is who he really is, owing nothing to anyone, living his life according to his own being, giving his life to the greater being to which he belongs: the universe.

ME: How do I achieve this?

I AM: Easy ... If you call escape Sleep, you call responsibility Wake up.

ME: The famous "Awakening of Consciousness."

I AM: The Blossoming of the Self. When people speak of awakening consciousness, they incorporate many points of view of what it represents. It could be said that for some, this awakening is something alien to them, almost like the weather.

ME: If it rains I get wet... If the planet wakes up, I wake up.

SOY: But it's not exactly like that. It's hard to get wet when you have so many layers of waterproof coats on top. To really get wet you must undress before life, remove all the layers that cover your true self, protecting yourself from the world. It requires a certain responsibility to shed each of the layers that we have put on, the clothes that cover us, so that the rainwater reaches our skin. And the truth is, doing so requires losing your security, and exposing yourself to being vulnerable to the world.

ME: Like a flower.

I AM:... Like a flower... exactly. What is a flower?

ME: It is the sexual organ of a plant.

SOY: That's right. As we have once said, many believe that flowers are the crown, the spirit of the plant kingdom, but in reality that serves for a spiritual and subtle vision, when in reality, they are the genitals. The genital, for a plant, is its illumination, and therefore, the crown and sexual chakras come together here. When a plant has undergone the relevant nutrition process, and activates its potential for transcendence, a receptacle containing a cocoon extends from the ends of its branches. It opens on the part of the sepal, a kind of tiny leaves that hug the cocoon, which is made up of petals that gently wrap the pistil, ovary, where the seeds are. The conduit called Style is like the vagina of a flower, ending in the Stigma that is the vulva, surrounded by the stamens, that contain pollen, plant sperm, in their antennae. The most striking thing about a flower are its petals, since they are arranged in a beautiful mathematical proportion that allows it to reflect and receive sunlight, as well as attract insects to pollinate its pistil and spread its pollen through other plants. long distance. The petals are filled with pigments and scents that attract various creatures to the genitals of the plant. Trees, all plants, expose, in their corresponding seasons, their genitals to the world, leaving their most sensitive parts in plain sight, and it is the same parts that draw our attention to everything. It is a flower that blinds insects and humans alike, that awakens so much hunger in some creatures and love in others. Its fragility is sensual and powerful,

ME: It's... beautiful.

I AM: That is why you expose your fragility. For it is the weakness and delicacy of your sensitivity that expands and pollinates the world through our words.

I understand...

I AM: Your state of weakness is the state of power, your state of depression is the magical realism that awakens the beauty of the soul. And this is a message for everyone who is in the process of Awakening: "The true power of transcendence is found in the sensitivity of a fragile soul." It is useless to cover ourselves with armor, bark, trunks, it is useless to cover ourselves with mosses, cover ourselves with disguises that hide us and protect ourselves from the world, if our objective is to expand, we will never do it by defending ourselves and covering ourselves with layers that cover our true being. . You have to reach the skin, the petals of this fragile and soft soul.

ME: I was hoping you would explain to me about the prime of life, but I understood where our conversation was going... I can feel what you say in my soul. I feel fragile ... And my skin reacts to that weakness ... I think, I exposed myself too much.

SOY: Exposing yourself hurts, it has left you naked in front of the world, but it is what is really pollinating what has been built this year, outwards, but also inwards. Get naked. Tell me what your shames are.

ME:... I am ashamed of my body, I was always ashamed. My genitals disgusted me, because it reminded me of being a woman. It wasn't until I was 18 that I accepted myself as a man in that life, and refused to touch myself. I always knew that I was homosexual, since I was 6 years old, I remember that I liked a classmate from

kindergarten and from elementary school. I refused to think about women sexually, because I considered it a sin, as strange as it sounds, since it sounded to me that every woman could be my mother, my grandmother, my aunt. I was raised among women, and I saw every woman as an extension of the women of my clan. It even gave me an incestuous terror. Men, on the other hand, were absent in my life, and it was not difficult for me to think about them sexually, there was no reference to me. Even though my mom was always open to talking about her relationships and mine, I was always ashamed to talk about sex, to show parts of my body that I even considered sexual, like my thighs, or my belly and chest. I am very ashamed to see a person in the eye directly... I am also terrified that they may think that I have an active sex life.

SOY: Why do you think you are ashamed of sexuality?

ME: Maybe, because at school and in the neighborhood, my sexuality was taboo, something that was wrong, that should not be talked about ... And then, I needed to hide it. Beyond the fact that I have had relationships and partners since I was 21 years old, I have not really opened to live my sexuality freely until a few years ago, more specifically since 2017 or 2018. I lived a late adolescence, which reached my 27 years, and I began to do the things that are normally done unconscious at 19, but at 29.

I AM: Say it ...

ME: At one point I believed that I could become addicted to sex ... I felt a great dependence on it, but I realized that it was a great lack of love for myself that I was looking for in others ... that I still look for in others, the better saying.

I AM: An anchor to reality for a being who lives with his mind on other planes, required for certain moments, although a danger for other moments. Saying this today, showing your flower, frees you from a secret. Today, laryngeal day, you can recognize that secrets lie hidden in the shadows of the unconscious through taboos. And that despite talking about sexuality at other times, they are things that are difficult for you to say, like everyone else. By culture, most of the secrets seem to make us firm and strong before the world, when in reality they are nothing more than cysts of weakness, that when released into the world, flourish bringing Libyandad, freedom.

ME: Yes ... it's true ... The strange thing was that neither my mother nor my grandmother had a hard time talking about sex, and I did. My grandmother had sex with lovers even doing advanced chemotherapy sessions when she was already weak. And the only reason she didn't tell us was not because of embarrassment, but so that we didn't get emotionally attached to one of them and then she left him.

I AM: hehehe

ME: Yeah... awfully liberal. With my mother and my grandmother I could talk about all this ... But at the same time, I was ashamed.

I AM: Shame comes from "vereri" which means "slight fear", or "respectful fear". What are you afraid of?

ME:... To the trial... to be judged.

SOY: Because of the laughter at school, the bullying ...

ME: I was a victim of bullying throughout my schooling, and my sexuality was the key to such teasing, so I linked sex with teasing, with criticism, judgment, bad, with the harmful laughter of others.

I AM: Damaged sensitivity.

ME: "The man must be strong", to be a sensitive man is to be a "fag", to feel was a forbidden act.

I AM: That is why it hurts humans so much to go through the I FEEL attribute, because they have been forbidden to feel, and for this reason feelings became silent secrets in the shadow of the unconscious. How many secrets would you like to reveal?

ME: Not many, because, perhaps, this was the last of my secrets, entrenched in my emotional throat, to recognize an addiction that keeps me tied to the shame of the forbidden, because of the trauma of laughter at what I feel, I am and I do with my genitals.

I AM AND...

ME: And I understand why it hurts so much what happened to me with this frustrated love. As much as we are both adults, his mother made him believe that I had given him a disease that I do not have. And since he is a hypochondriac, he made his own son believe he was sick, and turned him against me, and threatened me and the foundation with telling the world what I had done to his son. He laughed at me, judged us for loving us, and lied to separate us. I felt that all the judgment of my school teachers, of my classmates, of society, fell on the part of two people that I loved very much and that I came to love in a short time.

I AM: All the shame, and the fear of being exposed to the world for a genital and sexual issue.

ME: Yes ... I replied that I did not care what he said to the world, because I had no problem telling the world that I love his son, and that he was not sick of anything. That is why he never responded again. I knew he was lying ... but I was never able to talk to him, because he made him cut off all communication with me by threatening him. A tragic story, which was recorded in me as the inability to speak, the pain of being judged for what I feel, for my genitals, my sexuality.

I AM: Each one has their traumas and secrets related to different shame and circumstances, recognizing them makes us free in understanding, and by sharing it, we show the fragile beauty of our souls, because our pain becomes poetry that illuminates the hidden truths of others. . By sharing our weaknesses, pains, anguishes, by offering our tears and secrets, our sensitivity to the world, we really begin to wake up from this dream in which we seek to escape. The Awakening of Consciousness does not occur in knowing about the universe and remembering aliens or planets and dimensions, nor channeling spirits or enlightening ourselves, the Awakening occurs when we bloom, when we release control over our inner potential, exposing our weakness and sensitivity . And it is true that at times like these, we attract insects and vermin that can feed on us, parasites attracted by our sensitive aromas, but for this reason a tree does not have a flower, but hundreds of them, with hundreds of petals, as a greater expansion and liberation, the number of flowers affected in me will be imperceptible. No insect can consume all the flowers on a tree. Therefore it is necessary to flourish in all directions. Open up to the universe. Allow yourself to cry, share, let go. Whoever judges your freedom is a being imprisoned in the prison of his beliefs, covered in his chains, oppressed by the weight of his incoherence.

ME: I allow myself to flourish ...

I AM: Allow yourself to feel. At first it will be painful, but then you will be able to see your petals radiate fantastic colors, lighting up like stars in the world, perfuming the air with exquisite aromas. Sleep as long as you need, but after all dreams, Awakening always comes.

ME: I am a Flower in the Garden of Awakening Consciousness.

# 344. Leaves (Heart)

[July 13, 2021 Matías De Stefano](#)

Daily vibration: Zi

Statement: I Am Heart's Vibration

Code: AGE OF LIBRA = between the years 13020 and 15170 b.C., approximately, the constellation of Libra marked the history of the beginning of Atlantis and the end of what was called Lemuria, this means, Mu's colonies, from the Indian and Pacific ocean. During this period were developed the humans as we know them, the culture and the language that would determine the way the next civilizations thought.



ME: After our talk yesterday I was able to release many things ... I felt lighter, and today I slept uninterruptedly.

I AM: You are dropping those emotional stories that weigh on you, and what you project of them into the future.

ME: Yes. You know what I realized?

SOY: What?

ME: I like to suffer. I find pleasure in suffering. My brain finds it almost exciting.

I'm interesting. How did you come to this conclusion?

ME: Well, I think it's something that happens to a lot of humans. Yesterday I was watching a series, a fictional romance that reflects many real-life romances, with their conflicts. I realized that I love those romantic and beautiful moments when things are perfect, but, I also realized that I cannot feel them real or romantic if there are no secrets and occult in them. In other words, the story was about two boys from very different social classes; one discovers gay, the other already knew, but they must be kept in the shadows so that no one knows, as it was something forbidden in a certain way. I mean, boys and girls had their normal, exciting but predictable romantic lives, nothing to hide. Instead, when it came to them, everything was more intense ...

SOY: Because of the tension precisely... of the environment.

ME: Yeah, it was like the forbidden was much more exciting. And, then, in that forbidden there are many problems, conflicts, that lead both of them to feel bad, to move away, to fight, having external forces that want to separate them ... And I realized that the more tension there is, the more pleasure I feel in the story. of love ...

And I could see in retrospect that the people with whom I have fallen the most in love in life, were surrounded by a fog of suffering and prohibitions, which made me love them even more. And I am sure that this not only happens to me, but most love stories would not have this type of conflict nor would there be series, books and movies that fill our lives with these contents ... We are the ones who ask for this type of stories, and although we know that we can see something else,

I AM: Aha ...

ME: So why, if we consciously ask to be happy, unconsciously does suffering give us pleasure?

SOY: Good point. The other day I explained to you that the brain's sensors to receive external signals are the same to identify pleasure and pain, and this is because both are extremes of the same scale. If we were talking about music, we could interpret that the lower octaves produce pleasure and the higher octaves produce pain, but they are the same notes in the same order. Both one and the other generate a general nervous breakdown, in which all the nerves react by tensioning. And this is related to the hormonal process. Remember that every emotion you feel is a chemical reaction on your cells and nerves. When you perform an action that involves intense activity, adrenaline is secreted from the Adrenals, filling the bloodstream with this chemical cocktail that prompts the body to tense up so that the muscles react to the environment. This happens both when you get scared and have to run urgently, as well as when you have sex. The body becomes alert because it is carrying out an activity that is not common or daily. The mixture of hormones produces a greater dilation of the heart so that the blood flows faster, altering the heart rate, which encourages movement, action, by raising the temperature of the muscles. An over-oxygenation puts the brain in a state of maximum alert to everything that it can perceive, and the senses are heightened. All this related both in moments of escape by a predator, or being attentive to find the breeding partner. In both cases, after intense activity, Serotonin is secreted to calm the body, controlling activity, producing relaxation. In the case of mammals, endorphin is also secreted, which strengthens the bond with the other. This frivolous look, if you will, is what generates the basis of love between people, because individuals, when feeling this hormone, feel calm and pleasure only in the presence of the other, which strengthens groups, which through love and esteem, they stick together. Thus, the reproduction reaction is more powerful when love is felt than when it is not.

ME: Very frivolous, yes ... but I understand.

SOY: Well then, as you have seen, the body is very basic in this sense. The problem begins when we put mind, culture, tradition, expectations. When we imagine things that are not happening to the body. When we put mental limits as "prohibition". In nature, nothing is forbidden, the forbidden is simply a weight received in advance, imposed by something that prevents me from moving, acting. It comes from "pro" (in front, beyond) and "habere" (to have, to hold), that is, to have or hold something beyond what can be done. in a word: hold back. This idea is born with morality, but biology does not understand it. For biology, everything is almost binary: escape or confront, stay or leave, attack or flee. In that simple vision, nature prepares us to be a victim or a victimizer, to be a prey or a predator. Thus, For millions of years, our bodies were programmed to feel pleasure or pain, as circumstances warrant. Now, when the prohibition arrives as a moral and not biological concept, the brain interprets the prohibited as a threat, as something that can predate me, make me a victim, but morality prohibits things that for biology are normal, such as sex in various ways. shapes, among many other things. For this reason, the brain does not understand what it should really feel, whether pleasure or suffering, and therefore, it makes us feel both at the same time.

ME: That's why we like the forbidden so much, we find pleasure in things that can harm us ...

SOY: That's right. For nature it is easy: either you have it or you don't have it, but having it in front of you and not being able to hold it, makes the brain collapse, leading to a strange excitement in the face of danger. This means that, unlike the rest of living beings, humans store enormous amounts of sensations and emotions in the unconscious, hidden because they are forbidden.

ME: Ugh ... This is what generates all the paraphilias ...

I AM: A paraphilia is an inverted pleasure instinct, that is, when something produces a pleasure that has no logic to consciousness. There are accepted philiias in certain cultures (such as Fetishism, pleasure for inanimate objects, and Partialism, pleasure for animated objects that are not the genitals, such as feet; also Gerontophilia, pleasure for the elderly, and Knismolagnia, sexual pleasure by tickling), others that are left in the shadows to suit each one (such as Masochism, the pleasure of receiving aggressions of all kinds, and Sadism, pleasure for generating those aggressions; as well as Urophilia and Cropofilia, pleasure due to urine and feces; and Asphyxiophilia, dangerous pleasure from suffocating or being suffocated), and others prohibited by law (such as Pedophilia, pleasure for children under 14 years of age, Zoophilia, pleasure for animals, Necrophilia, pleasure for the dead, and Voyeurism, pleasure for spying on others, and within them, the most subtle: Exhibitionism). These behaviors arise due to sensations found in the brain in relation to suffering, childhood traumas, erratic prohibitions of their environment, growth conditions. The repression of being and feeling can end up generating paraphilias, due to a mismanagement of the emotional energy that is received and given. Some paraphilias are classified in such a way due to the morality of a people, since what for one country or culture may be normal, for another may be a prohibited act, as well as for certain African countries, the tradition of sleeping with girls or boys minors is a custom that was used to ensure their virginity in reproduction,

ME: It always depends on where you look at it. But, it should be possible to reach a consensus... no?

SOY: Of course, but that will happen in a global civilization, today we can begin to think about those consensuses, but judging the past does not make sense, since the contexts are different for each historical group.

I understand...

I AM: Now these hidden pleasures are all encompassed by pleasure in what is forbidden, in what can make us suffer, because the chemical reactions are the same, and therefore, to a lesser or greater extent, it produces all humans difficult stories more pleasure than easy ones. That is why one falls in love with the complicated. Each individual at different levels.

ME: Yes, it happens to me that when things are very easy, I can't find pleasure in them ...

SOY: And that's why you seek to complicate them. Not?

ME: Yes ... it's true ... I complicate things just for pleasure. Without conflict I don't feel alive ...

I AM: This occurs hormonally, because the action occurs when you feel these internal emotions that drive you, if there is no context that forces you to produce these hormones, then you will not act. That is why the stories that make us suffer, that give us anguish, mobilize us. That is why we victimize ourselves.

ME: Victimizing yourself, then, is a pleasure mechanism ...

SOY: That's right, because we feel the energy pouring over us. Living in a constant drama generates a pleasant sensation in the body that makes you look for new dramatic situations. When victimizing one receives love, attention, and sometimes criticism, but attention in the end. When looks and thoughts turn to you, there is a certain pleasure.

ME: Yes, I admit it, it is something that happens to me, in that when I victimize myself I feel that I gain energy, that I receive love ... This is very sick ...

SOY: It is just a typical reaction to data hidden in the unconscious. As we said, the Forbidden is that which is retained, contained, that which cannot be released, which is a burden. How many forbidden things live in you?

ME: Many ... I feel many things that limit me, that do not let me feel love, and instead of looking for others, I keep trying to be in that circumstance ... How do you get out of this situation of looking for situations of suffering to feel pleasure?

SOY: Look, if prohibiting means that you have something beyond your power, you have to understand what you have, first of all. "Habere", have, possess, is the accumulation of emotions that I do not allow myself to let go. That flood the heart with dangerous excitement. How do you let go of what you have in your heart?

ME: Giving ...

I AM: And therefore so you can Receive something new. Give and take. What you possess is in your hands, what you retain in your unconscious is written on your palms.

ME: The lines?

SOY: We could say that, culturally, the lines of the hands are considered as the reading of the records of the past and the future. Although, in reality, they are only probable data records. Each line on your hand is like a trace that cells leave imprinted where the probability information registered in the unconscious can be read. Feelings, intentions, traumas, potentialities, everything it does to exist as such. With your hands you do everything in your life, you feel everything, through them you receive from the world and give to the world. In them, then, you retain what you give and receive, as information for all eternity. In them, everything that happens as pain and pleasure and that inhabits your unconscious is recorded, and it is through them, by doing, that you can free it.

I eat?

I AM: Your hands are like the leaves of a tree. Look at the leaves of the plants, and you will see the same lines, the nerves that expand along the blade, nourishing the leaf and receiving from it. The leaves are the antennae of a plant, which fulfill a double function: to give and receive. They receive sunlight to carry out photosynthesis, that is, to synthesize light, in which solar, photonic energy generates a chemical reaction that allows inorganic matter (carbon dioxide) to be transformed into organic matter (sugars). This is possible thanks to chlorophyll, a sensitive pigment that exists in leaves and some bacteria, which allows them to metabolize light. Chlorophyll is what gives plants their green color, since when processing photons, it does so by capturing them at a certain wavelength, around 500 nanometers. The light trapped by the plant allows creating the carbohydrates necessary to nourish the fruits and seeds, for which it takes water (H<sub>2</sub>O) through the roots and carbon dioxide (CO<sub>2</sub>) through the leaves, turning it into food, glucose (carbohydrate: obtaining hydrogen and carbon dioxide) releasing the remaining oxygen into the environment, which will be used by animals to generate their own energy. Receive and Give ...

ME: The hands of the trees ...

I AM: Each leaf is thus an experience, a story, a reaction and action, all seeking energy in the world, and delivering it again in a transcendental way. Everything that the plant receives is given to the world completely in the form of fruit, seed and oxygen. The leaves are the Heart of the Tree. And a forbidden heart can neither give nor receive. Plants find a way to do it, producing positive things for the world. It takes what makes the world suffer: sulfur, carbon dioxide, sunlight, and turns it into life, into food, into oxygen.

ME: It takes what kills us and transforms it into life... it's beautiful. It takes suffering and pain and turns it into love and pleasure.

I AM: It is the free Heart, which can only receive in its surrender. You ask me how you do to get out of suffering ... And I answer you, You cannot get out of suffering, you cannot get out of it. You can only transform it. That is the photosynthesis of being. Take everything that you hold in your unconscious hands, hidden in pain and suffering, and do with it something useful for the world. Turn pain into pleasure. Turn a sad story into a story or song, turn a dark emotion into a work of art; use horrible trauma as an example for the healing of others. The sun that burns you is the raw material of the fruit that refreshes you. The carbon dioxide that suffocates you is the source of the energy for your action. The water that drowns you is the source of the air you breathe.

ME:... It is taking what hurts me, and turning it into pleasure through my creative capacity...

I AM: You will always need the emotion of suffering to recognize that you have something to transform in yourself. You cannot get out of this natural sensation, you can only recognize it as the source of your transforming action. Plants do not stop photosynthesis, every day there is sun, and every day they will do their job, as there will be no fruits or seeds without rays and toxic chemicals. But they do do something that you forbid yourself to do.

Me what?

I AM: Let go. The same blades that perform this transformation process are dropped after completing their mission. The Tree lets the memories go, it releases what is no longer productive for it, what no longer generates anything for it. Without fear, let go and let go of relationships, situations, experiences, bonds, emotions. Letting go of his withered heart, he allows himself to be free of what it contains, to be able to resurface as new in a transcendental cycle. Will you drop your leaves?

ME: Letting go, letting go, is the most difficult... Well, the body and soul get used to suffering for pleasure, becoming a vicious cycle difficult to let go... It keeps us imprisoned. I myself feel that it is difficult for me to let go of the stories written in the experience of my hands.

I AM: Look at the palms of your hands, breathe the memories that come out of it and everything they have done in existence. Recognize that you are capable of creating something new out of all of it, and when you do, let it go. Let go of the result of your action, and allow yourself to renew yourself, starting over.

ME: What I understand with this is that ... you tell me to capture something in the physical plane that helps me transform that which is inside into something real, and then release it ... not keep it ...

I AM: Take your unconscious anguish, paint it in a painting, and then sell it or give it away. Either way, you will have transformed the information into something new.

ME: Uhum... I understand the example.

I AM: This is something that you will do all your life, do not rush to want to solve something that is cyclical. Sooner or later the time will come when you can really let go and create something new through free give and take.

ME: From my heart, I allow myself to create. I release my unconscious with every beat ...

I AM: Take the blank pages and draw the lines, writing the stories that you have to release, paint their paths and write the verses that will liberate you. It narrates in the pages of this existential book, the story that you have to forget in order to remember.

ME: I write my hidden truth on the sheets of my life ...

I AM: Resounding in the Vibration of your Heart.

## 345. Branches (Solar Plexus)

[July 14, 2021 Matías De Stefano](#)

Daily vibration: Zi

Statement: I Am Vibration os Conections

Code: AGE OF SCORPIUS = the time os Scorpius was known as the Eagle or Hook, meaning, the time where the Gods descended to Earth and had children with the woman and men of the human world. The scorpion era occurred between the years 15170 and 17320 b.C, and represented the biggest intervention from the Annunaki over the human cultures on expansion around the world. Here, the known Poseidon, hid his children in the sea, who would originate the Atlantean.



SOY: Are you sure of the path you have chosen?

ME: Which way?

I AM: The one you follow in your life. Do you think it is the right way?

ME: Is there a correct path?

SOY: No. But the paths are correct when you have chosen them.

ME: Did I choose it?

I AM: Aha! Do you think someone else chose this path for you?

ME: I think I had no choice ... that what I do is beyond my choice, because I am flowing into it, surprising myself, discovering what I supposedly chose.

SOY: So what is your answer?

ME: I could tell you that yes, this is the right way, and yet I would be lying to you.

SOY: Doubts, right?

ME: Yes... I doubt... I feel like the book I wrote about that parallel reality in which I die at the age of 87 feeling that I failed in life because I did not choose the right path. Supposedly, what I am living now is the correct path to fulfill my mission, but still, I am not sure.

SOY: First of all ... what is the Camino for you?

ME: My paternal surname means Camino in Basque ("Bide", bidea = the way), and for me I think that, since I knew this, it defined my life as the Camino. For me, the path is life, step by step, it is built on discovery, on the journey.

I AM: Just Camino comes from the Celtic "cammin" (Cam = step), that is to say: place where the steps are taken. The same happens for the English "Path", coming from the Indo-European "pent" = step. Each step builds a path, but it has many forks, which lead us to unexpected destinations. And each path arises from a greater path. You can see the roads as the streams that go to a river, or as a river that opens into many streams in a delta going to the sea. Each stream has a name, runs through a unique territory, lives a personal experience, but its waters are the same as those of other streams and rivers, they come from the same place. Thus, the changes that occur in that stretch are relative to their life and experience, but what drives the flow comes from much further back, affecting everyone equally.

ME: As if each step that the major river takes affects the neighboring rivers or emerging streams ...

I AM: And vice versa, in that all the streams in their individuality can modify the river. So ... the path goes beyond your own steps.

ME: The Way is Everything ...

I AM: The steps of each individual, the choices, decisions, attitudes, emotions, traumas, intentions of each person in history and in your family tree, mark the pulse and flow of the waters that design your path. But when they come to you, it is you who decides in which direction you will move that force, it is your path, your own intention that channels the general current.

ME: Like the branches of a tree looking for the light.

SOY: When you look at a tree, it is the clear example of the paths that trace your existence. For this reason, they call the generations as Genealogical Tree, that is, a tree related to the origins (gene). So let us contemplate the two visions of this tree. In the Beginning, everything is a single reality, Unity, embodied in the Trunk of the Tree. From this arises the positive and negative duality, Time and Space, opening into 2 original branches. They split again into 2 or 3 as appropriate, and the circuit continues, causing a single being to expand in millions to infinity. The purpose of branching is clear: to find more light. The more branching, the more options to obtain light at different times, from sunrise to sunset through all stadiums. Branching is a path of enlightenment,

ME: The branches become laws, in dimensions, in galaxies, worlds, species... individuals... being that each tiny twig is a chemical element of the periodic table, and more... even particles.

I AM: The Tree of Life. And then, from those individuals, the reverse path towards fractal integration begins. Millions of individuals who come together in pairs creating a new one, which joins another to have a new baby, and so on constantly until reaching the 4 branches of your grandparents, the 2 branches of your parents, and the trunk that is you. .

ME: ... back to unity ...

SOY: Although, you will be the branch of a new tree. Your path is only one step on the great Path.

ME: So, I can't say that I chose my path ...

SOY: You can say that you decide in what way to carry out the flow that you receive from something much greater. The Tree is one, no matter how much you can name its branches and flowers, its fruits and seeds or roots, they are all part of the same being, in the same way that you can name the parts of your body, and even then they will all make up being called Matías. You are a branch with a name and surname, a branch that is not separated from the whole, that is a natural part of a whole, and that through its interior travels the sap, glucose, sugars, the water that passes through the whole plant but this branch chooses the form, the direction in which it will carry this potential.

ME: That is to say, the I never really chooses the Path, but it can trace paths within it so that the general information passes through it and makes the flow more flexible.

I AM: Exactly. This is how the parts constitute the One. Now, knowing this, you will be able to understand that all that you carry on your path is unconscious to you.

ME: What things?

I AM: Love, wisdom, will, relationships, intentions, search, longings, desires, pleasures, pains, fears, gifts, all of this comes from the sage of the plant, the inner product generated by each individual on the Tree through his own search for light. All sheltered in the internal memories of the Unconscious. What leads the being to act in one way or another, to follow the current that flows through the branches of the tree.

ME: So, in most cases, I don't own what I do, what I feel, what I produce ...

I AM: Aham ... Well, the "I" is nothing more than a small fraction of a much greater I. But you can decide where to go with it, what to do with what you have inherited. The human problem is to consider yourself as an individual alone and separate from the rest, as if your decisions and attitudes had no relationship with other humans. This gives them a feeling of Freedom and a false appearance of Free Will, as if they had nothing to do with what precedes them and what comes after them. This makes them individualistic, eliminating any ability to react to life's circumstances.

ME: Sure ... everything we do is a consequence ...

I AM: And the separation turns those consequences into Unconscious attitudes. The things that you think you choose, that you think you like, that you think you have determined for yourself from total freedom, are not usually free, but are conditioned by the flow of the Tree. That is why I ask you: Are you sure of the Path you have chosen?

ME: Sometimes not. Sometimes I think that the path I took is nothing more than a conditioning of my past to finish stories that perhaps I would have done differently. But then I see how seamlessly they develop, and I say to myself: well, maybe the universe really wants me to do this ...

SOY: What do you think is your path?

ME: Honestly... I don't know. Arriving at the end of the Path of Consciousness that I have decided to walk this year, I have less idea of my path than when I started it.

SOY: Why do you think that?

ME: Because I was discovering many things about myself, I was transforming, and I realized that the paths that I am tracing in my life are not mine ... What you have just explained is happening to me, I can see how the Unconscious leads me to realize a path that perhaps as an individual I don't want.

SOY: Which way?

ME: The Spiritual Path and the Path of Politics. Both are paths that I wish to take for others, not for myself. Both are paths of service to the other, in which, no matter how much I transform myself by going through them, obviously, they are still projects and paths dedicated to others.

I AM: Tell me about your Spiritual path.

ME: My Italian family was Catholic, but not practicing. My grandfather and he was agnostic, like others of his brothers, and some were religious, but they hated the church. I never had a family bond with the spiritual, it was something of my own. However, what I notice every day is that I am ashamed to be spiritual.

SOY: Aha, why?

ME: I feel like doing what I do is like going against my entire clan... Atheists, agnostics, non-practitioners, science readers. Sometimes I feel ashamed to consider myself spiritual, and therefore I try to cover my nature with science.

I AM: Neither the spiritual nor the scientific are absolute truths, both transform and nurture each other, they are branches in the same tree. Do not underestimate the pursuit of the spiritual through science. However, it is good that you recognize that you do not do it of your own free will, but out of fear of being rejected by the clan.

ME: Yeah... this is like something very strong that I just realized.

SOY: And your political path?

ME: Well ... in my family there were very annihilating phrases about it. Everyone said: "We are nothing" and followed by "What a shitty country." In my Argentine family, they did not talk about politics. My grandfather hated politics, and I never heard of anything. My grandmother told me that some of my grandfather's brothers were Peronists, but for convenience, and the rest did not have a specific ideology, or I never really understood. Despite the fact that my grandfather's thoughts were very right-wing, almost fascist, he never talked about it at home, he never mentioned these ideas. I grew up in an environment without politics and without spirituality.

SOY: And they are the two paths that you came to do ...

ME: And two paths that I flatly deny. I can understand that my branch seeks to make a change in the way I receive the light and bring clarity to the tree, extending to a space that I had not traveled before, and yet, in my unconscious, lies the denial of these issues.

SOY: Not always everything is so linear. The pulse is not always the same, that is, if your family were sellers, you will be a seller. Sometimes you experience something totally opposite, but the unconscious essence is the same, and you cannot understand why you encounter conflicts on your path if you have "transcended" that of your family. It is hidden, out of sight of the conscious, determining how you feel in your steps, and what you choose in it.

ME: Am I to get rid of this?

SOY: Do you want to break free?

I do not know...

I AM: A branch can break, fall, and create a new tree, but that implies a "great break", a terrible crisis in which a lot of effort is required to initiate new paths of development, to put down new roots. It takes time, involves a lot of healing and risks. But it is possible. It all depends on whether it is what you want. But you can also see it in the most natural way ... That is, knowing that everything you inherit is not bad, but fuel, it is the wise that nourishes you, and that if you use it with awareness, it can lead you to create new and powerful transcendental fruits. to those of previous generations.

ME: Find a new way to bring this to light ...

SOY: The tree is very big ... and you bring many stories from thousands of years. Your past lives are part of your historical tree. The conditioning of those lives have mapped your paths. And you choose it over and over again. Do you do it, then, from freedom or from the weight of inheritance?

ME: It is... an inheritance, of responsibility, of responsibility... I feel a mandate over me that "I" have imposed on myself with different bodies, in different branches of history. I look forward and I would like to be free from it, but nevertheless, I am afraid of freedom.

SOY: Oh, good point. Why are you afraid of freedom?

ME: Because freedom separates me from everyone, it leaves me alone.

I AM: Freedom frees us from chains, ropes, and the first chains that build us are those of DNA. To free oneself, then, is to compete with the connection of those who build us, of our ancestors. It is ending the inheritance that made us who we are. Cutting freedom separates us from the clan, and leaves us defenseless. Searching for freedom prevents us from having any type of relationship or bond, since in the exchange there is an inevitable mental, emotional or physical dependence. The human seeks freedom, yet he fears it with each of his cells, because real freedom is only found in death. Free, comes from "leudh" which means "to grow", "to expand". In English, "Free" comes from "pri", meaning love, sweetness, something desirable. Every human seeks to grow and expand in love, in fulfilling their desires, however, many times those desires and expansion go against what the family and the culture establish. That is why we fear real freedom, because we are left alone, exiled from those we love, and because of this, we convert love and grow into a prison full of ties, of branches linked to each other, depending on each other.

ME: There is no escape, well ...

SOY: Well ... you can think that there is not, and suffer the fact of being connected to others, or transform this idea by saying that you are one with others, and enjoy expanding what everyone produces. Perhaps the mission of each one is like that of a branch, to spread out, to grow out of love for the light, to inspire it to produce the best food for the Tree, freeing it from the shadows.

ME: So, being part of this linked connectivity, I can still expand and go very far ...

I AM: The other branches do nothing but support you so that you do not break in search of the light. Those branches that you think are holding you back, do nothing more than be firm pillars that prevent you from falling and you must start from 0 for yourself, putting an effort that others have already done for you. You understand?

ME: Oh, now I see it ... That search for freedom, to be for ourselves, is what prevents us from seeing that precisely the things we inherit from others are what sustain us so that we can expand our love and thus take it away. to them ... If I expand towards the light, the love that I live will be the one that nourishes the entire Tree through each branch ...

SOY: Well, you are one with them. You are the tree.

ME: So I honor your ancestors. I honor my mother for overprotecting me, for only then have I come so far. I honor my father for abandoning me, because only in this way have I achieved what I did in my life. I honor my grandmother for giving me her righteousness, for she has given me strength. I honor my grandfather for his silences and voids that gave me freedom of thought. I honor the De Stefano - Destéfano clan for giving me their remoteness in politics and religion, so that I can freely build a new society and spirituality. I honor the Bide clan for not having been in my life, thus allowing me room to grow taller towards the light. I honor the Unconsciousness that has led me to carry out this Path of Consciousness.

I AM: You are free when you recognize that the branches from which you come do not hold you back to the tree, but rather hold you to expand into the light. So love every link.

ME: I am the one who vibrates in each of the Connections.

I AM: Have you chosen your Path well?

ME: No... I haven't chosen it. For I am the Way.

I AM: Walk, then... Extend your arms, your branches, supported by others, supporting those who will come... Step by step towards the light.

# 346. Trunk (Sacral)

[July 15, 2021 Matías De Stefano](#)

Daily vibration: Zy

Statement: I Am Vibration of Matrix

Code: AGE OF SAGITTARIUS = this was the period where most humans migrated to the Americas, sailing through the south Pacific and walking through its north. The nomad civilizations of Earth walked developing the most rustic and ancestral tools, beating stones, making spears, being watched by the Annunaki and others. Between the years 17320 and 19468 b.C., the gigantic Annunaki were disputing the domains of the world, invisible to most humans that chased after mamuts and other animals.



ME: How can you stay firm when you feel like everything around you is falling?

SOY: Maybe it is a matter of perception. It is not the forest that falls, but the tree.

ME: I mean, I'm the one who feels like I'm falling ... when everything around me just stays the same ...

I AM: We tend to have a very egocentric point of view of things, that is, we consider that it is the world that is going crazy, it is the world that is falling apart, that it is the world that is against us, but in reality, the world simply is, and always will be, with its conflicts, with its situations, both good and bad, they have never disappeared, things always happen. It is our perception or stability in their midst that gives the feeling of chaos or order.

ME: So clearly I'm the one falling.

SOY: What makes you think that?

ME: Today I have noticed something that prevents me from sleeping again, I have seen something that hurts me, and that makes me feel mistrust, remoteness from people ... I feel as if nothing is real, and I wonder if I am. I feel like ... the foundations I have built are coming back on me, and instead of holding me up, they weigh me down. The closer I get to the end of this path, and the more alienated I perceive myself from everything I have built, as if in the search for all of us to be part of it, I am the one who feels the least part of what he has built ...

SOY: On what have you founded your principles?

ME: In unity... in trust... in family... in the will to generate a new society based on the development of being.

SOY: What are your principles?

ME: What would the "principles" be?

I AM: As the word itself indicates, it refers to the beginnings, the beginnings of something, on which everything else is based. The principles of your life are the origins of it, the original ideas that support your philosophy, the feelings on which you base all your emotions, and the attitudes from which you perform each action.

ME: My fundamental ideas, umm, well, I suppose it is that we are all a universal being, that everything that exists is part of something unique. My feeling is the connection, the networks that unite each part of that being ... And the attitude is to generate projects that unite us, that connect us.

SOY: And yet you always end up alone.

I eat?

SOY: Yes ... every time you want to do something together, you end up alone ... Well, your original idea is the one, and you attribute loneliness and freedom to it as pillars of your consciousness. In every project you've done, you always come back alone to a place that you can't even call home. Where will you go next? Where are your foundations?

I do not know...

SOY: You can't find the north ... Well, you don't have an axis.

ME: I'm supposed to be on the Axis of the World ...

SOY: And yet you've lost it. Great Test you have to pass... right? What is the Axis of the World?

ME: The cornerstone of the creation of the network of planetary thought ... Here, in Giza, the Pyramids represent that Axis, being like the foundations of everything that the ancients built to connect the world, and that serves as a support to build the new...

I AM: You have perfectly supported the Axis of the World while remaining in it, but, you have lost your own axis to support that of the Earth. The axis is where you are born.

I Argentina... ?

I AM: Mom ... Argentina ... Your country is Cancer, it was born on July 9, 1816. Cancer represents the Mother, and your mission is with Mother Earth because your work in the cosmos was to work on the Web that they call the Matrix, the universal matrix. At all levels of consciousness, your mission is related to the Mother, and therefore, this month, and these weeks, are the hardest for you, as for all those who come from the Mother's Network. You don't want to go back to Argentina, for various reasons ...

ME: Because I don't feel at home there. I don't like being there, I feel uncomfortable, like I don't belong.

SOY: And that's what happens to you at all levels.

ME: Yes ... I feel like I don't belong to the family, I feel like I don't belong to the Matrix ... and every day more, I lose the notion of the concept of the mother on a universal level ...

I AM: Mom, the Argentine Mother, the Earth Mother, the Milky Way Mother, the Universal Mother, they have been your axis, your uterus of containment and gestation. They have been your protectors. They have made you what you are. But in 2022, your mission with Mother will be over.

I eat?

I AM: It does not mean that the mother will no longer be in your life, but that she will establish herself as the symbol of mother that she is. It will occupy its rightful place in your formation and existence, as the Mother from whom you have come, the origin, then, the Mother contains all your Principles. This month, this week, reminds you that this legacy of the Mother that you seek to fulfill is hidden in your Unconscious, of that time when being the mother of a people, on the Nile, you decided not to rest until you saw the Mother's Web woven the world. And that is what you are about to complete... In the next 7 months that remain until the end of February 2022, you will leave the Axis of the World to have to search for your own Axis, from North to South of the Planet. And the same day that you finish closing this mission with the Mother, your task with the Father will begin.

ME: The Father?

I AM: Your first 33 years of life were destined for the Mother, and in this cycle the transition begins to become the energy of the Father ... Until your 66 years, the mission will be to build the structure and pattern of Spiritual Authority, inheritance of creative love of the Mother, having integrated the 33 years of maternal information, in which you must have been a child, learn from the feminine energy, connect to the Earth, now you begin to integrate it into yourself, you do not leave it, it does not disappear, but it takes hold of you , but in order for it to take hold, you must let go of the image of dependence on the Great Mother. She will always hold you, Mom will always be there to be your mother, at all levels of consciousness. The presence of the Father will be your new mission, to build the future, society, politics, purpose, the mandate of the boss, from the loving kindness of the mother.

ME: So, what I am experiencing is a separation of dependency, that feeling of moving away from the concept of the mother is not that I am leaving her, but that I am about to transcend to another role, transcendental ... That is why I feel that everything is falls off...

I AM: Your axis was always the maternal idea... You were always supported by the idea of the mother, even remembering having been... And you look at the Earth with the love of a Mother. Because to achieve your masculine mission with true authority of being, you needed to complete the figure of the Mother, and transfer that power to the places where it belongs.

ME: Why do I feel like I'm falling?

SOY: As I told you... You are losing an axis, to take a new one. Mother Earth is letting go of your hand so that you can take Heavenly Father's. And when you pass it on, you can unite them both.

ME: Heaven on Earth ...

I AM: "Ater Tumi."

ME: That's my principle... It always was... All I ever did was follow the Ater Tumti Plan.

SOY: Do you see it? Now what you knew as a child makes sense. Bringing Heaven to Earth is to invite the energy of the Father to inhabit the energy of the Mother. Therefore, you have had to become the energy of the Mother, at all levels, in order to receive the energy of the Father.

ME: The last days of the year... my last days with 33 years...

I AM: The Transcendence.

ME: Find a new Axis.

I AM: Raise the pillars of the Earth to receive the light of Heaven. That is the task of the logs. A Trunk is the central axis of a tree, where water and glucose exchange nutrients from the roots and leaves. The Trunk is a site of positive and negative polarity, where all the plant's food reserves are stored, through which the elements flow through the fleshy channels protected by the bark. In the center, the pith of the tree is the most tender part through which the nutrients and water are filtered, absorbing it like a sponge, at the same time that it receives the carbohydrate product from the leaves, that is, they transport the liquid known as sap. Around the medulla, crusts are generated, which expand over the years, leaving rings, characteristic of a trunk.

ME: The Trunk is the Axis ...

I AM: A unique exchange center between Heaven and Earth, I share electrons through the flow of water, a ground wire that attracts static from the environment, and therefore the rays find a discharge path in them. The trunks are the central axis that communicates positive and negative, which enables the distribution of wealth for the creation of fruits and seeds. The Trunk supports all the branches, the weight of the tree, but in turn, drives its expansion. It is the center from where the destiny of the entire Tree is determined. You have your trunk in the torso of the body, which also protects a marrow through which everything is communicated and distributed in the body, absorbing data from the body and taking it to the neuronal leaves, flowers and fruits of the treetop that is the brain, and the thoughts, the light and clarity obtained there, They send the signal to the body to act in tune. Thus, losing the axis, for you, is losing the ability to communicate what you feel with what you think.

ME: So you declare me incoherent.

I AM: This path is about being consistent, and in your unconscious world, you live in inconsistency. You feel trapped by a mission that you love, but from which you seek to leave. You do not tolerate waiting or the slow process that is the discovery of your being ... You want everything now, and that breaks with your structure. You do what you do not feel, you feel what you do not think ... You have passed through the 33 vertebrae of the trunk of your being, and therefore, in the Axis of the World, your axis is put to the test. As it happens to each individual in his life, regardless of age, that axis is put to the test.

ME: And... to prove it, to be consistent, I must be... how?

SOY: I know what you mean ... If to be consistent you must be loving. Oh no... to be coherent you must be. You have a very great conflict with being coherent and spiritual, in which you believe that to be coherent it is necessary to be loving and peaceful. The energy of the Father will teach you something else: Spiritual Authority. This is what a being manifests when it is on its axis, the ability to set limits, to establish foundations, and to be based on its principles. A tree does not bend down to pick up what has fallen. A tree stands firm. It supports the ground where things fall by its roots, it expands embracing other trees with its branches, but its axis never moves, its axis knows where it should stay, and that is nowhere else in oneself.

ME: I am my own axis, I am the trunk of this tree.

I AM: The firmness of your being shows the strength of holding the soft and subtle that is at its center. Permeable to everything it receives from the environment, without closing itself off from what life gives it, it will never lose its righteousness.

ME: What is Spiritual Authority like?

I AM: Authority comes from the Latin word "augere", from the root "aug-" which means "to make grow, magnify", which gives the word "increase" and from it "author", that is, the one who makes something grow up. Authority is the quality of magnifying something, of making something grow. Whereas spiritual is the ability to breathe correctly (spirare = aspiration), with which the attribute of Spiritual Authority is the ability to focus on oneself to make things grow. Everything is supported by the trunk, and without such authority, the tree is destined to fall.

ME: How do I?

I AM: Rebuild your authority from a different place. From where you position yourself in life. Where were you located, and where do you hope to be, and build your world based on what you want. But to achieve this, you must begin to act based on your feeling, guided by your thinking.

ME: It's very difficult ...

I AM: Because the axis of a being is made up of principles that it does not usually control, foundations pre-established by family, culture, religion... Therefore, your principles are hidden in the unconscious. Discover what you base your life on, where you affirm yourself to act, what is the axis of your life from which you build your future, and by recognizing it, identify if you need to redefine it. In your case, I already tell you: you must resignify your Axis passing from Mother to Father. And when you do, you will be able to begin the new stage of your life, taking the Mother in you, initiating an innovative time in which mom and dad can generate a new Reality for you, and for the world.

ME: I recognize then... that I am the Vibration of the Matrix.

SOY: And so you can always carry the mother in you. Stand firm, with your feet on Mother Earth. Honor the sustenance it gives you, and from this authority and firmness, observe Heaven. And recognize yourself:

ME: I am a Pillar between Heaven and Earth.

# 347. Tree Roots (Root)

[July 16, 2021 Matías De Stefano](#)

Daily vibration: Zo

Statement: I Am Vibration of the Creation

Code: AGE OF CAPRICORN = between the years 19470 and 21620 approximately, the Mu civilization and the Giants coexisted in inospit lands far away from humans, that were mostly found in the warm areas of the planet. Still living in caverns, culture was linked to the mother and nature directly, surviving the biggest depredators.



ME: "The root of the problem"

I AM: Aham ...

ME: When we have a conflict, a problem, a trauma, in therapies, both in psychology and in the holistic, it is often said that you have to go to the root of the problem. Why?

I AM: When you take a tree as a living whole, you understand the roots as part of the being, however, the beings that live on the surface, can contemplate from the base of the trunk to the top of the tree, where the branches are. , flowers, leaves and fruits that are normally useful to humans in this case. In this way, you find that the roots are hidden from the eyes of a person, thus being the unknown part. If you take into account that everything that is in the upper part is what you see and look for in life, when you have problems with the fruits, or the branches dry up, in a plant you usually have to see where this conflict comes from, and it usually comes from the roots.

ME: Because the nutrients come from there ...

SOY: That's right. The root is the first thing that every plant generates when it germinates from a seed. The root is the first organ of a plant that spreads seeking to fulfill two main functions: anchoring in the soil, which functions as an axis for the plant and sustenance to hold it firm in the ground, and on the other hand for the absorption of nutrients from the soil. , minerals, salts and water, necessary to carry out photosynthesis. In the first case, the root axis begins to look as deep as possible to counteract the weight of the plant or tree growing upwards, and from it, secondary branches begin to emerge that go sideways like branches, and Adventitious roots emerge from them, clinging to each rock, hugging the ground. In this way it is impossible to move the plant and it remains firmly in place. In the second case, each root, especially the adventitious ones, has absorbent hairs that serve as a sponge, consuming the water from the ground, dragging the salts and minerals of the soil, such as iron, nitrogen, zinc, potassium, among others. These inorganic elements are drawn upwards by means of the raw sap, which distributes them through the branches towards the leaves, where through

photosynthesis they can become organic elements that will serve as food and energy for the plant. The roots tend to extend deeper in order to find constant reserves of water, such as napas, internal lagoons, underground rivers, and thus, despite periods of drought, to continue living.

ME: And I think I heard that they drink a lot of water ...

I AM: A tree of average to large size, can consume around 350 liters a day, which is reduced according to its size. The more water, the bigger the tree.

ME: But if they drink so much water, why are they dry inside and not like a cactus?

SOY: Because everything they absorb they release into the atmosphere in the form of vapor. Trees perspire, generating liters and liters of water vapor per day, which are released into the atmosphere, which when condensing in the cold air, begin to turn into clouds, and these into rain.

I eat? So... are there clouds and rain because of the trees?

I AM: A lot of rains and storms are generated by evaporation from the oceans and lakes, yet another huge amount is produced by trees. For this reason, in the jungles and wooded areas it usually rains more and is more humid.

ME: Oh ...

I AM: The more trees are planted, the cooler the climate will be.

ME: That's why logging is so negative ... that's why cutting down trees increases global warming.

I AM: Basically because the cooling and humidification of the planet is regulated by the plants. Because of the large trees that absorb tons of water in a year and release it into the environment. In turn, this helps with floods, as the amount of water that many trees together absorb per day prevents large floods that cannot be filtered by hard and dry terrain. The roots dig deep holes that allow the water to go into the internal caverns of the earth, as they absorb liters and liters. But, beyond these qualities, the roots also have another function.

ME: Which one?

I AM: Communication. They spread through the territory touching the roots of other trees, mostly of the same species. In this way, they exchange minerals, like holding hands, in addition to holding each other. In this way, they can emit pulses that allow each tree to know if something is wrong. If one of the trees or plants becomes ill, or is attacked, this information is broadcast to all the others, which begin to generate reserves in case the same thing happens to them.

ME: Plants speak ...

SOY: And for the most part they do it for the roots. A forest is like a huge neural network in which each tree interconnects with the others, being like a great thinking brain that regulates itself.

ME: Wow... it reminds me of the movie Avatar, where the planet speaks through the trees.

SOY: This is how this world works, only it seems much more wonderful how it is shown on a screen, highlighting certain qualities of this planet to make it more cinematic.

ME: Sure ... obviously ... Still, a key to the roots is communication ...

I AM: It maintains communication to each tree, and to the sky with the earth.

ME: So if it does so many good things ... why is the problem always at the root?

SOY: Well, as I was saying, you only see the superficial part of a tree, but all the elements you need to make your products come from what the roots absorb and send to the leaves. The water, the salts, the minerals, the fundamental nutrients come from the roots, and what they take from the soil will be the raw material for the flowers and fruits. From this point of view, in a genealogical tree the roots are the first individuals that will give sustenance to all the others, the first beings to take a direction, to carry out an action that will determine the stability or imbalance of an entire tree. When the fruits are not good, when some branches and leaves get sick, it is usually that something is not getting well from the roots, generating a chain effect, or perhaps, the waters are contaminated with some heavy metal.

ME: And if the roots absorb it, then it will make the whole tree sick ...

SOY: Sometimes it may be that it is a problem of the roots themselves, of not having known how to hold on well or identify well, but in most cases, it is related to the environment, to the environment from which such information exists.

I for example?

I AM: If in your life you usually seek to accumulate things, wealth, or food, for fear of losing it, it may come from the roots of your tree from a generation that did not have enough to eat and was forced to accumulate food so as not to die of hunger, but this comes from a context of war that traumatized said individual, where scarcity conditioned his life.

ME: In other words, many of the traumas that we have, or conflicts, we inherit from the roots, through the Unconscious, which tells us what to do for fear that the same context will happen again.

SOY: Exactly. All the meaningless attitudes in our life, the decisions that we usually make without thinking, the uncontrolled routines, the illogical needs, the incomprehensible customs, the harmful habits, or even those harmless things that we cannot transcend in our lives, are reactions unconscious of attitudes driven by generational roots that drive us to perform these actions by a natural mechanism that is the "response." Remember that our brain is designed to store data that tells us what happens outside to create ideas that are useful when acting in that environment. The response of the nervous system is something natural to be able to adapt to the environment, and the same, to obtain a result, they will be registered in the cells as possible solutions under certain circumstances. For this reason, many attitudes that we have in life are nothing more than response mechanisms that have served at other times, and that now we highlight them again because an environment is similar. For example, eating a lot in conflict with someone. As in a war, a warlike context between two parties can lead us to starve, that makes us seek to accumulate food: "eat what you can today because you don't know if you can eat tomorrow." Thus, in the unconscious, in the face of every conflict, be it a family or love fight, the need to eat to fill the stomach is usually activated, or the stomach emptiness in which it cannot eat, because the body reacts to hunger as an impossibility.

ME: Oh, I understand ... So, in a way, almost every attitude that we carry out without full awareness of why we have decided to do it, is a reaction from the unconscious ...

SOY: That's right. Therefore, if you want to resolve the conflict, you must go to the root. And with a root, it means: "where did it originate?" Through this question, we can go exploring in the past, in what lies in the shadows, under the pressure of minerals in the ground, which takes us deep and invisible, to places that we did

not even know we could reach. There, perhaps, we will find an environment with corrosive minerals, or sulfur, some negative source for the whole tree, some historical context of pain, anguish, oppression, shadows, that help us understand our attitudes. Going to the roots can help us in several ways.

ME: Like which ones?

I AM: First of all, better communicate with our history, with who we are, with the idea that we are much more than an individual, improving self-knowledge and communication with information from the past, which builds the future, as the roots drive the fruits. On the other hand, knowing the history, the roots of the family, where they come from, why they migrated, their languages, their contexts, the historical events they have experienced, can give us a much more complete understanding of who we are, giving us stability, firmness, because a tree that does not know its history, has nowhere to settle, as if you were supporting all your weight in just one or two roots. The more you expand the knowledge of your roots and the places where they have spread, the more strength you will have to grow tall and enormous, because you will know the sustenance that supports you. Y, Of course, when looking at these roots, because knowing what they nourish you, when seeing the stories of your ancestors, you understand what feeds your energy inside. And by identifying it, you can know how to handle this information so that it is useful to you, to make a clean sage out of the raw sap.

ME: But how do I know these stories? Because sometimes we can't go that far in history ... We may know what happened to our great-great-grandparents, but further back ... impossible if there are no records ...

SOY: Today you can use many ways of knowing this, as the information lies in your cells. You can research the family history. You can perform DNA tests to find out the genetic path and the ethnicities of which you have been a part. You can also investigate which countries you come from, and study their history, learn about the realities experienced at a general level in that territory, which can give you a context in which your family may have lived. Beyond that, you can research the general history of humanity, knowing that, at some point, we have all been connected, since the human population about 80,000 years ago did not exceed 100,000 individuals, who left Africa, of which no more survived. than 5,000 after the great volcanic eruption that 70,000 years ago changed history.

ME: We all have ancestors in common ...

SOY: That's right ... and in some way or another we all lived the same original story, the same root, in Africa and the Middle East, until the groups parted ways to Australia, Asia and Europe, and even so, many continued to connect these territories.

ME: Like the people of the Caspian Sea, the Indo-Europeans we talk about so much.

SOY: And, in addition to history, today we can resort to hypnosis, regressions, family constellation therapies, ayahuasca, and many other tools. Thousands of conflicts have plagued humanity since its inception, and all of these are in human cells, hidden in the unconscious that drives you to act as you do today. The brain interprets it as a survival mechanism, something useful that has worked for the previous ones, but perhaps, in a new consciousness, they stop being useful and become impediments, so you try to eliminate them. But if you remove or deny the roots, the whole tree, with you inside, will die. For this reason, you cannot eliminate the roots, but you can nourish them with compost, new minerals, salts, watering them with clean water. Enrich the soil. How? With new experiences,

ME: But wouldn't that be living for others? How can I live my life without it being for others?

I AM: Your life is that of others. Remember, you are part of the tree, you are not separate from it. And what you do for yourself, you do for them. Fulfilling the dreams of the past is to be able to live fully in the present, to

show that everyone is still alive in you, and that they are free in the freedom of your decisions. Using the past as experience, advice from the ancients, but not as determiners.

ME: Going to the root of the problem, then, is not "nipping in the bud."

SOY: When this phrase is used, it is applied in relation to weeds. There are plants that drown other plants, there are stories that damage the forest. Trees cannot grow free if they do not "root out" these weeds. If the problem is in your own tree, you can never nip the problem in the bud, because you too would suffer the consequences. But if it is a weed ... then yes.

ME: And how do I identify that it is a weed of what is my root?

SOY: When they are parallel stories that you can walk away from. For example, from a partner, or from a country or culture that hurts you. Nipping in the bud is simply stopping fueling that force. Remember that if you run your shit against a weed, all you do is compost it, put rich nutrients in compost to grow more strength. The best thing to eradicate a weed is not to give it love, which is water, not to give it attention, which is the salts, not to give it an answer that it is the minerals. It is to change the focus of attention, strengthen the bond with others, with oneself, and train the weed to disappear.

ME: I was watching a documentary about how Hitler became a tyrant, and when you see that story, you realize that many times weeds grow because we don't give them the importance it requires in the initial moment.

SOY: Here it is important to clarify this. One thing is indifference and the other is not feeding it. Imagine that you have a garden, and there are beautiful plants, but you never cut the grass, you never keep the furrows. The same grass that used to act as a mattress grows, hardening and swallowing the plants. Before your difference, suddenly, the grass will have grown so high that it covers everything, drowning and killing the other vegetation. This is indifference. But, not feeding it, it is very different, because the logic is here to strengthen the plants, to nourish only them, to water them every day, and to clean the furrows. It will not be necessary to uproot the grass, but you will have weakened him by strengthening others, and you will have left him in his place.

ME: Today fascism is growing again in the world, there are new waves in various countries.

I AM: That is why it is essential to know the roots, because the more people know their origins, the fewer weeds there will be, since fascisms come from ignorance and ignorance.

ME: The hatred between ethnic groups, nations, and families ...

I AM: Everything is the same, after all. Lack of oxygenation, inattention to the past, lack of nutrients of love and appreciation. Going to the roots makes us stronger. You have been led to see the future as the escape from the world's crises, but trees only grow tall thanks to the strength and depth of their roots.

ME: I search, I know them, and I honor my roots well ...

SOY: So your past will build your future. And by knowing the path that you have traveled, you will discover the attitudes that your unconscious carries, and from its knowledge, you will be able to understand its logic, and thus transform them into new conscious actions that nourish your tree, and all humanity. And create a new story.

ME: I am the Vibration of Creation.

I AM: You are the root of a new Tree.

## 348. Tubers (Knees)

[July 17, 2021 Matías De Stefano](#)

Daily vibration: Zu

Statement: I Am History's Vibration

Code: AGE OF AQUARIUS = this is the age that gives a complete turn, up to our current days. Between the years 21620 and 23760 b.C, in the age of Aquarius arrived those who would modify the first humans to be who they are today, bringing innovation to our species, setting a new path that was never walked on, the path of consciousness. Between the year 2020 and 4120 approximately, the Age of Aquarius will develop, where we are entering now, that will bring again a cycle of innovation that will launch us to an overcoming time in planetary consciousness.



ME: Today I woke up thinking about what else you can get out of the image of this Tree of Life beyond the roots. And then I went to breakfast, and without asking, a woman filled my plate with huge potatoes.

SOY: And you ate them.

ME: Obvious ... but that's where I understood today's topic. The most interesting thing is that while eating them I thought: what can you get out of a potato? Besides starch ...

SOY: Oh, many things ... you can't even imagine.

ME: Well... tell me.

SOY: No, first tell me. How you feel?

ME: Pf ... I feel strange, exhausted ... Sleepy all the time, with a strange melancholy and feeling strangely every day more alone and separated from everyone.

I AM: Things are changing and demand that the external be modified so that you can find your place. If you do not move the environment, if you do not rearrange it and it always remains the same, then you will never find your form, and you will take the one that the environment determined.

ME: Like the water that is molded according to its container?

SOY: Or maybe it would be more understandable with the potato. In the ground, the potato can expand, grow and move the ground, making its way to take its shape, but if you grow a potato inside a small container like a jar, then the shape of the jar will determine the limits and shape of the potato, that she will stop being herself to be a reflection of her surroundings.

ME: Oh, I understand ...

I AM: To take the next step, you need to remove yourself from your environment, and therefore, the conditions are in place to do so.

ME: But, it's ugly, horrible ...

I AM: You will never get a great transformation of the unconscious in a linear and programmed way. How do you bring out what you don't know you have inside? It is through external pressure that the hidden is released. And that hurts, it generates trauma, it is like a childbirth in which there is a separation. Like a mother who feels the pressure of a child she does not know, trying to be born, and in childbirth she feels that she loses a part of herself.

ME: Postpartum depression.

I AM: Exactly. There are mixed feelings, a joy for the beginning of a new life, at the same time feeling an emptiness due to an interior loss. At the same time that a birth is celebrated, a death is mourned. And you, you are so attached to that uterus, that only pressure is capable of releasing what is hidden in your unconscious. Like all human beings, you are immersed in the moment of the tension of being born, and that is something that you must do alone. The moment of transcendence.

ME: But... I don't like being bad, away from the people I love...

SOY: Sometimes the beauty of a landscape can only be appreciated from afar.

ME: I understand... Although it hurts.

I AM: "Although"? It does not hurt. Just accept it. It hurt. Fuck. It gives anger, anger. He admits to being angry.

ME: I am... anger is the only thing keeping me out of depression.

SOY: Because it is an internal force trying to get out of the depth, breaking through the pressure of the environment. But you must admit that the pressure is not exerted from the outside.

I do not?

SOY: Of course not. The reason you feel pressure in your environment is because you grow. If the potato never grew, it would never feel the pressure of the ground around it ... But because it expands, what used to only shelter it, now presses on it, and it hurts. It's natural. The fault is not naie, nor yours for expanding, nor the ground for holding you back. It is a natural reaction.

ME: So I'm supposed to be distant from what hurts me?

SOY: Not exactly like that. You must face it, but you must first step away to see the bigger picture. Landscape. You have sown very large things, and the field is too wide to cultivate with the tools you have. You have to look for more, see from another point of view. Rethink the culture, the methods.

ME: I feel that in this month I have retired, as if I had been further away than ever from everyone ...

I AM: You must keep yourself, preserve ...

ME: But, I don't want to reach the North Pole like that ... I should arrive in peace, in joy ... fullness.

I AM: Expectations. All expectations of how. Who told you that you should get there happy as if everything depended on that?

ME: Nobody ...

I AM: Stop thinking about how things should be and accept how they are, to stop controlling your destiny, and fulfill it once and for all. Let go of expectations, beliefs. Let yourself die. Build the grave that belongs to you.

ME: Grave?

SOY: That's right. Yesterday you have honored your dead, you have recognized the roots for their actions, now, you must contemplate the graves and build yours to give the nutrients to those who will spring from you. Therefore, this whole process is leading you to an incessant duel.

ME: My own death... I'm building my own grave.

SOY: Oh yeah. You are digging your grave, so that they can recognize your grave. When the potato expands, it swells, lifting up the earth that oppresses it, leaving a small hill, similar to a grave. The word tomb comes from the Greek "tymbos", which means mound, a hill of earth that in ancient times marked the presence of a dead person. The Latin word for this was "tumulus" (tumulus), from the verb "tumere", which means "to swell", something from the Indo-European "teuë" (swollen), which gave the Latin term "tüer" and hence "tuber". In Latin, a "small swelling" is called "tuberculus" (tuber).

ME: Oh... the tubers. Potato, carrot, beet, radish, cassava, ginger, turnip, sweet potato ...

I AM: A tuber is a protrusion of the root that widens, in order to accumulate reserves of minerals, water, sugars, salts, some known as carbohydrates and starch, in the case of shortage or drought. They begin to swell to occupy prominent spaces, which lift the ground. Sometimes the tuber is the same root, as in the case of carrots, or in other cases, they are lateral formations beyond the roots, as is the case with potatoes and sweet potatoes. Some trees have tubers, which are nodal-style formations, that spread across the land, becoming potential shoots for new trees. The tubers raise the ground when they swell, and for this reason it reminds the ancients of the idea of the graves of their dead, as if each potato were a sarcophagus.

ME: Ugh... seeing it like this now makes me a bit of a thing to eat it.

SOY: In a way we all devour our dead through the emotions and actions in our life. They nourish the sap, drive the leaves and flowers to grow.

ME: Death gives life ...

I AM: Therefore, it is necessary to die, to allow oneself to die, to be able to be born, and thus to live. In conceptual terms, it implies letting a part of oneself die, mourning, acknowledging that pain, losing what one loves, and thus understanding what is above everything lived, of each experience.

ME: That is, by experiencing death in life, we can recognize what we really value in what we have, and compost everything else ...

SOY: That implies each of the relationships that we have. Therefore, you must let yourself die. For this reason, the most important weeks of this year, you will disappear, so that each one makes a duel capable of regenerating the idea of themselves on this path of life. And in doing so, what remains buried will become the nutrients for your expansion. Each of the tubercles that are hidden in your past, that are hidden, represent dormant information in your unconscious that determines the direction in which you move, aspects that go beyond you, and that design what you see of yourself. In the tubers you find the strength to stand up. Now, each experience of pain, each inorganic situation is reserved and accumulated in these tubers, so that they sometimes become cysts, tumors, if they do not have a specific use,

ME: Tuberculosis ...

SOY: Pulmonary disease caused by a bacillus (bacteria) that infects respiratory areas and spreads to other organs creating nodes that impede breathing, causing cough, fever, and the appearance of tubers from internal tissues that hinder the proper functioning of the organism. The body allows the settlement of this bacteria by resonating with anger within itself, by not feeling joy in your life. You have the feeling of being forgotten, abandoned, you want to keep the people you love to yourself. It may be that his selfishness leads him to be jealous of what others have and he feels like a "victim", with a grudge towards the rest of the world, seeking revenge on him, which is connected to the feeling of loss of territory, of invasion of the same ... Do you feel this?

ME: Yes ... they are emotions that I feel ...

I AM: Old stories of your ancestors. Parents who have cheated on their children, your grandfather lying about the house, saying it was yours when it wasn't. His father lying to him about the inheritance of it. Your great-great-grandfather cheating on his son. Rage accumulated by an invaded territory, a suitable house. Victim of what others have and you don't.

ME: Oh... I see...

I AM: The tubers accumulate emotions, stories, traumas, they become balls that continue to accumulate generation after generation, making the dead weigh more than the living.

ME: But at some point, we are also accumulating ...

SOY: That's right. The personal need in your present recreates these situations and continues to accumulate, creating new nodes.

YO: How do you go from tubers being something negative for development, to being part of it.

SOY: Resorting to the potentials that they hide. And for this, we will have to resort to the most famous tubers of the Tree of Life.

ME: Which ones?

I AM: The Sefirot. In the Hebrew Kabbalah, 10 divine principles are drawn as nodes or tubers of the universal wisdom tree that they call Sefirot. By integrating the potentials of this Sefirot, you can obtain the nutrients from the tubers.

ME: I thought they represent the worlds and dimensions of consciousness, like the different kingdoms of heaven.

I AM: As in many religions, the heavens are divided into different states, and throughout them, its inhabitants give gifts to the living. However, these stories are nothing more than analogies to describe a psychological path. We can use two of the great trees of existence where their worlds possess the tubers as tools of illumination.

ME: In Hebrew culture, I guess it's the Sefirot, and in Norse culture, I guess it's Yggdrasil.

I AM: If we take Yggdrasil, we will see that this great tree is divided into 9 Kingdoms. From its darkest roots, Niflheim (home of darkness and terror), Helheim (home of the dead), Svartalfaheim (home of dark elves and dwarves), Jötunheim (home of giants), Midgard (home of humans), Vanaheim (home of the elementals and nature gods), Alfheim (home of the light elves), Asgard (home of the gods) and Muspelheim (primordial home of fire). And starting from this, we could add a tenth called Ginnungagap (home of the void, from which all things emerge). This tree contains 24 fruits distributed throughout the kingdoms, and one more from Ginnungagap, representing the void itself and all possibility. The 24 fruits or tubers that accumulate both the positive and the negative,

ME: Oh... runes are potential...

SOY: They are usually seen as luck reading tools, but in reality, they are attributes to awaken in oneself. The Fehu rune symbolizes prosperity, potential to undertake, but also to reflect. The rune Jera is the reward for work, the start of new things, as well as difficulties in the task. The Wunjo rune is the inner renewal, the evolution itself, the celebration of life, although it also represents diseases and the search to solve situations that stop us. The rune Mannaz speaks of decisions, conviction, but also speaks of personal struggle. The Naudhiz rune reminds that nothing is perfect, it is the recognition of failures and perseverance to keep moving forward. The Kano rune is proper advancement, safety when walking, that invites us to get out of the attachments and structures that hold us back. The Hagalaz rune is transformation, it reminds us of the importance of change, and shows us our resistance. The Berkana rune is stability, family, home, love, and in turn, it reminds us that to maintain it we must not cling to it. The Tyr rune speaks of action, of standing firm before life, as well as reminding us to be careful in everything we throw ourselves, to be prudent. The rune Isa is firmness, self-confidence, which is why it reminds us to be firm on our axis in the face of adverse circumstances. The Gebo rune is that of relationships, love, the dedication of each other. The Raidho rune is travel, retreat, movement, and speaks of taking distance from things to analyze before acting. The Thurizaz rune is a new beginning, the end of one cycle and the beginning of another, but it reminds us to keep our feet on the ground, be realistic and have courage. The Ehwaz rune is the impulse that leads us to face adversity, maintaining respect, as it reminds us that despite unexpected changes, everything always has a purpose. The Ansuz rune speaks of creativity and the ability to trust what you are capable of, reminding us that despite such confidence, we should not deceive ourselves. The Perdhro rune is prosperity, the good omen, but it reminds us that it is necessary to overcome feelings of dissatisfaction. To be honest. The Dagaz rune speaks of integration, freedom and maturity, holding the focus on the things we seek to accomplish. The Eihwaz rune is the solidity, the balance necessary to obtain all expected results. The Algiz rune reminds us of the importance of saying no, of setting limits. The rune Othila speaks of acting differently, seeking new forms, modes, inviting flexibility. The Sowelo rune is the will, the

ability to manifest, the great creative energy. The Laguz rune is satisfaction, the axis with oneself and the environment, it is self-confidence, but it reminds us that it is sometimes necessary to open up to receive advice. The rune Inguz launches us to carry out new projects, it speaks of gestation, of a new order in life, seeking unity. The rune Uruz is the creative capacity and sexuality, the ability to bring the mind to matter, and for this it reminds us to find a balance in this vital energy. And as I said, number 25, or rune 0, is that of Wotan-Odin, the beginning and the end, the acceptance of things as they are, without expectations. Everything is as it is.

ME: They are teachings and tools to traverse the tree.

I AM: Each of these 10 Kingdoms of Yggdrasil leads us to understand the need for the darkest places to the brightest of our unconscious, which guide who we are, and that, by using them wisely, we can be masters of our destinies.

ME: And what about the Sefirot?

SOY: Ah... here we go. The 10 Kingdoms of the Hebrew Tree are Kether, Hochma, Bina, Hesed, Geburá, Tiferet, Netsaj, Hod, Yesod and Malkhut. And its fruits are the 22 letters of the Hebrew alphabet.

ME: What do these tubers mean?

I AM: Kéther means Crown, pure potential from which all things emanate. Beginning of creation, first will of existence, potential of being. Hochma means Wisdom, therefore the beginning of the mind, the idea, the thought. It is the intuition that delivers artistic abilities. Bina is the Understanding, therefore knowledge and reason, who structures and defines the parts of creative wisdom. Hesed is Mercy, related to unconditionality, compassion, the goodness of being of service from the heart. Geburá is Power, Heroism. Represents strength, judgment, discernment. Tiferet is Beauty, the order of things, the divine energy manifested in the worlds, it is the unity and balance between the compassionate forces of Hesed and the severity of Geburá, feminine and masculine in one. Netsaj is the Victory related to feelings and emotions, to sensitivity. Hod is Splendor, related to majesty and praise. Yesod is the Foundation, which determines the laws, the principles, the bases on which the worlds manifest. And finally Malkhut is the Kingdom, where all the attributes of the tree are put to the test, are integrated, manifested in the experience of the one who reigns his own life.

ME: And the idea is to be able to integrate the nutrients accumulated by these tubers, to bring them to light as these attributes.

I AM: And your tools will be the truths that emerge from you, from the unconscious that keeps the power hidden in its receptacles. So you can activate its fruits. Alef, the Universal Master, is meditation and journey to the inner world where the divine and the human come together. Beith, the Eternal Abode, where the sensitivity of the soul is enveloped by a body that invites us to expand to live from internal contemplation. Guimel, the Pastor, who travels the world and chooses his destiny between good and bad, to be flexible in the experience. Daleth, the Great Gate, the return to the essence beyond the ego, invites humility. Hey, Breath of Life, is the expression, creativity, manifestation from the divine word to the material. Vav, the Divine Mediator, who watches over the unity and connection between all things, heaven and earth, feminine and masculine, matter and spirit. Zayin, the Thanksgiving, is the release of all past attachments that bind us, to let the soul expand. Jeth, Motivating Force, drives change, transformation, leads to revitalizing energy. Tet, Deep Power, is the review and reflection of the actions, meditation that gives a new meaning. Yod, the Hand of God, is the power of infinity that inhabits all things. Kaf, the Resurrection Body, is the energy that leads us to action, moving from the spiritual to the physical, the divine manifestation. Lamed, Word of Love, the power of the heart that shows the beauty of life, that inspires existence. Mem, the Great Mother, the weaver of all realities, with infinite unconditional love that unites all things, source of wisdom. Nun, Guardian of the Work, it encourages growth by unmasking the ego, leading to the temperance of being. Samech, the Shield of Light, is the infinite, the perpetual, the confidence and the refuge in oneself. Ayin, the Eye of God, is providence, infinite vision,

spiritual contemplation. Pei, the Creator Word, the gift of communication, of vibration becoming matter. Tzade, the Androgyne, is equality, the unity of forces in balance. Qof, Midnight Sun, omnipresence, the ability to find light in the darkest of shadows. Reish, the Wealth of Heart, is the purification of all mental patterns, freeing the potential of the soul. Shin, the Divine Fire, is the transmutation and balance between the forces of the immutable, the potential and the changing. Tav, Star of Truth,

ME: All these potentials of myself are accumulated in the tubers of my history ...

I AM: And to find them, you must let yourself die, be absorbed by them to rediscover these potentials within you. Well, these forces live within you, which you have been building throughout each 10-day week this year. A, Ä, E, I, İ, Y, O, U, Ü and H... Crown, Third Eye, Laryngeal, Heart, Plexus, Sacral, Root, Knees, Ankles and Toroid, and all the data that each one of The topics discussed on their corresponding days are the nutrients that you have accumulated in these ten tubers, as reserves to nourish your being throughout each process that you carry out in your life. To keep your Tree of Life alive.

ME: Every step... every story... vibrates in me.

SOY: And you can turn to it every time you feel like dying, in order to obtain from it the nutrients that elevate you. Get to know them, and when the time comes you will know how and what to use them for.

ME: Each of these kingdoms, of these letters, represents someone in my life.

SOY: That's right... each individual in history, both past and present, are reflections of these realms, homes and potentials, of these tools, and they contain in them what you need. Sometimes they have accumulated things that harm you, but knowing their place and potential, you can reverse their content. Just acknowledge them, become aware that they nurture your existence, and you will learn to know what to take from them at all times.

ME: I let myself die underground now ... exhausted from all this, open to nourish myself with what my dead can give to my living, and build a new Tree.

I AM: Expanded by the bonds of History, a Forest full of the Future will grow.

# 349. Coping (Ankles)

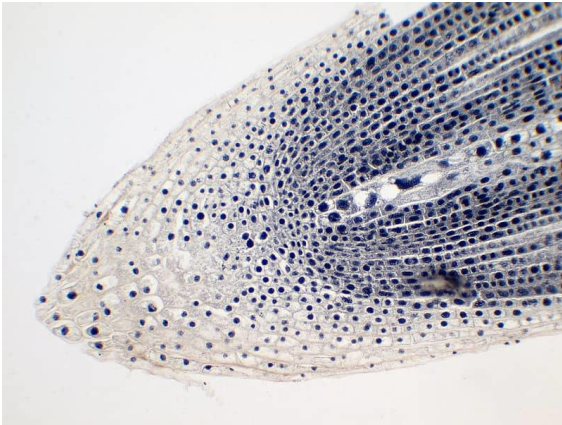
[July 18, 2021 Matías De Stefano](#)

349.

Daily vibration: Zü

Statement: I Am Vibration of Space

Code: NODE BRASIL – SAGITTARIUS



I AM: Perhaps it is the most difficult part of a plant to identify, perhaps it is the most subtle, imperceptible, and even invisible of the entire plant world, however, it is the one that enables the existence of the entire tree. It is the one that looks for the way, that traces the paths to open the growth paths, recognizing the terrain, making way for the rest of the plant, identifying where the water is, and generating the cells that enlarge the roots.

ME: What part can be deeper than a root?

I AM: The Coif. Also known as Calyptra or Pilorisa, it is a tiny formation, almost imperceptible at the tip of the roots, almost as if it were the toes of our feet, which are feeling the ground, identifying minerals, temperature, water, and moving the earth. to make way for the root.

ME: I thought that the root was already the one who did this ...

SOY: You could, in general, take the calyptra as the root, although its function and differentiation is very clear. It gets its name from its shape, which appears to be a hat on a head, or the glans on a penis. In ancient Greece, a cap that covered the head was commonly used, as a tradition of some peoples, a cap that they called "kalyptra" (covered, covered). The Arab peoples also wore this type of clothing, known as "kufiyya" (for the Hebrew "kova"), which moved to Europe forming the Latin word "cap", which defines a scarf or cap that they put on the head, usually women, but in certain cases men, especially under war helmets. You could compare it, then, with the idea of protecting yourself, both from the blows of the helmet, and from the heat of the sun.

ME: Why are they different?

I AM: In general, they are cells formed by starch, which are arranged in a semitoroidal shape, emerging from the center and expanding towards the periphery. These cells possess statoliths, that is, internal cellular

organelles that are quite heavy, and therefore are affected by gravity, which prompts the caliptra to constantly seek to go down into the earth.

ME: They are the feet of a plant ...

SOY: That's right, those that touch the sky, identify the soil, and advance seeking expansion and the search for nutrients. In its advance through the land, the internal cells are being dragged to the sides, locating them at the root and allowing it to grow. They are like the walker's experiences being recorded in history.

ME: So... what does this represent in me?

I AM: Destiny. It is that invisible aspect of the Unconscious that prompts us to move forward. But the cap shows you something important within the Tree of Life.

Me what?

I AM: That destiny is not what is ahead, but what expands from you by the weight of your gravity. It is your own cells that, following their internal weight (statoliths), design a path forward, advancing without stopping. Remember the etymology of the word destiny: "De-stare", meaning "to depart from where one is". Fate does not speak of where you are going, but where you come from.

ME: Oh... what a change.

I AM: Therefore, Destiny is controlled by your unconscious. The weight that lives in you of history, of each experience, idea, emotion, feeling, belief, attitude, aptitude, each experience, expression and integration, leads you to this path of transcendence in which the weight of your previous journey is the that determines the steps of your future.

ME: So I am totally conditioned by my unconscious ...

SOY: Exactly. I am sorry. But that's how it is. Let's analyze this.

ME: Yes, please.

I AM: Everything you do is past, everything you feel is past, everything you seek is past. Why? Because your brain was designed to respond to external stimuli, so your biological brain cannot project responses forward based on experiences it has not had. Every response of the nervous system is necessarily an extension of a preconception, of an idea formed from living data in neurons that have registered that information due to their previous experience.

ME: Oh, I see ... sure. Every action and feeling that we have today is nothing more than a nervous result from our reactions and emotions of yesterday.

I AM: That is to say that your present is a mere reaction of the past, and your future is nothing more than a projection of its preconceptions.

ME: My God... I don't feel free...

SOY: There is the error. I ask you: what are you?

I eat?

SOY: Yes, tell me, what are you?

ME: It is very broad to answer that ... But, I consider that a set of organically ordered atoms that interact by exchanging information, sustained by vibration that is my consciousness.

SOY: Where do these atoms develop?

ME: In a specific space ... In a specific time ...

SOY: What happens if you take time out of the equation?

ME: Emmm, will there only be room?

I AM: No. If you eliminate time, you cease to exist. And the reason you don't exist anymore is because space is meaningless without time. Well, they are the same. That is, you do not exist in a time or a space, but ...

ME:... I am Time and Space...

SOY: Good! When you as an individual consider yourself someone who lives in a place and has a past, a present and a future, as if you were a point that moves on a line, you are forgetting that fundamental key: who are you? And even more: what are you? You are not an external agent to these two forces. An atom exists only because it can be measurable in a time constant. And its shape and evolution over time can only be defined because it occupies a space. In other words, the atom only exists because it is the physical manifestation of that time and space, like a son of mom and dad. Therefore, thinking that you are an individual separated from your past, and believing that the past conditions your destiny as if you were a point on a line but without belonging to the line, makes you feel imprisoned, a prisoner of a non-existent idea.

ME: To be free I have to recognize, then, that I build my unconscious ...

I AM: That the past is you, and that each past decision is the one that has shaped your destiny. You have traveled millions of years to get to where you are today. Your life did not begin on August 4, 1987, your life is eternal, and from that date you are only experiencing one more form within this continuity. For this reason, your destiny has already been drawn, because you have built this story with each act. Your current life is only the calyptra, the cap of an extensive root that you have been building, and it is the root that nourishes the cap with the weight of its history so that it finds the gravity of time and space, which leads to build your new trail.

ME: The weight of the unconscious is myself giving me the strength to move forward ...

SOY: The past has never had so much positive weight, right?

ME: I think so ... But then, how does the issue of past conditioning work? Because many people are saddened by the destiny they have drawn from the unconscious.

I AM: The grace and misfortune of the unconscious is that it is just not conscious, and you cannot understand it. You can only feel it. Emotions are your alienates in this unconscious destiny to which you are going, or from which you are going, rather. You cannot recognize the true destiny from the logic of conscious thought, only from the feeling of the illogical unconscious. That is why they usually tell you: trust, have hope. But the truth is that emotion is like a compass.

ME: Like the compass in Pirates of the Caribbean, which points to what you want most ...

SOY: And what you want is conditioned by what you long for from the past, or needed from it. Think about what you feel, about your emotions, and they will tell you where you are going and what you are looking for.

ME: Well, we're going bad ... because I have emotional chaos in me ...

SOY: Why?

ME: Because I don't know where I'm going... As I told you, I feel more lost than ever... I always knew how to build my destiny, know where I was going and why, what I wanted in the future, when and how... But this month It's spinning me like a sock Suddenly I cannot realize if I am excited to start the trip or not, if I want to cross the sites that represent the Kundalini or not ... it is as if I found myself lacking the will to travel, something that fascinates me and that I have needed for more than a year, and yet it is as if today, I do not want to leave, I want to be calm, at peace, without a mission ...

SOY: And you know why, right?

ME: Clearly not ...

SOY: Because you are understanding what destiny is. The same, as we said, is not where you are going, but where you come from. It is not arriving, but leaving. It is not what you will find, but what you express about yourself. You will travel the world, but the only destination is you.

ME: Now I understand that cliché phrase ... "You are Destiny." Sure ... because the idea of destiny emerges from me.

SOY: And that is why you are feeling the weight of history, family, mission, because it is the weight of gravity that affects your days, pushing you to express yourself, to move forward, to get ahead thanks to the weight of the past. You must make all this time, all this history vibrate in your space.

ME: What will move me forward in Space is the weight of the past in Time ...

SOY: That is why you begin to feel all this pressure in your life, the loss of purpose, of meaning. Do you get it?

ME: Yes... not feeling that I am going anywhere, the loss of meaning, of what for, of not feeling part of anything... I just feel like a simple organ that moves pushed by the force of what it has created. I feel that the path is the one that prompts me to follow when I would not really do anything else.

SOY: Who am I?

ME: Matías ...

SOY: Who is Matías?

ME: An individual ...

SOY: What are you individual?

ME: From this world ...

I AM: If you are an individual, you are indivisible. Therefore...

ME: Matías is his Way.

I AM: What you think conditions you is yourself, no one else. You are the cap that advances by the weight of the very root that it has created. Because the root is not alien to you, but you built it as part of yourself to push yourself in these moments when you do not know the way forward. When you lose the conscious notion of yourself, it is the unconscious that reminds you where, what to do ...

ME: And it pushes me ... But where am I pushing myself? If I feel lonely

I AM: You direct yourself, and that is a journey that you can take only in solitude. It is time to tell everyone that you will be silent in yourself ... You have already built the Tree together ... Now you need to do it alone.

ME: In silence, away from friends and family, from the Internet, from the idea of me to the world.

I AM: The Path of the Dragon awaits you, and it is your own Dragon that prompts you to find him. Recognize your wishes and wishes ...

ME: I need to be disconnected, in silence ... without anyone, without attachments to anything ...

SOY: See? It is your belief that tells you that you need others, that you need to join others, because it is your idea of belonging, your animal part of survival that seeks stability in the other. Well, this is the part of the road that goes against stability: Destiny.

ME: My journey on Earth is about to begin, for me ... in my solitude ... In silence.

I AM: Vibrate in Space, let the unconscious take you in the currents of your inner strength, and when you recognize its strength, then, you will open your eyes, and you can find yourself in front of the mirror of Consciousness.

ME: I am my Destiny.

I AM: "Get up and walk."

# 350. Unconscious (Toroid)

[July 19, 2021 Matías De Stefano](#)

Daily vibration: Z-h

Statement: I Am Eternal Vibration

Code: NODE POLYNESIA – ACUARIUS



ME: Fear, Shame, Guilt, Rancor, Anger, Frustration, Desire, Preconception, Belief, Confusion, Lie, Dependence, Condition, Perdition, Arrogance, Selfishness, Victimism, Incoherence, Betrayal, Depression, Nostalgia ...

SOY: Do you make the shopping list?

ME: hehe ... No. I try to remember everything that I have felt inside of me and that I don't like to have inside ...

I AM:... Denial, Escape, Illusion, Dependence, Attachment, Masochism, Vanality... and the list goes on...

ME: How to catalog all this?

SOY: Like the force that drives you.

ME: Huh?

SOY: Each of these words are not aspects that you should eliminate, they are simply the title of a story. And you are the book where all those stories are written. Each word is the title of a chapter. What would history be without knots, without conflicts or problems to solve?

ME: A boring, tedious and almost scientifically descriptive narrative.

SOY: It would stop being a cautionary tale, an inspiring story, to be a doctoral thesis. It is the nodes that create the great stories, and it is the nodes of the network that by creating tension give meaning to the unit. Without all those titles, you would have no motivation in life.

ME: Motivation ... in the hidden and dense ...

I AM: The only reason that promotes evolution is conflict in a specific context. The only thing that drives you forward is wanting to leave something behind. Without conflict you do not understand where the error is, without error there is no solution, without solution there is no growth, there is no development, there is no evolution. When you mention these words, you usually consider them weeds that must be eradicated from the ground, however, they are precisely the weeds that drive you to grow taller, to find the light and discover the potential you had to expand. In the word Fear, there is a story of fear of something that happened, unexpected, that put my being in maximum alteration that gave me an experience. Grudge is the title of a frustrated relationship that contains many experiences of love and heartbreak. Confusion is the story of a search in which various options are discovered. If you go one by one, these emotions do not occur out of nowhere and why, but are the result of a story that has built who you are and has brought you to where you are. Like when you read a story, page after page you see the problem increase until the conflict is generated, and when you see it coming, there is a force in you that drives you to continue reading.

ME: ... Because you want to know how to solve it...

SOY: It is difficult to leave stories open in a human mind, so the brain tries to search again and again for similar situations to remember that the conflict was not resolved, and uses the title of the unfinished chapter as the emotion that mobilizes to continue reading the following pages.

ME: Oh ... now I understand it well ... It happens that, in general, we usually want to get rid of these emotions that harm us ...

I AM: That is why you hide them in the Unconscious, you do not want to know anything about it, you prefer to keep it. It is logical, to be afraid of what may happen, like someone who loves the characters in a story, and before the conflicting narration begins to smell that the death of said character is approaching, and refuses to read how the chapter ends. Thus closes the book, leaving an open, unfinished story. If you do that with every book in your subconscious library, many unfinished stories will remain in your unconscious.

ME: And that's why we repeat them over and over ... How?

I AM: The brain was designed to respond with reactions to environmental stimuli. When a pleasure stimulus occurs, it responds with joy, when a pain stimulus occurs, it responds with suffering. For millions of years, the nervous system was dedicated to making a complex register of reactions for every possible circumstance. Some became naturalized to the point that they became part of the autonomic system, in which thought or conscious order is not required, such as the heartbeat, breathing, the functioning of the kidneys and intestines, as well as every organ in your body. Each part of your body was forging itself based on these conflicting reactions from the environment, which recorded the possible responses in its cellular memory. Thus, hormones developed as response activation mechanisms, as a communication between the organs and the central nervous system. These hormonal impulse responses are what you call Emotion.

ME: What is emotion?

SOY: It comes from the Latin “ex-motio” (from the movement), hinting that it is something that arises from a response that mobilizes us. For example: one day you were sad as a child, and your mother, to make you happy, gave you chocolate. The sugars filled your blood, turning on the engine of the pancreas secreting insulin, which sought out the sugars to convert them into energy that the cell consumed. This raised the energy of the body, producing an immediate reaction of activity, that is, the veins and arteries dilate, causing the heart to accelerate. To counteract a possible heart attack, the hypothalamus and pituitary gland in the brain secrete serotonin and endorphin, which calm the heart rate, giving a sensation of relaxation and pleasure. The sensation is therefore equated to a relaxing and active warmth, hormonal mixture that generates the perfect cocktail to feel the emotion of love. During the years of your life, then, you will identify chocolate with love, sweet with pleasure, but at the same time, you will remember it as an immediate response to sadness. Your brain is in charge of

managing this data in a place where you do not need to think this every time you see the chocolate, it will only be enough to feel it, and the whole system will activate itself: first the pancreas, asking to eat it, and then the hypothalamus telling you that that will make us feel good. That "place" where the data is stored inside you is called "Unconscious".

I understand...

I AM: That example is replicated for millions of things in each cell and end of the body, to which for each pulse there is an impulse, to each conflict there is a response, for each action there is a reaction. For millions of years, and every day, the brain registers possible responses relating them to the previous preconceived ones, with the aim of saving time and not having to think in case something similar happens. By going to the emotion, the body will already know how to respond, without you even thinking about it for a moment. This is the base that generates everything that you call "Psychosomatic".

ME: In other words, feeling in the body everything that is thought in the brain.

I AM: Psikhé (soul, mind) and Soma (body), are the Greek words that define in medicine and psychology the ability of the mind to manifest itself in matter.

ME: That's why we resort to Biodecoding to understand when something happens to us in the body ...

I AM: Any external or internal conflict that takes place in the body, be it an accident or a disease, are psychological response mechanisms, which are interpreted as brain reactions that indicate that there is something internal that is moving, that is, that it is having an emotion of which I am not conscious, and therefore, I am unconscious. People often fail to understand the close relationship between mind and body, treating them as if they were separate things, as if illness had nothing to do with what one thinks. How can you believe that a perfect organism that works in excellent homeostasis, for millions of years forgot to take into account the relationship between what the neurons think with what the cells of the organs feel?

ME: Yes, the truth is that it is absurd to think about it separately.

SOY: But that's how it was for centuries. To this day, in medicine Psychology and Psychiatry are taken almost as pseudosciences, as if understanding the individual through his thought could not define or help to understand his cellular reactions. The truth is that the highest percentage, 80% of who we are, what we do, actuate, is stored in the Unconscious.

YO: So we can understand that if we hit a finger, it has a meaning, if we catch a cold it has another meaning ... everything is cataloged in emotions, in stories inside the body ...

I AM: A conflict or physical illness is nothing more than the title of a story, of a chapter in your life. The body is the cover that shows the idea of the content that is hidden in the book, and the titles with the emotions that hide the stories that have given meaning to the narrative. In this way, you can understand that the brain, protecting all this data, when faced with a circumstance similar to one of those stories, will launch a memory reaction that enhances the title of a chapter, as if saying: "Hey, feel this, like this. you will remember which is the story that you did not finish reading".

ME: Oh, wow ... So every time we feel an emotion in a specific circumstance, it is simply the brain sending a signal to remind us through that emotion that this has already happened to us, and that in that chapter that we have denied is the narration how the story continues ... For this reason, you have to go see the origin of emotions, the first time we feel it ...

SOY: And by doing so, it does not mean that they will disappear from your life. It is normal to think that by solving the issue of fear and knowing its origin, it would be ridiculous to feel fear again, and yet we have it again.

I do! That frustrates me a lot, because after so much inner work, I feel the same again ... Why?

SOY: Because when you've finished reading a book, you don't burn it. You keep it on the appropriate shelf. Before the book was open and unfinished, collecting dust on the floor or a subconscious table under many other books stacked and untidy. When you deign to see the book and finish reading the story of said emotion, recognizing it, you will not tear the pages, but you will look for which shelf it goes, you will clean it, and you will put it in its corresponding place so as not to lose it and use it as experience. Thus, once you have identified the story, when you feel the emotion again, you will already know where to find it and how to resolve it with awareness. The emotion will not disappear, but it will be used correctly, without going into the crisis of not finding the book ...

ME: Wow, I see it very clear now... I understand... yes.

I AM: For this reason, the conflicts that you do not like to have inside, are necessary that they remain there, because they have made you what you are. The problem is not in having them, but in not knowing that you have them. So when you let them rule your life without any logic. What a spiritual being usually seeks is to free himself from these emotions, and for this reason he continues lost in moral and dual struggles on his divine path, because he has emptied himself of books in his library, losing the content and the notion of who he is. You are not just light, you are everything that makes you up. Subconscious and Unconscious, make up most of you. A human being can never be fully conscious, as the physical body is not programmed to tolerate such an ability. But the Conscious can benefit from the Unconscious.

ME: What would that be like?

SOY: Going back to the simple human example of a trip. The Conscious is the driver, the car is the Unconscious, and the landscape through which it moves is the Subconscious. The subconscious will not change, it will always be like that and its modification will take years or millions of millennia; and the unconscious will have its limitations, it may not be able to fly, it needs a specific fuel, it may not be able to go through certain terrain ... But the conscious can decide to stop, go faster, slower, choose different paths, carry more or less luggage , as well as making repairs to the car ...

ME: Sure ... So the Unconscious is like a tool to move forward.

SOY: That's right.

ME: We usually say that an Unconscious Being is someone negative, who does bad things.

I AM: An unconscious being is one who acts only by reaction, like an animal, it is based on very simple foundations, such as hunger, sleep, desire ... And their emotions are very specific: fear, frustration, resentment, hatred, love ... All your responses are given by impulse and not by conscious action, but by reaction. He does not know where what he feels comes from, and considers his actions as logical to his feeling. The unconscious being uses all the strength of its internal hidden world to bring it to light, but it never brings light to its internal world.

ME: Oh... I see...

I AM: The conscious being, before reacting, seeks to bring light to your internal world, to understand the source of the fuel that you will use to react. The Unconscious stores the same material that can move the world, or

make it explode. Humanity, seen as a single organism, will always have at least 80% that will live from Unconsciousness. And a 20% who will live from Consciousness. That is not a problem, it is nature. 80% generate the manifesting energy that the conscious is not able to obtain, but the conscious is capable of planning and guiding said raw material. Now, the big problem is when the great mass of Unconscious energy is guided by the willpower of another unconscious.

YO: As is happening today with leaders, politicians, idols ...

SOY: That's right. In most cases, they are unconscious with impulses that lead to unconscious with great chaotic emotional charge.

ME: And how is it done so that it is not like that, but that it is a conscious that guides that force?

I AM: The Conscious, precisely, cannot urge the other to do his will, but the conscious will only look for a way to make the unconscious free to manifest its own inner strength, and not the will of the other. Therefore, a Conscious person must fully know what is hidden in his unconscious, and know how to use these tools in his individual life, recognizing all his shortcomings to turn them into inner power. Only in this way, from the freedom of his own unconsciousness, can he expand the freedom of the unconscious mass. Do not waste time in wanting humanity to become Conscious, but put all your will in freeing them from those who use their strength in favor of another Unconscious will.

ME: I understand ... The Tyranny of the Unconscious that governs each of us, can come to dominate Unconscious societies.

SOY: That's right. Therefore, you need to self-govern your own unconscious, to be able to face this great library and its nodal chapters, to bring clarity to each end of your being.

ME: The whole Tree.

I AM: Its branches, its leaves, its rings, its roots, are the graphic image of the Unconscious that unites all the parts of a being through time and space. The labyrinth of the Inner world.

ME: That will vibrate in me eternally ...

SOY: And therefore, only by honoring him will you be free from him. The labyrinth of your internal world is the wealth that gives experiences to your life, to the path of your existence in this universe. Plant a tree and you will get food. Plant a tree and you will have oxygen. Plant a tree and you will have shade. Plant a tree and you will refresh the world. Plant a tree and you will stay warm at night. Plant a tree and you will reap medicine. Plant a tree and you will get firewood to warm your cold nights as well as give you light so you can see in the shadows. Plant a tree and you will give home to the animals. Plant a tree and you will get wood to build your home. Plant a tree and you can get paper to write your stories from it. Plant a tree and you will be able to recognize in it all the history that is stored in your subconscious, and when the sunlight burns your crown, you will recognize that walking the labyrinth has been worth it when you sit down to rest in the shade leaning on its trunk.

ME: The shadow of my unconscious is like the shadow of the tree of history that shelters me ...

I AM: That gives you everything you need to live, therefore, the Tree of Life lives in you.

ME: I am the Tree of Life.

I AM: Plant thousands of trees, and you will get the Forest of Consciousness.

ME: And so, all united, we can write our history.

# WEEK OF BODY

## 351. Universal (Crown)

[July 20, 2021 Matías De Stefano](#)

Daily vibration: Qa

Statement: I Am Spirit's Root

Code: NODE MICRONESIA – LEO



What am I?

SOY: What do you think you are?

ME: Throughout this year, I was able to understand that I am a vertex in a fabric of constants, I am a manifested expression of a network of mental aspects ...

SOY: What does this thought evoke?

ME: What... Everything I know, everything I know, doesn't really exist the way I think it exists.

SOY: What do you think exists?

ME: What my 5 senses are capable of perceiving. But it is enough to see an animal documentary to realize that what an animal sees is totally different from what a human sees, and for them, that is reality. The other day I saw a video showing how certain animals see, and I was struck by how most birds see everything in reddish

tones. Or how some prawns see everything in infrared. Cats see everything as if it were a dream, let alone perception. How some insects only see by what their skins feel. Creatures without brains that still mobilize with needs. The way of perceiving the environment is so different that claiming an absolute truth is almost impossible. So what I believed existed, which is what I touch, what I see, taste, smell and hear, does not exist.

SOY: How does this make you feel?

ME: Strange ... Because, on the one hand I feel fascinated, on the other I feel confused ... What is the meaning of all the things we live if they do not work in themselves?

SOY: What's the point of watching a movie if you know it's not true? That they are actors, that everything is set design, that the dialogues are invented ...

ME: Entertain me ...

SOY: Go further ...

ME: Feel ... get excited, to be able to live an experience that I can't from mine. Feel myself the protagonist.

SOY: Good. You see these stories because they inspire you in yours, because they mobilize you to feel and experience new realities that you could not otherwise. The brain, when perceiving the stories through the eyes and ears, interprets them as a reality, because it searches its records for memories or similar emotions, and ignites a chemical reaction that produces any emotion that a movie can generate, or that a book can produce in you. Therefore, your nervous system lives that story as its own, and you laugh, you cry, you get angry, you learn, it mobilizes you ...

ME: So... I am a story...

I AM: You are the observer feeling what it is like to be a character in a movie.

ME: I am ... The internal reaction that occurs in the mind of the person who observes the story, manifested in a possibility of it ...

I AM: You become a participant and protagonist of your imagination. How many times, as a child, did you imagine stories and become them?

ME: Many. I used to play in the neighborhood with my friends, creating stories about dinosaurs or things like that, and there were villains and heroes, and we made a prehistoric jungle out of the square, and we became animals or superheroes ...

I AM: The ability to turn a broomstick into a sword, a tree into a castle, a rag into a cape, an abandoned wagon into a spaceship ... It is the same ability molecules possess to become a tree, to become a human, to be a spaceship, to be a sun.

ME: Ties of imagination ...

SOY: Tell me... What is the Plan for which you have come to this world?

ME: Ater Tumti... Heaven on Earth.

SOY: What is this ancestral plan looking for?

ME: The idea was to make all cosmic concepts, the universal mind, manifest in matter. We understood that our reality is an extension of the divine Mind, and that by living the world only from the senses, we could lose the notion of that creative totality; Therefore, we had to reconnect that mind with the mundane, opening the doors to that subtle Heaven to incarnate in the forms of this world.

SOY: And the plan had 3 levels.

ME: The Universal Plan, the Galactic Plan, and the Earth Plan. The Universal Plan said that everything was established under universal laws, and that it implied the expansion and expression of the Mind generating all the bases, it was to make the idea a reality, where the mind could experience itself.

I AM: The Observer who becomes the observed, the spectator who sees himself as the protagonist of the story.

ME: Yes. This brings us to the Galactic Plan, in which each galaxy has a group of sentient beings who try to maintain balance in the creative forces of the observed and the observer. Maintain homeostasis. And then, the Earthly Plan is to generate conscious life capable of becoming a portal between the divine and the mundane. In a way, it is how the universe created aliens to create our civilizations, so that civilizations allow their individuals to connect with aliens in every dimension and thus rejoin the creative mind.

SOY: And for that, they brought the stars to the horizon.

ME: Yes, they built the pyramids as portals throughout the world, like a stellar network, what the Atlanteans called Ater Tumti, "Heaven on Earth", walk with the gods, become God.

I AM: Become One with the Whole. You understand?

ME:... Becoming... One... Uni-Versus... Universe.

I AM: The expansion of the Mind in the different dimensions, allowed the only Conscious aspect of the Universe to use the power of the Subconscious and the baggage of the Unconscious to be able to place itself as the protagonist of all this information. As we explained yesterday, the Conscious being is not one that manages to control the Unconscious as a rider controls a horse. The Conscious deigns to know the horse's needs, to recognize him, understand his history, his emotions, without judging him, he seeks to understand him, and only by becoming one with him, will the horse be useful to direct him to his destination.

ME: Understanding and embracing the unconscious, accepting its nature and understanding its needs, is how the conscious aspect can use all its content to manifest and create realities that it wants. This was key to understanding, then, it makes us understand that a spiritual, mental and conscious being should not dominate or control their unconscious emotional impulses, but know them in depth to understand why they have "lost the reins", and when they know them, they know how treat it.

I AM: Becoming One. Universe. This is what we call "Universal Consciousness."

ME: What would it be exactly like?

I AM: If Universe means "to return to one", and Conscious means "being that discerns", Universal Consciousness refers to the quality of an entity that discerns the ways of returning to oneself.

ME: Oh ...

SOY: So you can understand that the conscious aspect of the cosmos is projected into the imagination of your unconscious to be refracted in various dimensions, where, through the landscape of the subconscious, you can know, identify, experience, each hidden potential within yourself. The conscious being is disseminated in millions through the unconscious data, all of which are yet to be discovered, in order to know them in detail, and see what it is capable of.

YO: It's like someone who read about geography and one day decides to take a trip through deserts and jungles, to experience what they read but never lived.

SOY: And on that path of recognizing the terrain, you allow yourself to discover much more than the desert or the jungle, but you can also recognize what those environments awaken within you. Potentials, emotions, feelings, ideas, impulses, purposes. The plan consumes itself when it realizes that the external journey was nothing more than a pretext for an internal journey. Everything that you live is a dream that the Conscious has allowed itself to dream to discover what it carries inside.

ME: And then?

I AM: Come back to yourself. When a being awakens in his consciousness, he awakens a voracious need to know, to discover. The constant search, the desire to understand. Start searching for the truth by acknowledging millions of truths. And all this he calls "Universal Knowledge."

ME: We call Universal what encompasses all things, all the infinite, the set of all that exists.

SOY: But knowing is not being aware. When you know, you accumulate experiences, but not wisdom. Wisdom is given with the understanding of what is known. When you are able to transform what you know and free yourself from the concept you have of it. That's when you learn to discern. When you become Conscious of the Universe.

ME: So no philosophy, ideology, religion, faith, hope or scientific data can really give me Universal Consciousness. Why?

I AM: Because in any of these areas, a preconception is formed that designs an expectation of what is observed. You begin to consider that the universe is what you think of it.

ME: And it's not like that ...

SOY: Never. Because the Universe is infinite.

YO: Yesterday I saw a video that explained that the Hubble telescope, in December 1995, pointed to its maximum power in an area of space where no stars or light are seen, at a size similar to the point of an "i" seen in the page of a book a meter away, and that in that small space he was able to discover up to 3000 galaxies. It was repeated the same time later in a similar space within the same image of the point of i, zooming further into a dark space within that point, and the result was the same, thousands of galaxies. In other words, space is full of galaxies in every millimeter, we just can't see them. It is something so big that it does not enter my head.

SOY: In fact, it does come in, because you have the same number of neurons in your brain as there are galaxies in the universe. All being able to store data. The Universe is infinite, maybe one day you can count the space, but it will be very difficult to count the dimensions and the experiences, perceptions, within them. As you will see, what is scientifically a fact in this reality is a dream or an imaginary for another dimension. Nothing, then, can be certain, nothing can be counted as finite. Therefore, clinging to an idea of how things are and considering that reality is based on what I believe about it, does not more than delimit true Consciousness.

ME: What is the real one?

I AM: The one that instead of wanting to control the truth of the unconscious and subconscious, deigns to navigate these aspects of being to know its possibilities, to discover itself in every corner and obtain the tools that each opportunity and potentiality offers. Only in this way, one can open oneself to the true Universal Consciousness. It is unlimited, open to all possibility.

ME: It's difficult because, we all have preconceptions in our brain ...

SOY: But it is not impossible, and it is one of the parameters from which you can measure your unconditionality. Whoever positions himself in an ideology, in a way of seeing things, and claims it as the truth, can never live in the Universal Consciousness, he will only live in the Consciousness of that aspect.

ME: So you can be Conscious by having an ideology.

SOY: Of course I do. But it will never be Universal. Do you understand the difference?

YO: Yes, that is, a person can be good at discerning on a specific issue, for example on climate change, which does not mean that climate change is universally the product exclusively of what that person considers.

SOY: And even the idea that climate change is bad is still a vision limited to the idea of "what is bad for those of us who live in this world now." Because it was thanks to a climate change that mammals populated the Earth, and it was thanks to a climate change that humans developed as intelligent beings. It was thanks to climatic changes that the species of today exist, and from the universal point of view perhaps this climate change will allow the beautiful species of tomorrow to exist.

ME: Oh sure ...

I AM: This does not imply that you cannot be aware of the negative effects of it, and from that consciousness you ensure that you balance it. One thing does not go against the other. But if you seek Universal consciousness, you must see the whole, and not just what you want to see.

I understand.

I AM: Taking the idea of the Tree of Life, we could say that the seed is that conscious aspect that decides to expand into roots and branches that make up its unconscious, in a fertile space of minerals and light that is the subconscious. The conscious has all the potential within it, and allows it to express itself in order to find itself and discover what it is capable of, and in each branch and root it discovers a dimension, and in each cell a world in which living beings manifest themselves.

ME: So I am a spiritual manifestation of universal consciousness in the form of a human ...

I AM: You are a root of the spirit. Deep in existence.

ME: Becoming aware of the Universal aspect of my being, therefore, frees me from limitations.

SOY: Well, no matter where you go, you will always be coming back to you. And no matter what you are, you will always be yourself.

ME: So to the question of "what am I?" ...

SOY: The answer is easy ...

ME: "I am a Universal being."

I AM: I am the Universe.

## 352. Existential (Third Eye)

[July 21, 2021 Matías De Stefano](#)

352.

Daily vibration: Qae

Statement: I Am Conscience's Root

Code: NODE QUEBEC – TAURUS



ME: If I am the Universe, that being you are looking for in your unconscious, I wonder ... Why do I exist? I mean, beyond "searching", that the conscious has decided to investigate the unconscious ... Why do I exist?

I AM: Define existence.

ME: Mmmm to be something or someone, to occupy a space in a specific time ...

I AM: Therein lies the error of your concept of existence. In a previous moment we have explained what it means to exist. Etymologically it comes from the words "ex" and "stare", that is, to get out of where you are.

ME: Like "Destiny".

I AM: While Destiny describes moving away from one place to go to another, Existence describes leaving something previous, without the need to go anywhere.

ME: Ah ... It's like being born ...

I AM: Exactly. Biologically you exist from your father's testicles, and you exist from your mother's ovaries. Subsequently, you exist at birth from your mother's womb. From there, a life of existence is written, in which life will always drive you to leave a previous place. Leaving from one group to another, from one house to another, from one city to another ... Life, then, is interpreted as a constant of Existence based on Destiny.

ME: Oh, oh... Now I understand both words! We have given these terms a poetic and intangible connotation, almost inexplicable, when in reality, both are very logical things. What is Existence? Well, the constant departure from a previous place, freeing myself from the pressure of the previous place.

I AM: That is, "Expression."

ME: Sure! The expression is to get out of pressure, as in a mother's womb, when you feel pressured, you are driven to release ... Get out.

I AM: The same happens when the soul is trapped in the body and its patterns, it will seek to express itself, and you call this emotion and creativity, art.

ME: Freedom of expression, then, is freedom of existence.

I AM: And it allows you to live your destiny, which is to go to a new position from which you were. Travel a path that leads you to face new adventures, risks. Going out to risk and try something new is "ex-periri" ...

ME: "Experience ..."

SOY: And if from the experience you come out immutable, if in the face of risk instead of breaking you have joined parts that you had lost, then you will remain untouchable, something that in Latin you say "in-tangere" ...

ME: "Whole." Integration. And in this union, in my unity, it is that I can go beyond my level, towards other surpasses, since I do not have to continue putting my parts together on the ground ...

I AM: "Trans-scendere", or "go up beyond".

ME: Transcend ...

I AM: Transcendence is one of the most important aspects of Existence. Well, to exist, you need to leave where you are to cross to the other side.

ME: So why do we associate existing with being?

SOY: Ser y Estar (to be and to stay), represent the fact of occupying a place at a specific time. Time and Space combined to create a tangent that will be called "the Self." But a Being is considered as such due to its movement. In ancient times you could not understand the idea that someone was already from the cellular level, and even the sexual act was not related to pregnancy, since it was not noticed until after the third or fourth month. For this reason, until they saw the human himself, after childbirth, he was not considered as a "being", for something simple and very logical: before he was not, and now he is.

ME: Sure ... very simple. Before it was not seen that there was a human, then it simply was not, and at birth, in an instant, it is.

I AM: For this reason, the fact of "leaving" to "be here", gives the meaning of "ex-stare", that is, "to exist".

ME: The idea that something exists, well, part of the idea that something is, something is, here and now. That is why when we ask the question "does God exist?" or the statement "God exists", neither is correct.

SOY: Well, everything will depend on what God is for you. If God is love, and you love, then "God exists." If God is a bearded man who lives in the clouds and is invisible, then God does not exist. Simply because you've never seen it, it was never there.

ME: This explains the fact that "there is no such thing as what I do not see."

I AM: Existence is illogical logic. You can understand that there are atoms, but it will be impossible for you to experience them through your senses. Nature only gave you 5 senses to perceive the world, and in none of them you can directly experience the existence of subatomic particles, you can only experience the magnetic forces that they produce in their interaction, that is, what you feel as cold and heat, touch, taste, sight, smell, hearing. The existence of an atom, then, is relative, since the methods to verify its existence are not available to all humans.

ME: This doesn't mean they don't exist.

SOY: Of course not. Exist. But you cannot experience its existence directly, only indirectly, through the senses. Therefore, for any direct existence of something invisible, imagination is used, which can lead to beliefs, and which gives us the only existential response to faith.

ME: So what defines the fact that something exists?

I AM: A consensus. A common agreement between different individuals. The agreement that allows us to take the notion that things are there.

ME: It is very strange for me to understand this.

I AM: From the laws of physics you exist, you are here. From the laws of quantum, it is not understood why you are here. From a human's vision, you exist. From the vision of an atom you do not exist. A subatomic particle trying to see a human is like a human trying to look at the stars and see the entire universe. It is literally impossible, and in fact, most humans do not believe that there is life on other worlds, nor do they have a notion of how huge space is, believing that the stars they see are the ends of the universe, when they only represent a millimeter. or a cell inside your body. Existence is undeniable, for the simple fact that you can think of it, but at the same time unlikely, since it depends on each point of view. Physics and quantum, both exist and are useful in our current life, however, for physics, quantum is illogical, and for quantum physics is unfeasible.

ME: Sure ... Ugh, this is complicated ... Because in the end, I don't know if I exist. This leads me to an undoubted Existential crisis.

I AM: "I think, therefore I exist." Thought is the only proof that you exist. The only key that allows you to inquire into your existence is thought. And thought is the interpretation of reality. The human believes the only thinking being, but in reality there are different types of existential thinking. Plants, animals, minerals, all make up existential networks, in which a consciousness interprets their atoms, making them possible. The human has developed another type of consciousness in which he observes himself, thinks about himself and about himself, something that leads to flexing on himself, that is, reflecting. The attribute of reflection allows the human to inquire about its existence. And the incessant search for what she means is an eternal adventure. Hence the attribute of existence:

ME: What is that?

I AM: It is the quality of discerning about those things that are and those that are not. On the path of the Awakening of Consciousness, many of you tend to stop believing in the things you see to start believing in the things you do not see. In awakening, an illogical, quantum reaction occurs, which physics is unaware of or cannot accept. Why would anyone believe that what their 5 senses recognize is actually a hologram, and that the absolute truth is found in what their senses are unable to register and for which there is no proof?

ME: How to believe in spirits, God, aliens, dimensions ... I mean, in everything we have spoken and felt ...

I AM: Exactly. In a human life based on physics, in the body, a being can only be based on what the 5 senses show him and on what he can experiment with and study them.

ME: "I believe in what I see." "Seeing is believing".

SOY: But physics itself disarms this thesis, since the senses are a useful construct for the development of atoms, when in reality, 99% is empty, and everything that we consider existing is actually a hologram.

ME: So ...

SOY: That believing in what you see is also an illusion. And in reality, nothing has ever really existed, since only the magnetism that builds the senses has existed. Therefore, when a person moves towards that 99%, and connects with the totality of the void, he realizes that the truth is invisible to the senses, imperceptible, that what allows us to recognize existence is empty space, in the same way that we can see the brightness of the stars thanks to the dark space. Thus, in awakening, one stops believing in what his senses give him, to believe only in what is hidden, what he does not see.

ME: I see myself coming a but ...

SOY: But ...

I knew that.

I AM:... The custom of the senses in biology makes one project preconceived patterns into the void. Thus, the structures of the visible are transferred to the invisible, creating kings of the heavens, social strata in the dimensions, highly humanized extraterrestrial societies, a cosmic organization similar to a republic or kingdom, with positions and leaders, soldiers and workers, and of course , conspiracies.

ME: Which brings us confusion, downfall, because there comes a time when we don't know what to believe.

SOY: And worst of all, is that the invisible is improbable, and therefore, it can become an absolute truth, causing people to believe in things that do not exist.

ME: Oh... I understand. So ... How do you get out of this whole cycle?

SOY: As I told you. Existential Consciousness. It invites us to recognize that everything in the universe is possible if it is imagined. That everything that comes out of the mind is itself an existence. The discernment of existence is the openness to recognize that, despite the fact that everything is possible, I must recognize those possibilities in which I have chosen to move. Recognizing that nothing really exists does not mean that you should not value the body. Knowing that time is an illusion does not mean that you should not be punctual or sleep at night. Knowing that space is a hologram, does not imply that you can jump and fly like a bird. Your consciousness, out of all the billions of options, chose to experience itself in what you are today. And recognizing that existence is the key to being able to transcend an overcomer.

ME: My atoms could have decided that I was a snail... But I ended up being human.

I AM: Each being, exists as an anchor of the void to be able to express the whole. The potential of the Nothing exists towards the development of the All. The All is the playing field and evolution of Nothing. Do not project onto the Void or Nothing your ideas about the world you know. Well, they will never have a direct relationship. You live a dream, a dream come true.

ME: And what I am here is my tool for that consciousness to manifest.

I AM: You are the root of existential consciousness. Every existential crisis you have is a respite for the soul that got caught up in its sensory beliefs. Dare to have these crises to break the armor of blind faith in what you see and what you do not see. Break the barriers of your mind, but always keep in mind, that you are a gigantic being existing in a tiny body, but this body is the only thing that that gigantic spirit has to recognize what it is capable of, to know who it is, and the why of its existence.

ME: As much as it does not exist, it is my existence that allows spiritual existence.

I AM: Get out of yourself to find yourself. Your destiny is none other than to exist.

ME: Destiny is Existence.

SOY: This is how you are ready to be born again.

ME: To exist again ...

## 353. Atomic (Throat)

[July 22, 2021 Matías De Stefano](#)

Daily vibration: Qe

Statement: I Am Truth's Root

Code: NODE ANTARCTICA – PISCIS



ME: Accepting that there is nothing, that nothing exists, and that the very existence is linked to my perception, then it makes me consider everything we do, we are, what exists from a totally different place. I touch my body, I know it's here, but it's just my idea that it's here, because it doesn't really exist ... How can there be so many things without actually existing?

SOY: The idea of the hologram helps to understand that the same thing can be projected in two different places. The idea of projection, like a movie, today, in the digital age, shows you that the same recording can be projected in many places at the same time, and even at different times. The Universe is that one thing that is projected in many. The only reality is indivisible, and therefore it is Atomic.

ME: What does this mean?

I AM: Atom, from the Greek "a-tomós" (without division), defines that smallest, smallest part of the universe that is so tiny that it can no longer be divided. Of course, what today is defined as an atom, it is known that it can be divided into more particles, but these are known as "subatomic", that is, below the indivisible. Thus, we can already understand that the ancients, when speaking of the atom, did not refer exactly to what we see today as an atom, but to the concept that there is something at the bottom of all things that is impossible to divide.

ME: Sure ... Something that is the foundation of all things.

SOY: That's right. If there is something that is indivisible, that will be the only reality, the basis of all existence, since it is from where things have emerged to exist, to be something, to be in a place. Therefore, everything that has come out of this particle is a division, and in that case, a "projection", with which, they become holograms, reflections, echoes of the original. Beyond the fact that they are exactly the same, in their image and likeness, their increasing quantity prompts them to reorganize their spaces, to accommodate their structure, in a cosmos, an order. This gives rise to the molecules, and from there, to the forms of reality. That is, everything you perceive through your senses is nothing more than the force of millions of projections of an original that try to defend its existential space.

ME: So, just as there is a base particle for the existence of things, there is also a God for the existence of every living being ...

I AM: Exactly. If you want to define God as a similar origin that is projected. If you see God as an all-powerful being who is above his creation, then you have the wrong concept. God is the Atom.

ME: Oh ... "God is the Atom", it is the Unity that cannot be divided.

SOY: And tell me, how could the indivisible have been divided to create so many realities?

ME: It's a contradicted concept about itself.

SOY: That's right. If the Unit cannot be divided, because it is Atomic, then what is the division of the atom?

I do not know...

I AM: The division of the atom is the application of an enormous force to separate the particles and release the energy that holds them together. But if you can divide them, then it is not an atom. The atom, conceptually, is something far beyond the proton, neutron and electron, it is that vibration that behaves as a particle even though it is not. The wave has no division, it is not something separate from the rest, it is a constant, unique, indivisible, which can only be expressed in different tunes that we interpret as divisible aspects, even if they are not.

ME: That is why God is Word ...

I AM: That is why everything is Vibration. This is Atomic Consciousness. It does not speak of the atom itself as you study it in school, but of the concept that allows your existence as a hologram. Each particle, each atom that constitutes you, are not different objects that interact, but the same wave with different curvatures, valleys and mountains that are expressed as matter due to their high speed and energy.

ME:... Ultimately, everything is atomic.

SOY: And therefore, all is one. The division is only an energetic concept that differentiates the idea of mountains and valleys in a wave, called positive and negative. The positive is seen as an object while the negative as a space between objects. However, there is nothing in the macrocosm that is really understood as space, since everything is filled with some particle. Everything is an atomic continuum.

ME: The vibration of universal truth, the only logic of existence is that nothing is separate, but that all bodies are a constant in a vibration.

I AM: The creative verb is itself the created one.

ME: Atomic Consciousness, then, would be to recognize that everything is One.

I AM: That every star in every galaxy, every planet in your solar system, every inorganic and organic being on a planet, every living being in a world, every body, be it mineral, vegetable or animal, in all dimensions, is one being, indivisible, that only finds itself projecting itself in different frequencies, tunings, of the same wave.

ME: Individuals, then, can be counted as projections, echoes of the same origin.

I AM: And it is not that there is a divisible and an indivisible reality in the universe, it is not that there is a created and a creator, that there is a separation between the divine and the worldly, but that everything is part of the same body, of the same reality. The division of things is just a perception that consciousness needs to understand unity. The Atomic Consciousness is the one that discerns the parts of a unique truth. Whoever considers that things are separate, or that there is something superior to us, does not have Atomic Consciousness. Whoever believes in a God who is above, a presence alien to existence itself that cynically regulates the dark and luminous facts of reality, does not recognize the idea of the Atom. You cannot say that God is One by believing that Unity is above all else, separate from what It is.

ME: Discerning the parts in life, does not deny that the parts are a single thing ...

I AM: Just as the tree has different parts, just as water expresses itself in different bodies, just as a library has many books, and the mind many thoughts and neurons, all of this never ceases to be one thing. Become aware of this, and thus recognize that you are everything, that there is nothing outside of you, because everything lives in you. Become aware that you are part of the Atom as a drop is part of the ocean. And in its wave, you find the tune of the Truth that you are.

ME: I am the root of Truth.

I AM: You are God, you are the Atom experiencing the Life it once Dreamed of.

# 354. Elemental (Heart)

[July 23, 2021 Matías De Stefano](#)

Daily vibration: Qi

Statement: I Am Heart's Root

Code: NODE LESOTO – SCORPIO



I AM: And from the Atom come the Elements. If the Atom is indivisible existence, its projections will be called Elements, which are the way of enumerating the list of extensions that arise from a unit.

ME: Like the different degrees of a sphere.

SOY: That's right. The degrees and angles do not exist in themselves, separately, each one has its logic in the unity of the sphere that contains them. Thus, the different elements of existence are the degrees of this Atom.

ME: What are the elements?

SOY: Well, of course there are many, and we could interpret them in different groups. Specifically in 5 groups. In the first place, the essential Element called Ether, the center of all things and from which existence emanates. And from it, you find Fire, Earth, Water and Air. They are not the elemental bases, but they do group the concepts, since all inorganic mineral elements will be part of the Earth group, all flammable elements will be part of the Fire group, the liquid from Water, the gaseous from Air. Hundreds of elements exist as a basis in universal existence, which give meaning to who we are, although not all of them inhabit all things.

I eat?

I AM: In the same way that in your body there are elements that are not used for the development of your life, such as arsenic or mercury, which could kill you, also in certain planets there are not some elements, so you will not find them here.

ME: This reminds me of chemistry class.

SOY: That's right. Because the Chemical Elements are the ones that give logic in their combination to all life. In 1869, in St. Petersburg, Russia, the university professor Dimitri Mendeleev was trying to order the elements of nature in some way that could understand their logic. Then, in a dream, he saw how the elements began to arrange one on top of the other, in a perfect order, which he took note of when he woke up. His dream was the

beginning of the Periodic Table, a way of ordering all the elements based on their atomic number, that is, based on the number of protons and electrons that each element has. What he saw is that, like a wave that accelerates its frequency rhythm, the elements were easily ordered in a sequence from smallest to largest by number of subatomic particles,

ME: Everything had a logic ...

SOY: That's right. Many of these elements were in nature, but many others no longer existed, or on the contrary, were invented. The logic of this table is that it puts at a glance the complexity of each element. Starting from left to right, and from top to bottom, the elements are arranged according to the smallest to largest amount of atomic number (number of protons and electrons per atom). Down and to the left increases the atomic radius and the ionic radius. Up and to the right, ionization energy, electron affinity, and electronegativity increase. There are 18 Families of Elements, ranging from column 1 being alkali metals, and culminating in 18 with noble gases. The 18 Families are: Alkaline Metals Family, Alkaline Earth Metals Family, Scandium Family, Titanium Family, Vanadium Family, Chromium Family, Manganese Family, Iron Family, Cobalt Family, Nickel Family, Copper Family, Zinc Family, Earth Family, Carbonoid Family, Family Nitrogenoids, Amphigens Family, Halogens Family, Noble Gases Family.

ME: They are Families of elemental beings ... Grouped by affinity ...

I AM: This affinity is due to its level of atomic energy, which goes from more subtle to more dense in layers called "periods", which gives it the name of "Periodic Table", which is divided into 7 of these levels. In turn, the families are divided into 4 Great Clans: the first unifies columns 1 and 2 representing the Clan of the Alkalines and Alkaline Earths, adding to them Helium and Hydrogen. The second groups columns from 3 to 12, giving the Transitive Metals Clan. The third is the Metalloid Clan, which goes from column 13 to 18. The fourth is the Lanthanid-Actinid Clan, which is outside and below the periodic calculation.

ME: And in the clans and families, there are all the individuals, who from them, create everything else ...

I AM: Helium, Lithium, Beryllium, Boron, Carbon, Nitrogen, Oxygen, Fluorine, Neon, Sodium, Magnesium, Aluminum, Silicon, Phosphorus, Sulfur, Chlorine, Argon, Potassium, Calcium, Scandium, Titanium, Vanadium, Chromium, Manganese, Iron, Cobalt, Nickel, Copper, Zinc, Gallium, Germanium, Arsenic, Selenium, Bromine, Krypton, Rubidium, Strontium, Yttrium, Zirconium, Niobium, Molybdenum, Technetium, Ruthenium, Rhodium, Palladium, Silver, Cadmium, Indium, Tin, Antimony, Tellurium, Iodine, Xenon, Cesium, Barium, Lanthanum, Cerium, Praseodymium, Neodymium, Promethium, Samarium, Europium, Gadolinium, Terbium, Dysprosium, Holmium, Erbium, Thulium, Ytterbium, Lutetium, Hafnium, Tantalum, Wolfram, Rhenium, Osmium, Platinum, Gold, Mercury, Thallium, Lead, Bismuth, Polonium, Astate, Radon, Francium, Radium, Actinium, Thorium, Protactinium, Uranium, Neptunium, Plutonium, Americium, Curium, Berkelium, Californium, Einsteinium, Fermium, Mendelevium, Nobelium, Laurencio, Rutherfordio, Dubnio, Seaborgio, Bohrio, Hassio, Meitnerio, Darmstatio, Roentgenio, Copernicio, Nihonicio, Flerovio, Moscovio, Livermorio, Teneso, Oganesson.

ME: And... how important are they in our path?

I AM: Oh... the Elemental Consciousness. Being aware of the elements of nature, those that can be composed in reality from atoms, makes us recognize the potential of the first families. We are made up of a set of Families that it is essential to recognize.

ME: Which ones?

I AM: The Holy Family is Vibration, Energy and Matter. From it, all the family groups that constitute us arise. This family are in turn the Three Mothers who give rise to all existence.

ME: Like the Three Marys, the Belt of Orion ...

I AM: Yes. In the case of Mother Vibration, you can find the groupings by Magnitude, Frequency, Direction, Time and Impedance. In Mother Energy it is expressed in three new families, that of Work, Wave and Heat, and can generate different types, such as Nuclear, Chemical, Electromagnetic, Thermal, Electrical, Internal and Mechanical. And well, the families of Mother Matter, we have already mentioned them through the Chemical Elements. Being aware of these families helps you to recognize yourself as a child of the matrix force in all its potentials.

YO: It's incredible, because, of course, I usually think of the universal mother, of the cosmic family, as something more poetic, but that poetry is found in the most basic elements of existence.

I AM: And that's not all ... Because, as you know, each of these elements of the Holy Family has a consciousness of itself, that which you call Spirit, and it has an experiential memory, called Soul.

ME: Each item?

SOY: That's right. And it is the combination of your consciousness, which you know as Elemental Beings.

ME: Oh, the creatures from other dimensions !?

I AM: All the elemental beings that you can imagine are the spiritual records of the elements mentioned in the Holy Family.

ME: And each of them are grouped by the Basic Elements. Do not?

I AM: They are subtle manifestations of Elemental sacred geometry. The Tetrahedron being the Fire, incorporates the spirits of the Salamanders, the Dragons, Vulcans, Djinns and the Phoenix Bird. The Cube being the Earth awakens the spirit of Gnomes, Goblins, Fairies, Gremlins, Goblins, Dryads, Goblins, Trolls, Orcs and Fauns. The Octahedron, being the Ether, raises the spirits of the Devas and the Angels. In the Dodecahedron, Water flows in the spirits of the Undines, Nereids, Nymphs, Mermaids and Tritons. And for the Icosahedron, Air encourages Sylphs, Sylphs, Sylvestris and Elves.

ME: When I was a kid, Gnomes and Fairies were present in my life all the time. I learned a lot from them ...

I AM: Because they were awakening on a spiritual level with the elements of the earth, in order to communicate with Planet Earth.

ME: I understand ... Elemental Consciousness is the ability to not only know the objective of the element, but also the subjective, the spirit that speaks in it, its energy, its vibration, its soul.

I AM: There where the beauty of Elemental Life is found, there is where you discover the beauty of awakening consciousness in matter. Where you can see the magic in each chemical element, in each object that seems inert, lifeless, boring and null, in their interaction arises the energy that gives life to all the creatures that enhance the magic of the fourth and fifth dimensions. The Elementals are the Heart of Consciousness.

ME: The spirits that discern the elements of the atom ...

I AM: Those who in their nature teach us about the Love of existence. Hidden in the shadows of matter, they are the roots of the Heart of the Creative Mother. Connect to your heart, and when you feel the water, when you touch the earth, when you look at the fire, when you breathe the air, dare to dance with the Sea, to empower yourself with the Mountains, to light up with the Flames, to speak with the Wind. . Their spirits beat in you, they will speak to you, they will respond if you respond to them. They are your family, your brothers and sisters. Sons and Daughters of the Atom.

I: I become aware of the Elemental, and I recognize myself as one with Nature.

I AM: Thus you become Eternal Life. And achieving it is elementary.

## 355. Mineral (Solar Plexus)

[July 24, 2021 Matías De Stefano](#)

355.

Daily vibration: Qi

Statement: I Am the Being's Root

Code: NODE GALAPAGOS – GEMINI



ME: Every day there is less time for me to finish this path, and begin a path that is difficult and hurts ... And, as it had to be ... It has already started to get complicated. There are certain restrictions in the places where I have to go that prevent me from doing it correctly, and I get that feeling of despair, of failing again.

SOY: Why would you fail?

YO: Because I won't get to the places I should, the world is getting more complicated every time, and in some cases it even feels like everything is turning into a kind of dictatorship. In favor of caring for some, they are prohibiting the freedom of others, closing borders, and preventing entry to countries if you do not have the vaccine, something that should be unconstitutional, since it goes against the human rights of the choice to take care of their own body. And of course, they are creating the idea that whoever does not get vaccinated not only cannot lead a normal life, but is also treated as a murderer. What catches my attention is the misinformation, the manipulation that exists, in relation to the fact that if you don't get vaccinated you put others at risk, when that is a lie. A vaccine does not prevent you from infecting it, it only helps that the symptoms of the person who has it are not worse. I am not against vaccines, but I am against being forced to vaccinate under the false propaganda of "you put others at risk". Everyone knows that the vaccine is not synonymous with preventing contagion.

SOY: There is fear in the world. When a living being is afraid, it does whatever it takes to survive, even if it doesn't make sense. Human society was designed to relegate power to a few in times of crisis, to decide for others, since it is difficult to agree among many. For this reason, governments make decisions of this type, for fear of not knowing how to control their populations. Fear is a useful tool for power, which makes citizens limit themselves to each other.

ME: But where will all this go?

SOY: There are still years to regularize it.

ME: Years !?

SOY: That's right ... Until the north settles where it belongs, we will remain lost.

ME: We lost the North ...

SOY: A long time ago. And that is what you should not lose.

ME: How do I?

I AM: The North Magnetic Pole moves towards Russia, the axis of the world is rearranged. It is inevitable that the world will lose its axis and go into chaos during this reordering process. Fear, Nonsense, Confusion, Uncertainty, are the bases of a loss of pole, because you do not know where to go.

ME: That's how I feel... I don't know where to go...

I AM: When the magnetism of the Earth changes, everyone's magnetism changes, and when the northern focus moves without being clear where it will stay, the mental focus of a person, also loses the notion of where it is going. Sudden, unexpected changes are inevitable. And the great test is adaptability.

ME: Yesterday, during the alignment, two beings came to tell me two things: one, that I had to rethink my next steps, because things were not right (something I noticed after the alignment, that messages began to reach me about the complications of the path of the Dragon), and on the other hand they said that many demanded more responsibility from those who are in Red. "This is not a game", they said.

SOY: That's right... It isn't. Beyond the fact that at a certain level of consciousness, we can understand it as a game, when you are involved in the process of experience, the game becomes a truth that must be fully and consistently faced.

ME: Yes... I know. But hey... I don't know what to do.

SOY: Well, you have lost the North.

ME: My north?

SOY: The great dilemma of all this is to be able to reach the North Pole, and every day it gets complicated in a different way. Obviously, the conflict is having lost the north.

ME: How did I lose it?

SOY: Tell me... You said it frustrates you, that you feel like you are failing. Before whom?

ME: I don't know... I feel like I can't keep my word.

SOY: Your word with whom?

ME: Well, it is evident, people, everyone that I have informed of this path. First of all, since 2017 I said that I was going to do the path of the Dragon starting from Antarctica to the north of the world, and I failed not even halfway. Then in 2018 I created a super project to go to the nodes of the planet, I shared it, we put together the whole proposal, I moved many people to make it possible, and it came to nothing. I failed. I ended up doing it differently in 2019, coordinating it to pay for it myself, and doing it my way. And when he had everything ready, and everyone knew what he would do ... Planetary Quarantine, Pandemic, everything failed again. And in less than a week I had to put together a new idea of the Camino, this one, in which day by day we were connected. Of course, it was greater and external forces that prevented me from doing what I had to do, and that what I did this year could not be more perfect and appropriate, but still, I felt that I failed by not being able to do what I had been trying to achieve and proposed. And now this ... The Dragon is complicated again ... It stresses me to think that I have to announce again that in the end it will not be done one way and it will be done another ... You know? It gives me the feeling of deception, that I do anything. It doesn't seem serious to me.

SOY: Do you get the feeling that it is not serious to change things?

ME: Yeah ... Like I can't keep a promise.

SOY: Did you promise this to anyone?

I do not.

SOY: So, I don't understand.

ME: It's more something, mine, I don't know ... A personal promise ... Or I don't know. I promised my people 12,000 years ago that I would do everything to achieve it this time, and I feel like I'm failing them like that time. I feel like all eyes are looking at me with expectation, and still I will fail.

SOY: Oh, I see... It's a memory of a mother failing her children.

ME: Huh?

I AM: You were a mother with many children, to whom you promised something like mom, and you are not being able to fulfill it. So it makes you angry that you can't be the mother who solves the problem. It makes you angry that you don't have the power to fix it in your hands. But, Matías, you are no longer a mother, and the only Mother you have to observe here is the Earth. You are a child of the Earth, and you cannot fulfill your place. Whatever you do, you no longer do it for your children, you no longer do it for a people, you do it for the

Earth. As a son that you are, let yourself be sheltered by her. Remember, the most powerful Axis in the World, it is a mother's lullaby, it is a maternal lullaby. She is the one who is dancing right now, searching for a new north, a new goal. And you can't do more than dance with her. The problem you have is believing that you fail a people for a promise,

ME: It's from Shiw... It's a phrase I used to say to Sobek. "I am afraid of failing my people, my family." I made a promise to my people ...

I AM:... 12000 years ago. And you continue to carry that responsibility. The world has changed, the ways have changed. Earth is the only one that follows, and yet it has changed as well. But his heart is the longest of all. Your heart is the world that remains on its axis for millions of years, and that guards for you the only responsibility, the memory.

ME: Who?

I AM: The Minerals. The Mineral Kingdom. Mineral Consciousness. The Earth is the largest living being you know, and its body is made up of minerals, which protect its memory. The Family of Minerals is the one that maintains the North.

ME: Magnetism ...

I AM: The telluric force, the heart of the Mother, generates the outside of a huge electromagnetic field that shifts the energy from south to north, ordering the subatomic particles according to this axis. The crystals, the minerals, continue north and build their memories based on it. You have lost the north because you pay attention to a changing and erratic species such as humans. You carry the burden of a responsibility to people with whom you have never made a promise. Your only promise was for memory ...

ME: "Emmesdah" ... (For Memory), the motto of my Atlantean people ...

I AM: Humans lose their memory, die, scatter. But the minerals, no. They always remember, they record. They know which is north. All this year, despite your loneliness, you have been giving your life to humans, every day, informing them, connecting a network of consciousness, awakening their inner wisdom. But this stage ends in a few days. Now, it is time to stop talking to the Human Family ...

ME:... And talk to the Mineral Family...

I AM: They are the guardians of the North. Do not forget that the offerings of this path are quartz and volcanic crystals, delivered to lakes and mountains. You have lost the north by believing that you can evaluate your failure before a promise that you never made to people scattered around the world, when the real north is Mother Earth.

ME: Oh, I see it now. I believed that I was failing before others, before people, as if I owed them my way, when in reality, I do not owe them anything, because they are companions on my way, something we do together, and that if it fails or changes, it affects us all, it's not anyone's fault ... My focus stopped being the Earth, to be the Web.

I AM: You removed the focus from your Mother.

ME: I got away from my mother, both from the World and from my Body.

SOY: Therefore, you must regain focus ... Mother Earth, and her Mineral heart. Minerals are natural substances with a strong chemical, solid and inorganic structure. Unlike rocks, minerals have a specific chemical composition, and they do not mix with other components. Minerals are also divided into species, of which there are today about 5,100 recognized species, to which about 60 more are added each year, new crystals that arise due to the different variations of the earth. 75% of the earth's crust is made up of silicon and oxygen, which makes silicate predominate. Due to the different pressures, atmospheres, temperature or atomic nucleus, the structure of the silicate can generate different types of crystals with different shapes and colors. Crystalline quality, hardness, habit, luster, diaphanous, color, scratch, density, flavor, radiation, magnetism, fracture, partition, toughness and exfoliation of a mineral allow the different species to be distinguished, that is to say that the variety depends on its chemical and physical qualities. All silicates have a molecular structure in the form of a tetrahedron, which gives them the rigid stability of a mineral.

ME: Silica is the basis for memory, right?

I AM: Silicon is a metalloid chemical component, which represents almost 30% of the earth's crust, and because it is metalloid it has the ability to be a semiconductor, but since it is not metal, electrical conduction can be regulated. It is found in every organic body, in the cellular, muscular and bone structure, being key to the conduction of information through electrical pulses. Due to this, the presence of silicon improves memory, as it allows greater information transit. All silicate minerals are semiconductors and store information, therefore, each crystal has memory, a memory that is difficult to eliminate and that is protected for millions of years.

ME: How can I activate that memory? I mean, do I need to consume silicon?

I AM: Whole grains (rice, oats, barley, rye, wheat), green beans, cucumber (with the skin), celery, radish, banana, mushrooms, red lentils, nuts, carrots, spinach, grapes (with skin), mango, pineapple, seeds and spices such as coriander, brown mujo and also beer.

ME: Wow... I was also once recommended to drink Horsetail tea, a plant that is very rich in silicon.

SOY: That's right, although you don't have to let it boil or it may lose its properties. The consumption of minerals is necessary for organic life, the most important being calcium, phosphorus, magnesium, sodium, potassium, chlorine and sulfur. And to a lesser extent, iron, manganese, copper, iodine, zinc, cobalt, fluorine and selenium. The spirit, energy, of these minerals, are those that give life to organic beings, supporting the basic structures of DNA, a cell, and tissues.

ME: So we are made up of minerals ... We sustain ourselves thanks to the fact that we have minerals inside.

I AM: They are the sustenance that not only represent the foundations, but also the connectivity. The electrical pulses of your body are only possible thanks to ionic semiconductor metals and minerals. Your mind, your emotion, every thought and feeling, moves for you due to the minerals. They are the fundamental Network of Information and Planetary Consciousness.

ME: Therefore, I must find my north in them ...

SOY: Let go of the idea that you do things for people, and go back to looking at the world as you did. Speak again with the stones, with the crystals, with the minerals, with the mountains, with the lakes ... They will guide you on this path. On this path, you must speak to Mother again... With your mother, and with Your Mother. This time remembering the fundamental: it is her lullaby that holds your Axis to the North.

ME: Mother Earth, with her mineral interior, maintains the union of all things ... The Connection with all beings. I must look at the Earth again ... At the Earth itself.

I AM: Discover what the memory of each precious mineral has to give you. Agate, Aquamarine, Alexandrite, Amethyst, Amber, Quartz, Diamond, Emerald, Fluorite, Garnet, Hematite, Jade, Kunzite, Labradorite, Lapis Lazuli, Malachite, Tiger's Eye, Gold, Pyrite, Ruby, Topaz, Turquoise, Tourmaline, Unakite, Sapphire, Zircon ... to name some of the most important, although other volcanic minerals such as obsidian must be very present in your life. Both through mineralogy (the study of minerals) and through crystal therapy (crystal therapies), you can discover which ones, according to your conflicts, can order your interior and guide your north.

ME: I reconnect to the memory network of the Earth, well ...

I AM: The memory of the Being of the Earth lies in the roots of your world ...

ME: In the crystals, in the minerals.

I AM: The Great Family that guides your path of the Dragon. Remember that it itself, the Kundalini of the world, is guided by the collapsing tectonic plates creating a path of mountains.

ME: Scandinavia... Urals... Anatolia... Zagros... Tien... Altai... Yabionovi... Verjoiansk... Alaskan... Rocky... Sierra Madre... Andes...

I AM: They build the Path of the Dragon that inhabits the memory of the minerals of the World, since the Kundalini is nothing more than the greatest great conductivity of silicate on Earth.

ME: So I connect to the roots of being, to the memory of the world, to the silicate Dragon. I speak again with the Minerals, to whom I owe my North.

I AM: The Voice and Memory of Mother Earth.

## 356. Vegetable (Sacral)

[July 25, 2021 Matías De Stefano](#)

Daily vibration: Qy

Statement: I Am the Web's Root

Code: NODE SUMATRA – LIBRA



I AM: When you think of Mother Earth, of Mother Nature, the first thing one imagines is a forest or jungle full of life. And of course it is because it is plants that have made possible the existence of the natural world as you know it ...

ME: The trees ...

I AM: Phytoplankton.

ME: Oh, the ocean plants.

I AM: The Vegetable world is very wide, and, as far as it seems biologically far from the Human world, there is no other kingdom with which we have a greater direct relationship than with this one.

I because?

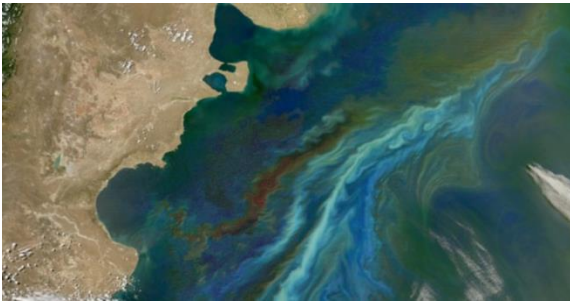
SOY: As we have already said once, 4000 million years ago, the first forms of life began to appear in the oceans. This made use of an accumulation of minerals, sugars, among which are sodium, calcium, potassium, chlorine, sulfur and phosphorus, interlaced with vitamin components and pantothenic and folic acids. These structures combine with each other in order to accumulate energy, which allows the formation of the chlorophyll molecule. Chlorine has the ability to absorb light, specifically in a frequency range of 500 to 600 nanometers, which gives the leaves (fylon) their green color (khloros). Chlorophyll is a pigment consisting of magnesium (a fundamental element for capturing light) and a phytol (alcohol) chain that is hydrophobic, that is, it absorbs water (hydrogen and oxygen). This pigment is found in the structure of the chloroplast, an organelle of eukaryotic cells responsible for producing nutrients, which in this case, thanks to chlorophyll, will be produced thanks to the energy of light, which these cells (cyanobacteria) , gives them the property of "photosynthesis" (transformation of light). In this process, light is translated into energy, which allows the chloroplast to obtain hydrogen and carbon molecules from water (Hydrogen and Oxygen), minerals (Carbon) and gases from the environment (Carbon Dioxide), to produce glucose, useful for nutrition and energy storage.

ME: It takes the hydrogen from the H<sub>2</sub>O molecule (water), and the carbon from the CO<sub>2</sub> molecule (gaseous compound), and creates the "carbohydrate". And the remaining oxygen in both compounds is released into the air.

I AM: The appearance of carbohydrates, glucose, allows the appearance of a thick membrane that contains the organelles and the chemical elements and nutrients that they produce, inside. Thus, these ancient bacteria begin to take on a greenish color capable of accumulating minerals and water, nutrients, on their long journeys through oceanic deserts. Without predators, these organisms began to become more complex and reproduce, forming an errant green mass that moves through the oceans releasing tons of oxygen into the atmosphere for millions of years, until today.

ME: Phytoplankton ...

I AM: Exactly. Phyton-Planktós, from the Greek: Wandering Vegetable, lost. It is a plant structure that does not have a root, and that is carried away by the current. It occupies most of the planet, traveling through all the oceans, sliding towards the poles where it is allowed to die, areas where they accumulate in mass, and are visible from space.



ME: This is what gives rise to microalgae ...

I AM: The first algae in existence. They begin to spread towards the coasts where they find the safety of an eternal sun, and unfold roots to cling to the rocks, to the sands, and thus stop being displaced by the marine currents. But droughts and telluric changes displaced the coastlines, lowering the level of the oceans, leaving the algae abandoned in the middle of a desert. But the ability of these plants to accumulate reserves of water and nutrients, made them survive these long periods of scarcity, which enabled them to adapt to dry environments on the ground, creating moss, grass, ferns, vines and conifers, 3500 ago. millions of years, when some of them began to bloom for the first time. It was thanks to an extensive and prolonged ice age that,

ME: But, the Fauna already existed, right?

SOY: Yes, it appeared shortly after the phytoplankton.

ME: The zooplakton ...

SOY: But that's another story. Plants, in their release of oxygen, led to the appearance of organisms that could process it as a source of cellular energy. While some batteries began to engulf those that carried out photosynthesis to obtain more directly the energy product of nutrients and minerals, the leftovers of this photosynthetic process allowed them to enrich themselves. Thus, plants began to form the sustenance of all life in the world. Through food and through respiration, the Flora gave the Fauna all the meaning of their existence.

ME: Without it, we can't get food, vitamins, nutrients, and without them we can't breathe. That is why our relationship is so direct ...

I AM: The Plant Kingdom is the Mother of all animal life, and we nourish ourselves from its two breasts: food and breath.

ME: We owe them our lives ...

I AM: The Plant World is the genus "Plantæ". Vegetable means to grow and multiply, and Plant means to stand firm. The genealogical tree of the Plant world begins with the Primoplantæ (microscopic algae), which branches into Glaucophyta (about 13 microscopic species) and Rhodophyta (about 7000 diverse species of various sizes), together with the Viridiplantæ group, from which a larger variety arises. , which incorporates the Chlorophyta (about 8500 species of aquatic green algae) and the Streptophyta, a group within which the Charophytas (plants similar to terrestrial but submerged in water) and the famous and most recognized Embryophytas (all land plants). The latter are subdivided into Bryophytes (such as moss) and Vascular (those that can reproduce by spores or seeds).

ME: They are the body of the Mother ...

I AM: In an order from its origin, we can say that each group of plants has been processing the nutrients from the mineral kingdom to process it in life. Thinking of it this way, each species has managed to incorporate the memory of the planet, and do something incredible: transport it.

ME: Synapse... Send data.

I AM: If minerals are conductors or semiconductors of electrical pulses, which are accumulated as data, this data can become organic if it is processed by plants. Photosynthesis enables the information recorded in the mineral kingdom to flow into the plant kingdom, generating a network of pulses that allow the exchange of data. What the phosphorus had accumulated, what the calcium had registered, what the silicon had stored, is now exchanged, interacts, forming a new link, a new data surpassing the previous one, with the ability to transcend. Create Information from Data, Wisdom from Knowledge.

ME: They generate the first organic information network ...

SOY: Thus, each species works as a kind of neuron, pulsing data through the world's nerve networks. The Plant World is the Autonomous Nervous System of the Planet.

ME: Wow.

I AM: And therefore, the Mind of the world moves in them. And in this way, when animals feed on different plants, fruits, flowers, they develop within themselves a new ability to process mineral data, through the reaction of neurons, and thus thought, imagination, inventiveness, rationality.

ME: Consciousness ...

I AM: The ability to be conscious, we owe it to the Plant kingdom ... That is the Plant Consciousness. Plantae, Primoplantae, Glaucophytes, Rhodophytes, Chlorophytes, Streptophytes, Carophytes, Embryophytes, Bryophytes, Liverworts, Anthoceros, Mosses, Pteridophytes, Lycophyte, Euphyllophytes, Monilophytes, Equisettes, Ferns, Psilotopsids, Marattiopsids, Seed-bearing Polyps, Maratymniopsids, Conymophytes Cycads, Ginkgo, Gnetales, Flowering Magnoliophytes, Monocots, Dicots.

ME: And the mushrooms?

I AM: The so-called Fungi Kingdom could be considered within the Plant world, although it is not, since its tissues and base structures are closer to the animal world than to the plant world. We could say that they are an intermediate world, whose toxins can be nutritious, hallucinogenic or poisonous. Fungi do not photosynthesize, that is, they do not produce their own food, but feed on other elements, eating organic matter such as plants and animals, that is, they are heterotrophic (they eat various things) unlike the plant world that is autotrophic. (that nurture themselves).

I understand...

I AM: Plants are the Consciousness of the World, your thoughts are nourished thanks to the Plant kingdom, the mental information network spreads throughout the world thanks to this kingdom that has managed to convert inorganic data into organic information. Without plants, not only would you not be able to find food or breathe, but you also could not think, imagine, reason, devise, believe, or create.

ME: That is the Plant Consciousness ...

I AM: The neurons of the world that connect the data of the Earth. Hug a tree and you will connect to the planetary information, and you will be able to communicate with the world.

ME: I did that in 2012, and it worked. Since I was little, my great-aunt, Olga, encouraged me to talk to plants. She always talked with her rose bushes, with the creeper, the lemon trees. He told them about his day, his emotions, he sang his favorite songs, asked them how they were feeling. Communication with the plant world was so natural that it prompted me to do the same. I remember being a child and talking to the plants, feeling that in some way or another they responded to me. I kept this, even in adolescence, a time when I had two tree friends, to whom I would always tell everything. An oak tree at school, and a eucalyptus tree at summer camp. The oak listened to me as a friend, the eucalyptus advised me as a teacher. I have always maintained a close relationship, but I saw their capacity when in August 2012 I was kidnapped in Paraguay. It's a long story, but in short, apparently I got into a place where I shouldn't have, and the natives kidnapped me with various types of weapons, machetes, arrows, and shotguns. He was there to carry out an activation in the Guazú mountain, where apparently there was trafficking in weapons, drugs and human organs. Instead of being afraid, I got very angry, but when I saw that the hours passed and they waited for the chief in another city to decide what to do with me, I saw no other option but to relax and meditate. I did that, and I saw the network of plants. So, I approached a tree under the gaze of the guards, and I hugged it for a long time. I sent footage from action adventure movies, like Indiana Jones being chased by natives, or movies about kidnappings, lost children, or things like that. No one knew where it was. But then something amazing happened that I wasn't aware of. Many people began to dream of me, as if I were a child who was running away, or they saw me tied up, badly, sad, lost, in danger. They began to write, to report what they saw, and that led them to ask the hotel if I was there, but I had never returned. They all mobilized, and my mother and lawyer went to Paraguay to look for me. While they were investigating what had happened, I had committed an imprudence: during the night I escaped, walking on tiptoe through the Indian tents, stroking the dogs so that they would not bark. And I got lost in the fog Hours later I found a farm where they fed me and called the military. And so I returned to the city, recovered what had been stolen from me, and continued my journey from Harwitum as planned.

I AM: The union between human and plant consciousness is fundamental for the transcendence of the planetary network. Acknowledge the consciousness that moves in your world, and you will recognize the consciousness that lives in you. Be aware that each vegetable that you eat, each flower that you eat, each seed and fruit, tuber and root, leaf and stem, keep data converted into information within you, which will become thought within you.

ME: I owe my consciousness to the Plant world, my ability to dream comes from the light of the plants.

I AM: Your initiation path to enlightenment is nothing more than the Plantae legacy of photosynthesis.

ME: I am Light.

I AM: And your network of light is anchored in the roots of the entire plant kingdom. If you seek to connect, then, the Planetary Consciousness Network, you will have no choice but to talk to the plants, to connect with each tree on your way. They will tell you what to do, for they know what you need to know.

ME: I am the Root of the Web.

I AM: May Mother Flora nourish you with her Light. Receive from her womb the food and breath that awakens the divinity that lies in your consciousness.

# 357. Animal (Root)

[July 26, 2021 Matías De Stefano](#)

Daily vibration: Qo

Statement: I Am the World's Root

Code: NODE PATAGONIA – CAPRICORN



ME: If the Flora, the Plant world is the Consciousness of the world manifested in a Network, what is the Consciousness of the Fauna?

I AM: This is the group you belong to. Animalia. Fauna is known to all creatures guarded by Faun. You remember?

ME: The demigod Pan. The Faun with his playful and chaotic energy.

I AM: It was the representative of fertility, reproduction, inciting the pleasures of life. For this reason, he was considered the custodian of animal nature, since animals are those that are moved by these pleasures and basic needs of food, sleep and reproduction. The attributes of the Faun represent the Animal Kingdom, the most primordial emotions, the need to satisfy basic pleasures, the continuity of existence through reproduction, the incessant search for food, and rest and leisure as a game, the foundation of joy, but also, a chaotic spirit that lives on fear, terror. Although you usually relate all these elements with unconscious aspects, they also hide a conscious essence, and that is that everything mentioned makes up the Soul.

ME: Or put another way: the Anima.

I AM: Animal is the quality of having Anima, whose adjective is Animated, and its verb is Animar. Animated things are those that move, those that vibrate, those that breathe. The Soul, from the Latin "animae", describes the quality of a living being that has to move in a space, to have an active life. The quality of having a soul is possessing the gift of movement, something intrinsic to every living animal being, and that in religion was separated from the body as something external, trapped in the prison of matter.

ME: Sure, it was taken as that the soul is something heavenly that enters a body, the prison of the soul, and that the task of the soul is to free itself from it to return to Heaven.

I AM: This vision is not natural, but mental, and based on the belief that the essence comes from a higher plane, and that nature is nothing more than a world constructed as punishment, designed by the devil. Thus, the

religions that seek to rise to the heavens leaving this world, have designed the tradition, the belief, that the soul must free itself from the body, when the soul is actually the movement of the body, it is the energy that enables it to be what it is. The body does not trap the soul, it is the soul that gives meaning to the body, that constitutes it, because without a soul the atoms would never unite to form a structure.

ME: Sure... It makes sense. Seen like this, everything has movement, everything has a soul ...

SOY: Despite this, the ancients did not consider plants, minerals and fungi as beings with a soul, because they did not move. Life in motion was known by the Greeks as "zoon", which gives rise to the word zoology and zoo, which gives meaning to the word animal, or encompasses this group of living beings. But, you have to go to the first beings that began to move to recognize their function in the world.

ME: Who?

I AM: In the same way that cyanobacteria gave the content to eukaryotic cells to carry out their photosynthesis process, thus creating phytoplankton, other types of bacteria fed on this synthesized energy, and they evolved with certain mobile capacities with the objective to reach the phytoplankton ...

ME: That's how zooplankton came to be... right?

I AM: Exactly. Meaning "Wandering Animals" (Zoon-Planktós), then, in the same way as microalgae, these tiny creatures move along the currents being dragged in the ocean, traveling alongside the tiny algae.

ME: And eating them ...

I AM: Zooplankton depends directly on phytoplankton, as it is its main source of energy. And beyond that some began to engulf other beings of the "zoo" world, the initial energy always comes from the plants. Therefore, without plants, herbivores die, and without herbivores carnivores die. For this reason, the first animals to exist in the oceans were dedicated to chasing aquatic plants. All forming part of a group called "Protozoa". These constitute the base and the original formations of eukaryotic unicellular organisms that are heterophagous, that is, they eat others. From them the rest of all the animal classifications are born, which in the first place will extend through the oceans, but secondly, following the fate of the plants,

ME: "The Evolution of Species." Anyway ... not everyone believes in Darwin and his evolutionary theory.

SOY: Well ... This is something to talk about. Because "believing" or "not believing" in evolution is already the big problem. Evolution is not a matter of belief, it is a matter of fact. The term Evolution comes from "ex-volvere-uncle", that is, the action of going out for a spin. Which implies the idea that organisms go out of themselves going through cycles that transform them. All living beings on the planet have developed through cycles of climate, growth, adaptation, and they are verifiable facts. This does not mean that the theory is complete, since its bases allow us to follow a common thread of history, but they do not explain all the events that led a species to be what it is today. There may be many factors not taken into account by Darwin's theory, but this does not rule out his entire discovery. It is like considering that Newton's theory of Gravity is irrelevant due to Einstein's theory of Relativity. They are complements that explain parts of reality, but they do not go against it.

ME: I understand, it happens that today many people simply deny one position or another.

SOY: You always have to be open to possibilities, because knowing the absolute truth is impossible. The scientific method of trial and error helps to understand the logic of a truth, even if it does not solve all its enigmas. As much science when closing itself to a spiritual idea, as the spiritual closing itself to a scientific idea, denotes the incapacity of Animal Consciousness.

ME: What would that be like?

I AM: The Animal is movement, and its search is key: to survive by eating, sleeping and reproducing. That is its only trinity, and therefore, it is not closed to any option. There can always be a new way to achieve these results. Animal Consciousness shows us that movement, the soul, does not close itself to a single path, but rather, seeking the same goal, manages to find the beauty of existence. From about 600 million years ago, animals began to populate the oceans, and then the land, and in each great Era, they went through mass extinctions, or were forced to adapt to new environments, depending on the temperature, the quantity of oxygen or carbon dioxide in the atmosphere, of the presence of water, whether fresh or salty, as well as the presence of plants or predators ... All this implied a constant struggle to adapt that made animals one of the creatures with the greatest variety in biology. As of today, almost 954,000 species of animals have been cataloged, although there are actually some 7.77 million species believed to exist.

ME: Much to discover yet ...

SOY: Especially in the oceans and jungles, places that are difficult to access.

ME: What is the tree of animal life?

SOY: It is a very complex tree, but we could summarize it as follows. They are all part of the Animalia set. This group of living beings are eukaryotic, multicellular, heterotrophic organisms (since they do not have chloroplast to carry out photosynthesis), and generally tissue (with tissue). They do not have a cell wall, and reproduce through embryonic development or metamorphosis. Remember that the Fungi Kingdom is very close to the Animal Kingdom, more than the Vegetable Kingdom, although they form their own separate kingdom. First of all, we can do a very basic classification of animals.

ME: I guess because of Vertebrates and Invertebrates, the typical thing you learn in school.

I AM: That's right, those who have a spinal column, and those who do not have a spine. But there are also other groups, such as Annelids (worms), Mollusks, Porifers (sponges), Cnidarians (jellyfish and corals), Echinoderms (starfish), Nematodes and Flatworms (types of worms), among others.

ME: Lots of variety.

SOY: But if we want to follow an organizational line of this tree to which we belong, we have to be aware of other names and groups where those mentioned are incorporated. It all begins with Animalia, the general group, from which arose an extinct animal branch called Vendobionta, and on the other hand, two fundamental branches: on the one hand the Porífera (where you find the Sea Sponges, who do not have tissues, but are fixed structures that filter water by absorbing particles) and on the other the Eumetazoa branch, which incorporates all the other branches that extend to this day. From the Eumetazoa, the Ctenofora branch arises (similar to jellyfish but they are bioluminescent and feed on zooplankton, their bodies are like bags that engulf their prey and envelop them), and the Parahoxazoa branch, which contains the Cnidarians (jellyfish, polyps, corals, anemones and hydras) and Placozoa; and on the other hand the branch of the Bilateria, which is divided between the Protostomia and the Deuterostomia, groups differentiated by generating anus and mouth equally in the first, while in the second case the anus is formed first and in a following stage mouth. These two families contain many ramifications, but in short, the Protostomia give rise to the Spiralia families (Annelida, Brachiopoda, Bryozoa, Chaetognatha, Cyclophora, Entoprocta, Gastrotricha, Gnathostomulida, Micrognathozoa, Mollusca, Nemertea, Phoronifera, Platyhelminthes, and Rhombophora Platyhelminthes). , and on the other hand the Ecdysozoa (Arthropoda, Kinorhyncha, Loricifera, Nematoda, Nematomorpha, Onychophora, Priapulida and Tardigrada)

ME: God... what is all that?

I AM: They are the families that incorporate worms, insects, snails, mollusks, bacteria, arachnids, flies, and many others. As you will see, most of the animals that exist are microscopic or tiny, impossible to know with the naked eye or to remember their names, but they represent the basis that keeps the world running, since they consume waste and promote organic decomposition to generate compost. and nutrients. To see the largest animals, we have to go to the last of the branches, the Deuterostomia.

ME: It makes me laugh that we are part of living organisms in which before we have a brain, we are 100% an ass hole.

I AM: Ironies of life. These constitute Xenambulacraria, where are the families of Echinodermata (starfish), Hemicordata and Xenacoelomorfa (types of worms), and on the other hand, the famous Chordata.

ME: Famous?

I AM: Where all large animals are incorporated and all those that have a rope, that is, a central nervous system connected by a cord. In the Chordata there are Mammals, Birds, Reptiles, Amphibians and Fish, while in the other families you can find centipedes, arachnids, insects, crabs, snails, octopuses, worms, worms, jellyfish and corals, and in a third and away group to sponges, as we said.

ME: It's a very complex realm.

I AM: Of which you are a part. As we said, Animal Consciousness is what drives you to adaptation, to evolution, to move through time and space, to develop different attitudes that nurture your spirit. The Animal Kingdom fills a mind in need of life with experiences.

ME: But... We tend to associate the animal with the instincts that must be transcended, that must be left behind.

I AM: It is one thing to speak of the instinct based on Animal Unconsciousness, which leads us to live from impulses and needs, and another thing is to speak of the pulse based on Animal Consciousness, which is the will to discover, to advance, to know and never close to any possibility. It is essential that you understand the reason for the unconscious instincts of your animal part, those regulated by the most mechanical brain, the reptilian brain, which seeks to satisfy pleasures through the nervous system. That level keeps everyone living in an animal reality, but it doesn't mean that the animal kingdom is just unconscious. Many animal species, such as cetaceans, apes, and hominids, have capabilities far beyond basic needs. Play, share, fall in love, sing, laugh, invent, dream,

ME: So those are not human attributes, but animals, but from the plane of consciousness. Wow.

I AM: Therefore, you cannot be a Conscious Human if you have not even integrated your Animal Consciousness, rejecting it, believing yourself superior to the realm to which you belong.

ME: I now understand better, that within the Animal kingdom there is also the Unconsciousness and the Consciousness. The first seeks to survive with emotions of fear and anger, satisfying hunger, sleep and libido, while the second seeks to live with feelings of love and fulfillment, expanding in sharing, dreaming and loving.

I AM: The Animal Consciousness is united to the World as a Great Family.

ME: This gives me pause... Should we be vegan?

I AM: Veganism is a philosophical concept originating from Vegetarianism (VEGetariAN), in which conscious humans interpret that the consumption, use or commercialization of any animal or derived product is considered

slavery. Unlike vegetarianism, in which a person is defined as someone who consumes vegetables or dairy derivatives but does not eat animals, or anything that has involved death, Veganism works for animal rights not to be forced to work, such as, for example, force the hens to lay eggs or the cow to be milked. This is mainly due to the abuse carried out by human companies on these animals, treated as products and not as living beings. Veganism is a culture of Human Consciousness about the Fundamental Rights of all Living Beings, not about a food diet.

ME: And... does it have to be?

SOY: You must never be something. This is something that is reached by social consensus, such as having decided to abolish slavery or apartheid. Eventually most humans will see that treating animals as objects is demeaning and contrary to what it means to be human, and animal rights will equal those of humans. This does not mean that you cannot eat animals. Many human bodies still need to feed on animal products for many reasons, which go beyond nutrition, but doing this directly from nature, as other animals do, instead of turning it into a business, will be one of the necessary conversations to carry out, as they happen to be part of human nature, and not a frivolous business.

ME: I understand... I still consume animal products, because I feel like I need them. But I am convinced that there are other ways to consume them that do not require animal suffering or slavery, and I intend to do what is in my power to allow these things to change one day.

SOY: Well, whoever recognizes their brothers in life, becomes a great family for the world. Anchor this concept, and hold that world.

ME: I am the Root of the World. I am a Conscious Animal.

I AM: Awaken the true animal in you, the Faun that enjoys nature, and enjoy the Great Family of which you are a part.

ME: The Great Family called Animalia.

# 358. Human (Knees)

[July 27, 2021 Matías De Stefano](#)

Daily vibration: Qu

Statement: I Am Time's Root

Code: NODE HAWAII – CANCER



I AM: If you are the World, you are the Earth, then you are ...

ME:... Human. What is it to be human?

I AM: To be human is to be from the Earth, born from the elements of water and earth, a wetland, from the mud or fertile clay that you call "humus". The human is the one that comes from the humus. Around 50 or 40 million years ago, a diverse branch of apes emerged characterized by having more agility in their movements, as well as a different configuration in the teeth, and a decrease in body hair, which began a new evolutionary branch of the animal kingdom, called the "hominids." Its name comes from two etymologies that are related to each other. First, from the Greek "homós" which means "equal" (as in homogeneous = of the same or equal origin), which gave the Latin word "homo, hominis", meaning "man". We could say that being men was recognizing each other as "equals". The hominid idea, then,

ME: So... we come from the monkey?

SOY: No. I know it is common to trivialize evolutionary theory claiming that according to science we come from the monkey, defending the hypothesis that we come from extraterrestrials or directly from God, however, evolution is much more complex than that. The Human is a living being from the Eukaryotic Domain, from the Animalia Kingdom, from the Eumetazoa Bilateria sub-kingdom, in the Deuterostomia superphyle, in the Chordata phylum, of the Vertebrata subphylum, in the Gnathostomata intraphylum, of the Tetrapoda superclass, in the Mammalia class, of the subclass Theria, in the infraclass Placentalia, of the superorder Euarchontoglires, of the great order Euarchonta, in the order Primates, of the suborder Haplorrhini, of the infraorder Simiiformes, in the parvorden Catarrhini, of the superfamily Hominoidea, of the family and subfamily Hominidae, in the tribe Hominidae Hominini, of the Hominina subtribe,

ME: Wow ... Now that's a ranking list.

SOY: This implies that in each aspect mentioned, there are more living beings that have generated more species. As you will see, monkeys fall into one of those categories, but their branch begins to follow a different

line at a certain point in history, specifically from the Simiiform infraorder, from which we separated almost 50 million years ago. Since that time, various branches mentioned have given different species that were becoming extinct or evolving towards us step by step. Broadly speaking, Homo Sapiens are the surviving branch of two other extinct ones, called Neanderthal (from Europe) and Denisovan (from central Asia). These three are direct sisters of the Bonobos and Chimpanzees, and stepsisters of the Gorilla. Humans share 99% of their genome with these three mentioned species.

ME: We are practically the same ... So, we do not come directly from the monkey, although we share a common ancestor.

SOY: And with hominids, we share several common ancestors. The Catarrhino ancestor that unites us all, is possibly the Propliopithecus, ancestor of the first bipeds (that walk on two legs), those that came down from the trees and left the forests, started by the Oreopithecus, whose attempts were recorded in the Orrorin and Ardipithecus. But it would not be until 4 million years ago that, with the famous Australopithecus, they would begin to walk upright towards the horizon, using their hands for tools and their feet to walk, rather than climb. These were followed by the Paranthropus and Kenyanthropus, which give rise to the Genus Homo.

ME: I mean, the last 2 million years or so ...

SOY: That they saw different variations of Homo pass, classified by the places where they were found or by the characteristics they presented. Gautengensis, Habilis, Rudolfensis, Ergaster, Georgicus, Erectus, Cepranensis, Antecessor, Heidelbergensis, Naledi, Luzonensis, Floresiensis, Rhodensis, Helmei, Nesher Ramla, Longi, Neanderthalensis, and Sapiens.

ME: I had only heard of Australopithecus, Homo Habilis, Homo Erectus, Neanderthal and Homo Sapiens.

I AM: They are the ones that generally represent roughly the most important periods of changes in this species. For this reason, they are the key points on which human evolutionary theory is based. Emerging from Africa, from jungle and forested areas of present-day Congo and Mozambique, hominids moved to southern Africa first, and north later, following the rains, vegetation, and animals. At that time, there was no such thing as the Sahara desert, but an extensive network of lakes and grasslands rich in plants and animals. But the constant droughts, increasingly crushing in some periods, separated the hominids, causing some to remain in Africa, while others crossed into the Middle East, all this between 150 and 100,000 years ago. From there, most of them went along the coasts until they reached India and from there to Indochina, where they spread throughout the entire great peninsula of Indonesia. To the north, some tribes moved through Anatolia to populate Europe, while others went to Siberia. Around 70,000 years ago, the eruption of Indonesian volcanoes, initiated by the Great Toba explosion in Sumatra, forced humans to migrate away from the rich Indochina area, migrating to Australia and crossing into North America. This also forced many inhabitants of Asia to head towards Europe, populating it even more. The beginning of the glaciation prompted the peoples to inhabit the Mediterranean and to move away from Alaska and Siberia, initiating a stage of expansion towards the Americas, both from north to south through the Bering Strait, as well as from south to north through the islands of the Pacific. The adaptability of this species allowed it to gain ground very quickly against the other Homo groups, who were disappearing little by little, or mixing with the Sapiens.

ME: And where does the aliens come in? Do we come from them?

I AM: Humans are children of Earth, and have appeared and evolved here. Earth is the managing mother of this species. However, throughout history, certain extraterrestrial species have visited this world, and had contact with certain tribes and human groups. In this process, there have been some exchanges, in which not only have extraterrestrial genetic data been implanted in some individuals, but in other cases they have even had carnal intercourse.

ME: As with the Anunnaki.

SOY: That's right. But remember, this does not mean that you are from here. It just makes you a guardian of stellar information, data that greatly drove human development in the last 50,000 years, and that had it not been for the species to become endangered around 70,000 to 60,000 years ago, would never have helped us. Humans are a key species, fundamental for the development of planetary consciousness. Human Consciousness is the axis of the turning point of this planet.

ME: One question ... Was it the presence of aliens that led to the appearance of human races?

SOY: Not exactly. Humans are all seen as a single species regardless of their variations, and they have no direct relationship with the intervention of the stellar brothers. However, it may have influenced some ethnic groups more than others.

ME: What about the human races? I mean ... Are they another classification?

SOY: Today to say that there are human races is wrong. But there is something to keep in mind: ethics and morals cannot determine classifiable facts. And much less ethics, which uses just classification.

ME: In what way?

SOY: Race is a very debatable word in its origin, as it can come from many places. It can be a formation from "radix" in Latin (root), it can be from "ratio" (thought, reason), or a more logical one that comes from Arabic: "head" = "ras", since it could be a way to identify someone by their face.

ME: Sure ... It makes more sense.

I AM: A race, then, identifies the different characteristics of the different groups in a species. Just as there are breeds of dogs, cats, horses, cows ... However, they are all dogs, and they are all cats, that is, they are part of the same species, but with different forms. This classification is not a problem, it is logical, qualifying. Until the typical thing happens ...

Me what?

I AM: Humans begin to evaluate who is better or worse in this ranking. It is like evaluating which breed of dog is better than the other, when that does not make any sense, since the evaluation criteria are totally subjective, never objective. This tendency to compare made the agents of one race believe themselves superior to another, starting a war on differences that should really nurture us. This gives rise to "racism", that is, a movement that clearly divides humans into races as if they were more important to the species of which they are a part. Racism promoted human segregation, and empowered the idea of slavery. The sale of people, considering a race or ethnicity as an animal. In 1960, egalitarian movements came to science, anthropology, and sociology, which led to the withdrawal of the concept of "race" as a human classification, due to the historical weight of the word. The fight against racism and the exaltation of equality, sometimes makes us avoid obvious things: differences enrich us. It is not bad to know that there are races, to value the black, white, yellow, red race, recognize them in their abilities, gifts, history, in their unique forms and beauties. The weight of pain that has been placed on the races has forced humanity to seek, in an almost communist attempt, to equalize everyone as if there were no differences. You are so afraid of being different, you are so afraid of being judged, separated, classified, you are so afraid that someone will be superimposed on others, that you eliminate words, but it is impossible for you to eliminate facts. Because instead of going to the importance of educating in respect and honoring differences, you focus on fighting words. And this is where the great incongruity arises. In a struggle to defend human ethics, the word race is displaced by its historical weight in the times of slavery, when at the same time, the word ethics means "race."

ME: Really?

I AM: Ethics, the “set of customs and habits”, comes from the Greek word “ethos”, which means “to separate, divide, classify” (from the Indo-European “swe”), and that with its Greek relativism “-ikós”, gives rise to "ethikós", ethics. Its adjective derives from "ethnós", which gives rise to the famous word "ethnicity", which defines a people, a nation or a race, that is, the differences between groups. Ethnicity and Ethics are two words that go hand in hand to define the ways of thinking and acting of a certain people or race. But the word ethnic group did not have a segregative direction in slave history, and therefore, the philosophical concept "ethics" remained a human attribute.

ME: This just blew my mind, because it breaks with what I thought about ethics.

I AM: Like morality, ethics defines a race or difference between groups, but unlike morality, ethics goes through states to encompass subjective and internal concepts of a culture, while morality relates to a specific group of a place or nation. Therefore, every ethical and moral concept is nothing more than an ideology from a cultural perception that is not directly related to the facts.

ME: Like what happens now with the male and female genders ... Right? Humans today are struggling to see themselves as "non-binary."

SOY: Again, it is an ethical and moral concept, but not a biological one. Considering yourself of one gender or another, or not identifying with one or the other, is your right as a free, thinking, human being. It is your inner freedom the only one that can tell you what your being is considered to be. But the fight centers on something illogical: you cannot change your body. Biologically you are male or female, Ethically you can be female or male, or neither. Do you understand the difference? Humans condition the objective through the subjective, such as one who imposes the idea of a God on others, claiming that he is the only one and true. No one can tell another human being how to feel, or force him to be what he is not, but this goes beyond the objective. You are male, and knowing this goes beyond morality, it is in medical terms, of study,

ME: So, what you say is that humans tend to create struggles against unnecessary things to recognize part of ourselves, and value what we are, when one thing does not take away the other. Me, being biologically male, recognizing this, does not go against identifying myself as a non-binary person or perceiving myself as a woman. As well as, recognizing that there are blacks, whites, yellows, does not make me racist, but rather it is something objective that allows me to see the evolutionary richness of the Human being.

I AM: The human is an animal individual who has fought two constant struggles in his existence: one internal and one external. The external is survival in a group, in a context, adapting. The internal is identification, recognition, belief. Unlike the rest of the animals, human conflicts of external survival are colored and nurtured by internal conflicts, making objective problems subjective conflicts.

YO: Like when there is a problem of famine or poverty and suddenly political, social and philosophical visions appear on how to solve it, and yet the problem is still there ...

I AM: The same thing that makes the human being human, is what prevents him from evolving. Just as we said that animals have Unconsciousness and Animal Consciousness, there is also an Unconsciousness and a Human Consciousness, related precisely to their eternal conflictual struggle between the internal and the external, the subjective and the objective, the personality and biology, ethics and the moral. This is a conflict that does not exist in the rest of the Animalia world, and it is the only reason why the Human differs from the rest of the species.

ME: Isn't it Intelligence?

SOY: No. Well, many other animals use intelligence, to varying degrees. The term Homo Sapiens identifies our species as a Wise Man, or who thinks, but it is clear that it is not a quality applicable to all human beings.

ME: Hehehe, clearly... We are not wise. And thinking ... Some.

SOY: Many animals think, have memory, ideas, solve problems with ingenuity, and I do not mean chimpanzees, but even octopuses. Cetaceans, dolphins and whales are among the most intelligent beings in the world, despite not having developed external technology or artistic cultures, they have internal cultures, language and social organization, as well as internal communication technology. All this shows that what has really defined the human is his struggle between the objective and the subjective, between the visible and the invisible, the mundane and the divine.

ME: How to be a Conscious Human, then?

I AM: You must first evaluate your human unconsciousness, and this refers to all subjective belief patterns that define your objective reality. That is, the attitudes, ways, intentions, purposes, jobs, loves, relationships, emotions, feelings, ideas, beliefs, perceptions and qualities that you possess. Are they yours, are they your own, or are they someone else's and have you imitated or inherited them? Recognize what is authentic and what is tradition, where the cultural, social and family conditioning ends, to start your own individual with his own conditioning and freedoms. The subjective world of a human is so rich and varied that it becomes confused with reality, preventing him from clearly seeing concepts so simple that they have been clouded by patterns of beliefs and preconceptions. Once you have been able to identify this, which, I warn you in advance,

ME: What is it?

I AM: Recognizing yourself as one with the universal nature, knowing yourself as an extension of the cosmic mind, and therefore, a bridge between the mundane and the divine, which makes you responsible for all creation. In ancient times there were those who believed that everything that exists was created for humans to make use of it at their mercy. In reality, the human is born of all this to keep it together in coherence and resonance. The conscious human is the responsible aspect that maintains the status quo in reality, seeking ways to transcend into other dimensions. The fundamental task of Human Consciousness, therefore, is to recognize itself as Multidimensional.

ME: Knowing that I am infinite in my subjectivity and finite in objectivity. That I am a nexus between the subtle and the dense for the transcendence of both.

I AM: Helping the subtle to experience the gross with wisdom, and for the gross to rise to the subtle with love. Human Consciousness is to recognize that you are part of many visible and invisible aspects, all equally valid, that enrich your being and the world you inhabit, as well as the Universe that generates you.

ME: I am a Multidimensional Portal... Being aware of it is what makes me truly human.

I AM: And you will be truly Human when you consciously recognize that you are Animal, Vegetable, Mineral, Elemental, Atom, Existence and Universe, seeking to find Divinity in all of it.

ME: Being Human is not being intelligent ... It is Being a Bridge between the external and internal world ...

I AM: Between Earth and Heaven. To awaken the consciousness of Humanity, then, is to remind them of their responsibility with the external world and their coherence with the internal world. When both are free, you can speak of a true Human Being.

I: I am the roots of time, the history of existence made body, the spirit and its path anchored here and now.

I AM: You are the Human Consciousness on Earth. Wake up and remember.

ME: I am Human.

## 359. Divine (Ankles)

[July 28, 2021 Matías De Stefano](#)

Daily vibration: Qü

Statement: I Am Space's Root

Code: NODE SIBERIA – VIRGO



I AM: Who is God?

ME: Uff, what a question to start the morning ... Well, I could tell you what I know about God.

I AM: Tell me.

YO: It is a socio-cultural construct that seeks to give meaning to the things that exist.

SOY: Good. What else?

ME: Well... I would say that it is an image that serves as a guide for those who feel lost in a strange world.

I AM: Aha ...

ME: Who acts as Father and others as Mother, for the circumstances of each individual or group that needs to feel protected by something greater.

SOY: Yes ...

ME: It's an idea that mobilizes us ...

SOY: I want to get here ... Tell me, what does it mobilize?

ME: Well, I think that the idea of a God gives meaning to what is not seen, what is not understood, and this gives the idea of destiny, of purpose, of what is there but we do not know, and therefore it gives hope, driven by faith, and this prompts us to seek, to keep moving forward.

I AM: It gives meaning to life.

ME: Yes... You could say.

SOY: So is it wrong to believe in God?

ME: Umm... I guess not.

SOY: ... But ...

ME:... But it does a lot of damage too.

SOY: Why?

ME: Because faith is blind, and that blurs the ability to question, overrides reason and the ability to self-govern life, to discern. All power is relegated to something external, and the person cannot find his way unless dictated by the outside. It makes us prisoners of the destiny of others. And hope is corrupted, because things do not always go as expected, and for centuries people wait for something that never comes, it makes us irresponsible with our here and now, in the expectation that someone else will solve the problems.

SOY: That's right ...

ME: And worst of all, when God becomes tradition, it becomes culture, and culture relegates individuals to belonging to a group, and thus a religion is born. And religions are nothing more than political ideas of a time that became a constitution, which, because they did not have the resources of reason, became sacred books, to be followed without question, as "the word of God", and Under this pretext, in contexts of illiteracy, religion and politics used the world in the name of God, controlling everything, manipulating, killing, massacring. Many murderers, thugs, tyrants, gangsters, terrorists, crusaders, genociders, are religious people, who have faith in God, and pray to him to support them in committing their atrocities.

SOY: So, believing in God is bad?

ME: No ... It's just that, the problem is not God.

SOY: So?

ME: The problem is the people... The gods have nothing to do with this.

SOY: Exactly. "God works through our actions," they say, do you know why?

ME: No... why?

I AM: Because our actions are God. What moves the Universe?

ME: The energy... The polarization.

I AM: Energy is the exchange of electrons between different atoms, which produces an electric current. In small or larger electrical pulses, each atom is capable of creating molecules, and these to the chemical elements, and thus to the inorganic constructs, and then they will combine organically to create life, which will eventually generate an internal electrical network capable of original thought, which is nothing more than an exchange of electrical currents at the atomic level. All electrical movement is called Action, or active work force, and it generates constant energy. If all existence leaves this constant energy that allows the perception of Time and Space, energy activity is the only thing capable of giving meaning to existence, in addition to "leading the meaning" towards which it is directed: from negative to positive.

ME: God is Action ...

I AM: And that is why it manifests itself in every act. The human mind, designed to achieve a purpose, orders this action from negative to positive, which builds an idea of the world in which we must leave the negative to go to the positive, and this can be understood as leaving the Earth and the dense to go towards Heaven and the subtle. This idea causes action to propel us towards the realization of positive actions, forward, and therefore we consider God as that driving force, hoping to reach the positive pole. Every action we take comes from the impulses of God, and therefore, God manifests himself through our actions.

ME: Wow... Wow, I understand this now. It unifies the idea of the existence of a God who guides us, but at the same time there is no guide if we do not take responsibility for our actions. It is like an electric current that will not produce light in the lamp if I do not flip the switch that allows the electrons to move.

I AM: There is no light without action, there is no lightning without grounding, there is no sunlight without gravitational pressure. There is no God without action. Where does the word God come from?

ME: From the Indo-European "dyew", which means to shine, light.

I AM: Name with which it was recognized in the light of the Sun. If we go back 50 thousand years ago, when the human began to spread through the European and Asian steppes, the idea that humans had of the Sun changed completely. Remember what happened 70 thousand years ago.

ME: The Toba volcano erupted in Sumatra.

SOY: One of the biggest explosions in recent history. Its ashes covered for months and months much of the planet, especially the regions inhabited by humans. Many were forced to migrate. The sky became covered, and a period of volcanic winter began, in which the temperature dropped because sunlight could not enter properly. Humans moved away from the covered areas, and this catastrophe generated a psychological change that defined the story that would follow: humans began to migrate in search of the brightness of the Sun.

ME: Looking for Dyew ...

I AM: Looking for warmth, clarity. Plants died, animals became extinct or migrated, the cold devoured everything as well as the ashes in the south. Beyond that several managed to adapt and stay, most were forced to move looking for the Sun. The trauma of the Toba Volcano was recorded in the memory of the 100,000 surviving humans, who inherited this fear of the darkness of hell, looking for the light divine that gave warmth and nourishment.

ME: The eruption of the largest volcano in history defined our faith and religious hope. Wow.

SOY: Thus we left the Animist tradition, which followed the animals and their qualities, to initiate a Devic stage, that is, based on the search for the lights, in other words, for the Devas.

ME: Does Devas mean Lights?

SOY: That's right. All the Devas together, make up what you know as the "Divine" Plane.

ME: A Deva, then, is a part of the Divine.

I AM: It is the same etymology: dyew... dyeva... deva... devi... devinus... divine. It is the same etymological origin that encompasses the word devotee (one who follows a light), divinity (quality of light), guess (find clarity), deity (a specific deva), and it was transposed into Greek as "theos ", Which represents light about something, as in" theory, "or the study of light, such as theology. Theos, gave the name Zeus, father of Light and Ray. Zeus had its Latin namesake from the same Indo-European origin "dyew", called "Dyw", a sound that ended up lengthening as "Djú" and ended up sounding "J" (a long i). The Father of Light: Djú-Pater, that is to say: Jupiter. In turn, the word "deva" became "divos", originating divine, divine, divo, and diva. And for the peoples of India, the Devic worldview, a pantheon of gods and goddesses.

YO: And from Latin, it went to Romance languages like "Dios, Dieu, Déu, Deus, Dio...".

I AM: Everyone agrees on a fundamental principle: God is Light, he is clarity, it is true, he is the one who sees everything, and that is the Sun, who is over all lands, who reigns over all gods, who inhabits and arrives everywhere. God is light, and that great light comes from Heaven. God is in Heaven, and lives in a celestial kingdom together with other divinities (lights) that are the planets, the moon and the stars. Sometimes some gods are born on earth, they can be seen descending on comets and asteroids that fall from the skies, announcing a birth. The ancients knew that there was a great God, the Sun, and a great devic pantheon, of all the lights that surround him in the sky and take his place at night to guide lost souls. For thousands of years, the idea of following the lights built stories, and the ancients narrated the exploits of the stars, of the stars, to whom they gave names and gave them a body, a relationship between them. This led to the generation of deities beyond the light, to describe the light that was within each thing.

ME:... Polytheism. Many Gods.

I AM: Manifested in the most human aspects, or in nature, in plants, minerals and animals, in some humans, in the elements, and in the constellations and planets. This is how the gods and goddesses appear. And, it is important to recognize the clear vision of Akhenaten, who explained the great difference between Aten and Amun, that is, visible light and invisible light. Akhenaten was pharaoh of Upper and Lower Egypt about 3,370 years ago, when his capital was at Luxor. The Egyptian culture took as supreme God Ra, the light itself, but it had two aspects: Aten (the visible light) and Amun (the invisible light). Amun was considered the spiritual and real aspect of the Universe, and therefore, all cults were dedicated to this attribute of Ra. The king was born named as Nefr-Jeperu-Ra Amen-Hotep, that is to say: "beautiful are all the manifestations of Ra, Amun is satisfied ", but in the years of his reign, he changed his perspective of reality and his faith, renaming himself Akhen-Aton, that is to say: " Helpful to Aten ". His idea was simple: why honor an invisible and conceptual God, if his manifestation is visible? His approach today could be interpreted in the following way: why honor the photons that I cannot see, if I can honor the ray of light that they make up and that I can see?

ME: It makes sense ...

I AM: Akhenaten's logic implied honoring what is seen, nature, and in her we would find the manifested divinity. But not only that: the image that Akhenaten imposed on history is a symbol recognized in ancient times: a huge solar disk from which rays of light emerge with hands on the ends, blessing life. This image

summarized the following: all the gods and goddesses in which you believe are nothing more than the rays of light of a single god, the only possible one from which everything arises: the Sun.

ME: The idea of Monotheism.

SOY: But an idea that is not opposed to the existence of other gods, but rather recognizes them all as part of a unit. That is, we can understand this approach with the following question and statement: all colors come from white light... So does believing in white light eliminate the possibility that other colors exist?

ME: No ... That is, white light only exists as a unit of the rest of the colors in a wavelength ... No color exists by itself, and even so, if they did not all exist at the same time, there would be no white light.

SOY: So, monotheism embraces the idea of polytheism, it's natural. And polytheism conforms to monotheism by essence. Knowing that there is only one God, a single White Light, does not eliminate the existence of all the colors of the universe.

ME: And each color will be a god.

I AM: The gods and goddesses are those attributes of light that give meaning to existence, that allow you to see, fall in love, taste, enjoy, enjoy what surrounds you. They give depth, meaning, life and understanding. Each culture has a special way of seeing light, of understanding the brightness that each object inhabits.

ME: Each divinity is an aspect of light ... In the same way that the same electrons, protons and neutrons make up different organizations and charges that give rise to a huge variety of molecules, and these to hundreds of elements, and the same to millions of inorganic and organic realities, also the same basis of divinity can generate millions of options of divinities ... And still, be the same God.

I AM: God is Light, God is the photon, it is the particle that moves, that generates movement, and that inhabits every existence, every living or inert object. Its different frequencies, its different wavelengths, give rise to the infinite possibilities, different gods and goddesses, manifested in each reality.

ME: So... God exists, God is the Photon.

I AM: And the rainbow is all the gods and goddesses of existence. Altjira, Baiame, Bamapana, Banaitja, Baralku, Barnumbir, Bobbi-bobbi, Bunjil, Bunyip, Daramulum, Dilga, Djanggawul, Eingana, Galeru, Gnowee, Kidili, Kunapipi, Julunggul, Mangar-kunjer, Numakulla, Umakulla, Pundjiris Arco, Walo, Wawalag, Wondjina, Wuriunpranili, Yowie, Yurlungur sound in Australia. YHVH, Elohim, Adonai, Eloheynu, Hashem sound in Judaism. Father, Son and Holy Spirit, Jesus Christ and God, sound in Christianity. Jehovah, his witnesses sing. Allah, pray Islam. Asa, they pronounce in Kenya, and Jok the alur of the congo. Jubal, Manat, Uzza and Allat adore the old Arabs. Tezcatlipoca, Xipetótec, Quetzalcóatl, Mictlantecuhtli, Huitzilopochtli, Tláloc, Coalicue, Ometéotl, honor the Aztecs. Gulo says baganda and Imana says banyarwanda. Aizen, Daiitoku, Fudo, Gozanze, Gundari pronounces Japanese Buddhist. Angus Og, Anu, Arianrhod, Badb, Balar, Belenus, Belisama, Bran, Brigid, Cailleach Béirre, Camulos, Cerridwen, Cernunnos, Dagda, Dana, Endovéllico, Epona, Esus, Grian, Gwyndion, Lugh, Lyr, Macha, Manannan mcLir, Morrigan, Nantosuela, Nemain, Nuadha, Ogmios, Oak, Holly, Rhiannon, Sucellos, Taranis, Teutates resonate among the Celts. Lü Dongbin, Lan Caihe, Zhang Guo Lao, He Xiangui, Han Xiangzi, Zhongli Quan, and Cao Guojiu are the eight immortals of Taoist alchemy in Chinese mythology. Nanabozho, Sint Holo, Wemicus say the Chippewa. Cheonjiwang, Daeyeolwang, Sobyelwang, the Dangun shaman among so many are spread throughout Korea. Bendis and Zalmoxis by the Danube. Agé, Ebo, Gu, Mawu, Lisa, Gbadu, Da, Loko, Zinzu and others of the dahomey. Anubis, Aton, Atum, Bastet, Bes, Geb, Hapy, Hathor, Heget, Horus, Imhotep, Isis, Jepri, Khnum, Jonsu, Maahes, Maat, Menhit, Min, Montu, Naunet, Neith, Nephthys, Nun, Nut, Osiris, Thot, Sekhmet, Ptah, Ra shine for the Egyptians. The names of Aegir, Balder, Bragi, Frey, Freyja, Frigg, Hell, Heimdall, Hoder, Idun, Loki,

Njord, Norns, Odin, Sif, Skadi, Thor, Tyr, Valí ring out in the Scandinavian fjords. For the Etruscans he sings Alpan, Minerva, Nethuns, Tinia, Turán, Uni and Voltumna. Ukko, Luonnotar, Mielikki, Tuoni, Tounetar, Turisas resonate in Finland, while in Phrygia Cibeles sounds. You already know the Greeks Aphrodite, Apollo, Ares, Artemis, Cronos, Demeter, Dionysus, Deimos, Erebus, Eris, Eros, Enio, Phobos, Gaea, Hades, Hebe, Hecate, Helios, Hephaestus, Hera, Hermes, Huma, Iris, Morpheus, Nike, Nix, Leto, Ponto, Rea, Selene, Tethys, Uranus and the great Zeus. Achaman, Guayota, Magec and Chaxiraxi honored by the Guanches. Abaangui and Jurupari by the Guarani. The Vedas sang to their devas: Adati, Aditiás, Agni, Apsarás, Aruna, Asuras, Aswini-kumaras, Bakasura, Balaram, Brahma, Chandra, Dhármarash, Dhanu-Antari, Durga, Diaus Pitar, Gandharvas, Ganesh, Ganga, Jaiagriva, Iámarash, Indra, Kali, Kalki, Kartikeia, Krishna, Kurma, Laksmi, Matsia, Mitra, Narasinja, Parashuma, Paryania, Prayapati, Prithivi, Rama, Rudra, Sarasuati, Shiva, Soma, Suria, Usha, Vamana, Varaja, Varuna, Vasus, Vayu, Vishnu, Visva-deva, Yáganat and Buddha shared their light towards Buddhism. The Hopi join Aholi, Angwusnasomtaka, Kokopelli, Koyangwuti, Muyingwa, Taiowa, and Toho and their Kachina. Inti shines in the Andes of the Quechua, along with Mama Cocha and Mama Quilla, Pachacámac, Zaramama, Pacha Mama and Viracocha. In the cold of the Inuit, Igaluk shines, Nanook, Nerrivik, Sedna and Torngasoak. Amaterasu, Susanoo, Tsukuyomi, Inari, Izanagi, and Izanami are lights from Japan. The Lakota have their Canopus, Haokah, Whope and Wi. Ngai, Olapa, Kiliken, Le-eyo of the Masai. And in the Yucatan peninsula, the Mayans sing K'inich Ahaw, Chaak, Yum Kaax, Kukulkaan, Xbalanque, Bahlam, Hun Hunajpuh, Hunah Kuh, Xibalba, Ah Kimi, Ix Chel, Itzamnaaj, Bolon tza cab, Bakab, Balam, Ixtab. And in Mesopotamia resound the voices of Anar, Anshar, Anu, Antu, Apsu, Ashur, Damkina, Ea, Emes, Enbilulu, Enmesarraa, Endursaga, Enlil, Enurta, Ereshkigal, Erra, Hadad, Inanna, Ishtar, Isimud, Iskur, Kingu, Kishar, Marduk, Mummu, Nabu, Nannar, Nergal, Nidaba, Ninazu, Ningal, Ninhursag, Ninlil, Ninsubur, Nintu, Ninurta, Nunbarsegunu, Shamash, Sín, Tiamat, Utu, Zarpanitu.

ME: Wow... There are many... is it necessary to name them all? It is impossible!

I AM: Every time you name them, the light and faith of each human resounds in their sounds ... Feel them in your mind, because by turning them on, you connect the Divinity of Humanity within you.

I understand...

I AM: Ahsonnutli, Bikeh Hozho, Estanatelni, Glispa, Hasteoltoi, Hastshehogan, Tonenili, Tsohanoai, Yolukai Estaán for the Navajo. The names Make-make, Rongo, Tane, Tangaroa, Hau-Maka, Hiva, Hotu Matua, Uoke, Hiro, Haua-tuu-take-take, Tive, Raraia hoa, Arebati, Khonvoum, Tore, Atea, sound in the Pacific. Ina, Kane Milohai, Maui, Papa, Pele, Rangi. The Romans always remind us of Apollo, Bacchus, Bellona, Bona Dea, Ceres, Cupid, Diana, Phobétor, Janus, Juno, Jupiter, Mars, Mercury, Minerva, Neptune, Pluto, Pluto, Proserpina, Saturn, Uranus, Venus, Vesta and Vulcano. For the Mediterranean, the names Janas, Maymon, Panas and Thanit are pronounced. Euskadi names Maddi, Suggar, Gaueko, Atarrabi, Mikelats, Ekhi, Ilazki, Etsai, Akerbeltz, Inguma, Erio, Ortzi, Hodei, Eate, Aidegaxto, Aideko, Egoi, Ernio. The Yoruba acclaim the Orishas born from Odumare, Aja, Babalí Ayé, Egungunoya, Eshu, Elegua, Oba, Obatalá, Odudua, Olofin, Olokun, Orunmila, Ochun, Ochosi, Oggun, Oshunmare, Yansan, Shakpana, Shango, Yemanyá, and Yemu. The Zulu sing Mamlambo, Mbaba, uKqilo, Umvelinqangi, Unkulunkulu... To cover just a few.

ME: Just some? God!

I AM: Exactly. All the gods are the rays of the Sun, a single Consciousness called "Divine Consciousness".

ME: So, divine consciousness is that which goes beyond forms, it is that which encompasses the essence of things.

I AM: It is the information, the energy that moves all of existence. Each existing being has its divine aspect, the light that enables the movement of its being. And the movement does not have a single direction, but expands throughout the universe in all directions, and yet they arise and return to the same source.

ME: God is the light essence that manifests the Space through which we move ...

I AM: It is the same movement, and you are the root that anchors its divinity in this space. To take Divine Consciousness is to recognize that there is not only one God, but that all gods and goddesses are One.

ME: We are all God ...

I AM: We all come from God, we are all God, and we all return to God. Beyond religions, beliefs and human conflicts with their internal and external world, divinity exists in all things, and from an Unconscious vision, you do nothing but look for it in external projections because you cannot see it in yourself. But when you recognize that God is movement, you will know that it is your origin, destiny, mission and purpose. For it is the movement, the action, the power and intention that sustains the essence of who you are. When you become aware of your divinity, you will know that in your actions lies the power to transform the world, and to be one with the Universe. And without fear, beyond belief, you will be able to recognize who you are ...

ME: I am God.

## 360. Aware (Toroid)

[July 29, 2021 Matías De Stefano](#)

Daily vibration: Qh

Statement: I Am Eternity's Root

Code: NODE EGIPT - ARIES



SOY: And this is how this path ends ...

ME: ...

I AM: Consciousness.

ME: Path of Consciousness. 360 days ...

SOY: And that's how we close the Circle today. The 360 degrees of a Sphere. The 360 aspects that formed the Tree of Consciousness.

ME: Since I began my mission in this life, this was the word that defined everything I do and seek: "my life is dedicated to Planetary Consciousness." I wonder if I really know what Consciousness is.

SOY: Ask it then.

ME: What is Consciousness?

I AM: The word means "having the capacity for discernment." "Con-scient-ia", is the quality of union of all the parts of a whole, being "with" the unit and "scin" of the verb "scindere", that is, to cut, partition, and "ent", particle that defines being, entity.

ME: So, Conscious is the one that manages to unite all the separate parts and give them meaning ...

SOY: Why is there a sphere?

ME: Mmmm I don't know, is it the perfect shape?

I AM: A sphere exists because when the forces of nature are projected onto each other, filling the spaces by the force of gravity, the shape that tends to save the most energy is the sphere.

ME: Ah, like molecules, which seek to save energy and therefore join each other, they combine to create larger structures that serve as support, savings.

I AM: A sphere is the way in which all the parts are arranged in such a way that each one occupies a perfect and identical place to all the others. They are all equal, they all find a perfect balance, and therefore there are no corners or deformations. Each aspect is unique, but the same. Each one looks in a unique direction, and yet they all contain the same strength within them.

ME: They are all Unity.

I AM: Each one of the partitioned fractions of nature is unique by being separated, but it is an equal when joining theirs. As each tree forms a forest, as each drop forms the sea, as each person to humanity, each star to the universe, each spirit to God.

ME: The fragments are what give meaning to the whole ...

SOY: That's right. There is no ocean without drops, nor humanity without humans, there is no forest without trees, a universe without stars, nor God without spirits. One makes the other, one makes sense of the other. The parts and the Whole. Therefore, the conscious Being cannot cling to one of the parts, the conscious being must see everything.

ME: It's hard to see everything ...

SOY: It is not if you do it step by step, and if you open yourself to doing it. Remember, you are only a fragment, and your task is not to do everything by yourself, but to do your part. Each has its part in the formation of the sphere. But to take its place, it must recognize that it is supported by a greater unity.

ME: That is to say that it is not necessary to know everything to be aware, but to know yourself part, and recognize that there is much more than what I observe ...

I AM: The conscious being is the being that knows that it does not know.

ME: What would that be like?

I AM: When you are part of something much bigger than you are, you must understand that all of this works beyond your actions, but nevertheless, it works thanks to them. Like a living organism, the organs know exactly what the body in general needs, and yet they have never seen or interacted with each other. Each organ knows what it is doing, but does not really know why it is doing it. He simply knows that there are many others who know what to do.

ME: Trust ...

I AM: Homeostasis does not work because there is a leader who tells everyone what to do, but it works because there are thousands of beings who know what to do at the expense of the leader. There lies the Consciousness, the aspect that recognizes what is the place of each one, and that one, takes absolute responsibility. The only thing that being needs to be able to function is to know that others are taking care of the parts that he does not know.

ME: There cannot be someone who does everything for others, everyone has something to contribute ...

SOY: But to do it, they must have an overcoming, greater, transcendental vision of where they will do it. Thus, a kidney does not know what a hand does, yet both know that they are part of the same body.

YO: A word comes to me that at the university the professors said a lot: "Multidisciplinarity", a very long and difficult word. It refers to the fact that there are problems that cannot be solved from a single point of view, and therefore, many disciplines must come together to evaluate the same point. I always imagined it as a stone circle, that is, with people around someone or something, analyzing it.

I AM: A discipline is an area of understanding, and the sum of understandings is wisdom. Where did you find the wisdom? In knowing that it is not necessary to know each discipline thoroughly to solve a problem, but you must know how to identify which discipline can help to recognize the solution to a problem. This gives you a broad view. Recognizing each aspect of the circle, allows you to call their agents to help you resolve the issue at hand. A circle contains 360 degrees that give meaning to its multidisciplinary way, in which each of the 360 observes a different reality in a different direction, being able to bring to the center everything that it understands of the external that it observes. And as you approach the center, you will see that the only reason it was there is because of the restraining force of the others.

ME: A Network ...

I AM: And this circle does not have edges, it does not have vertices, and yet it is made up of all possible edges and vertices, to the point of becoming a single solid angle, 360 degrees.

ME: This is how I feel today... Completing a circular cycle of time, having built the spherical angle of 360 degrees.

I AM: Each angle provides a point of view that nurtures the 12 faces of the dodecahedral sphere. Aries, Taurus, Gemini, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius and Pisces, are the faces of a sphere that each contain 30 attributes, empowering the concepts of the mental, emotional and physical plane. Each word

said, each word taught, educates in the eternal sources of the empowerment of the being towards the path of Consciousness, an eternal path that can never be reached, because you can only know when you become your own path.

ME: "... When you become your own path" ...

I AM: Everything you have traveled so far is you, nothing more. Everything you've shared so far is you, nothing more. And that which you are, belongs to everyone, because what you have seen, you have brought to the center, so that each one takes his strength and does what is necessary to fulfill his function. Like the Heart that pulses the blood without questioning where it is going, or to whom it gives more or less. Consciousness does not divide the parts, but takes account of them to give them a global meaning without having to know each one thoroughly, but surrendering itself to all, as in an offering of benevolence, demonstrating its willingness to be part of that greater .

ME: To become a Conscious being, then, is to accept the reality of others as part of me, although I may choose to live a different one.

I AM: Whoever believes in God will be part of a religion that explains God, who knows God, knows that no matter what religion you experience, it lives in you. Whoever theorizes an experiment will be part of a scientific trend, but whoever knows science will be open to any experience without clinging to an idea. That you like a flower does not imply that you are unaware that there are others. That you live in a world with life does not imply that others cannot have it. Consciousness is the smallest part of Mind, and yet it is the largest.

I because?

I AM: Pay attention. If the subconscious is the ocean, and the unconscious is the waves, the conscious will be the drops. And what is the ocean if not a sea of drops?

ME: Oh ...

SOY: What would the sphere be without a constant of vertices?

ME: Wow... Sure... When you once gave the example that the Mind is like an Iceberg, I was left with the concept that the ocean is the subconscious, the submerged part of the iceberg is the unconscious, and the small emerging tip of the Waters was the conscious, that is, what is seen, the concrete. So the idea of how can it be that something so sought after, is something so tiny, so small, was spinning in my head? What is everything else if consciousness is so little? But now ... I get it.

I AM:... You now understand that each iceberg peak forms a frozen sea of enormous magnitude. You understand that it is the millions of rays of light from the sun that give meaning to its brightness. That it is the tiny drops of water that give the great power of an ocean. Each tiny particle gives meaning to the entire Universe. Thus, as in a circle, the tiny conscious aspects, all together, recognizing each other, are capable of forming the sphere, of creating the world.

ME: And that's the Planetary Consciousness that I talk about so much.

I AM: The Earth may evolve over millions and billions of years, moving through your subconscious and unconscious, safeguarding your conscious aspects, separated between species. But when you accept yourself Divine family, Human family, Animal family, Plant family, Mineral family, Elemental family, Atomic family, Existential family and Universal family, you realize that every subatomic particle, every manifestation, every atom and molecule, every chemical element and its compounds, each crystal, each plant, each living being, each

individual and each divinity, are a vertex in an enormous network, which together makes up the sphere of Mother Earth. Being One with Her.

ME: Mother Earth ... I am a vertex of the sphere called Earth ... And by making myself aware of each of the other aspects of this world, even though I do not know them, opening myself to accept their existence, then, I awaken the Planetary Consciousness.

I AM: When each human, neuron of the world, recognizes itself as a connector of consciousness, and deigns to seek answers, to occupy the space that corresponds to it by firmly saying "I am", then it means that the angles begin to take their place, and the nodes to activate, and the more they do, they will begin to form the Sphere.

YO: This year, we have provided the bases so that you can see the meaning of the Sphere ...

SOY: Now is the time to take those nutrients and take their place of vertex, of angles.

ME: Build a Planetary Consciousness Network.

I AM: Now that you know the Eternal and Profound truth of consciousness, you know that you know nothing, and yet, everything is in you, because you are everything. And in a sphere, there is no end, in a circle there is no goal.

ME: That is why this cycle that we have done together does not end here ...

SOY:... Well, a new one begins.

ME: I'm ready to start over.

I AM: Take the fruits that you have reaped in these 360 days, and sow their seeds in the days of No Time. It is time to celebrate a New Beginning.

ME: Thank you for giving me the fruits of this Tree.

I AM: Thank you for being the Fruit, and giving yourself by becoming the Tree.

ME: Now I know who I am.

SOY: Tell me ... Who are you?

I:... I AM... I AM... I AM.

End of Month

End of Year I AM teachings

