

# Month of Capricorn 2021

## Conversations between I and AM

### By Matias De Stefano

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## 151. Mentalism

[January 1, 2021 Matías De Stefano](#)



ME: First day of the Year 2021 finds us beginning the Mental week of the Atlantean month of Capricorn. Yesterday we explained that the year really ends on December 21 with the Solstice, but that ancient traditions celebrated this end of the cycle for 10 days, what they called "Saturnalia Holidays", which ended on December 31, where the God Janus was honored. , two-faced god who looked to the past and the future. Jano names the month of January, and announced the return to work after the holidays. Saturn was the god of Agriculture, and because it was winter, he was honored to give good crops after the shortage of cold. Once celebrated, it continued with the fundamental task of Saturn: work, and in case there is any doubt, this is the key that makes Capricorn. So we start this new year with the energy of work,

I AM: Saturn is ruler of Capricorn, working the land gives rise to the word toil, labor, a task that ancient slaves performed under the pressure of a three-bladed whip that in Latin is unified as "tripalium", originating the word Work.

ME: I work as a punishment, and I work as a sowing necessity.

I AM: The word "work" has a connotation of guilt, pain, slavery, something very characteristic of Capricorn energy.

ME: It's true... As a Capricorn rising I can tell what it feels like... It's like it's never enough. It is always seeing the negative, the fact of not being enough, of not feeling worthy, that you have to do hard work to achieve your goals, sacrifice, get your hands dirty on the ground to have good results, and gain the patience to watch the fruits grow.

SOY: "It's never enough" could translate into "You can always improve." In this way, we can take the positive aspect of this sign that will accompany us for 30 days. Humans live today in a society that no longer has physical slaves, but psychological ones. Most of humanity is enslaved to a system that they support themselves. It is dependent on links, controlled by need. Globalizing competition has sown the seeds of ineffectiveness in all corners of the world, where people struggle to be better. And in a world with so much potential that it competes to be similar, the frustration is rampant.

ME: Yeah, it feels like no matter what you do there is always someone who is doing better. The competition to achieve the objectives is such that instead of making ourselves grow and develop in our abilities, we spend more energy in seeing what others are achieving and seeing if what I do is worth it. It has happened to me many times, that when I see the things that others have achieved, I look at myself and feel that I have not done anything. And of course, then many people come who tell me everything I have achieved, and what I have done, and perhaps they also observe me as I observe others who have achieved so much ... But that feeling is still there ... "I can do better ... "

I AM: The tireless Capricorn who never stops thinking about work, solving things, improving himself, building on increasingly stronger foundations. Well, what Capricorn seeks most is the assurance that what he is doing will be useful. You can imagine this sign as an Architect, who is wanting to build the tallest building of all to have the best vision of all. But each new floor you add, instead of making you feel closer to heaven, it makes you feel insecure about the foundation. What if they are not well reinforced? What if you have to add more weight to the base? What if you have to distribute it with some buttress? What if I put hexagonal arches? Will the base be wide enough? What if it isn't and the building collapses? "

ME: The building will never finish.

SOY: You will never be able to see the views because you are so focused on the foundations. That is why it is so slow in its processes, because it fears ending something badly, and prefers never to finish it but to make it perfect. Capricorn is the King of Structures.

ME: What are structures?

I AM: Structure comes from the Latin "struere" which means "to gather or pile up". The union is forced, and Capricorn is strengthened in such unions. What unites are patterns. Patron comes from the Indo-European "pater" which means "to defend" and gives rise to the word father. A pattern, therefore, is data that provides security.

ME: Who?

I AM: To the mind. Every living thing needs to feel safe. Security occurs in the balanced exchange of energies or in the conformation of a stable structure, either on a physical level as a house, on an emotional level as a family or on a personal and mental level as a belief. Thus, in the search for security, the mind looks for patterns, external concepts that can be interpreted as containment shields in the face of the fragility of being. Patterns are ideas, perceptions, beliefs, that only live in the mind, and that limit the mind for its own good. The mind seeks to save itself, protect itself from its infinity, delimit itself to recognize itself in life. Thus, throughout this construction of loose ideas, hereditary patterns are created, shields of limiting beliefs that generate security for being.

ME: This is why it is so difficult to free yourself from belief patterns, because they are there precisely to defend the being... So, if they are born with a useful purpose for life, why do we all seek to eliminate or transcend them?

SOY: Because you can't live locked in a house. You need to go out to look for food, to interact with others, to discover the world, grow, expand, feel ... Another of the wills of the mind is to expand and assimilate new data, it always seeks to achieve this, but if the patterns it has created are many, can create a disaster for your development.

ME: It reminds me of beavers. Perhaps the Capricorn aspect is like a family of beavers who take the ideas of trees by carving and molding them into patterns that will create a dam in the fluid mind that is a lake or river. The dam of accumulated patterns in the form of this structure is positive for creating burrows and surviving safely, worse at the same time it helps many other species to live off the waters, such as frogs, birds, fish and many others who find an oasis thanks to the dam. However, it can prevent the flow of these waters to lower lands, where droughts occur, death, where life does not advance because it has stagnated.

SOY: That's right. The mental pool created by the pattern dam gives a sense of security inward, but damages and destroys everything outside, beyond the mind. Therefore, when it rains heavily, you need to make your structures more flexible so as not to generate environmental chaos.

ME: What would the rain be?

I AM: The Awakening of Consciousness. That flow of information awakening in you, which comes suddenly as an instant of illumination, and which dumps a lot of new content inside you.

ME: And how do I make the structures more flexible?

I AM: Coherence. And it is achieved through the most original structures of all, the Universal structures.

ME: The Laws ...

I AM: At the beginning of Atlantis as a civilization, some 15,000 years ago, some priests received that rain of consciousness that made them see that the Universe is a network of patterns called the Matrix. The creative Matrix is nothing more than an eternal fabric of ideas that structure limits for the Cosmos. They understood that the Universe needs these network patterns to be able to manifest itself focused on a specific time and spaces, since otherwise nothing could manifest itself being free and flexible. Structures are those geometries that gave meaning to Life as such, because without them nothing would exist. Then they began to follow the repeating codes of patterns, in the mineral, animal, vegetable, human and universal kingdoms, and they were able to discover that the Matrix orders its Patterns in 6 main ones that are repeated essentially at all levels. Therefore, they recognized that they were not simple patterns or structures but Laws.

ME: What does Law mean?

I AM: Law comes from the Indo-European "leg", which you see in words like "legacy, legislate, college, intelligence", and it means: "choose, choose". In a way, the Latin concept "lex" refers to things that are chosen or putalized so that something works, and for this reason it has been translated as rules or norms to follow.

ME: What are those 6 Laws?

I AM: From humanity's point of view, you know them as Generation, Polarity, Cause - Effect, Rhythm, Vibration, and Correspondence. All of them within the Law of Mission that refers to the Patterns, and the Law of Networks that refers to the Matrix.

ME: But, according to Toth, the Atlantean priest known as the Egyptian god of writing, medicine and architecture, on the Emerald tablets he wrote that there were 7 Laws. What is the seventh?

I AM: There are several laws, but the one you call the seventh is not the seventh, nor is it the first. That law is All Laws. Well, it is the only really existing one.

I eat?

SOY: When the ancients investigated the patterns, they realized that at all levels the 6 laws are constant in each pattern of the matrix, but they all had something in common: they were a perception.

ME: A point of view between themselves ...

I AM: And a perception can only tell you something: that there really is nothing in the universe, nor are there laws, because if reality depends on the observer, and observation is the act of receiving data that will be processed by the brain in the world of ideas, then, the only thing that exists is The World of Ideas.

ME: As Plato said ...

I AM: Plato did not say anything new, he only taught what others had previously shown him. For the Ancients, the 6 laws that encompass the patterns and the matrix are a kind of guide to know how to move within the Mind, which is the only thing that exists ...

ME: And where else can one get lost.

I AM: Mind is infinite, eternal both in time and space, it has no limits, and therefore, its observation is infinite and modifiable. Imagination is capable of manifesting realities through Intention, it is capable of making you feel things that are not there. And what is there is only perceived by the very mechanisms of your imagination.

ME: That is what seems very strong to me, that for the brain, perceiving the "real" external world, and perceiving the "fictitious" internal world, is the same. So for the mind there is no difference between real and illusory.

I AM: That is why we live the Dream of a Dreamer. Something inconceivable for Capricorn, and for this reason, the earthly mind of Saturnalia turned the Free Mind into a Law, The Only Universal Law: Mentalism.

ME: What does Mentalism establish?

I AM: That everything that exists is Mind, that everything you perceive is a mental interpretation, and that it is impossible to establish what is true, because the only true thing is the mind. The power of the waves generated by your thought can make an electron behave as a wave or as a particle, changing all the laws of physics. In this way, not even the laws of physics are an anchor to describe the real, but they describe the norms between objects composed of particles when they decide to behave as such. Thus Mentalism reminds us that to really have power over reality, we must learn to use the mind. Cultivate it with meditation, study, silence, music, laughter, emotions, experiences, imagination, creativity, art, philosophy.

ME: The Mind is the only field of sowing and harvesting of the Being, and from there everything manifests itself on a mental, emotional and physical level.

I AM: Your beliefs and thoughts define who you are and shape the environment in which you live. Transform your beliefs, change your point of view, broaden your vision, enrich yourself with other perceptions, all this makes your mind a fertile field to create new realities. The world is as you see it, you yourself are what you think of yourself. All other laws arise from Mind. Open your Mind and you will find the Universe.

ME: These days, I suppose, we will go through the Laws of the Universe, then.

SOY: That's right ... because they are the bases of all Structure. If you understand the Universal Laws, you can lay a strong foundation for this building that you are building.

ME: Climb the stairs to upper floors from where you can see everything with greater distance and contemplation.

I AM: Remember, the greatest Ocean of existence is Mind, and its currents are Imagination. Imagine, and you can achieve the Divine ...

ME: I am Imagination, and therefore, I can Imagine myself in a new reality. But ... It's not that simple ... Because no matter how much I think, I can't change many things ...

SOY: Because, my friend, you live between patterns and matrices. To be the Mind and use Mentalism, the ability to transform things with ideas, you must first become aware of what your patterns are and the matrix in which you see yourself immersed. Then you must recognize the laws that keep you prisoner, know where they suggest you, and begin to use them correctly and consistently, and only there will you discover the Divine Mind.

ME: Sure, it happens that I always hear or say: "change your way of thinking and you will change the world" and many of those cliché phrases that are very beautiful but that cannot be put into practice because doing so does not work.

I AM: That is precisely why we are not talking about Mentalism in Pisces, but in Capricorn, because to make that phrase become a fact, it is necessary to work hard, follow the steps, till the land of your consciousness, and get down to work in a process that can take a long time. You don't dig a well and find apples; You must understand that for everything there is a time, a process, a few steps.

ME: Patience ... you can always improve.

I AM: Welcome to the Capricorn mind ...

ME: I am Mind.

I AM: I am Law.

# 152. Correspondence

[January 2, 2021 Matías De Stefano](#)



ME: As you said, the only existing Law in the Universe is Mentalism, but from it they give off the rest. What is the first law to emerge?

I AM: Precisely the one that emerges from the first, that is, which is projected as a mirror and therefore shows that everything that is outside corresponds to what is inside. Correspondant law.

ME: Related to the Third Eye ...

I AM: Because the eyes are those that look at the external world while the third eye, the Pineal, observes what is inside. The Eyes receive the signals emitted by the vibration of photons that travel at high speed, colliding with other particles, and reaching the photosensitive cells of the eyes, which translate this reaction into electrical pulses that travel like lightning through the ocular nerves and are interpreted by neurons in the brain. Thus, all external information not only reaches you distorted by the chaotic movement of photons, but also its pulse is reinterpreted by previous, preconceived data, by your brain over millions of years of evolution, or from your own experience. in this life.

ME: With which my external eyes can deceive me in what I see.

I AM: Your eyes see what they can see and what they want to see. An eye with a greater capacity to capture photons will see the images move much slower in thousands of frames, like some insects, for whom everything happens much slower, and that is why it is so difficult to squash a fly with your hand, or touch a dragonfly, as they not only help themselves to beauties that are sensitive to pressure changes, but they also see very slowly, which gives them time to act more quickly.

ME: We could say that the faster we see the less reaction we have ...

I AM: It is a possibility to understand it, yes ... For this reason, one of the most important practices of the third eye is Contemplation: learning to observe carefully, with patience, looking for every detail, which gives more perspective, greater amplitude of interpretation of what that is observed.

ME: And everything we observe is nothing more than the manifestation of our preconceptions of things.

I AM: Because the mind is a structured network of preconceived belief patterns, everything you observe outside will speak only of you, not of the rest.

ME: That's hard to understand in many cases ...

SOY: Let's go into the details of what I said. Yesterday we explained it. Let's look at it from the cosmic point of view. In the Universe there is only Mind. It, like any mind, uses Imagination, and it is unlimited. Close your eyes and imagine that you are a 6-eyed elephant with dragonfly wings that goes through wormholes in the shape of cookies flying from one planet to another, and the further you go, you travel to the past seeing all the history, but if you touch to a dinosaur in that past, you can see the future and pastel-shaped spaceships. You saw it?

ME: Yes ... strangely yes ...

SOY: Well there you have it. The imagination is limitless. And it is because of this that it cannot manifest anything. The mental plane is that, mind, incapable of expressing anything. To achieve this you need fuel, which you call emotion, and for fuel to function you need a vehicle that processes fuel by creating energy through a process. This is how the mechanism is produced, made up of hundreds of parts that make it possible, steps to follow ...

ME: A structure made up of patterns.

SOY: That's right. The structures of patterns create limitations, but they make possible the manifestation of the idea. In this way, the universe seeks to create patterns. As it does?

ME: Well, you need to manifest something outside ... so you need to get out of it ...

SOY: And the first thing you must do to achieve this is to focus all your attention on a fixed point.

ME: Meditation ...

SOY: And in that meditation, projecting the focus of an idea in front of him or her. Thus, the internal, negative aspect expands out into the external and positive.

ME: It's the same but reversed. Only as a focus of attention to be observed by oneself... It is difficult to see your own eyes if not thanks to having a mirror in front of you, or other eyes in which to reflect.

I AM: In this way the universe generates the first reflection, and there it finds security.

ME: Security of what?

SOY: To have a reference point, an axis. The Axis gives security, stability, direction, orders things.

ME: That is why you become a Pattern, because it protects you from its infinite and limitless chaos.

I AM: Finds security in the idea of patterns and begins to replicate this mechanism in the form of a pattern network, generating a Structure. Thus, the external structure will be a final and evolutionary product of an internal idea. But in turn, this structure modifies the observer, since now his way of understanding himself has changed, and therefore the reverse path begins.

ME: In that the dream conditions the dreamer ...

I AM: The structures of the external world emit a pulse different from the original one, which changes the tuning of the Mind, something you call "awareness" or apprehension.

ME: When creating something outside, that something generates new things in me, awakens new understandings, like two parents who have a child, even though this child is a final product of their bond, it will

change their way of seeing the world, life and relationships ... Transforming them from their previous state to an overcoming one.

I AM: Therefore, the inner Cosmos creates the outer Universe, and thus the Universe transforms the inner Cosmos. From the vision of a human, the entire Universe is a reality in which it must move, live and survive. Therefore, you begin to create projections that protect you from this reality, becoming patterns. Patterns are concepts, acquisitions, which over time become part of the structure of the mind, becoming "preconceptions." They will be the filters for all new information. These preconceptions will interpret reality from the reactions that it has provoked in the psyche of the individual, making everything external only a conceptual interpretation of the pattern networks of your mind ...

ME: Ugh... it's complicated. Let's see ... summarizing: The Cosmos was projected in the Universe, and the Universe reflects a new idea to the Cosmos. Like a painter who takes a blank canvas and places colors, the painting now reflects him and awakens new emotions and perspectives. A greater number of reflected ideas (colors) form preconceptions of them, which filter all new data, such as by putting layers and layers of colors in the painting, there will come a time when the outermost ones will not touch the canvas and everything new that arrives will not strain inside because I will only have contact with the first layers, the base of the structure that he painted first. Then, everything that is beyond, on the outside, I will see with the same first colors that I saw and the first structure or sketch that I designed ...

SOY: Yes, it is a simpler description ...

ME: Ok ...

SOY: Thus, nothing that happens in the world from the outside is really directional, but rather reflected.

ME: What does it mean?

SOY: That you should not take anything personally, because nobody is throwing anything against or in favor of you. Everything you perceive in the world is nothing more than a reflection, an echo of yourself, interpreted by your psychology. The Law of Correspondence reminds us that everything that exists is precisely that, a reflection, and that when you complain about something, it is your own inability that you criticize, when you fall in love with someone it is what you look for in yourself and you cannot find, when you reject something it is what you hate about yourself ...

ME: So the photo in the post, should I take it as a joke on your part?

SOY: It depends... what do you see?

ME: Oops ... you caught me ...

I AM: Hahahaha

ME: I just d see the trap, so I'm already conditioned on the answer ...

SOY: It is your perception to see in the Donkey the cultural concept of the uneducated and stubborn idiot, or to see an honest persistent worker ...

ME: Yes ... it happens to all of us, prejudices ... I see for example that there are people who complain that I broadcast in two languages and cannot concentrate and others who thank me because they learn two languages or give them time to think what I said .

I AM: Correspondence ... what you see, what you perceive of the world, is what you carry in you. You can never take responsibility for what others perceive of you, but you must take responsibility for what you see in others, because that is where you see the part that touches you.

ME: When one finger points outside, 3 others point towards me.

SOY: It's simple.

ME: How do I put this law into practice?

SOY: First of all, write what are your biggest Projections on the road. Which are?

ME: I think they are Falling in Love with my Needs, Abandonment and Recognition. Since I always fall in love with people who have many emotional needs, in addition to the fact that in my life many people feel abandoned by me, perhaps because I have abandoned myself in many cases, and the recognition because a lot has happened to me that They need me to recognize them, when in reality I think that I am the one who seeks that recognition in others ... This to name some of the projections as an example ...

SOY: Well, when throughout your life you can see all your projections paying attention to what you see and how you see it, you should take the perspective of a dragonfly, try not to pass by, but contemplate, observe, and recognize which one is the utility of this projection. What are you reflecting? So you ask the question: What is in me for me to see this in this or that way?

ME: Look in the mirror ...

I AM: Everything in the Universe corresponds, and you cannot escape the Correspondence or you would cease to exist. It is one of those Structures with which you must twin. It is not a question of escaping reflections, it is learning to use them. Wanting to escape from this structure of reflections is similar to looking in the mirror and not accepting or liking yourself and therefore you decide to break the mirror or throw them all out into the street. It is not the mirror that is to blame for you not liking yourself, but it is your responsibility to take care of yourself, groom yourself, perhaps diet, exercise, or simply accept yourself as you are, then when you look in the mirror you will reflect a smile, and the world will smile.

ME: I rise to the search for consciousness that will make me smile. I am all reflections.

SOY: And step by step, level by level, you will understand that this pattern, this structure, is not against you, but in your favor. The structure of the Law of Correspondence reminds you where you are, how you are, when you are, and above all, who you are.

ME: I am the one who corresponds to the World, and the World corresponds to me. I use the mirror to contemplate the things that correspond to me and become aware of who I am.

I AM: It is I who corresponds to I Am.

# 153. Vibration

[January 3, 2021 Matías De Stefano](#)



ME: We are Music.

I AM: Every particle of your body and of all existence is vibrating like the string of a piano, a guitar, a harp ... Each particle with a different vibration, tuned to different notes, lower or higher, but all together they make the music of silence.

ME: The silence ...

I AM: It is the unit of all sounds, of vibrations that do not move other particles.

ME: How is that?

SOY: Drop something to the ground ... Clap your hands ... Speak or sing ... In all these sounds there is something in common: the friction of the atoms. When the atoms are arranged in molecules, the resonant particles remain stable and in economy mode, without reacting with particles dissonant to them. But when you face them, the magnetic collapse between them generates a vibrational reaction of repulsion between the structures, which drives the molecules of the environment to move quickly, and this gives the sensation of sound. For this reason, vibration is not the same as sound, because when something vibrates in a vacuum, it cannot emit any sound, since it is born from the impulse by friction in a space full of other particles that conduct it like an echo, a wave.

ME: Now I understand! Because many times I asked myself: How can it be that Vibration comes first if things do not sound by themselves ?. I was confusing Vibration with Sound.

I AM: The third Law or Universal Principle that we can rescue from the Correspondence is the Law of Vibration.

ME: In the Universe everything vibrates.

I AM: The Universe is a great orchestra without gases like air that conduct the sounds of the vibrations of the instruments ...

ME: That is the Sound of Silence, it is the sound of all the instruments vibrating without being heard ...

I AM: The most beautiful melody that can only be heard in the silence of Meditation. The music that sounds inside, that cannot be transmitted, but only felt.

ME: What does the Law of Vibration imply?

I AM: When the dreaming Mind sees all that it is capable of and sets out in search of manifestation, it projects onto itself through the first pattern that we will call "Polar Axis", creating the external from the internal, which are They correspond to each other. Both are living intentions, of a mind in constant transformation and expansion, and therefore they are constantly moving. One drives the movement of the other, and they feed back on this constant fluctuation. This agitation of the idea that drives your projected idea, is what in Latin is called "Vibrio" (shake), thus, Vibration (Vibratio) refers to the action of making something move, tremble or shake. Therefore, Vibration is the agitation produced in the positive and negative interaction of two ideas, emotions or objects. Thus, from the moment the first idea was projected,

ME: Everything, even though it seems static, is in motion, because its particles are moving at great speed, like electrons around protons, which are impossible to see how fast they move even in things that seem quieter. , like the objects of a house, a table, a glass ...

I AM: Everything vibrates, because everything is a projection, and the interaction between each projection mobilizes the others around it. The formation of patterns, molecular structures, which seem to create immovable fixed elements, only save the energy expenditure of movement, through low vibration, while what moves, such as organic life, has a greater capacity for vibration at high frequencies. .

ME: Frequencies are what determine how low or high something vibrates ...

I AM: They are the mechanism by which the different states of movement occur. As we have discussed, Vibration describes the movement of Space, and Frequency is the capture of Time over that Space. A being that saves energy, that is saved, closes, that relies on energy accumulation, will have fewer transformation processes because its structure is too rigid, which its processes can last for long periods of time, making the frequency wave much longer, and therefore lower. A being that moves, that is constantly transforming, will vibrate so fast that the frequency waves will be much shorter and consecutive, which makes a high vibration.

ME: So it's good to vibrate high and have a high frequency ...

I AM: No.

ME: But... we are all the time talking about raising the vibration and raising the frequency... What does this mean?

I AM: It means that you are too stuck in rigid systems that need transformation from a positive and transcendental consciousness.

ME: We go in parts. What systems?

I AM: Systems of oppression, family, governments, beliefs, survival, in the slavery of the essence that you are living. For thousands of years the forms have been transformed but the essence is not discovered, for this reason they repeat the same thing: control, domination, manipulation ... From a King to a President, from a Mother to a Religion ...

ME: What transformation do you need?

SOY: The last 100 years have gone very well in that transformation, however it has not been from consciousness but from the reaction thanks to the two Great World Wars. It is necessary that the same be done

from the Active Consciousness and not from the Reactive Unconsciousness. That is what really raises the frequency and changes the vibration, freeing you from a repetitive system.

ME: So a positive and transcendental consciousness refers to the fact that for there to really be an essential change and not of forms, we cannot pretend to create a new revolution from the unconscious reaction destroying the previous thing as we always do, but from consciousness transcending the system to another overcoming level by changing our perspective of it.

SOY: That's right, and that is done by raising the frequency. Let's go to a simple example. Imagine that you are looking to get to a town in the mountains, but you have gotten lost, and you cannot identify how to get there. What do you do to know where you are going?

ME: I would have to look for reference points to guide me so I don't get lost.

SOY: And if you don't have maps, how do you draw those landmarks?

ME: Going to some high point where I can contemplate the whole landscape... and map it.

SOY: Climbing to the highest point you can find, from which you can even see the town behind the hills, and recognize the general terrain to know how to get there by identifying key points.

ME: That would be raising the vibration towards the positive, observing everything from above, changing my point of view of things ...

SOY: But remember that your goal was to reach the town that is in the valley ... So what is the next step?

ME: Go back down ...

I AM: Aha! So is. If what you are looking for is to reach your destination, raising your vibration and frequency without stopping will never only make you stay on the top of the mountain, but you will never reach the town. Climbing to the top is useful in times when you get lost, when you need to clarify yourself, seek guidance, understanding, clarity. But the path continues, and it will not always be at the top, but when you go back down, you will already have the notion of the terrain and you can move much better. As you can see, raising the vibration does not make you leave the landscape, the terrain, the existence in which you live, it only makes you see it with different eyes.

ME: This is what we talk about dimensions, to be lost in the third is to complain about the roads and rocks that you stumble over, the effort of climbing the mountain occurs between the third and fourth dimensions, but when you reach the top and see it everything, you are in the fifth dimension. In reality the world did not change, only the dimension did from you observe it.

SOY: Well, by correspondence what is outside has the color of what is inside. And by the same law, what you see outside is what vibrates with you inside, what vibrates in you.

ME: "It vibrates me or it doesn't vibrate me", we usually say.

I AM: Whether it vibrates or not vibrates does not imply that it is true or false, but that it is simply not in the same vibration. Whoever loves Classical music may hate Heavy Metal music, and whoever loves Indie music may not vibrate with Pop music. And yet one genre of music is not better than the other, it just is. And there will be some who vibrate happily in tune when others feel the worst of emotions.

ME: My friend loves Heavy Metal and when I stayed at her house I watched her fall asleep with a smile hearing groups that for me were devilish noises ... It was a perfect description that there is no high or low vibration comparable to good or bad, but that each one fits what you need.

SOY: While for you a good gourmet dish may be the best option for a good Sunday, a fly delights with a piece of fecal matter, shit, on any street corner. And that's perfect, because after you've eaten happily, you'll have given the flies a good plate ...

ME: Pretty descriptive ...

AM: But real. So it is, then, that you cannot judge the vibrations between high and low, it is like saying that white is good and black is bad. The task of raising the vibration in these times refers to getting out of this system from fifth-dimensional consciousness, but not to live there forever, but to be able to keep moving forward, like the waves of the sea, which rise and fall. And in moments of evolution and revolution, they hit the shores creating sounds, over and over again, resounding.

ME: We talk a lot about resonance in the Law of Vibration. You told me that sounds are basically the noisy reaction that is produced by the echo pulse of the particles interacting by friction. So what is resonance?

I AM: In Matter, from the first particle that interacted with another, the possibility of echo began to exist, and therefore, of sound. Sonar is the action of producing a noise, a son (“sonus”). When the friction between some particles emits that musical sound, it rubs against the other particles making them react also emitting a similar echo. Thus, the sound returns, what in Latin you call “re-sonus”, that is: to resonate. Resonance is the vibrational responsiveness between objects or subjects.

ME: So when something resonates with me, it is not because there is a truth outside, but because that truth was inside me and I could hear it outside ...

SOY: That's right. The resonance works like a tuning fork, in that if you hit one of the sides of the fork, it, when vibrating with intensity, will cause a sound that will drive the other one in front of it to do the same, returning the sound, resonating. This is what happens with everything in life: with ideas, emotions, words, music, art, philosophies, religions ... Everything that makes you feel good, with what you find in life, what you see of life, what you feel, what you create, everything you can perceive from the outside world resonates with you. And this can be negative or positive, because a person who only sees the negative in things all the time, is because their frequency is low.

ME: To see another reality, I must transform my own vibration ...

I AM: Retune you. Enter a new tune, like on a radio. The Law of Vibration reminds us that everything vibrates and that we vibrate too, and therefore we attract into our lives everything that resonates with us. Therefore, if we seek to transform the world, do not start with the forms, but with the harmony, with your own harmony. Only then will you discover the other options that were within you.

ME: It is the creative power of thought and word, manifestation through sound.

I AM: You are sound, you are music. Play the instrument that you are, learn to use the instrument that you own in this orchestra, discover your notes, integrate your chords, and make your music, and the world will respond.

ME: I am Vibration ...

I AM: I am Resonance ...

ME: I am Music ...

I AM: I am the Silence.

## 154. Rhythm

[January 4, 2021 Matías De Stefano](#)



I AM: Tic... Tac... It's the hour... Tic... Tac... The week... Tic... tac... the month... Tic... Tac... is the Year... Tic... Tac... it is the Century... it is the millennium... it is the Cycle...

ME: Tic Tac is the Rhythm.

SOY: This sound is known to all, marking a constant pulse.

ME: It is the ticking of the clock, the second and minute hands, which mark the time. In rhythm music it is precisely called "Time".

SOY: What is time then?

YO: It's probably a succession of Rhythms ...

SOY: Time only exists as a form of Vibration measurement. Let's go back to the Third Universal Law. Everything vibrates, and the reason why it does so is due to the interaction of the movement that produces echoes, of concepts, objects or subjects that respond to each other, that is, that they "correspond", Second Law. The vibration wave It will have different tunings depending on the intensity of the pulse, of the sound, creating different resonances that you call Frequencies. The wave frequency will speak of the repetition measure of the response, that is, what is the distance it takes a wave to repeat itself, and therefore, to hear the same sound again. This pulse can be constant if it is not changed, which generates a pulse that marks the basis of all the fractalization of reality, and this is called Rhythm,

ME: In other words, Time is born thanks to the Law of Rhythm.

SOY: That's right.

ME: Time, then, is nothing more than a way of measuring the rhythms of creation. But ... what is Rhythm?

SOY: You will be surprised. Rhythm is the same wave of Vibration.

ME: It's all the same!

SOY: What does Ritmo mean to you?

ME: In my way of thinking, Rhythm is related to music. In the musical Holy Trinity, a song is composed of Rhythm, Harmony and Melody. The Rhythm is the musical "tempo", that which usually marks the moments of repetition, the meter, and what we naturally do with a song counting the tempos of it: "one two three four!". It is the one that helps us to know what is next, that prepares us for what is to come. Harmony is coordination, which puts the mathematical order in the song, which keeps us in a certain tune, tuning, hertz, and coordinates the input of each instrument, the chords and notes it must play. While the Melody is the most well-known aspect of music, it is what we feel, hear and with what we become familiar with a song, the form, the body of it.

SOY: And yet the Rhythm is actually the only thing that happens ...

I eat?

I AM: Rhythm is not that which measures Time, rhythm is time itself, but it is also Space. Rhythm is the wave of vibration. Rhythm comes from the Greek "rhythmos", which describes the concept of the Greek word "rein", which means "flow", origin of the word "river".

ME: Rhythm means "fluid", that which flows ... wow. In other words, more than a metric, it is a constant ...

I AM: A vibration wave seen in 2 dimensions, it resembles a curvy line, like a river on a map. A wave in 3 dimensions looks like the waves of a sea, lake or river. The wave vibrates constantly, and no matter how much it passes through the same place, it will always do it in a different way, it is the constant transformation, nothing is the same no matter how much everything resembles. And each wave will be repetitive depending on the context, the rocks, the dunes, the currents, the rain, the plants, therefore, the vibration waves will have different frequencies. The frequencies in a river can be explained by the different geographical breaks: the cave, the trickle, the source, the slope, the stream, the tributaries, the waterfalls, the rocky areas, the rapids, the sandbanks, lakes and lagoons, the winding valleys, the delta, the wetlands and the bay. The river is always the same, traveling exactly the same courses, and yet the water always moves differently, as well as never being the same.

ME: Everything is different, and yet it seems to always be the same.

SOY: The River is the Rhythm, it is a constant of different frequencies. The river is not time, and yet it embodies the way you understand it. Time does not exist as you know it, it is only the perception of a cycle that flows incessantly through the cosmos.

ME: We are drops of water in the river of existence ...

I AM: And these drops will be born from the slope in the mountain caverns, which arise from the accumulation of water between the rocks that have been melted by snow and ice, or by the drops of rain and moisture that have penetrated through the cracks ground. That same drop will travel throughout the geography until it reaches the sea, to evaporate again, become a cloud, and return to the mountain in the form of snow or rain.

ME: And I will go through the same river again... through the same places and places.

SOY: And that's the feeling you have of the Rhythm ...

ME: That things repeat themselves, that I experience the same thing over and over again, to see the same spaces, people, situations ...

I AM: As you will see, in reality it is not the things that are repeated, but it is you repeating yourself, it is you who returns, not the things that follow you. The Law or Principle of Rhythm reminds you that everything is a cycle, and that you will go through it again and again ... But, with so many rivers and streams in the world, why do you always choose the same one?

ME: I wonder that ...

SOY: There are many people, drops of water, who never reach the sea.

I because?

I AM: For fear of fullness, of infinity ... they prefer to cling to the known, to some wetland, or some rock or well. Many are eaten along the way by trees and animals. Others stagnate in water that evaporates. Most do not get out of their own region, and therefore return to cross the same river. Those who dare to reach the Sea, when they evaporate, they will be part of cyclones, of free clouds that will travel through the sky to new lands, with new rivers to travel ...

ME: New rhythms to follow... new songs, melodies, experiences. How do I go about doing this?

AM: Change the Rhythm. Speed up your pace, or slow it down. If you live a fast-paced life with no results, then slow down your life. If you live a slow life without news, speed up your life. Look for a new rhythm, it will depend on your willingness to move towards new tunes.

ME: This is in relation to the Law of Vibration, raising the frequency to capture a new reality ...

SOY: Because if you don't, you will always see the same landscape over and over again. History is like a journey through a beautiful landscape. If you have no idea where you are going, if you do not know the terrain and do not pay attention, the path will become a labyrinth, in which you will get lost again and again, returning to the same places. Everything can be a maze if you don't know where you are going. It is you who must take the initiative to seek a goal and pay attention to the path. When you begin to see that throughout your life the landscape repeats itself, living the same circumstances, meeting the same people, or living the same experiences in different ways, that is when you must recognize that you are going through the same river again.

ME: And this is just my own mistake?

I AM: No, you are part of a group, and in many cases this happens by continuing with the current of the family, of the culture, of the beliefs of the clan. It is hereditary. And sometimes that creates security, and that's okay. It only becomes a mistake when you're doing everything in your life to get out of the same loop, and it still happens again. That's when you really have to think about it. Look, there is no pressure in the universe to evolve or enlighten, no one is behind telling you: Enlighten yourself and free yourself from all patterns. No, those are beliefs and expectations.

ME: So?

I AM: You must learn to respect your own rhythms and not those imposed by others in your life. There are some people who learn to add in one day, and there are others who need months or years. The only mistake here would not be taking too long, but wanting to do it and not having the will or perseverance to achieve it.

ME: How do I find out what the correct rhythm is?

I AM: Following the only pulse that marks the rhythms of the melody that you call “your life”, and that is your heart. Your heart is the pulse of the rhythmic flow of the circulatory system, the rivers in your veins and arteries. The life, strength, energy of your being, moves to the beat of your heart.

ME: Follow the rhythm of the heart ... what resonates, what beats in me.

I AM: Pay attention to the spaces and people or circumstances that are repeated in your life, and dare to follow the pulse of your heart. You will never be able to leave the circuit of circulation, the flow of the law of rhythm, but you can discover that if you decide to put your will to change the tune, the speed, you will find thousands of rivers and streams, seas and oceans in which you can face new experiences and flow into new realities.

ME: And all this adjusting the rhythm of my heart center ... being coherent in my feelings and actions ...

I AM: Tic-tac ...

ME: I am Rhythm ...

I AM: I Am Time ...

## 155. Cause effect

[January 5, 2021 Matías De Stefano](#)



SOY: For there to be a rainbow it needs to rain.

ME: When I traveled alone in Scotland in 2018, it had started at an unpleasant time. It was still winter, and I had to go through some snowfall. I was traveling in a motorhome, and the freezing security system released all the water, which suddenly stopped having heating at 11pm. I spent freezing nights. And the days were not left behind. The fog, the rain, the snow. Spring was coming soon, and the icy days ended, but hey, Scotland is Scotland ... Fog and rain is something of any season of the year. It is not the most cheerful and jovial landscape on Earth, but a meditative landscape, of melancholy. The treeless hills, small forests in the valleys, the gray streams, blending with ocher and sian pastures, as if the mountains imitate the redheads typical of these lands,

or mahogany trees, as a friend who hated to be called "red" said. The stone houses, some paneled in white, revealed their smoking chimneys, camouflaged among the dark gray rocks that border towards a silver sea of steel. The sky is not far behind, covered in gray tones, from the most subtle to the most dense, they draw shapes dancing between the mountains, or simply cover the earth like a blanket, a sheet, like someone who wants to continue sleeping and snows to see the light of day that has already begun. Perhaps this climate is exactly what makes this land so magical. And then, in every corner, in every corner, comes the Scottish signature: the rain. But not that tropical rain, or winter or summer rain, I'm talking about garúa. That fine drizzle that almost looks like part of the air we breathe, like heavier moisture that descends from the skies, just 5 minutes, then stops for 15 minutes, and comes back, intermittently. Sometimes it can stay for days, and sometimes you can see it in the distance on a hill while you see the miracle: the sun. Rain, drizzle, drizzle, and the Sun are intermittent. Sunlight reaches the Earth by waves of different frequencies, which first find a shield in the electromagnetic field, and then in the atmosphere, where it begins to refract into hydrogen, oxygen, nitrogen and argon molecules. This dissipates the photons making us see white and bluish colors that reach the surface in this way, passing through the clouds. These are composed of water vapor, tiny particles of liquid that is so subtle that they float between the molecules of the air. Sometimes we do not realize it, but the air is like an invisible liquid, comparable for us with the sea for fish and cetaceans. The air also has a surface, which looks like waves, with tides that we call high or low pressure. And those waves can be seen in the flow of the clouds, especially when the sky is covered, and you can see that feeling of waves in the belly of the clouds. When enough vapor has accumulated, the liquid particles begin to coalesce, occupying space, and generating weight, making this vapor lighter than the gas in the air, begin to precipitate in a vacuum. This is how the drops are formed. And the set of drops give rise to rain. the condensation of gas or water vapor into liquid, it causes the mineral to be arranged in the form of spheres that fall at high speed, resembling rods or arrows ready to be driven into the ground. But due to the quantity, they all look like mirrors, and just like the molecules in the atmosphere, they reflect the light coming from the skies making them shine, which gives the impression that the drops are light blue or white. This is because the light comes from above and in all directions, so the frequency ranges of light are erratically unified causing all the colors together to form as celestial white. But when the sun is close to the horizon, the light does not come from above, but from the sides, causing the rays to reflect those frequency ranges in a light arc through the drops, finally revealing all the ranges of colors that we normally see in white. It is a magical moment, as it can only occur at an angle of 138 degrees. The light reflecting to this degree in the liquid crystals of the rainwater, allow to refract the white light in all its possible waves visible by the human eye, which gives us the Rainbow. 12 Colors ... 7 main (Red, Orange, Yellow, Green, Blue, Indigo and Violet), plus 5 secondary (Ruby, Magenta, Gold, Cyan, Turquoise), which can vary according to the intermediate perception of them. Due to the climate and geography, added to the latitude of inclination 50 to 60 degrees north, it makes the British Isles, along with other territories such as Iceland and Scandinavia, the cradle of hundreds of rainbows. On all sides these magic arches have become the mystical door to other levels, and although with their correct angle they can be seen in all parts of the planet, here they have managed to become a cultural symbol. Every time I saw one in the sky of Scotland, I would stop as if I were seeing an angel, as if I was seeing an X-ray of the Universe, the hidden codes, as if the raindrops were a slide or 3D cinema glasses, that allow me to see the projection of the light that radiates behind me ... I could see the result of what I emanated ...

I AM: The colors that are born from the sunlight, the chakras that are born from the plexus of the Being. Just as the Sun radiates its light through the water, revealing the 7 primary colors of the rainbow, the light of the Being radiates on the blood leaving see the 7 chakras. The I Am in the solar term, is refracted to life in 7 and even 12 colors to the outside, 12 different frequencies that are born from you, and that paint the faces of people or circumstances. Unlike the terrestrial landscape, the human landscape is circumstantial, and you will see the colors in the actions and reactions that you face in life. Each person or situation will reflect one of the colors that vibrate in you, and what you see in them will be only that fractal of yourself, projected by the light of your being.

ME: Beautiful way of looking at it. I don't know why those cartoons, "Care Bears" or "Care Bears", that I saw as a child, about magical bears that had symbols on their bellies and when they had to solve some problem radiated a rainbow color from his plexus.

I AM: Humans are the same way, everything is projected from their plexus, everything they see outside as a reaction, is a consequence, an effect of their inner pulsation.

I: Law of Cause - Effect. "Every Effect has a Cause and every Cause has an Effect."

I AM: The Rainbow you describe is the Effect of a Cause which is the light of the Sun projected on the crystals of rainwater. The main cause is the solar combustion that emanates high radiation energy, which when vibrating at high frequencies is perceived as light. That is to say, it is the vibratory capacity of the Sun that makes it possible to see the luminosity that will be projected in the colors of the Rainbow. The second cause is the fractality of water and its ability to distort the frequency waves of light, of photons. It is a filter, which allows you to see the light in its parts.

ME: And those parts are the Effect. A visual effect.

SOY: Effect comes from "ex" and "facere", from the Latin "to do outward", that is, what is externally produced from what is done. Cause, means "reason", that is, the why of something, which in turn comes from the words "reor" (believe, think) and "uncle" (action), that is, "ratio", the action of believing something. If we take the first and only universal law of Mentalism, we will understand what the cause refers to ...

ME: A thought ... an idea.

I AM: The idea that leads to action to manifest, that is, to effect. Creation itself is a Thought that becomes Reality, it is the Great Cause of the Great Effect. This principle reminds us that everything that arises outside comes from a preconcept, an idea, a thought, from our own I Am, from the Being, which projects out a color, a frequency, a tune, which will be seen as a direct result of the initial intention. For this reason, everything you see outside, what happens to you in life, the results you get from the things you do, do not speak of the external, but of the intention from which you manifest things.

ME: So all the things that happen to us, the people in whom we reflect, who surround us, all of this is nothing more than a projection in different colors of an internal light that radiates through our blood ...

I AM: DNA is the filter, and for this reason you do not always reflect what you think, but what your entire genetic clan thinks.

ME: How do you regulate this?

I AM: You described it. Regulate the Rain. Rain is the emotional plane, and remember what you said, clouds travel on the waves of the air. That is to say that for the clouds to move, you need to move, so that there is less pressure, you need to raise the vibration, otherwise there will be low pressure and that weight will be felt in the humidity and headache and bones. The water that falls from the skies is equivalent to the emotional torrent of your being. How do you manage the water of your soul? How do you manage emotional ties? Do you live in a flood, in a rain, in a garúa? It will be difficult to see a rainbow in the middle of a hurricane, chaotic, irascible, erratic. It will be difficult to see him in a cloudy environment of incessant garúa, melancholic and sad, depressed and uncomfortable. However, you will not be able to see him on a sunny day, as you need rain, drizzle against the light.

ME: I need emotion and awareness together to be able to see all aspects of my Being and where I reflect them.

SOY: You cannot deny one or the other. Therefore, the only way to regulate it is by becoming aware of the emotional field. Not repress it, or eliminate it, or erase the records, but rather recognize the logic of the rain, bring light to the effects, look for the causes ...

ME: Looking for the cause of the effects of my life is what brings light to the facts so that I can live them coherently, learn and transcend ...

SOY: And also generate new ones. You are the Being, the Sun, the Mind, the Consciousness, the Cause. Everything that exists in the world is the Consequence, the Existence, the Rainbow, the Action, the Effect. Contemplate the landscape you inhabit, the people you recognize, what they reflect on you. Those you love and those not so dear are colors of your own rainbow, the manifested diversity of your Being potentials.

ME: And I am theirs too ...

I AM: We are all reflections, that is why we affect each other, we are all effects of causes, because each being is a sun in itself, an ocean of stars shining on Earth, radiating 12 colors around it. Sometimes they reflect people, sometimes animals, sometimes situations, but they will always be there complementing the vision of who I am. Pay attention to the effects in your life, recognize the causes, the reasons, the origins that lie in your ideas, thoughts and preconceptions of what you see, and there, transform your idea, build a new concept, transcend the previous ones, and you can live new results, new effects.

I: I am the Effect of your Cause.

I AM: I am the Cause of your Effect.

ME: And by becoming aware of this, I can become the Cause of my own Effects ...

I AM: Mind is reason that responds to itself through vibrational waves that flow in a rhythm of eternal consequence. Go back to the origin of your thoughts and ideas in the world, finding a new answer, retuning to a new rhythm, and you will transform the consequences of it.

ME: I am Action... I am the Rainbow.

I AM: I am the Light of the Sun.

## 156. Polarity

[January 6, 2021 Matías De Stefano](#)



ME: In the pyramid today they were fixing things inside. There were workers with ladders and pulling a lot of ropes from inside a sack. For a long time they worked to extract each piece of rope and begin to untie them to tie the ends of the ladder securely.

I AM: "I am the Ladder of Evolution."

ME: Oh, it's true, I hadn't realized until now that you mention it ... Today's Affirmation is what was happening inside the King's Chamber in Cheops ... An extensive staircase that was being tied with ropes so that it is firmer and safer and thus achieve what they had to repair on the roof.

SOY: Today the Evolutionary Ladder was activated literally in the Pyramid while you were there ... Symbols that show what happens in other planes.

ME: Yes... and then I could feel the presence of the teachers. At first I felt uncomfortable, they even asked me to stand up, that you cannot sit or meditate, even if I was not meditating ... Then one of the teachers whispered to me: "Observe, contemplate." I only saw the ropes, I did not remember that this month we are passing through the Stairs ... Very well I did not contemplate, well ...

SOY: What did you see?

ME: I saw the knots, and I remembered the image of when we tied or untied our shoelaces. The knots that we make must be firm enough not to drop the structure, or the shoe to come off, since it would be uncomfortable to walk with something on your feet that is dancing at its own pace and that at any moment you can come off. We tighten the knots to precisely ensure that things are in place, that they will not move, and that gives us firmness at every step. But the time of day comes when we have to take off our shoes, and at that moment we have to untie the laces, and that's where I saw something interesting.

SOY: What?

ME: The way we do it. Some sit down and take all the time in the world to analyze the laces and find the right folds to pull from to dislodge the knot and loosen the collar of the shoe. Others pull on the ends seeing how they unravel by pulling the ends. Other impatient ones begin to pull without taking the consequences and the only thing they achieve is to tie it more and more, until it is impossible to untie the knotted thing, generating anger. Others, a little more abrupt, do not even look at the lacing and forcefully remove the apparatus by pressing with the other foot, and although it hurts a little, they save the strategic time of untying the laces.

SOY: What group do you belong to?

ME: Lastly ... I never had the patience to untie shoelaces, I always rip my shoes off my feet like a beast ...

SOY: Well, I think the Universe didn't think very well when they chose you to carry out this task of "unleashing the planetary nodes."

ME: Wow ... how much truth in a simple comparison.

SOY: Do you remember that phrase "God does not choose the qualified, he enables the chosen"?

ME: Yeah, I don't know where from, but it's something they told us when I was 21 and we were being tested with demonic entities. Our thought was: "why is this happening to us and not to those who know about it?", And this phrase appeared in some form.

SOY: The phrase wanted to remind you of something key: life is about learning. The evolutionary development of a being does not occur because of what it knows, but because of what it does not know. You will never find evolution in the things that are familiar to you, but in the challenges of what is different. For this reason the diversity of a world is key to the development of new skills, to expand consciousness. The key is in the conflict.

The word conflict comes from "with" (unity, together) and "flibo" (to press, tighten). "Bring everything together", face, get ahead, very close. In Latin, "flibo" originated "flagere", which means "blow", so "afflicted" is the beaten, and flagellar is to hit.

YO: Today in the pyramid they told me: "The Brain looks for conflict because it is in this narrowing where it finds progress. And if it doesn't find a conflict, then it will create one. " Why does this happen?

I AM: By the Principle or Law of Polarity.

ME: Ufff, the famous Polarity, which everyone detests.

SOY: Well, you have to understand the difference between Polarity and Duality. What people really hate to experience is the concept of Duality, which is the Quality of being Two things. People interpret this as having two faces, generally opposite each other, that generate all the conflicts of existence, and that if one seeks harmony or freedom of his being, he needs to get out of all conflict, and therefore, he must escape of the system of Duality. Instead, Polarity comes from the Greek "pólos", and means "axis", that is, the Quality of being in Axis, and it is related to two extremes that complement each other in such a way that they are never against or conflict, but in complementarity, balance, unity and generation.

ME: They are very different from each other both ...

I AM: Duality is the distortion of Polarity. But to understand this distortion, we must go to the origin. Remember: Mind is the original pulse, which from the void projects all existence through idea, thought, imagination. The intention of living that idea causes the void to be projected into the plenum, that the negative or internal corresponds to the external, and thus Correspondence is born. In the instantaneous movement of the concepts "inside and outside", an axis of manifestation arises: Polarity. Negative and Positive. As much as you call it the Sixth Universal Law, it is actually born at the same moment as all the others. Polarity is not the one that divides things, but the one that tries to find a balance between them.

ME: This changes my perspective on things a lot when we talk about polarized concepts. What you say is that the Polarity instead of separating to face, what it does is maintain the axis between each projection or distortion in order to maintain order ...

I AM: It is the way not to lose harmony in creation. Polarity is the key to existence in order, in perfect balance. Empty and Full, Nothing and Everything, Inside and Outside, Internal, External, Night and Day, Black and White ... One does not exist without the other, they are the perfect balance ...

ME: But ... why then does it become duality?

SOY: Because what is in perfect balance has no option to change. How many degrees does a sphere have?

ME: 360 degree circumference ...

SOY: How many days is the year?

ME: 365... 5 days more than the sphere.

I AM: Those 5 days or 4 days and a few hours are the constant option to make an upward turn, different, to transcend the previous circle in an expansive spiral. The margin of error, the imperfection, is what gives rise to constant evolution. Thus, polarity is attracted to the point where they narrow, generating a pressure force such that both realities collapse into each other, bending and splitting in two, which you call distortion (dis: two, and

torsion: bending). And it is this distortion that generates a reaction opposite to the expected one, causing the polarities to change, and begin to repel each other, becoming "duality". This is where new causes with erratic effects emerge, generating a consequence of dual facts and reasons. But this is useful for the universe. Well, it gives many options.

ME: It's like a game ...

I AM: Polarity is the law or principle that establishes that the regulation is evolution in equilibrium, but recognizes that without margin for error or erratic movements, there will be no evolution, because without conflict, options do not arise from the mind, and for this reason it needs the duality, as a way to find those options. That is why today you have been told "if there is no conflict, the mind will seek to create one."

ME: All our conflicts arise from the mind... From erratic, confused ideas, from perceptions, beliefs, preconceptions. But it's horrible ...

I AM: Depends on where you look at it ...

ME: In what way?

I AM: If you see it from a high vibration or a low vibration. Whoever is at the bottom of the valley, trapped in the shadows, will only see obstacles, hills to climb, effort to make. Whoever is at the top of the hills will see the landscape, the sun, the horizon clearly and going down will be an exercise in grace. But to get to the top it was necessary to climb from below. In the waves of cosmic vibration, the rhythm marks the hills and valleys of existence, the positives and negatives that make up the universal consequence that you call Eternity, and without it there is no balance; Now, if you accelerate, you will exhaust yourself faster, and you will get frustrated because in a short time you have wanted to get very high and that has only agitated and exhausted you. To get very high you need to walk with patience, take your time and breathe with quality.

ME: That's why you told me about the shoes ... I'm one of those who does everything fast, now ... And yet the best thing in my life is precisely the year when I'm doing everything slowly, little by little, day by day. day...

SOY: There are those who need to speed up the pace and those who need to slow it down. The search for balance is not one-way, everything will depend on where you are. It is a matter of knowing how to observe, analyze, and handle polarity acutely.

ME: It's a strategy game... It reminds me of chess. I love playing chess, it's one of my favorite board games, but the only person I play it with is my 6-year-old sister. Whenever I'm at home she says to me: "Shall we play Chess?" And I can't deny myself. I taught her how to play, and sometimes we play several games in a row. Every so often she is the whites and I the blacks, and other times we change. There was a day when we both played so badly and so well that our kings were faced with each other. Proudly I told her: We tie! We are in perfect balance!

I AM: "Non zero sum game". Strategy is a Greek concept that refers to "directing (agó) an army (stratós)", while "game" is equated to the English joke (joke), coming from the Indo-European "yek (speaking)", which reminds us of concept "minstrel", one who plays with words and entertains people. A game of strategy is a conversation that seeks the least possible damage, in which no one wins or loses, and everyone gains a benefit. That is the key to Polarity in a harmonic vibration, which you only get with coherence. In the case of manifesting it in Duality, the game will turn into discussion and strategy into battle, and only because of a simple conflict of preconceptions and misunderstandings.

ME: So the only way to get out of Duality is to enter Conscious Polarity.

SOY: Without leaving the game, I change the discussion for the conversation. Without abandoning the strategy, transcending the need to win by searching for different solutions. Whoever puts the idea of competition in his mind, will believe that life is about enlightening and ascending, overcoming the shadows, the bad guys, or competing to gain better resources, or logic, or being the owner of reason and feeding an ego that will not be more than 90 years old. And the same happens the other way around, with wanting to use the darkness to overcome the light. Nobody wins in wars, everyone loses. But everyone wins in peace. And peace is not achieved with stability, but with mobility, with the freedom of transformation, since conflicts arise when those who seek change threaten the comfortable stability of the herd.

YO: That is where we understand that polarity and its diversity only seek to generate, manifest, transform, evolve ... Transcending duality is learning to use it as a tool of coherence and not a weapon of survival.

SOY: And for this, you must take your time to observe the game ... As in chess, every step you take must be premeditated. Contemplate, observe the possible results, because each time you move a piece, you must wait for the opposite to move and determine your next steps. TIC Tac. Positive and negative. When you go to take off your shoes, look at the laces, and untie them strategically.

ME: As the pyramid workers did today, tie the ropes on the sides of the ladder to give it stability ...

I AM: The knot is to hold, not to tie. All the knots of your DNA are the links of your existence, they are the data of your evolution. There is no existence without Polarity.

ME: So to use Polarity in my life, I must recognize it as the chessboard, knowing that every negative or positive move I make will lead to a polarity mechanism that will balance my steps. If I understand the rules of the game, I can use it to my advantage.

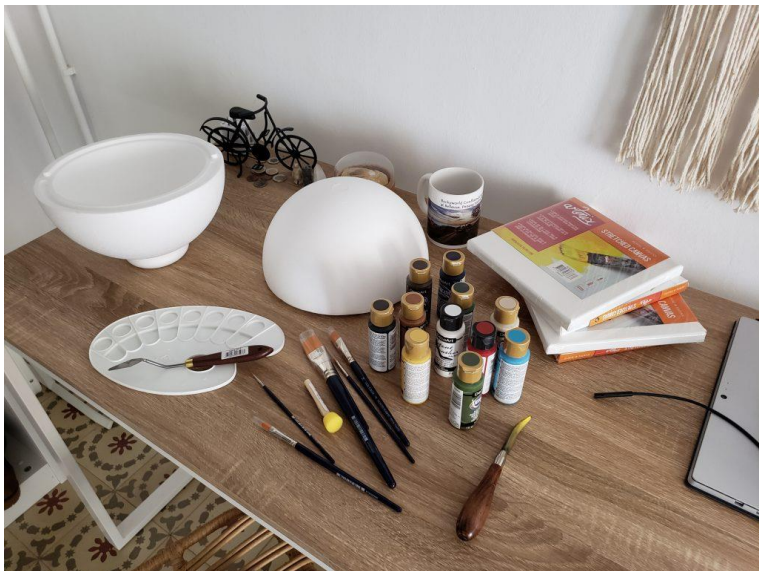
SOY: Every relationship you have is a polar negotiation. Negotiation comes from the word “nec” (without) and “otium” (leisure), that is to say, there is no moment of rest but it is a constant dispute of values. Negotiation is the relationship of more than one subject or aspects that try to find a balance of values, whether psychological, emotional, physical or conceptual ... Negotiation always brings new data and learning for the beings involved, and therefore growth. The problem is that you usually do this with the goal of winning, never of growing. Use Polarity as a form of negotiation for advancement, growth, inner enrichment, and you will discover in conflict a key to knowledge and not to war. You only need to look, contemplate the world from Coherent Consciousness.

ME: I am Polarity, I flow through existence nourishing myself with all visions ...

I AM: Only then can you create, advance, expand, and become the creator of your own universe ..

# 157. Generation

[January 7, 2021 Matías De Stefano](#)



ME: "Does God exist? Is God the Creator of all things? If God created the Universe ... where does God live? Is God something separate from the Universe, or is He the Universe? Is there a purpose in creation? If God created me in his image and likeness, then can I also be a God? Can I create or only God can do it? "

SOY: How do you feel when you go to paint?

ME: I don't know how to describe it... it's like an impulse... Suddenly, one day, I feel something that goes through my body, something that doesn't go through my mind, in fact the mind goes blank. The first thing I do is put everything I'm going to use even if I don't know what I'm going to paint... But I like the order at the beginning of things, even if it becomes chaotic and dirty later. I put the brushes aside, all sorted by size, the palette with the mixer, a gouge just in case I use plaster, and all the acrylic colors, which I sometimes sort by color ranges in front of me so I can find them easier. Normally I know that I will start by painting a map, I love to paint the Earth ...

SOY: What do you feel while you paint?

ME: Strangely, a bit of responsibility arises, that is, I think things like: if you don't get the right color the first time, you will be wasting material, if you don't draw the right measurements, the whole map will be disproportionate and you will have to start all over again. Well, I usually start with Europe, always, because its shape helps me to have a reference point for the rest of the sizes, but if I do it wrong, it is incredible how it will affect Australia and its distance from Antarctica and South America ... When I have managed to have the map sketches and distances are appropriate, so I start to fill in base colors ... white, blue, yellow, colors that help to distinguish contours and contrasts and serve as the basis for the rest. This is when the mind begins to go blank, as in a process of meditation, in which I stare at the brush passing through the established lines, and filling the spaces makes my mind feel ecstasy, pleasure. When I discover the colors, I am amazed, and it fascinates me to see how they look when mixed with the other layers. I feel that each brushstroke makes me discover something new, and the more realistic the colors are, the more I feel like I'm traveling across the surface of the world. As in a meditation in which instead of closing my eyes to travel the Earth, I have them wide open contemplating how I create each of its corners ... and the more realistic the colors are, the more I feel like I'm traveling across the surface of the world. As in a meditation in which instead of closing my eyes to travel the Earth, I have them

wide open contemplating how I create each of its corners ... and the more realistic the colors are, the more I feel like I'm traveling across the surface of the world. As in a meditation in which instead of closing my eyes to travel the Earth, I have them wide open contemplating how I create each of its corners ...

SOY: What are you doing it for? What is the purpose?

ME: I don't know ... It has no purpose ... Simply, when I finish a continent, I smile, and I walk in circles staring at it, feeling part of it. And when I finish with the whole Earth, I watch it in wonder ... Like a lover, contemplating every corner. I feel that every time I paint it, I discover something new in myself, it helps me to know how much I have learned to contemplate ... I cannot find a purpose other than contemplation ...

SOY: How many have you painted?

ME: Many ... too many, the first was when I was 15 years old, the week before moving to Spain. I took a piece of wood and painted a world map. I left it to my grandmother as a gift, before I left without knowing when I would see her again ... It was the first time I painted it, I felt that it was the first time that I would go so far, and I needed to show that the world was my home, that I would never really be far away if the Earth was in the same house where I was born ... Now that I think about it in perspective, I was trying to design something that would make me feel at home ...

SOY: How do you feel now that you look at him?

ME: My house... wow... you just brought tears to my eyes again... I see my house, I see the lemons in the garden, my great-aunt watering her plants, my great-grandmother harvesting in the garden, the animals in the garden of the shed, my mother painting with me, my grandmother cleaning, my grandfather listening to classical music while polishing the coins, my aunt sewing on the stairs. Every time I paint the Earth, I am saying: "this is my house", even if I go far away ... I am still here, it is small, it is a small world ... and I have created it, it is my home ... I feel at home when I see the Earth ... I feel like a child, I feel innocence, I feel the thousands of opportunities there are ... You made me cry ...

SOY: I just ask the questions... you do the recognition process. Who is God?

ME: "Once upon a time there was an angel, alone, in a dark corner of the universe, with no one to love him, or no one to love ... Then one day he decided to create life that could love, and thus be able to feel loved ... And the living of their creation they called "God".

I AM: "God is a child playing alone in a room in the cosmos, hoping to be reunited with his family, and feel love" ...

ME: That story was told to me by an angel when I was a child. He explained to me that God is not an Omnipresent Almighty, but a Child who Loves whatever arises from him ...

I AM: And He loves him because he created it, but more importantly, the reason why he loves his creation is because he reminds him of that child, reminds him of everything he can do, reminds him of his home, his imagination, his infinite capacity for creativity.

ME: So God did not create life to love him, but to remind himself of his own love ...

I AM: "In the image and likeness." God is the Light (from Indo-European dyew = day), and this light decided to play by creating thousands of colors that branched out throughout the universe. God did not create things outside of himself, all things arise from God, from Light, from Consciousness. All things are the product of God

like the fruits on a tree. The fruits are products of this great tree of life, which will fall, separating from the Great Tree, suffering the fall, rotting, dying, but it is in that death that they give power to the metamorphosis of the seed, which finds stability and nutrients to grow forming a new tree. When the apple falls from the tree, he sees the Tree in the heavens, contemplating it from its branches and leaves, and he feels like a "fallen angel", living in a world of insects, crawling vermin that damage the skin, integrity, that devour, and decompose bodies while God contemplates. What the apple does not know is that underneath the roots of the tree support it, accompanying it in the process of emerging from the shadows, spreading roots and looking for light in its shoots.

ME: So God is not a Tree, but a Forest ...

I AM: A Jungle ... the largest you can imagine ... Once, it was a single tree, but it found a way to transcend by replicating itself, designing new options of its being. Each new bud, each flower, each fruit, generated a new seed with new information, improving, but at the same time feeling part of the old and the new. God creates himself transcending in the thousands of ways that he replicates ...

ME: Like me painting the Earth over and over again, and the better I get it, the closer to home I am ...

I AM: The Light that gives Light to itself, seeking the Origin. Do you know what that is called?

I do not...

I AM: In Greek, origin or birth is said "gene", from the Indo-European "ghen", which means "to give birth, to give birth".

ME: God did not create us, then, but himself ... We are simple mirrors of God, we are aspects of the Divine, and as such, we are Creators ... And in each area, we give birth to ourselves, taking us to light consciousness ...

I AM: This is the principle or law of Generation.

ME: The Generation of things is the action of giving birth, giving birth to something new with the sole purpose of replicating itself and returning to the Origin, home ...

SOY: But since it happened to you, you already live in that house, you just have to remember it. The Earth is in your hands, and wherever you see it, you will know that home is there, in memory, because nothing else exists, only in your mind.

ME: Every time I paint, I return to the feeling of the origin in my mind, of my creative child, of my home ... Every time I do something, I create a project, a trip, a relationship, a painting, a song, a child, a book, no matter what it is generating, everything is inevitably the law of generation, the natural impulse to seek the origin ...

I AM: And that is no purpose, because purpose is to look for something in front of you, when the home and origin of all things was always within you.

I: ... "I am" ...

I AM: The generation reminds us that through Polarity, through the Axis, the positive and negative magnetic forces drive our vibration to transform its rhythms, with the search itself being the cause of the effect that will be generated, projecting a response corresponding to a idea that only inhabits your infinite imagination.

ME: What I generate is a product of my mind ...

I AM: Therein lies the intention of all things. Therefore, you create your purpose, you design the strategy, you are the cause of your life, you attract what you resonate, you live at the rhythm that your heart beats, you are God being manifested, and therefore you are generated and generator. .

ME: I am a Creator in every step, every attitude ...

I AM: The greater creators, the greater divine potential. For this reason, one of the keys to finding God is to awaken the generating capacity of all human beings.

ME: How is it done?

SOY: Waking up that child who awaits the reunion with his family, which is yourself. Go back to that child and hug him, tell him that his imagination is the only one that will set you free. Give him back the faith of creating from the game, from the fun. It returns to the damaged child, psychologically abused by the system, emotionally abused by the culture, and in some cases, physically abused by the environment. Hug him and tell him that his smile elevates worlds, generates forests. Tell him that he can be reborn, come home, and create new worlds. Tell the Adolescent in you that sexuality is not taboo, that it is okay to feel sexual desire, that it is okay to experiment, tell him that he does not have to hold back, that the force of his creation is in his genitals, that he does not have to be afraid or ashamed of their own creative power. Tell him he's a superhero that she is a superhero, tell her that she is God and Goddess. What is the Creator Universe manifested in a human, capable of creating its own universe.

I: I am the Generator of my own reality, I design my purpose, I am the Creator of my own Universe.

SOY: Dare to create without fear. There are no more limits than you think. Believe, and when you return home you will be millions. You will be a Forest in constant generation, giving birth to Existence.

## 158. Law

[January 8, 2021 Matías De Stefano](#)



ME: When we talk about Universal Laws, for some reason it sounds strong, like there is an obligation. And then there is this idea that the entire Law was made to be broken. So what does a Universal Law imply?

SOY: The use of this word has two connotations, but the one that has given weight to your perception of the law lies in a cultural issue. Let's first see what Law means, as we have said in other moments. Law comes from

"Leg" in the Indo-European language, meaning "to choose". By etymological principle, the law is not an obligation, but a choice. Now let's go to the human context 10,000 to 2,500 years ago. During this period, humanity once again plunged into a time of conflict and doom, in which all peoples divided, fought each other, and civilizations became tribes again, forming empires that rose and fell. But primarily, most cultures were made up of tribes around Asia, Europe, and Africa. The changing context caused a lot of confusion among individuals,

YO: We talk about this, what we call "moral", those norms established by the normality of a people inhabiting a specific place, understanding that "inhabit" in Latin is said "you die."

I AM: In the inhabited space, certain actions are carried out that by nature can be interpreted as good or bad for the community: actions such as killing, everyone knows that it generates social disharmony, and actions such as sowing, everyone knows that it produces something good for the whole. Thus, the idea of the objectively "just" is constituted, which in Latin they called "ius", origin of the word Justice. But this fair morality lacked something else: a consensus of rules that would calm subjective concepts of what is right or wrong, as we could say today: crossing a red light, invading private property, etc ... These rules they are established in an assembly, where regulations are "chosen", and therefore, where by consensus it is "legislated". Thus the law is born.

ME: So the laws are the pages of a book where the rules of a game are subjectively written, in which no matter how much we know that cheating is wrong, without the rules we would have no idea what is the limit between the strategy and the trap.

SOY: That's right.

ME: And why are they called Universal Laws?

I AM: Because the Universe is a Game with free will. Then, the Mind, divided into its three levels: conscious, unconscious and subconscious, chose certain subjective rules that would help it to stay in order within the game. The law is not there as an imposition, then, but as a guide.

ME: I understand ... It happens that throughout human history, the laws have not favored everyone in the game, and have created this subconscious idea that a law must be broken, that they are not fair for the people.

SOY: This is because laws are not written by citizens, but by politicians. Laws, in most cases, represent the ideals of the powerful and not the perspective of the villagers. For a long time, the systems have abused the Legislative Power, using it according to their own ideals or needs, adjusted to their intentions over others. Laws are not chosen by the people but by individuals under pressure from the people, be it the people, companies, ideals or politics. They are not objective, they are loaded with interests and conditions. The Law helps that chaos does not exist, and it appears in different ways. The Law constitutes the joint idea or intention of a tribe or nation, therefore countries have their own "Constitution", which means: "that which is united". And at times, they have joined the force. In a kingdom It is the King and the feudalists who establish the laws, in a Dictatorship it is the dictator, according to the mood of the day; in an Empire it is the emperor or the Parliamentary Board, in a republic it is Parliament, in a religious plane it is the spiritual leader who elects them, and in a democracy it is the popular assembly.

YO: Are there popular assemblies today?

SOY: No, at least at the Republican level. All the existing republics use the parliamentary representative system, so there is no people involved. People don't choose laws, they choose people who will choose laws.

ME: So there is no democracy ...

SOY: No. But that's another matter. What concerns us here today is the creation of the Law, which, as you will see, throughout history, rarely have the individuals of a people been able to really choose all the laws under which they live in a common consensus.

ME: It's still difficult for everyone to agree ...

SOY: It is not necessary. It is impossible. The democratic system precisely aims to allow the greatest number of people who think in one way to implement the law, since they represent the majority of that people. Imposing a law that represents the minority would not make sense, for this, the minority must propose better forms that are accepted by the majority, and this is how it evolves. So you see how the law, which is subjective, depends more on democracy than on other systems, because outside of the representative parliamentary republic, all other systems do not have laws, they have control and punishment mechanisms.

ME: This indicates that the Law was made to transform according to the evolutionary context... not to be something fixed.

SOY: The rules of the game change. For this reason the universal laws are moldable. You do not always have to be in low vibration, it is not a law, it is an evolutionary state, and the laws will conform to it. You are free to change your vibration and use the laws to your advantage instead of against you. Judging universal laws with the eyes of dictatorship, oppression, is like judging food for making you fat.

ME: Sure ... I understand, food is an option, that my body needs until the day I manage to live on prana, on light, meanwhile, I will continue to use food, but only I am the one who decides how much I eat, and what I eat and the way I do it ...

SOY: For this reason you perceive that the law was made to be broken, but it is not like that ... it was made to transform itself based on your own transformation. The Law is not your enemy, the Law is the one who guides you in existence when you are lost and without your own power, the law protects you, and therefore, the law is a Pattern (from "Pater": protect).

ME: And it will protect me until I regain my own power and mold the law for my next level, in consensus with my new reality ... The patterns are laws that limit me trying to guide me ...

I AM: But if you give them your power, instead of guiding you they will control you, they will believe that they have the power. And power is the Will, having power is not controlling, it is having responsibility, that is, responding according to the whole. A being without personal responsibility receives all the natural weight of the law and is a prisoner of the bosses. Power does not position you above others, power gives you responsibilities of action for the balance of all parts, free of conditioning.

ME: This is why we believe that the laws limit us, because we are irresponsible ... Then the law becomes more intense ... Or it becomes corrupted.

SOY: The corruption of the Law shows a system without any power, without joint responsibility. The Universe does not oppress with laws, it does not punish. There is no Heaven that rewards the just or Hell that punishes the unjust. That was a religious law that ensured social stability in times of chaos. The truth is that the Universe has only given 7 laws, and through them it aspires that each one of us find the responsibility of knowing how to handle the rules of the game with freedom.

ME: The Law is the Pattern, which takes care of me in my time of unconsciousness. A conscious people do not need more than 7 laws ...

I AM: A people that recognizes that its goal is creative, that responds in coherence to the world according to its inner feeling, that vibrates in the truth, that adapts to the rhythms of existence, that is consistent in its actions, that lives in axis in his emotions, and who is able to allow himself to manifest his inner potential, he is not controlled by patterns, but is free to use them to create realities, he is a human being who does not need more than the 7 Universal Laws to live in harmony.

ME: Just as the Laws make up a National Constitution, the Employers make up the Constitution of an Individual. If the individual changes, so does his constitution, and modifies his patterns with freedom and responsibility ... And so does a Nation.

I AM: Every rule was made to guide us, and control has only become over people when they have forgotten their responsibility in existence. Take back your power by following the universal laws, and you won't need anyone else outside to remind you of what you already know.

ME: We can tell you Universal Principles then ...

I AM: The 7s are the beginning of all things. "Principle", the one that takes the first place ... The 7 appear at the same moment, and are aspects to each other, like the different angles in which you can see a person. Talking about Universal Principles reminds us that they are the foundations of Existence, but it does not remind us that they are a guide, a way not to get lost, that is why you will know them as Laws. They are the Patterns of God ... And when you are able to be like Him, like the Universe, you will be able to establish your own Laws. Meanwhile, pay attention to your patterns, what are your biggest patterns? Those who control you, who condition you in life. Where have you lost power? In other words, where, when and in what way have you stopped being responsible?

ME: What I am not responsible for controls me ...

SOY: It submits you... So, know your patterns, and you will know your laws. And if you are worthy of regaining your power, you will be Just.

I: "The Kingdom of Heaven will be the Righteous"

I AM: The Earth already floats in the Heavens ... you just need to remember that you are a Righteous King.

ME: And I will be when I recognize all the patterns inherited by those who make up my Family Tree, who write my Constitution.

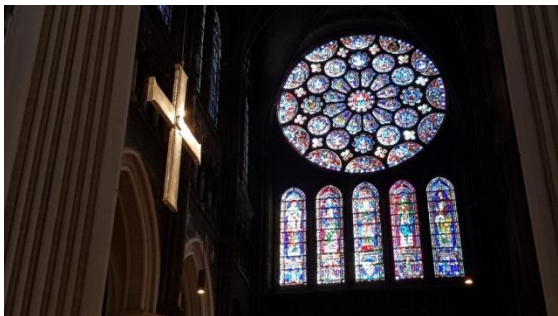
I AM: Transform your idea of yourself, and spread your branches by writing new laws.

ME: I am the Law ...

I AM: I am the Universal Law.

# 159. Systems

[January 9, 2021 Matías De Stefano](#)



ME: Every day that I go to the pyramid, the guards greet me the same way, they make the same jokes, and they control my same ticket. In July, my guide here in Egypt, Ahmed, got me something unusual for a tourist: an annual pass. This means that with the same ticket I can access the pyramids for 360 days. Everyone knows me in the Pyramids area, from the sweeper to the CEO of Giza, Mr. Ashraf, and yet every day they ask for the same ticket, and control the expiration date while everyone repeats or shouts: “ Matius, emberah enta fyn? ” Or "Enta kolyum!", "My friend!" ("Matías, where were you yesterday?", Or "You come every day!", "My friend!"). To which I reply: “Marhaba, ana fyn fondok. Kolu tamam? ” (Hi! Me, at the hotel. Everything okay?). And after the same old song, sometimes with more intensity, others with less welcome me. And the same is repeated in the entrance of Cheops. The same conversations, the same mechanism ... But in my day to day, in the monotony, I do the same ... I wake up, read something, walk, have breakfast, go to the pyramid, come back, write, paint, watch something on Netflix, do the talk and lineup, talk with friends, and sleep... Over and over again. The strange thing is that I'm getting used to it, and it even bothers me a little when they change my routine, as if I don't have time, although I have all the time available that I want. But I always wear something to do, to manifest. I am beginning to be like a clock ... Like the ones who receive me every day. You know? Before I traveled so much that I did not have the possibility to understand what the routine meant, it was not in my mind. Maybe the last time I had a routine was when I was 18 years old, the last months of high school in Barcelona. Since I was 18 years old, I have not lived the routine. Until now ... And I see how people live, doing the same thing, going to the same places, seeing the same people, doing the same things, saying the same words ... It's like a clock, like a schematic pattern ...

SOY: It is a system.

ME: Yes. The Systems. We usually say that when something is repetitive it becomes systematic, like mechanical, in that all the pieces behave in the same way to always obtain the same expected result. There are no surprises in a system ...

SOY: And for that reason it provides security ...

ME: So the systems seem based on patterns, which means protection.

I AM: In survival, systems are developed as a way of ensuring perpetuity. Plants have a system, each animal species has a system, and humans create systems, with the aim of transcending, of sustaining themselves over time.

ME: That's why people repeat their actions daily, because it gives them stability ... Security.

I AM: A system takes away the responsibility of constantly thinking about basic needs. You know that you have systemic ways of accessing food, you know that you have systems of transportation, security, government, justice, and even for many they feel comfortable with their religious systems, because an individual without systems spends more time thinking than to live.

ME: How is that?

SOY: Think about what happens to people who begin to realize that systems oppress, and decide to get out of the system ... They spend most of their time designing ideas of something different, philosophizing, investigating, searching inside. Not all humans can do this, at least not at the same time, or there would be hunger, everything would stop, it would be chaos. By this, the systems ensure continuity without the effort of constantly having to adapt. The systems provide stability and energy savings, you can thanks to them, they can dedicate themselves to living instead of surviving.

ME: What is a system?

SOY: System comes from the Greek "syn isteh ma" which means "means by which things come together in an organized way." Inorganic System (chemical, subatomic and atomic elements, the order of particles and molecules), Organic System (combination of compounds that together generate life), Biological Systems (Nervous, Bone, Lymphatic, Circulatory, Respiratory, Excretory, Digestive, Integumentary, Immune, Endocrine, Reproductive, Muscular). Ecological Systems (Forests, Seas, Deserts ...) Spiritual Systems (Dogmas, Doctrines, Sects, Religions ...) Solar System (Sun and its planets) Social System (civilization, economy, education, politics ...) And all its subsystems such as the Economic with his protectionist, liberal, neoliberal, communist vision... As well as the Political, right, left, center... As you will see,

ME: If Order in Greek is said "cosmos" then the Universe also has its systems ...

SOY: Exactly. Like the System of the 7 Laws, or the System of Trinities, or the Geometric Systems. The Universal Systems are those that make the Universe a Cosmos, a being that lives in order and harmony. Understand the system as a huge mandala ...

ME: Like the rose window in the photo ...

SOY: Yes, where in its parts a story is told through color and shape. A mandala is a system, emotions are a system ... And they arise from the harmonic union of patterns.

ME: So, if I'm not mistaken, according to what we talked about yesterday, a Law is a choice that when repeated over and over again becomes a Pattern, because the individual is assured that it is repeated to the point of not even having to thinking about it passes into the subconscious and becomes a mechanical reaction. Thus, the union of many laws together is called "Constitution", that is to say that following this parallelism, many patterns together make up a "System".

I AM: Because a system is a constitution of different things, the assimilation and orderly unity of different aspects ...

I understand. So the systems are very useful ...

SOY: Well ... rather: nothing would exist if it weren't for the systems. The system is not a tool, it is a way of ordering tools, the system is like the method of placing books in a library, or ordering tools in a workshop. A system gives order to the mind, the soul and the body. The Routine is a system that gives security to the body. Systems become repetitive as the individual needs more security to live.

ME: And why do people hate systems so much?

SOY: Because, like the laws, he sees them as traps. A system is like a cage. Imagine that inside the cage there is a canary that was born in captivity. And you say: I'm going to release him! You open the cage and let it fly away. How long will it live?

ME: If you didn't hit the first glass of a window when you left, you will probably live a week at most ...

SOY: Why?

ME: Because you don't know what it's like to be free. He was born in a cage. He does not know how to defend himself, he does not know how to get food, he does not know how to take care of the cold. It knows no natural enemies. And even if there is data in their genetic information, this information is very far away, since their ancestors were also born in cages.

SOY: Here you have three options, then. Open the cage for him and let him feel the freedom for a few hours, or he will smash against glass or die a week from hunger and cold ... Or you can teach him little by little what it is to be free, making him feel that the cage is a house and he can get out of it whenever he wants in a small space, where you put food camouflaged so that he can find it, giving him experience and awakening his inner wisdom in the exercise. Or you can lock him up, making him believe that everything that happens outside could kill him, scare him, and thus he will never leave the cage. Is the cage the problem?

ME: No ... The cage is a system ... but not who nourishes this system.

SOY: Then we go back to blaming food for being fat. A system is shaped by a huge number of laws, which are joint elections. Systems are not to blame for existing, in fact no system is really bad, the big and only conflict is the way you use the system. And normally it is used from the distortion.

ME: This reminds me of the Matrix.

I AM: The Matrix is the name that incorporates all possible systems. But the Matrix is not here to control you... remember... what is it that really controls you?

ME: Lack of self-power.

SOY: And how have you lost power?

ME: Eliminating my Will, that is, my response capacity, known as Responsibility.

I AM: Why have you eliminated the Will?

ME: Because I can't find balance in my energy, in my Love.

SOY: Why don't you know how to love?

ME: Because I live from the impulses of unconsciousness, and the way to Love in balance is from Consciousness ... Wisdom.

I AM: In other words, by losing your ability to discern, you have lost control of your emotion, which has led to a lack of energy that prevents you from responding to the world, and you prefer to adhere to a system to feel safe since it gives you order in the midst of your own chaos ...

ME: Wow ...

SOY: And on top of that, you criticize him ...

I understand...

I AM: It is your choices that have shaped the system you live in, and you will never succeed in eliminating the systems you complain about if you do not transform the choices you make in your life.

YO: It's like criticizing right-wing liberal capitalism from a Facebook account on an iPhone.

SOY: That's right. Criticizing outdated systems is like judging a dog for not knowing how to speak. If what you are looking for is to talk, interact with other humans ...

ME: Or get a Parrot ...

SOY: Well ... this would be a direct reflection and without real evolution, since it would only repeat without self-consciousness ...

ME: Like some people ...

I AM: Systematic ...

YO: So it becomes clear to me that a system is just a method of ordering things that were separated in a harmonious way, useful to quickly resolve issues at a general level. But if what I am looking for is to change the system, I must transform the bases that sustain it, which are precisely those parts that it orders, and all of them have to do with our choices. So the most important thing is to learn to choose better.

I AM: And you can only choose better from the Stock Coherence, not from the Reactionary Incoherence.

ME: More Evolution, less Revolution.

SOY: Well, we are all a system, and in our evolution we generate new ones.

ME: I am a System, because I am about to unify from consciousness everything that was chaotic in me before.

I AM: I am the Axis on which the System is based.

ME: The coherence of my own Being.

# 160. Stability

[January 10, 2021 Matías De Stefano](#)



ME: When I think of Capricorn, the idea of the Work comes to mind, but at the same time, of a cave, of being locked up, away from others.

I AM: Capricorn, in his mentality, is a compulsive worker, and even if he is doing nothing, he feels like he is doing everything, and the more alone he is to achieve it, the better. Capricorn arises from the image of a loner, of the mountain goat, who lives on the tops of the hills, sleeps in caves, and strives to achieve minimal results in the few herbs it finds on paths where it cannot be accompanied, but rather it can only step on one of its legs at a time. The goat, the ram, were related to the solar divinity, since the closest point to heaven is the top of the mountains where the ram lives, and therefore its symbol represents the Sun. This image of the being that prefers the solitude of the tall and better not to disturb when concentrated, gave rise to the Greek idea of the Faun called "Pan."

ME: Our heavy friend Peter Pan...

SOY: But when the Olympian war reached its peak, the faun decided to hide in the most unlikely place for a ram: water. And so he came down from the mountains, and plunged into the River Nile. There, his waters of wisdom turned his hind legs into the tail of a fish. The solitary wisdom of the heavens, of the sun, joined the divine wisdom of life, of water, creating the image of Capricorn. This describes the methodical process of water travel from high mountains, from being ice to flowing in currents towards the sea. The transformation of sunlight into ice, rock, mountain, mineral, stream, river. The Capricorn Way describes the effort of transformation, the constancy and perseverance of water to mold the rock and turn the greatest mountain into the smallest grain of sand. For the Capricorn mind, the journey of the water is not a rigid work, it is a fluid task. While for the other signs it can be exhausting to think about molding the same rock over and over again without finding a final or expected result, for Capricorn this brings peace, security, stability.

ME: There lies another great key to this sign, in stability. How is stability achieved?

SOY: Stability comes from the Latin words "stare" (to be, to remain) and "habilitatem" (ability), therefore, the ability to be fixed in a place.

ME: But you described its attribute by a flowing river ...

SOY: And that always is. It is the waters that move in a river, but the river remains there. The water cycle is something fixed, a constant, which perhaps moves from place to place as a function of centuries, or millennia, and even in most cases, over millions of years. But the system repeats itself. Despite the fact that everything changes, that the climate changes, that erosion opens or closes roads, water is still water, it continues to experience its gaseous, liquid and solid forms, the water cycle. It is like a ram that stays fixed on its goal no matter how minimal, and stubborn as it is, no matter what happens around it, it will keep trying again and again. That is his ability to remain, to be. Here the key, the attribute, lies in understanding that the forms do not matter, the essence of things must remain, the purpose must remain intact, the constancy must be an alibi, the I Am of the spiritual mind must be a stable axis for the movements of the soul and the body. As if the movement of the soul is compared on Earth to the precession of the equinoxes, and the movements of the body to the 24-hour earth rotation, with the spirit being the north and south axis.

ME: How do I recognize that potential of the Capricorn mind in me?

I AM: Your spirit is your axis, but you can never discover the axis if you stay still. You need to move, transform, go through your falls and frustrations (autumn), through your crises and depressions (winters), through your own blooms (springs) and live your fruits (summers). You must change your perspectives, meeting new people who show you different aspects of yourself, in different cultures, religions, philosophies, beliefs, turning like the world, looking at each of the degrees of its circumference. And in turn, remember that in each turn, you face situations similar to those of your ancestors, because you are a reflection of them, and they live in you and through you. Thus, each of the precessional stages will be a branch of your genealogical tree, of the tree of life. And as you find useful aspects in the past, you will also discover dense processes to heal and transcend. They are the branches and the roots of the Great Tree. You are a fruit of said Tree, which, like the river, has been repeating itself over and over again, in a constant evolution, which has found stability in its deep roots decorated with beliefs and patterns, in its strong branches of laws and communions. Thus, you do not find stability in the belief of separation, in the intention of feeling separated from the rest, free from their conditions, because everyone lives in you, you are the Tree, and that is your axis. Your body has changed thousands of times being thousands of fruits, your soul has gone through many seasons, changed its leaves, its bark, creating new branches, growing in all directions. But your trunk will be there, immovable, stable. They are the branches and the roots of the Great Tree. You are a fruit of said Tree, which, like the river, has been repeating itself over and over again, in a constant evolution, which has found stability in its deep roots decorated with beliefs and patterns, in its strong branches of laws and communions. Thus, you do not find stability in the belief of separation, in the intention of feeling separated from the rest, free from their conditions, because everyone lives in you, you are the Tree, and that is your axis. Your body has changed thousands of times being thousands of fruits, your soul has gone through many seasons, changed its leaves, its bark, creating new branches, growing in all directions. But your trunk will be there, immovable, stable.

ME: That is why we associate this sign with mental structures, with planning, project design, fundamentals and effort to achieve something that has no end, in the constant search to improve itself ... Capricorn reminds us what it does evolution: trying to improve over and over again, recognizing that the axis, the origin, the center, the stability are found only in the turn, in the transformation, in the observation of the different, in the daring to change. And in that change I find the fixed, the axis, the stable, the coherence ... A Capricorn will never see the end, it will never be enough, but not because he is looking for something ahead, but because what he is looking for is himself, and if he does not know perfect again and again, it will cease to be seen, it cannot be found.

I AM: "The young man in" disgust "is an uprooted being who thinks hopefully alone ... in a reunion ..."

YO: It's one of Parravicini's psychographies, from 1972.

I AM: Describe this concept, of those who are, like you, on this path. As all psychography describes many things at once, but all historical circumstances will have the same origin, as we have already seen. Its origin is a mental concept, and in this case, it speaks of the need to lose stability to continue looking for oneself, to feel expelled by one's own being or environment, where I believed I had stability related to the external. At every moment that you deposit your stability in others, life will give you a crisis, to remind you that hope lies in the reunion with yourself, and therefore you must start the search. Throughout life people turn and turn looking around for the brightness of others to guide us on the right path in this forest of darkness. As the Earth turns watching the stars, he passes over and over in front of them, and although they sometimes change their point of view, they still mean the same thing. This happens in normal life, when an individual throws himself spinning around the world looking 360 degrees around him, projecting himself in the brightness of the stars, wanting to resemble them, imitating them, adopting their characteristic, being a mirror, meeting people with these stars. inside, to be shown the way.

ME: What you describe is that just as the Earth when rotating sees all the stars, and when rotating in the solar ecliptic it can see the 12 constellations in 12 months, a human sees those 12 constellations in people around him, of different zodiacal signs, that represent things for oneself, that reflect ideas, potentials, and we live looking for their light to find ourselves ...

SOY: When in reality, the only thing that is allowing you to see them all, is your own axis of rotation. Stability is not found when you manage to lean on the trunk of a tree, but when you become your own tree.

ME: My axis is my stability ... and I only discover it in my movement ...

I AM: An axis only exists for two poles, one that rises in the positive, and another that descends towards the negative. Trees do not grow towards the sky looking for light, trees, from their axis, expand towards heaven and earth in the same proportion, like a mirror in different directions, dimensions, in the same way that a staircase is not unidirectional, rather, both sides serve to go up and down at the same time.

ME: Whenever I look outside, the force pushes me inwards, I always try to ascend, the force will push me to descend ...

SOY: That is stability, the ability to move and transform and still remain, be, be ...

ME: I allow myself to move like water and find my stability in transformation ...

I AM: This is the Eternal Ascension, when you remember that there are no different realities, entities or consciences, but that there is only one ladder, and the point of view from the step where you decide to position yourself ...

ME: Until I recognize that I am the whole ladder ...

I AM: And there I will be Everything.

# 161. Reason

[January 11, 2021 Matías De Stefano](#)



I AM: Since we are entering the week of the Soul and therefore the Emotion, I will be direct and without turning: What is your reason for being? In what do you think you are right and others are not? What if you find out you don't have it?

ME: Ugh ... what a topic, straight to the point, to the wound ...

SOY: When it comes to Capricorn we can't waste much time decorating our emotions: it is what it is, and you have to take responsibility, responsible, of the things you feel. So, this week we will work with key questions in relation to what moves us emotionally to work on it. So I put these questions at your disposal.

ME: Should I answer them?

SOY: Well, not me, but yourself. The task of this whole week will involve trying to understand how we place ourselves in the emotional ties with respect to the energetic ties of our life. Therefore, I recommend you write the question, and underneath, develop in a series of points, numbering the reasons, in the things that you think are right, and how you react when you discover that you are not. You must make these three ways aware so that your being becomes aware of these reaction mechanisms and structure of your constitution.

ME: Let's start as usual, remembering what Reason means.

SOY: Reason comes from the Latin "reris" which means "thought", and "-tio" which means "action", "retionis" would be the act of thinking, which was evolving or deforming to "reatione" and then "reason" in Spanish ("reason" in English). Reasoning is the verb that describes the action of thinking. Reasonable describes the attribute of something that is consistent with the way of thinking, logical and coherent. And therefore, "to be right" is to possess the capacity for logical thought.

ME: Although today, being right is no longer so logical ...

SOY: And I'll explain why. Because "reason" comes simply from the idea of thinking, something that can easily occur without the need for study or verification, and that can be born purely from your imagination. You, for example ... Have you ever checked what you explain?

ME: Well ... some things yes, but most do not, it comes from me, from my interior ...

I AM: From your mind. So, calmly, everything you say could be imaginary, an invention of your neural interaction, and that's it.

ME: If you put it like that... yes, of course, I always say that I really don't care to check what I say. That is, there are people who tell me: how do we know if what you say is true, how can we verify it? And I usually say that I did not come to prove whether or not what I say is true, because it is not my mission to prove anything, my mission is to be, to share, and if it works and is useful, well, and if it is not useful, Well, it's fine anyway.

SOY: Well, it's a detached point of view of what you deliver, that's fine, however, it's still just an idea. Is your idea of detachment from truth a product of your core essence or your ego trying to survive?

ME: I think it's a constant struggle, right? Well, more than fighting, it is a pendulous question between the reason of my ego in the perception of things, and the reason of my essence in the truth of them. The ego seeks to survive, and it will be inevitable that it will defend itself in some way, if it were not useful, the essence would never have created the ego ...

I AM: you caught me, hehe.

ME: I'm learning hehe

I AM: The ego is a tool, but sometimes we let it lead life, and that is usually when we have accidents. The ego is a kind of driver with a fold-out map, when the essence is the GPS. When the ego tries to see the way or say "easy, I know where we are", things often go wrong and you end up lost in the middle of a dangerous place.

ME: It has happened to me several times ...

SOY: The same happens with Reason. The line that separates the thought of the ego and the thought of the essence is very thin, since both are maps, but with different ways of approaching them. You did not answer my question.

ME: Well ... many times I realize that I am unaware of some data, due to the need to uphold my integrity. It's weird, because, I know with all my being that I didn't come to prove anything to anyone, that I don't care, and that I came to share what I know, what I feel, what I live, and that's it, I'm not going to go crazy in this life wasting time to believe me. And that's when the ego sometimes takes over, in the concept "I don't care." When you hear more and more things in the world, you realize more and more that people want to believe anything, and that no matter how much you focus all your energy on wanting to explain certain truths or clarify and justify what you know or say, their minds they will not change. Sometimes I think that the best thing is to share, without wanting to convince anyone, and from there, each one, will take what is useful to them and make their own discernment.

SOY: "I don't care" can become a way of justifying whatever comes up in your mind. The ego, defending your integrity, can close to learning new concepts that nurture your own vision.

ME: You always have to be open to learning something new. Thanks to talking with you, with me, every day, I can identify every day more when it is my ego that responds: "I don't care", and when the essence is saying: "It is not in my way today."

I AM: You live in a world full of minds, and each one projects their own thought on the outside world, but they do it only to refer to the outside and to know how to move in the environment, which is summarized in trying to survive the environment. Therefore, the ego uses thought as a defense mechanism, calling this "Reason." The religious believe that they are right, the scientists believe that they are right, the scholars believe that they are right, the conspiranoids believe that they are right, the ignorant believe that they are right ...

ME: In this age, many of those thoughts become extreme, and they are not open to seeing other options, to the point where they cannot even believe in what they are seeing with their own senses. For example, this week I received a video from someone in Spain who said that snow was plastic, because bringing fire to it with a lighter did not melt, but burned ... And sometimes we forget that today we have access to the largest information network, to the largest library of collective knowledge in the world, through the internet, and many times before looking for data, we speak without knowing. And I include myself.

SOY: We have talked about the deference between the ignorant and the ignorant. Who does not know does not know that he has the means to know. The Ignorant is the one who denies knowing even knowing that he has the possibility to do so.

ME: It took me less than a minute to find a video where he explains how it is the combustion of the fire that leaves carbon marks (burned) on the snow, when it is the heat (in the blue part of the fire or the external one that surrounds the yellow part) which melts the snow into water. But it is true that in our time, we lost the habit of asking. We believe that knowledge is hidden from us, and sometimes it is simply that we have not searched well or asked the right questions.

I AM: Therefore, reason has three ways of manifesting itself. Coming from thought, we have subconscious, unconscious and conscious reason.

ME: How is the Subconscious Reason?

I AM: It is what we call "illogical." That is to say, the thought that resonates, like an echo, that we recognize as true in our cells, in our emotion, without the need for a cognitive process. Our being recognizes it. The Unconscious is the reason that is obtained by culture or collective thought in which the group is not doubted for fear of being repulsed from the clan and dying in exile. And Conscious reason is what occurs in the search and learning of different options.

ME: But this can be applicable to many things ... I mean, subconscious reason can equate on the same level my holistic explanations resonating in thousands of people, and the positions that the earth is flat or hollow, which also resonates in thousands. of people...

SOY: And what makes you think that you are right and the others are not?

ME: The data ... That is, data from thousands of years ago, from mathematicians, geologists, astronomers, architects, scientists, from different cultures, and empirical data such as the rotation of stars, planets, the solstices and equinoxes, or simply getting on on a flight from Sydney to Buenos Aires or South Africa, looking at Antarctica through the window ... which I have done myself and anyone can do ...

SOY: If we go into the philosophical aspects of reason, we could say that neither you nor they are right, or they are all right, because each one sees the world with the reality of their own brain. In other words, there are people who feel the same caress on an arm, with the same softness, as a pleasure or as an unbearable pain. It's all due to brain perception. The external world can never be exact if you perceive it with the eyes of your brain perception.

YO: But there are concrete data, that is, beyond the perception of things, the experiments contrasted by hundreds of individuals compose a collective truth ...

SOY: By that collective truth, everything you know is nothing more than well-managed schizophrenia.

ME: Good point ...

SOY: As you will see, no one has The Reason, but everyone is right. And a collective reason shapes an idea of the group. There are scientists who go to mass on Sundays even though they know that the empirical existence of the Christian God is impossible. But they have faith, and faith encompasses everything that cannot be understood from reason, it opens the doors to all possibilities. The problem that arises in both Faith and Reason is the same: clinging to the idea that it is the only answer. Both Faith and Reason have the same principle: open to infinite possibilities, close to nothing, and both make this ancient mistake of believing that there is only one possible answer. How do you feel now that you know you've never been right?

ME: Two things happen to me ... I feel nauseous, as if suddenly there is nowhere to hold on, I don't know where to go ... And on the other hand, I feel free, without the burden of having to search for reason and possess it ...

I AM: Reason is built through learning, reason can never be possessed, it cannot be had, it can only be passed on, shared, integrated and transcended. Whoever claims to be right, no matter how secure he is, will sin from attachment and ego, that is, he will show that he lives from the need for survival of his self linked to this specific time and space.

ME: Nobody has reason, but we all build it ...

I AM: In each question you ask, you build Reason, and when you discover a new question, you call it Faith. What is your reason for being?

ME: Discovering myself and what my mind is capable of manifesting ...

SOY: In what do you think you are right and others are not?

ME: The way I see the universe from holistic and harmonic integration, and I think those who see it from conspiracy and duality don't have it ...

SOY: What if one day you discover that you were not right and that the universe is really a control matrix created by opposing forces of darkness living on a flat earth that is an experiment?

ME: It would be difficult for me to accept it ... It would produce anxiety, it would break the sense of everything I am, what I do, what I believe ... Nothing would make sense ... And probably, eventually, I would try to adjust to that new reality seeing how it that I know can be useful to transcend that system and create a different one ...

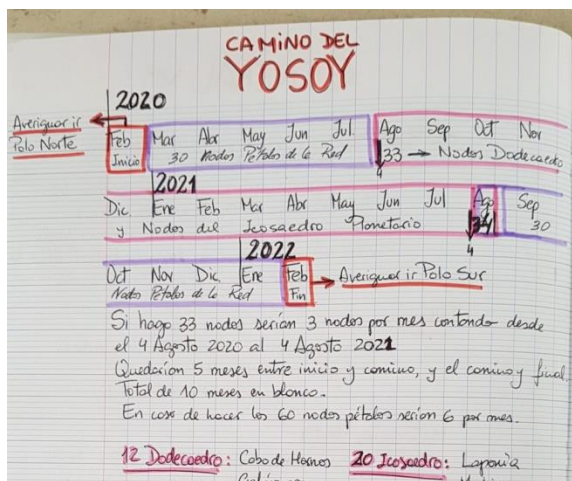
SOY: Now you know how it feels when in your words you break the patterns of others to replace them with new ones ... Then you recognize the only possible reason in the game of life: It is not about being right, but about adapting and transcending the patterns of reasoning to evolve, learn, expand ... get to know each other.

I know! I am not right, I am reason.

I AM: That is the greatest liberation thought you will find in existence ...

# 162. Projects

[January 12, 2021 Matías De Stefano](#)



SOY: What do you project to the World? What are your projects? Everything you do to the world is projected from you, your projects are born from your need to project yourself. Are you sincere with what you project?

ME: What is a Project?

I AM: From the word "Pro-iectus" originating from the concepts "pro" (forward) and "iacere" (to launch) plus the adjective suffix "-us", it means "what is thrown forward."

ME: Like a "projectile" ...

I AM: In the Universe, everything arises from the Mind, which generates an idea. And that idea seeks to manifest itself, and the way to do it is by expressing itself from the inside out, that is, from a human vision, the being moves forward. We call this "projecting". All projection is the action of jumping forward, moving, moving forward, expanding, evolving. After millions of tests, from practices, the projections go from being a vibration to being energy, and the energy converts the projection into matter. In other words, in human terms, the Universe is projected on the mental level and from there it is projected to the emotional level, and from there to the physical level. Everything that exists is a projection, it is a continuous movement that generates evolution through the projection of the original idea.

ME: And in matter, it becomes an attribute of being.

I AM: The mental projection of a preconceptual perception on an expectation generates the emotional projection on the polarized distortion that you will call duality, and it is this polarity that in its interaction is recognized as capable of projecting into matter what interacts in the soul, becoming an attribute of himself, emerging the project.

ME: Wait ... this paragraph is as simple as it is complex ... Let's go in parts ...

I AM: I start over. "The mental projection of a preconceptual perception on an expectation": when you have an idea about something, it is nothing more than your own perception of it from previous experiences, and therefore, you place an expectation on what that you observe can do, For example, someone who observes a cloudy sky and knowing that when it gets cloudy it rains, he hopes that the result will always be the same and that water will fall in the form of drops. "Generate the emotional projection on the polarized distortion that you

will call duality": in summary, and following the simple example, seeing the cloudy sky activates preconceived emotions in relation to the rain that can swing between melancholy, sadness and discomfort if it rain is related to internalization situations in your life, or joy, fun and expansion if it is related to positive moments in your life. "And it is this polarity that in its interaction is recognized as capable of projecting into matter what interacts in the soul": the reactions you have based on your emotion in front of the cloudy sky, will lead you to plan the day, how to dress, cancel or schedule activities, etc. "Becoming an attribute of himself, the project emerging": that is, it is the same person who, instead of doing something outward, becomes his own activity, by dressing, moving forward, moving, transforming, And therefore, what used to be an idea is now a fact, he put on his boots, took his umbrella and went out for a walk to some meeting.

ME: So the soul is the project of the spirit and the body is the project of the soul ...

SOY: That's right ... and life is the project of the body. Everything is a projection in the universe, and therefore everything has the attribute of projection.

ME: This reminds me of that idea that we are a holographic experiment of higher consciousness. Is that so?

SOY: Sure. Your problem is that you see it from the eyes of duality, thinking that the higher and lower consciousnesses are different individuals, when in reality, talking about them is like talking about a brain and a liver, a higher and a lower consciousness, both indispensable parts of the same organism.

ME: Sure ... they need each other ... They are not separated or one controls the other, but they interact in different states.

I AM: You are the projection of your body, your body is the projection of your soul, your soul is the projection of your spirit, and your spirit is the projection of the cosmos, just as the cosmos is the projection of the original idea. Therefore, at each level, you find the experiment (that is, the experience) of the previous plane. If the soul is a spiritual projection, it means that the spirit seeks to experience itself through the soul, which leads us to understand that the soul is an experiment of the spirit, that is, a spiritual project. The same happens with each level. Your life is an experiment, it is a project, and when you project, you generate new experiences to discover yourself. Tell me ... what are you projecting?

ME: How do I know what I project in life?

SOY: Well... think about your projects.

ME: So if I look at my life projects, I will be able to know what I project from myself to the world ...

SOY: That's right.

ME: And what about those who don't have projects?

SOY: Everyone has projects, maybe they are not big, they are small, but they are projects. Some have joint projects, others individual, others live outside projects, others consider that having a date is a project, others consider a project to make a good meal, others create a social revolution. Your?

ME: I... My project today is the "YOSOY", and I have never been so in my center in my life. Since 2015 I have been planning this project, but it always failed ...

SOY: Why?

ME: Because I realized that the place from where I was projecting it was not the best ... I was not being myself, I was wanting to cover too many things, with too many people, making plans that were too forced. Every week I made a new itinerary, I modified the way I did it, with people, without people, with crowdfunding, I paid for it with my trips with people, making a documentary, flying by plane around the world, looking for sponsors, all my focus was on the how, and the real focus was what? And that which led me to the "Who?"... And from there to the Where and How. The road was the other way around.

SOY: Everything you do as projects, they only work when you become them. This is why the rest that you have in mind will not flower yet, well, it is not vibrating in you yet, you cannot project it because the idea is not yet formed. The Capricorn mind will seek to plan everything in the long term, for many years, making hundreds of plans or its options, but all will fail if you do not become the project.

ME: That is the problem ... everything I have projected, I have done from the Ego ... not from the essence. That is, when I leave my life projects in the hands of my personality, denying the feeling of my soul, the reason for my spirit, the communion with the cosmos, no matter how hard I try, I will not obtain results, because I will be building in a swamp . I must connect with the project of my soul, with that of my spirit, and from there feel the coherence projected to me ... But ... how do I do it?

SOY: The first project that every human should take into account is to build himself. First: know the history of your body (genealogical tree, family, ancestors, traumas, gifts, events, human history, biology...). Second: know the history of your soul (locked emotions, pleasures, wills, loves, past lives ...). Third: know the truth of your spirit (akashic records, kundalini, ayahuasca, meditation, travel to new places, reading and study). Step Four: find the concordance between all of this, the connection points. Fifth: Observe in your life what of all this you put into your future projects, on a physical, emotional and mental level. This way you will identify what you project to the world, and from where. What do you project?

ME: My great life project is the YOSOY, because everything I do I do for myself, for my growth, my discovery. I really care about enjoying myself, having fun, and I project that into the adventures of my projects. But I also project confusion many times, because I know that within me there is still the struggle between the spiritual revolutionary and the educating hermit. One trying to do great things and make a mark in the social, spiritual world, making a difference towards another level of planetary consciousness, and the other wanting to find a house in the mountains and see as few people as possible, living in peace and educating every so often when you want to get out of the cave.

SOY: What are your projects?

I: On a planetary and collective level, it is the "I Am" and the "Ontocracy". The first is what I am doing, sharing my discovery of the I Am in order to make it useful for the conscious network and its manifestation at a global level. The second is to be able to manifest a useful social system for the Aquarian age, without spiritual projection or anything, but simply useful for the evolutionary development of humanity on a social level. And on a personal level ... I think it's being able to have my own space to live, write my books, make a movie, and in a way I'm doing all of it, so I feel complete and fulfilled in walking ... This year I I have realized that I am doing everything I expected to do, but I will try to do things wrong, since I do not intend to die soon ... hehehe

SOY: Take it easy ... there are still things to do. Do you consider then that you are sincere with what you project?

ME: Hmm, this may now say yes, but I should think about it more ... How do you know if I'm sincere?

SOY: Well... there is a way. Who do you do what you do for?

ME: My projects? For me. I am sure that what I do I do for my own well-being, my own stability, my own security ...

SOY: So now you know that you are sincere. There are different ways of identifying it, since the I can be understood as the I Am or the I Am. So, do you want to create these projects so that the world can benefit and do not expect anything in return?

ME: I am sincere, I do expect something in return. You know? I remember the lives in which I gave everything for the world, and learned that it had nothing to do with the truth. Being a martyr, a servant of the world, does not make you more enlightened, it is not what you do but how you do it. And I am sincere in this, in this life I will not do service unless that service is in balance with making me feel good and have a good time on this Earth. But still I do not close myself to service, because I know that I came to give everything that is in me for this world that I love, but I will not be a martyr of this world, not again.

SOY: That your projects do not project onto others, and that the projections of others do not turn you into their projects, is difficult to avoid, although there is only one way to do it ...

ME:... Recognizing that I am my own Project.

I AM: I am your Projection ...

ME: I am your Project.

## 163. Help

[January 13, 2021 Matías De Stefano](#)



SOY: Can you handle everything? Are you able to ask for help?

ME: I think it was around April 2018 that I decided to rent a motorhome in Paris and head to Scotland ... one of those absurd things that I do without much thought. I toured Normandy and Bretonnia before crossing into

England by ferry. That same night on the boat crossing the English Channel, it began to snow, and when I arrived in England it was so late that I decided to find a quiet place where I could park and spend the night. But the snow made it impossible, plus one cannot stop anywhere with a caravan. So I found a little town on the outskirts near Old Harry Rocks in Poole. But there were no lights and it was impossible to see the road well, so I had to turn off all the internal lights of the caravan in order to see the outside lights in better detail, and then a horrible noise was heard. I stopped, and I went out to see what it was... When I touched the buttons to turn off the lights, I also touched the button that removes the ladder, and because the streets were very narrow and rocky, I pulled it out and dragged it through some streets. I couldn't go on, so I went into a farm, and I waited. It snowed so much that the water that keeps the heating circulating was released by the emergency system, so I stopped having water and heat. Inside it was 5 degrees below zero, outside it was 8 below zero. The next day, everything was covered in snow, and I tried to fix the ladder, wet, icy... It was maybe the first time in my life that I tried to do something mechanical... But I couldn't. I did not understand anything, cables, screwdriver ... Uncomfortable position, impossible to do with gloves ... My wet pants began to freeze, I no longer felt the extremities, and had soiled everything inside, without having water to clean. I made myself a tea by melting snow, and kept trying.

I AM: Stubborn ...

ME: I know... So I opted for the most Arian solution possible: starting the ladder. I started to rip out all the cables, and then I thought: if they get wet it will short circuit and not only will I leave the caravan without light or electricity, but I will also electrocute myself. So I cut the cables without knowing the result, and taped them to the lower frame. I took an iron that was there and began to pry off the ladder. Then a farmer on a tractor appeared telling me that he could not be there, to which I replied: when I finish taking the ladder I will move forward. The man got out and took a better iron from his vehicle, and without saying anything, began to pull the ladder, until he managed to start it in minutes, when I had been an hour. "There are things that you will need to accommodate downstairs, and for that you need tools," he said. Where I can go? Then he told me that there was a store below, I could ask there. I approached 60 meters below, and a couple of grandparents who tended the business asked me what I needed. So I said it: I need help. I couldn't get out of there without fixing the rest of the hanging stuff, and I needed tools that I didn't have. The man looked at me fixedly, and made me follow him. Behind the house, there was a workshop, and he handed me the entire kit of tools, in full confidence he told me: take the time you need. I did it like that. I left a note to the people at the farm thanking them for letting me be there to fix it, I fixed everything I could, and I was proud of it. I went back to the store, returned everything, and thanked for the trust. I realized in that moment that I had spent a whole morning trying to solve a problem by force, when with a simple: "Will you help me?" I would have fixed it in 30 minutes.

SOY: Why is it so hard for you to ask for help?

ME: I think it's pride. I get the impression that in life, individual success is highly rewarded. From a young age we are told that we have to make an effort to get what we want, that mom or dad will not always be there to do it for you, that the things you want you must learn to get yourself. At school the exams are individual, and it is almost always about competing for who has the best grade. Asking for help, culturally, is considered a weakness, a failure, it shows our disabilities. And I feel frustration and shame awakening.

I AM: Shame?

ME: Yes ... To say: I can't ... To show myself weak, vulnerable.

SOY: Words difficult to pronounce ... Well, as we have seen at the beginning of our year, the key was to say "I can". And perhaps, we must understand that this statement also incorporates the concept "I can ask for help" ...

ME: Yes... it's true.

I AM: In the aspect of Capricorn's truth, the effort to achieve the objectives, to achieve the fulfillment of the goals, the tireless work to improve, the focus is so much on achieving the expected through perseverance, that the focus is lost on recognizing that 4 hands are more useful than 2. That sometimes you can't hold everything yourself, and that results are optimized when there are more prospects. The Capricorn attribute that lives in every human is the belief that the important thing is to show that you can get there without help from anyone, to show that you can do it alone. And this is one of the great mistakes that is made in both the unconscious and the conscious world.

ME: In what way?

SOY: Let's start with the unconscious. In human culture this idea of success has developed at different stages of existence. We go from the newest to the most ancient. Today people live in a world of heightened competition. It's all about being successful, competing, getting better results. In the business, political, economic, educational, cultural world, it is all linked to seeing who can go further or higher. The momentum is constantly promoted by the strength of comparison with others rather than collaboration with others. This starts from the principle you mentioned: personal success, which is exercised by the family, which in its desire to survive and find stability in all its aspects, forces its children to be better than others, to strive to achieve better results. ,

ME: "You must be your own boss and not someone else's employee." For example, it is one of those ideas ... "You must be a doctor, or a lawyer, not an artist or a musician that does not make money", is another of the sayings.

SOY: This is born of the Industrial Revolution in the 18th century. When most of the people left the countryside for the cities, food could no longer be obtained from the land, but by working in the factories for about 12, 14 or 16 hours a day. In return, you received money to live. The better or more you worked, the more money. This made it clear that those who worked hard would obtain better results, it would give them economic freedom to create their own business. Thus arises the Middle Class, something unthinkable before: poor with resources and economic freedom. Those who managed to have their own capitals and live in the city without dependence on the countryside, were known since the Renaissance as "the citizens", which in Latin they were called "bourgeois" (burgos = city).

ME: That's why so many cities are called like this: Burgos, Hamburg, Strasbourg, Saint Petersburg ... The bourgeoisie were the producers of companies in the cities.

I AM: Workers who got rich like the old feudalists. So we go back in time, when most of the population lived in the countryside, and the only ones who lived in the cities were the princes, the feudalists, the kings. In that period, success was not achieved by hard work and effort, but by battles, deaths, strategies, contacts, betrayals, theft or inheritance ... The people, in general, had to strive to survive, and to achieve this it was not enough personal effort, but that of a whole group, a family. There the idea of clan was forged, in which no individual achieves anything without the help of the other. As you will see, it is the opposite view of the industrial age. The 18th century brought the revolution that proved that everyone has a chance to become feudal, something that until then was just a dream. This is how you can understand that "clan, help, community" were synonymous with survival, oppression and feudalism. When the first industrial revolution arrived, feudalism tried to continue with the system by taking the peasants to the factories, but the French Revolution changed this forever, giving the peasant the possibility to choose the fiefdom, and take control of the freedoms. Thus, the ideas of community and collective help became sociocultural synonyms of defeat, control, enemies of personal success. and take control of freedoms. Thus, the ideas of community and collective help became sociocultural synonyms of defeat, control, enemies of personal success.

ME: Now it makes more sense ...

SOY: But we go further back. The fiefdoms, princes and kings sought this success based on the ideas of the ancient blue blood lineages, chosen by the hand of God. For the upper classes, competition did exist outside the eyes of the common people. The kings' power and divinity struggle, to feel close to God, is born from the ancient traditions of seeking a King of the World, a direct son of the God of Heaven. A Judeo-Christian tradition, contributed by the Semitic peoples, that is, all those who emerged from the Middle East. And because?

ME: I guess from the traditions of the Annunaki ...

SOY: That's right. It is in the Middle East where the "gods of the Heavens" descended and had children with the women of Earth, and their children were special, had extraordinary abilities, and were called "blue-blooded" or "heroes and heroines."

ME: Like Hercules ...

SOY: Exactly. Achilles, Odysseus, Hector, Persephone, Victoria for the Romans or Nike for the Greeks, all and all children of the gods of the heavens with humans of the Earth. From them come the ideas of those individuals of royal blood capable of anything, almighty, imposing, who do not need help from anyone, because they can do everything. But this does not come only from those gods, but before, in the most ancient humans, there was the idea of the Totem, a mythological being that had the attributes of animals and plants. Witches and witches tried to incorporate these totems into their being, to awaken unique abilities, and the stories thus spoke of bird men, werewolves, bear men, snake women, buffalo women, spider women, and there was talk of the tree of life and knowledge.

ME: Everyone wanted to be like them ...

I AM: Everyone wanted to have the power of nature, to be omnipotent.

ME: So asking for help has always been synonymous with weakness in the human world ... It's in our subconscious ...

SOY: And here we have reached the concept that we should talk about. At one point I told you that this idea is also ingrained in the conscious world. Everything we have traveled so far has been the unconscious. But what happens when you start to wake up? The search for enlightenment begins, the search for other worlds, to see who has better explanations, answers, mastery, abilities, to see who is right, who is more divine, more awake, more aware, enlightened ...

ME: Yes, it's true, we hold this same idea on the plane of consciousness ...

I AM: Well, by seeking the Source of all things, you arrive at the I Am, and you find an absolute truth: you are Everything. And in that truth, consciousness is lost in omnipotence, considering that a wise person does not ask, that the universe is not lost, that the cosmos is not disordered, that the enlightened person is not clouded, that the balanced does not get excited, that the teacher does not learn, that God is not wrong.

ME: But yeah ...

I AM: Because the I Am is a network made up of millions of I's, a neural network that without interaction, without sharing, do not create thoughts, ideas, actions, evolution ... They do not dream, they do not reason, they do not manifest ... "Help" comes from etymology "ad" (towards) and "iuvare" (to support) which in turn finds its origin in the Indo-European "yeu", which means "young, youthful, youth". In English "help" comes from the Indo-European "kelb" (to hold). The concept refers to supporting the young learner. The Universe is a being in constant learning, in the need to expand its way of seeing the world ... And without others, it is impossible to

see other options. In the subconscious, we have registered both concepts: help makes us survive, but in turn we consider it a defeat in the face of personal success. Do you know how you correct this?

I do not...

I AM: Remembering that you do not exist as a person. The person is one of those tools that you use. The only thing that exists is the I Am, and it lives in you, through you, because you are part of the One, and when you ask for help, you are asking yourself, another aspect of you with the ability to see what you you can not see. That is why you have two eyes and not one, two hands and not one, two feet and not one, to remind you that balance is not achieved with a single aspect, but with the support, support, help of another. You would never have taken a first step without the concept of help. Help, it is the opportunity that your young being has to learn something new about yourself. Can you handle everything?

ME: Yes, but not as an individual, but as the One that I am. My ego can't handle everything, it needs the help of many more, I just never would have done anything I did, but all those who helped me and help me are me, we are One.

SOY: Are you able to ask for help?

ME: Now I am, more than ever... I recognize myself as the young person who has the will to learn, and everyone around me has something to teach me, just as I do the same with them.

SOY: So, can you tell me ...

ME: Okay... can you help me?

SOY:... Take my hand.

## 164. Relations

[January 14, 2021 Matías De Stefano](#)



SOY: What do you expect from others? Do you consider them tools? How are your links? Are they free or are they based on need?

ME: Aren't all ties a relationship of need?

SOY: Exactly so. Do you know what a necessity is?

ME: The search for something I don't have, fill a void with something external ...

SOY: That is the meaning that has been given to the word need. However, it is not its true origin. "Need" comes from the Latin concepts "Ne" (No) and "Cessare" (stop, stop). That is to say, the term refers to something that does not cease, that never ends, eternal. The concept of "ceasing" refers to finding a point of tranquility, of stillness, with which denying stillness implies movement, something that never stops.

ME: You just broke my head ... I mean, we are in a world full of needs, and we seek all the time to supply the needs, to eliminate the needs, even as if they were bad words, and suddenly, in your explanation, it's almost as if the need suddenly took on a very different meaning ...

SOY: And I'll tell you why. Because the vision you have of the world culturally speaking is from negativity, criticism, pain, martyrdom. Depending on the point from which you look at the world, your very words or actions will take on a much broader meaning. The need seen from the negative speaks of something that does not find calm, that looks anxious, nervous, and seeks tranquility desperately, without ceasing (do not cease). This is born from the conception that humans, life in general, never stops and therefore in this constant change seeks stability, stillness, security. But from the positive side, what stops, what ceases, becomes ill and dies (what originates the word disease in English: "tell yourself"). For this reason, it is inevitable to move, to advance. Remember: the axis is in motion, stability is found in expansion. Evolution is a necessity, as it never stops, it is a constant expanding learning that takes what is inside out, again and again. Do you know how to say in Latin "the action of expanding again and again"?

I eat?

I AM: "Relationship." It comes from the word "Re" (again), "Latio" (expand, lead to, extension), and "-tio" (action). This word has encoded the Latin word, which we have used so much. It refers to the flat and extensive region of the Italian peninsula surrounded by the Apennine mountain range, a region called "The Flat Extension", that is: "Latio", which originates the Italian region of "Lazio", where the Roman Empire, and for this reason, the people that emerged from King Romulus were known as "the people of the vast plain", that is to say: the "Latinus". Today the word Latino refers to all those that emerged from the Lazio cultures spread to the world by the global expansion and colonization of the Romance cultures, that is, the Roman Empire, such as France, Italy, Spain and Portugal.

ME: They are all "related", due to the expansion ...

SOY: That's right. The pulses of terrestrial history, human history, and individual history make things repeat themselves over and over again, like the beat of the heart.

YO: I remember that in Spanish the word beat, beat, comes from the Latin "bark" (glattire, with the gáfono), although philosophically it makes more sense to say that the heart expands and carries blood, which sounds the same: "beat" .

SOY: It is in resonance. The expansion of the heart is a key to understanding relationships. Just as Europe is the heart of the world that in each expansion has conquered others around it, each person is also a heart that expands around it, conquering other hearts. Now, doesn't it seem strange to you that when you talk about one country conquering another it is considered an invasion of human rights, but when it comes to the concept of one person conquering another it is considered romantic?

ME: It's... absurd, yeah. Furthermore, the word "romantic" comes precisely from Rome, the empire, which conquered other peoples ...

I AM: Because in medieval times, romance writers, that is, those who used Roman languages to describe the beauty of the Latin cultures of the Middle Ages, were called "Romantics", that is: those who are related to Rome. Since the other Saxon, Ottoman or Slavic writers were incomprehensible since their languages sounded like "bla-bla-bar-bar", and for that reason they called them "Barbarians or Barbarians", that is, related to those who speak "bar-bar".

ME: Wow... we just killed all the modern and contemporary romance...

SOY: Love is seen today from an imperialist, macho, dominant, controlling, conquest and concern tradition.

ME: Mare de Dios ... it's getting worse and worse hahaha, I don't know if I want to be romantic ...

SOY: Well, maybe the word will have to be redefined. You could call it "Parisian, or Hollywistic."

ME: Yes, more connected today to those who produce or sell ideas of love ... hehe

SOY: However, beyond the historical data, we see how the idea that love and relationships are about conquest, romance, having, loving, has embodied in the collective subconscious and unconscious. The word conquers comes from "conquerer", that is to say from Latin: wanting everything together. When in Spanish it is said: "I love you", the word arises from the will to possess, to take everything for oneself. In English the equivalent is "I want you", although its "I love you" comes from the sexual need for lust and pleasure.

ME: Our whole idea of a relationship is conditioned by the history of dominating another. As when girls between 11 and 15 years old were sold or given in marriage to men with land or businesses, since they entered the reproductive stage and thus enlarged their resources by uniting two families by blood. Men conquered young girls to secure their legacy, not for love. Like the teachers who slept with their students to ensure their relationship with the disciples. Girls ensured their future, boys ensured their place in the elite. Social concepts changed, but in many this concept continues to exist in the subconscious, in genetics.

I AM: Pedophilia, then, is a cultural inheritance not healed in the cellular memory of individuals stuck in a system that prepared children for a chaotic context for 1500 years back in time. This conditioned that relationships were not given out of love, but out of continuity, out of the need for survival and social pressure. Thus, the words romance, conquest, relationship, were constructed to describe a socio-cultural context of the ancient age, and that due to medieval poets were reused to describe concepts of the soul and not of society. Thus, we have inherited these words for love, and we have passed its ideologies to our relationships.

ME: So there are no healthy relationships properly so called ...

I AM: We are starting from the universal base: everything is an interconnected network, all are aspects of the One, and therefore, there is a continuity of inevitable connectivity, which is the Expansion of Consciousness, something that we will call "the first Relationship universal", between the Conscious, the Unconscious and the Subconscious. We follow the principles of the Being: the three levels of consciousness mentioned, become what we call Spirit, Soul and Body, those that enter into a direct relationship, which we call the Expansion of Being. The third step is the physical-biological: each Inwardly, individual possesses an unavoidable relationship between his cells, organs, molecules and particles, which we will call Evolutionary Expansion, which occurs through food and reproduction. The fourth step would be the interaction between individuals: here, Relationships are based on the capacity for interconnection of people who share ideas, emotions and actions, with the aim of transcending and expanding their being to others, what we would call Interpersonal Expansion. All are different types of relationship, all related to the intrinsic need to expand their being, to transcend themselves, to continue, and that "without ceasing", that "need", is endless, constant, eternal, never dies ("love" in Latin languages) and produces enormous divine joy ("love", in Saxon languages).

ME: How do I go about having a free relationship then?

I AM: Being aware of your needs. There is no such thing as a free relationship in the universe, because everything is a constant consequence of relationships, bonds, bonds that exchange, and in the same way that an electron particle and a proton particle need each other, you you will need others also to create an atom, and you will need to expand, open your possibilities for new needs that become molecules, and expand into more relationships that become societies, cultures, humanity. The key is not to see how to love freely or break free from relationships, but to really understand where and why you join with others from.

ME: There are relationships of various kinds ... negative, harmful, positive, family, friendship, love, partner, master ... How do I know which are the best for me?

I AM: All. Because they are all key to your expansion. Well, you learn something new from all of them.

ME: Could you say that so I use all my relationships with a personal interest? I remember when I was a teenager I used to say: "people are like steps to climb", then I felt it was horrible to think like that.

I AM: Remember, people are just aspects of yourself. If you use them, you are only using yourself. But if you trade, you are expanding. When one person uses another for his own benefit, he did not understand that everything is One. When a person refuses to use others, at the same time he is denying the understanding that we are all one.

ME: What's the middle ground?

I AM: Understand that every relationship arises from a need to expand again, that others are catapults to grow, learn, expand, and you will always get something good out of others by relating to them. The middle ground is found in knowing how to take advantage of that expansion energy without believing that to achieve it you must possess or conquer the other.

YO: At the level of empires and nations, it would be, for example, Spain conquering the Americas to obtain minerals for the European Crown, removing the resources of the Andes and the Rockies, in opposition to the idea of allowing the Andean countries to be free and generate an exchange relationship in which Spain gives something to the Andean countries and they exchange equal value to Spain. In equilibrium. There is a need from both sides, but from the freedom of the other, a healthy relationship of interaction.

SOY: And the same thing happens with interpersonal relationships, in which couples, friends, family members, lovers who seek to possess, control, dominate the other, conquer through loving, love through suspicion, fall in love through condition, romanticize due to the imposition of affection (a word that originates from the Latin concept of protecting what is lacking in something), all this is the colonization of a free being seeking to obtain a result. And you, conquests or exchanges?

ME: Honestly, I have used conquest many times in my life, romanticism as a way to use others, to manipulate from emotions and love to obtain the expected results ... In many cases I have been related from conditioning, from using the other. That concept of steps, but before I didn't realize this so clearly ...

SOY: Everyone has done it at some point, it's in the cells... in the programming.

ME: Now I realize it, but I don't know if I am free from the mechanism ... How can I relate without expecting anything from others?

SOY: You can't, you always expect something from others in a relationship. Unless...

Me what?

I AM:... That you remember that others are only aspects of you, and that the only thing you expect from others is what you have not yet discovered in yourself...

ME: In that case, I would only expect things from me, and others would be the tools to remind me of what I don't see in myself yet.

I AM: There you free others from the weight of being who you expect, because now you know that it is you who projects the need on others, and you can do the same with everyone in this network. Thus, being aware of this, you release others from the weight of being, and simply let them be who they are.

ME: And there is the unconditional ...

I AM: Remember, relationships are inevitable, they are a necessity, love is eternal, bonds are necessary, because we are beings in constant expansion ...

ME: And my heart can only expand in freedom if instead of conquering others, I invite them to expand with me.

SOY: Our relationship is one of constant expansion.

ME: I am Expansion, and my home is the expanded Heart.

SOY: And from him you can give that intense hug feeling that the tighter they are, the more free they will feel.

## 165. Family

[January 15, 2021 Matías De Stefano](#)



SOY: What are all the things that keep you close to your family? Is it love or need? Is it unconditional or conditional? What role do you play in this structure?

ME: Family ... those who are hungry ... I remember when you explained it to me ... everyone gathers because they are hungry, around a table, to share food ... Is the family founded on love really or on hunger?

SOY: Family comes from the Latin "fames", to be hungry. In the ancient context, groups of people who came together to create a clan that would allow them to defend and support themselves, did so with a single purpose

and that was to survive, to feed. The poor and without their own resources were considered a hungry, "famulus" (starving), and in most cases, these people survived by becoming servants for life of a Domus (house). For some cultures, these evicted were Servants, for others they were Slaves. Servant comes from "serving", the one who serves, who is at service. Slave is an italic mispronunciation of the word "Slav", a verb that identifies the people of Eastern Europe which means "to speak", who were subjected by the Holy Roman Empire, for whom "they all spoke the same". Over time, the concept of servitude and slavery was related to hunger, and the Protector of the Domus became in charge of feeding these evicted or enslaved. "Protector of the Hungry Servants", in Latin it would be said "Pater Familias": Family Guy.

ME: The Family is a bond of servitude and slavery between the parties... For the simple need to survive adversity. The emotional week of Capricorn is destroying step by step each of the foundations of our social culture ...

SOY: It was the idea. Let's go to the original concept of all this. Before being cultural and thinking beings, humans were animals like any other, surviving from hunting and gathering, living in caves, burrows, forests. The groups were small, but they knew that alone as individuals they could not survive. At least one or two women in the group ensured the continuity of the species, and had to be protected, because for 5 months (the months in which the pregnancy was previously recognized), they were vulnerable. A guard was supposed to protect them, usually the young man of the pack, while they gathered plants and fruits near the burrow. The older ones, maybe two or three, started their long hikes to hunt and thus bring many necessary elements: meat to live for many days and even weeks, leathers for coats, hair for fabrics, bones for tools. The herd describes a small group of individuals, since herd originates from the word hand, fist, with 5 fingers. In English, "herd" comes from the Greek "korthys" (heap). When the group enlarges, different interconnected packs are created, something called a "clan." Clan is the malformation of the word "plan", that is to say, flat, something extensive and branched, that originates the word Plant, and for this reason, they are all known united in the concept of the Genealogical Tree. This Tree is a Clan composed of different Packs that interact with each other, relating by food, hunger, that is, in Family.

ME: Family is the group of individuals with whom you sit down to share a plate of food, at the same table. My family is Hispanic-Italian, that is, every Sunday we all had to get together to eat and spend the day together, and sometimes, more days in the week this ritual was repeated, going from one house to the other. The Anglo-Saxons do not have this culture... Why?

I AM: Climate and geography. In the cold areas of Eurasia, there is a shortage of food and resources, which made it impossible to support a single family of many members, therefore, they had to spread throughout the territory, far from each other. Nordic clans dotted the territories with fjords or wetlands. However, in the Mediterranean areas, there were more resources for more time and for more people, which allowed them to share more. In addition, the heat led them to build the houses very close to each other to maintain a fair temperature in both winter and summer, which connected the houses almost under the same roof. Thus it was more normal for Mediterranean peoples to live in communities of many clans, while in the north the same clans protected vast territories with scarce resources. The same thing happened in Asian towns, Indians and Americans. As I said, the structure of a clan is given by the exchange of individuals to keep the lineage alive. It arises from the basic need to eat, nourish. Hunger makes humans slaves of those who have food, and for this reason every family member is a slave of the clan or herd that shares the food.

ME: Where does family love arise?

I AM: Love is an ancestral development shared by various species, not just humans. Many animals love the individuals of their own clan. Love is an evolutionary mechanism that holds the herd together, that makes individuals feel part of a balanced network. Feeling love for each other ensures the continuity of the species. For this reason, in Indo-European languages love is known as: "A-mors", without death, that is, life goes on, or as

“love”, which comes from lust, sexual pleasure that is felt when interconnecting with another being to reproduce creating a union to ensure continuity.

ME: Wow... you keep killing all the magic of the human soul.

SOY: Well ... to understand what the soul really feels, it is necessary to cleanse it of all biological concepts.

ME: So loving the family is almost a biological obligation rather than a freedom of the soul ...

SOY: Yes. But remember, that love was designed by the soul, which in its pure state did not see the need to survive, but to expand. We are going to do both tours. From the point of view of the Soul, of energy, matter is generated to allow the soul to create, manifest, experience all its infinite capacities on a plane of creativity and constant transformation. It cannot be created without modification, and eternal energy is not modified, so matter gives that opportunity to change. The construction of extensive networks gives the soul more options to know and create, and that expansion (do you remember yesterday: relationship?) Is the pulse that leads to constant action, which never ceases (do you remember yesterday: need ?) And that need is eternal, what you call love. The soul does not see love as survival but as creative expansion. Now, in matter, this expansion intertwines like a tree, a network, which connects all the points to each other, and makes them depend by resonance, which generates the condition. This is how the genetic path is built, that is, the evolutionary path from the beginning, in which the same point is repeated and conditions the next. Now, from the human point of view, the physical body is the result of all those links in the network, of these ramifications, so its being is totally conditioned by hundreds of potentialities. From the human material point of view, love has become a need to survive, to belong, because the more I expand, the more nodes are generated to which I am linked.

ME: It's the same but from polarized extremes.

SOY: That's right. From the biological point of view, love is a hormonal development that allows the nodes to be held together so that the tissue of the networks remains in harmony. From the vision of the soul, love is the capacity of that network to expand.

ME: How do I know when I love from the soul or from the biology?

I AM: You will realize this when you are not hungry.

ME: Huh?

SOY: When you don't need your family to exist. When you find love in expanding to a larger family, and it is not limited to the home you come from, to the house where you were born. When you see in many women your mothers and your sisters. When you see in many men your parents and brothers. When you see in many people around the world your friends and partners. When without judgment you dare to share a plate of food with any culture in any language. When it does not affect you to get away from your family because you know that without them you are still alive, when you can love them without expecting anything in return. You can do it?

ME: There is only one person with whom I still don't see myself capable of doing it.

I AM: Who?

ME: My mother. I can do it with everyone, in fact I have spent a long time without interacting with many people and it does not affect me. I have lost contact with part of my family, and it does not affect me, I have been 27 years without contact with my father and it never affected me. Before I was very dependent on my family, a lot, for me it was everything, it must have been because of the Italian blood in me, I needed to make

all my plans with them, every week. If we didn't get together one Sunday, I would get depressed. I needed them... But in 2019, everything changed. I thought it was because I felt frustrated, betrayed, hurt, I don't know ... but no, it wasn't that, it was that I had changed. When I connected with you, from the I AM, the way my ego depended on other people began to disappear. I feel emotion, but I stopped depending on emotionally. And I no longer feel betrayal or frustration ... I don't feel "anything", that is, nothing negative, but not positive either, I feel that everything is fine as it is. I feel free. He tells me that it is not necessary to be, to live together, to belong, in order to be part of the whole. I don't need a family, because I'm no longer emotionally hungry for other people. I feel free to choose. And the only reason why I remain linked to the concept of family with my mother is because I continue to dedicate my life to love for Mother Earth, and I do not see it as a burden, on the contrary, now I see it as an understanding, a reason , a purpose. I think I can say that my clan is no longer De Stefano or Bide, my clan is Life on Earth, and I choose the links to which I expand... I am no longer hungry. belong, to be part of the whole. I don't need a family, because I'm no longer emotionally hungry for other people. I feel free to choose. And the only reason why I remain linked to the concept of family with my mother is because I continue to dedicate my life to love for Mother Earth, and I do not see it as a burden, on the contrary, now I see it as an understanding, a reason , a purpose. I think I can say that my clan is no longer De Stefano or Bide, my clan is Life on Earth, and I choose the links to which I expand... I am no longer hungry.

SOY: How do you feel when you see your family in this photo?

ME: I have chosen you all. And that I no longer feel indebted to any of them. The things I now choose to share with them are because I want to, not because it is an obligation. And clearly, when we meet: we eat. And go without eating. Except when I'm with my mother, we have tea with my mother. And there I realize that our heavy bond was given to the De Stefano Family and his clan, but since 2019 we became free from the clan, we have created a new story for ourselves.

SOY: What holds you together with them?

ME: In almost everyone, except my mother, I am joined by fun, laughing, traveling, having a good time, stories in common. Mission and purpose unite us with my mother.

SOY: Do you have fun with them out of love or out of necessity?

ME: By necessity. As a Moon in Sagittarius, I really need to have fun, create plans, travel, laugh, I need it. I accept that there are conditions in these links, but you know what? I am free and aware that I choose that, because I could choose others if I wanted to, but it is the love of my soul that chooses them.

SOY: So, are there conditions?

ME: Yes, there are conditions, at least with several of them, not with all. I recognize those emotional conditions that we have put on. Willing to work on them, aware that they are what make me grow and know myself, not that they limit me.

SOY: What is your role in this clan?

ME: I am the one who drives, the one who generates options, paths, outputs. I am the Way.

SOY: You're still hungry ...

I because?

SOY: Because you love them, you love them. You are not malnourished, you can choose what to eat, and when, but you are still hungry, you still belong to a family, you still depend on concepts of your clan and its conditions. Recognize, you still need the family ...

ME:... Yes... now that you say it like that, I still need them, as if they were my pillars to feel good, to have as an axis...

SOY: Do you know what emotion worries me in you?

ME: Which one?

SOY: Believe that to be free you have to stop being hungry. How many times have you seen so many people struggle to free themselves from family patterns, leave the clan, break the bonds of dependencies with parents, ancestors ...

ME: Many ...

SOY: And what have you always said about that?

ME: That eliminating patterns to free yourself from family is like wanting to build a new house and throw away the toolbox because it weighs too much ...

SOY: The goal is not to stop being hungry, it is to learn to eat. Breakfast, Lunch and Dinner, and once in a while a Snack. Be aware that you are not here to be free from the family, you are here to enjoy who you are by sharing a table every Sunday, without the dependence to do so out of obligation.

ME: Expand without getting lost... Share the plate because I choose it.

I AM: Your questions are the hunger for my food, which are the answers ...

ME: We are Family, well ...

I AM: Because we are One.

# 166. Frustration

[January 16, 2021 Matías De Stefano](#)



SOY: What frustrates you? Do you achieve what you propose? Are you looking for perfection? Don't you care if it goes wrong?

ME: Ugh... what a word! If there is something that is constant in my life it is frustration, but the fact that it is constantly intermittent is because I always find the fastest way out. I move very fast, but I get frustrated in the same way ...

SOY: Why do you think this happens?

ME: I do not know, I know that it is a very typical characteristic of Capricorn energies, and after 30 years one lives more for his ascendant than his sign, and mine is Capricorn, however, it has always happened to me, I do not know well why, it's like a bad chemical reaction that wastes energy too fast ...

SOY: I'll tell you why. Your mind lives in the dream of the future.

ME: Yes... always thinking ahead.

SOY: You make too many plans. It is not like this?

ME: Just yesterday I was talking about this with some people. Every time I make a plan, I need to have a well put together plan B as if it were plan A. But, it's never just plan A and B ... sometimes there are more ...

SOY: How many?

ME: Well... I'll just say that the way I'm doing the YOSOY project from 2020-2021 is plan J.

I AM: A, B, C, D, E, F, G, H, I... J.

ME: You have to be careful ...

SOY: So much?

ME: My mind is all the time thinking about possibilities, as if they all exist at the same moment, I am creating and planning networks of possible results in my head, and although I do not share it with everyone, about each

thing, relationship, idea , art, project, everything, in my mind, there are different options, of which I end up choosing two or three to manifest ... And in the end one of them turns out, but since all three seemed optimal, then I easily adapt to change . That is, I am a born co-creator, I have the facility to manifest the things that I propose, and therefore when I manifest 3 of them, I know that anyone who comes out will be fine.

SOY: What if none of the 3 comes out?

YO: This is how you get to plan J.

I AM: hahaha, how funny. But the truth is that the Universe is like that, because from the beginning of all things, all possibilities coexist, and depending on the actions, decisions, emotions, thoughts, intentions, one or the other manifests. Or he even starts living them all the same ...

ME: Realities and Parallel Universes.

SOY: But there is a big difference between how the Universe branches out the plans and you, as a human.

ME: Which one?

I AM: The limiting psyche. The Human generates potentialities and designs them as plans of possibilities. This occurs in the intelligent mind, that is, the one that reads between the lines, the one that interprets and imagines. Imagination is key in the creation process, and like the universal mind itself, the mind is limitless and infinite, unless you have a mind covered in hundreds of belief patterns. The broader, free, infinite a mind is, the more potential possibilities exist. But then, that idea must be manifested, carried out, reflected in this reality, and it implies action, energy, will, strength, work, perseverance, experience, trial and error. Evolution itself, for example. There are religious traditions that believe that things, animals, plants and humans, They were created by God with the snap of his fingers, molded from clay like a clay sculpture. However, you know it takes a little longer than that ...

ME: There are many factors to take into account ...

I AM: First the correct intention that gives rise to the specific and harmonic vibrations, which allow the strings to resonate in symphonic tune. From there, the strings twist creating vibrational tension, which discharges energy; the energy will vibrate faster and faster until a particle is created, which will begin to seek balance, balance in the discharge of polarities, creating atoms. The atoms must unite to save energy and exchange it, manifesting molecules, which will generate chemical elements, which will form chemical compounds, from which inorganic structures will arise, which in their symbiotic interaction will give rise to organic structures, which will adapt to different environments in the process that you call evolution, generating communities of cellular, viral and bacterial organisms, which in their interaction and exchange make up a body that includes different multicellular organisms called biological organs. And the interaction of cellular memory create the neural network, which produces an intelligent network for the recording and interpretation of information, which allows the original mind to manifest itself in matter and act, live, feel ... How long does this process take?

ME: Ugh... a lot... trillions of years basically...

SOY: And you get frustrated when you don't get a little drawing ...

ME: Seen like this ... frustration has no logic ... If the universal mind has taken eternity to design what we see today as a final product, in order to be able to live its thoughts, any thought that does not take effect in the expected timeframes according to my ego, they will no longer make sense. So why do we get so frustrated if we are a design that has waited millions of years to appear? Shouldn't we have the experience of patience?

SOY: Frustration comes from the same Latin etymology that gives rise to the word "Fraud". Its origin is the Indo-European "dhwer", which means Disappointment, that is, when you cannot get what is expected (de-ceptus / de-kept: out of what is captured, what is saved). "Fraus" or "Frus" are the ways in which an error by deception was recognized, something that I thought I could possess, keep in myself, and that escapes or falls from my hands because I thought it would be different.

ME: So, if I understood correctly, deception is produced by the mind that is considered unlimited and does not consider the times, rhythms, spatial and organic limitations of the body ...

SOY: In Spanish, "deceit" comes from "in gannire", which means "sobbing howl of the interior". It is like that silent moan that confuses, that makes us hear something that is not. The constant voice-over that narrates our lives and that sometimes decorates them with imagination. The same with the English concept "deception", which refers, as mentioned above, to those who were not obtained, kept inside, that is, something that he thought he had but that in the end was not. The Universe is a born creator, an artist, willing to manifest everything, to generate all kinds of thoughts, but in its own design, it found tools that made ethereal eternity a limiting concept called "time and space". The greater the number of aspects, in the multiplication and bending of time and space, the more rigid the option to modify them, and manifesting something takes more time and energy drain. This is how an atom moves like light, at great speed, while a galaxy takes millions of years to rotate on itself, yet its entire being is composed only of the same fast atoms and particles of light. The mind is like those particles of light, fast, with the ability to travel at great speed, going back and forth thousands of times when a physical object is still trying to come out with its initial force. Now, from the point of view of that particle of light, everything is possible, and it sees everything that can happen. From the point of view of the object, he can only see one direction, and he is doing his best to get there. So what happens when the object can perceive what the light particles observe?

ME: You will see everything you are capable of, but it will seem that you are not moving, that you cannot get there.

I AM: When a human being begins to become aware of his eternal and luminous being, he goes through the processes of frustration. And I do not mean a conscious being as someone spiritual, but aware that he is capable of doing much more than what the environment conditions him. The intelligent being connects with the light of consciousness, the great speed of imagination and sleep, and sees all the planes, the designs of the existence of his being. So you project expectations, and you project yourself living those circumstances. But his body is still here, anchored to a space and a time, living the processes in a slow, organic way ... As the mind sees the result, it does not assimilate the process, and considers the error as a defeat.

ME: Wow ... The slowness of the body and the biological processes are what give the feeling of incapacity to the unlimited mind ... So the mind gets frustrated, it feels cheated, thinking: I can't, it goes wrong, surely it's not my thing ... And leave ...

I AM: Frustration is the inability to be here and now, to recognize that the body has to go through error processes to improve the experience. There is no evolution without trial and error, without trying. The deception that makes you feel frustrated is nothing more than your incessant quest to fulfill a purpose without enjoying the journey.

ME: This is what I say many times. This is the reason why people cannot remember their past lives, or their future, why they cannot know their mission or purpose. Many say: maybe everything would be easier if we could remember our purpose, so we would not waste time or suffer. But there is the big mistake, it is not about fulfilling the purpose, the Universe is not a company that seeks positive results in the balance at the end of the year.

SOY: That's right. The Universe is a being in development of itself, in self-knowledge, it does not seek to win, obtain, have, achieve, fulfill, arrive, finish ... these are concepts of matter, of the limitation of your consciousness. The universe is unlimited, and therefore it does not seek you to fulfill your mission or purpose, what it seeks is to develop on the path to purpose. Do you realize that the cosmos placed before the idea of fulfilling a purpose only to encourage itself to carry out the path?

ME: We live our lives believing that what we have to achieve is to reach the goal and fulfill the agreement, when the agreement and the goal were the first thing to be created only to drive the being to make the journey to the destination ... No matter what destination, the way matters ...

SOY: The important thing here is the process.

ME: There is something I do not understand ... If the mind is the one that accelerates and sees all the options but at the same time it is the one who has the consciousness of the purpose and only seeks to live the experience, then why is it the one that confuses the body by taking it to frustration at your limitations?

SOY: What makes you think that it is the mind that does that?

ME: Well, you said it ...

SOY: No, I said that is what people perceive of the mind, because it moves very fast. Let's put it another way: does it frustrate you that a bird can fly and you can't?

I sometimes...

SOY: Is it the fault of the flying bird that you feel frustrated?

I do not...

SOY: Is it your fault you can't fly?

I do not...

SOY: Then why would it be the fault of the unlimited mind that you are limited? Why would it be your limited body's fault that you cannot be unlimited?

ME: There is no blame... There are only expectations...

I AM: Aha! There are only expectations. You lose more energy in the expectation of things than in the things themselves. You can't fly like a bird, but you can build an airplane. With patience, study, intelligence, trial and error. Frustration is just a perception, a preconception of the expected. Remember, there is really nothing to wait for ... All the plans you build are not to be fulfilled, they are to discover the capabilities you have to make it possible.

ME: This takes so much weight ... so much that you don't have an idea ...

SOY: I give myself the idea, because I am the idea.

ME: hehehe... it's true.

I AM: Be free ... walk, and every time you get frustrated, remember: "the purpose was invented just to make you dare to walk."

## 167. Job

[January 17, 2021 Matías De Stefano](#)



SOY: Do you do what you like? Are you a slave to a system? Do you live subjected to your own projections? You're free?

ME: Isn't work a contradiction to freedom?

SOY: Etymologically speaking yes ...

ME: And historically ...

SOY: Yes.

ME: So?

I AM: The idea of Work changed with the passage of time, it went from being an animal torture to a human torture, to representing labor and then to describing the dignity of earning our daily bread, until today that it is a synonym for well-being and success. It would be necessary to see from where you perceive the work.

ME: Tell me... what is work really?

SOY: We will go through each of the aspects mentioned, taking into account that there are many ways to name this concept, and many ways to interpret it as well. But let's understand the meanings of it. The word work comes from the Latin "tri-palu", that is to say: three sticks. These three wooden boards were placed in the shape of an X with an axis in the middle, like the letter ZHE in Cyrillic: "Ж". This was used as a tool for the

blacksmiths, who tied the farm animals to carry out their tasks of changing the horseshoes and cleaning the hooves of horses and bovines. In times of war, the "tri-palu" were used to torture enemies, deprive them of their freedom. During the times of the empire, the tri-palu was used as a method of imprisonment, punishment, to deprive of freedom those who thought differently. It was a tool of torture during the inquiry.

YO: I don't understand why in Spanish and other Latin languages we associate the word work with this torture tool.

SOY: Because before it wasn't. You can torture and kill someone with a knife, which does not mean that it was created for it. You use the knife to cut food, to cut things, and the fact that some use it to kill is different. A pen can also destroy lives, if you think about it in a broad sense, since the signatures of many dictators have caused genocides.

ME: Sure ... we have taken the other root, the previous one ... that of the blacksmith.

I AM: Being a blacksmith was one of the most important jobs in the Roman Age and the Middle Ages. They all had a tri-palu in their forges, and they all came to them: shoemakers, jewelers, warriors, artisans, feudalists, peasants ... In a way, it was one of the most consulted trades.

ME: Sure... they had a lot of "work".

SOY: And it was hard work... A lot of effort, day by day, to handle difficult elements. All the activities that involve doing with the hands, "manufacturing", tilling the land in the field, producing with the hands, with patience, the effort to manipulate the matter. This effort implies suffering, physical pain, and makes those who exert this daily pressure find themselves every day on the verge of fainting, of falling, hanging by a thread at the end of the day, living on the edge of exhaustion just to survive. Latinos called this "labor."

I eat? I always thought that the positive job option was work... so, isn't it?

SOY: Oh no, of course not. Labor comes from "leb", which in Indo-European means "to hang". The concept refers to that which is on the verge of falling, that hangs by a thread, that can slip, slide, fall. "Leb" has given rise to words like "slip", "collapse", "prolapse", and also "lip" and "lobe". Thus, the verb that describes hanging by a thread, being on the verge of falling, fainting, would be "toil", and the name that designates the concept of toil is "labor".

ME: That's why it's called "labor" ... Because the woman suffers from contractions and during birth ...

SOY: Unnecessarily, but yes, it does. Labor has brought us the idea of suffering working the land from sunrise to sunset, something you call "tilling", which would be "suffering by plowing", opening furrows of earth for the seeds. In the Latin and Anglo-Saxon languages, the words "labor (labor)" and "trabajo (travail)" refer to actions carried out with effort, suffering ...

ME: "Earn your bread with the sweat of your brow."

I AM: This concept was coined throughout all humanity, in that to obtain resources you had to put a lot of physical force, what they called "effort", which produces muscle contraction, and at the end of said pressure and distended, the sensation of pain. In English, the word "job" also designates situations of pain. From the religious vision (Jacobo, Jacob or Job, from the Hebrew name Yag, which in Latin you say "iagus" and that when becoming Saint you recognize today as "Santiago") Job became a synonym of martyrdom, of suffering to fulfill the work of God entrusted by Jesus on earth. Its name is reminiscent of the effort to achieve something through constant pain. But in turn, it has many other shared etymologies,

ME: "No pain, no gain" (no pain no gain), it is often said around there ... Which reminds me of exactly this. Without muscular effort, there was no food on the table. It was necessary to till the land for food, struggle to build a house, face pain to create tools, and even fight to survive and defend achievements.

SOY: This is how work and work became synonymous with success and security. Doing, doing and doing, over and over again, is what gives us repetitive, enslaving, routine work, that is, it rotates like a wheel. And here you will be surprised by other words that define this concept. The word "do" comes from the Indo-European "dhè", which means "to put, to place", which gave the Latin "dhac / fac" (Portuguese "fazer", French "fair", Italian "fare"), and to the Saxon languages and Slavic "dhu" (English "do", German "tun", Russian "delat"). Although the word "do", in Indo-European it was said in another way: "werg", which defines an action. When the Indo-Europeans divided, some going to India and others to central Europe, the latter converted the verb "werg" into 3 concepts: one Saxon (ärb, which gave rise to "arbeiten" in German), another Nordic (verk, which gave rise to "work" in English) and another Greek (ergon, which gives rise to words like "ergonomic"). But on the Indian side, "werg" originated "kër", which gave rise to the famous word "karma".

ME: Wow... working is karma, and it's directly related to the very origin of the word... Karma means "action".

SOY: As you will see, looking back in time, you discover that in reality, everything is connected to the concept of action. Action comes from the word "agere" or "ag" which means "to move", "to shake". And everything you do in your life is a movement, because the universe is constant movement. In this movement, you have two options: do it by the will of your spirit and for the pleasure of your creative being, or do it by reaction, external impulse, pressure from the environment, condition of the environment, which inflicts force, suffering, pain.

ME: Let's see ... then, show me both ways.

SOY: The best known path that everyone faces is the one that is conditioned by the environment that surrounds them. In the Universe everything is action, but when a being is Unconscious or dominated by his Subconscious, there is no action that arises from himself, everything is done by reaction. It eats out of hunger, it reproduces itself for pleasure, it works out of necessity, it works out of obligation, all it does is to survive, fit in, belong. The environment, family, society, beliefs, culture, nature, the environment, everything that is around him is what leads him to action, therefore his actions are conditioned, controlled, manipulated by factors external. It is not free. This leads to conceiving the action as an expenditure of energy, and that energy is in the body, and to get it out you have to use force, and force produces muscle pain,

ME: Yes ... "sub-ferrum": suffering (low iron).

SOY: Thus, cellular memory transfers these data to the brain, which interprets pain not only as something physical, but as something emotional and psychological. Because of this, society begins to use labor as a synonym for punishment: slavery, service, forced labor. The same tools that people use to survive become tools of dominance and control, in which kingdoms, feudal, empire, and corporate systems use individuals to produce under pressure. And who does not do it, is punished ... How? With your own tools. Tri-palu, tripalium, work, travail ... The concern, torture, and the concept of work as a form of oppression and punishment of the population arrives.

ME: Wow... and what is the Conscious way of this?

I AM: Let's go back to the beginning of the Action. It can only be carried out by an original mind, a conscious being that decides to create a movement from point 0, without being a reaction to something previous, conditioned by previous experiences. It is a free mind, choosing its own path. That is to say, it is a creative being. For a conscious being, the concepts of work, effort and labor do not make any sense, since no one exerts pressure on himself, since a conscious being is a free artist, creator of magnificent works. Creation is a Work of art, and whoever builds it is a "worker". Work is also known as "opera", since the origin of the Indo-European

word is “op”, which means “to produce in abundance”. In Latin they called this "Opus", thus, every worker, in reality, was an artist, creating, manifesting a work.

ME: Being conscious does not suffer from work, it creates free works where it finds satisfaction.

I AM: Are you free or are you a slave?

ME: I realize that I am a slave to my own projects, to my own intentions. Sometimes, instead of enjoying what I am creating, I feel the pressure to finish it in order to take a weight off my shoulders... Clearly, my subconscious continues to believe that if I don't work, if I don't feel the pressure, I'm not doing anything. Many times I feel useless, as if I make a living by doing nothing, and I think of phrases that some people have told me: "when do you think to stop doing what you do and really work?" "Find yourself a decent job", "Work like a normal person", "Stop living from the story", And many times I believed that those phrases were the truth. I felt that if there was no effort or suffering, routine or feeling of slavery, it was not work. I remember my first partner, he said that the ideal for his mental health was to have an 8-hour day job, with a contract and established vacation days that give you the feeling that you have earned your break after good work. Like a prize, a reward. It always seemed to me that this vision was like the carrot of a donkey, that did all the work, the effort, suffering, just to taste a tiny and juicy orange root. I came to think that the only realization would be that in this world. But no, I realized that no, so I did something that was not good at all: I turned my own illusions into my work. I felt that I was doing what I wanted, that I chose and therefore I was free, but all I did was decorate what I loved as a work, with the intention of fitting into the system ... being accepted and not believing that "I lived from story, of smoke ", believing that this way he would have" a job like people. "

SOY: But no ...

ME: No, that's exactly how everything went wrong, when I forced, and suffered unnecessarily to do something that actually went through my heart, for my freedom and creation. It was my work, and I made it my tri-palium. Today I am day by day, little by little, taking up what I do as an artist's work, rather than as a missionary's work. The question is whether all humans can do the same. Because there are things that involve yes or yes hard work.

SOY: What you see as hard work, for another it may be their liberation. What is freedom for you may be suffering for another. Each individual has a different way of applying his work in existence, and there are works for everyone, the error of this world is to force some to make the dreams of others. A world that awakens by being the creator of a child, is a world that finds the work of an entire civilization that develops in the harmony of expansion and not in the survival of competition. Today, humanity continues to be a slave to work, as the system has managed to make humans believe that "work dignifies."

ME: "Doesn't work dignify?"

SOY: No ... it is the Work that dignifies. The hierarchical system built on the basis of survival and mistrust has made the population and individuals believe that the way to be free is to earn one's own bread. Capitalism considers work as the only way to access resources and wealth through the competition of work. Communism considers work as what dignifies a human being who generates things with his hands, but who obtains wealth from the hands of a state that chooses for him what he needs. Neither system incorporates the freedom of the creator. In both, the system turns individuals into slaves, but both have built the collective idea that only work dignifies, since it is what allows you to get food for yourself.

ME: It is the best slavery in history: in which the feudal or king does not have to keep the slaves, because they themselves pay for their things.

SOY: Something like that, yes. But you cannot judge these systems, for both are born from the vision of the unconscious individual through the vision of suffering to get food. Individuals are never subdued by systems, but by their beliefs. Systems are the results of the ideas and beliefs of a collective of individuals.

ME: How do I get rid of the work of this system?

I AM: Remembering that you are an unlimited creator, and what you do is your work, and your work is what gives you life.

ME: But what if it doesn't work?

SOY: It won't be because you have to work, but because you have to find ways to create better... An artist doesn't stop because his first painting went wrong, an artist creates himself in each work.

ME: And when does the last brush stroke?

SOY: When your work transcends itself, and thanks to it everyone has remembered that they are also the Creator.

ME: I stop using the word work, work... The key to my work lies in what I like and what gives me pleasure. The significance of it occurs when it transcends me and is useful to others.

I AM: There you are free, and in that freedom, you free others. Release your sacred trinity from the limiting bonds of the tri-palium, so let your spirit, soul and body discover what they are capable of creating, and in this you will be abundant.

ME: "Free yourself from the fruit of action."

I AM: Well, the fruit is the donkey's carrot, but the action is love.

# 168. Adversities

[January 18, 2021 Matías De Stefano](#)



SOY: How do you experience crisis and conflict? How do you assimilate defeats and challenges? Do you have enemies? Are they real or invented?

ME: After 6 months of searching for the deepest answers in the universe, I think that talking about enemies or thinking that I have them is almost absurd.

SOY: What color is the sky?

ME: Emmm... Celeste? Although we already spoke that in reality it is not celestial, but that it is how my eyes perceive the photons reflecting the argon, nitrogen and oxygen atoms ...

I AM: So the celestial color does not exist, it is only your perception of the light reflected in certain atoms.

I do...

SOY: But still, you see it light blue, right?

ME: Yes, I see it blue.

SOY: Therefore, that distortion, for your brain, is recognized as celestial. Essentially, it does not exist, it is a belief, but conceptually it does exist, as it helps you interpret the space in which you find yourself. Otherwise, you could not tell the earth from the sky.

ME: With this you are trying to tell me that beyond my knowing that essentially enemies do not exist because everything is One, my brain needs to create enemies to have reference points?

SOY: Yes, you have understood well.

ME: So... uf, explain. Are enemies necessary?

SOY: Yes, but only conceptually.

ME: How to differentiate a real enemy from a conceptual one.

SOY: Easy. Real enemies do not exist, only the mind creates them.

I eat? But when there is a war, there are real enemies because the threat is real.

SOY: Why does a war arise?

ME: Conflicts of interest. Whether religious, cultural, idiomatic and philosophical or due to economic, natural, territorial resources ... Or sometimes simple misunderstandings ...

I AM: Define interest.

ME: Something that I want, that I seek for my own benefit.

SOY: Interest arises from the words “inter” (between) and “esse” (to be), that is to say: “to be between something”. Interest defines the concept of those who keep someone connected to another. We can say that a synonym for "interest" is "important", which comes from the Latin "to bring something to me." What matters to us is a matter, material, which is exchanged for interest. What makes something matter to us and we consider it important or interesting?

ME: Our need about it... Because of the value we give it.

SOY: What is value?

ME: A weight or conceptual force that we attribute to things.

SOY: That is to say that the value is subjective.

ME: Yes, for some cultures gold is the most valuable, for others it is just another stone. For someone money has value, for others a seed has it. For some, a relationship has more value than a material possession, or vice versa. It is subjective.

SOY: Therefore, the interest is never based on something real but conceptual, based on the perception that I have about the world. In the same way that you see the celestial sky.

I understand...

I AM: That is to say, that the creation of a friend or a friend is merely conceptual. The conflict you have is due to an interest in values that arise from defending what you observe from your point of view. A religion that generates a conflict is nothing more than a conflict of illusions not based on objective facts. Belonging to something physical is the subjectivity of believing that something belongs to you and not the other, when the basis of interest is sharing, not possessing. The struggle for a philosophy among human beings is totally subjective unfounded in natural processes, but in utopian imaginary ones. An emotional conflict arises from the unmet needs of a being that feels empty and waits for the other to fill that hole to feel complete. But emptiness is conceptual, because inside you you have everything you need. A war is a conflict of interest born of the confusion and internal disorder of a being or group. The word war comes from the Indo-European "wers", which means disorder, mixture, confused, distortion. But what other word makes the sound "wers"?

ME: I guess "verse" ...

I AM: As a Universe.

ME: Ah, sure! Universe: the unique twist, everything returns to unity, that which bends on itself, the twist of the one.

SOY: But that's what defines returning to Oneness. How would you define that which is twisted outward and only seeks division, distortion and confusion?

ME:... adverse.

SOY: From the Latin "ad" (towards) and "versus" (torsion)

ME: Adversity would be initiating external conflict. The Universe expanding, moving away from the One to create all experiences ...

SOY: The Universe knows that nothing outside itself really exists, but it needs to position itself in its reflection, distort its image in order to see different options. Thus, in the bending of time and space, he finds various forms, finds new perspectives, perceives himself in different ways, and this leads him to learn, to evolve.

ME: Through distortion one is nourished by different options ...

SOY: And that's where adversity makes sense. This is where the conflict finds its logic.

ME: Wow ...

I AM: The fight is the same being observing itself from different opposite directions, related by the same interest. After millions of folds, the I am becomes the I, and the I seeks to survive, it is afraid of bending again and losing what it built, that is, it fears death, and in that fear of losing, it clings to what that he can, and the interest becomes a struggle to possess, to occupy spaces that leads him to conflict with his environment.

ME: Does this justify war?

SOY: No, it does not justify war, it explains it. The Universe does not generate Wars, it generates options, and what its parts decide to do with options is free will, and that freedom sometimes causes confusion, which leads to living adversities, which, from consciousness, nurture experience, but from unconsciousness, they generate wars, from the mental, emotional and physical.

ME: So an enemy is the mental construction of our being trying to transcend a conflict.

SOY: It is the idea to solve. The mind needs to project the internal conflict onto something external in order to observe it. Thus, the image of the opponent, the adversary, the enemy, is useful to the conscious mind to see its own defects outside when it cannot see them inside. By viewing the projection, you can analyze all the conflicts arising from this reflection, and thus honor the enemy as the one who allowed you to transcend yourself to a surpassing level of consciousness.

Me but...

I AM: However, the subconscious mind seeks to survive, and interprets everything external as a threat, creating preconceptions, limiting beliefs, patterns, which consider that projection a real threat, and therefore the fight as

a form of defense. Thus, the cultural unconscious creates common enemies, like other nations, cultures, religions, systems, or individuals, whom by blaming the threat, it frees the subconscious from the pressure of having to transform itself through observation.

ME: That is to say that in a biological need to save energy so as not to transform, it is easier to place what you have to work on an external enemy and blame him and even try to destroy him thinking that this way the threat will disappear.

SOY: That's right. So, you have two paths to choose from here. The Universe was projected in the Adverse, to seek ways of manifestation, development, experience. And in this Adverse aspect, now you must choose between living it from Consciousness or Unconsciousness.

ME: From the Unconscious I will generate enemies all the time outside: ex-partners, relatives, abusers, dictators, Illuminati, reptilians, religions, the Pope, companies, governments, aliens, other nations, races, cultures or philosophies ... seeking to free myself to myself of the responsibility to transform myself, transcend myself and find coherence. From Consciousness I will see adversities as mechanisms of evolution, learning, that nourish my experience and make me expand towards higher levels of understanding and manifestation.

SOY: As you will see, the problem is not adversity, but your mental position in the face of it. It is your perception of things that generates the conflict. And it has become systemic after millions of years of cyclical repetition. If you really seek to transform the world, then you must forgive your enemies and create a new reality where you are not a victim of adversity, but rather use it for the expansion of your infinite creative being.

ME: Even so, I think that many people will not understand this, because they have lived in the struggle, and when they see or hear this they tend to think that then anything goes, that nothing should be done in the face of injustices.

SOY: Well, let's explain it very easily. When someone is knitting a scarf, the threads intertwine creating a weave. But if there is a knot in the middle, if a conflict occurs, what is the solution you will seek? Cut them? Burn the scarf? Or patch it up, looking for where the problem is from the source and start weaving that part again?

ME: What you say brings up a very emotional memory that is stuck in my mind. Once my mother was knitting a scarf as a gift for my partner for his birthday. But the scarf had been knotted in the middle and she didn't quite know why. So, with my character of wanting to solve everything now, I told him: "you can cut that protruding with scissors, it won't affect." I convinced her and helped her, but the end result was that the scarf was left with many little holes in the middle. My mother had been making that beautiful knitting for a long time, and I screwed it up in 1 minute wanting to help her. I felt his pain and frustration, and it still hurts today, because he wanted to hide what he felt. Then it took a little longer to repair the holes ... But even today I feel the pain of all that it meant to do that ... I realized that by wanting to eliminate the things that I thought were bad in the fabric, all I did was ruin all the fabric, all the effort that a mother had made lovingly. Sometimes I see humanity as I saw myself, believing that by eliminating what we consider to be wrong we improve the fabric of the world, when perhaps we just make holes in the beautiful fabric of mother Earth, which took millions of years to build. do what. And yes, there are knots, but it is necessary to mend them carefully, delicately, understanding where they come from, why, and reweave them from there, understanding the pattern

I AM: Wars are not only produced by knots, but by cutting knots. Now you understand that adversities are only tools of evolution, they are knots that are there to remind us that we can always improve.

ME: I face adversity, well, not to fight against them, but to improve who I am.

I AM: You are your greatest Adverse aspect, observe yourself and you will remember the Universe.

## 169. Beliefs

[January 19, 2021 Matías De Stefano](#)



SOY: What do you place your expectations on? What do you believe in? What moves you? Is what mobilizes you real?

ME: Uhum... I wonder, and maybe it's strange to answer. Sometimes we think that we are clear about things, because we are simply going in that direction and we do not question why... Where does what I do lead me? I mean ... What drives me to go in that direction?

SOY: Start by telling me about your life path.

ME: Well... my I, that is, my personality, has a constant need to think about social ones. If I think about what I project for my future, it is social policy, the systems revolution, social education, of conscious individuals who live harmoniously on Earth. The path I chose to achieve this is spirituality, that is, it is what comes naturally to me. Just as some contribute to their planetary mission from music, or architecture, or art, or medicine, science, sport, my tool is my spirituality, it is my attribute, it is something natural that I should not force, that I it is inherent in being. My goal is not spirituality, my mission is not enlightenment, nor do I seek to become a spiritual teacher. I already consider myself spiritual, it is my naturalness, my path, but not my goal.

SOY: The politics of being ...

ME: Something like that, yeah.

SOY: And where does this come from?

ME: Well, it comes from two different paths. On the one hand, the memory of my soul, and on the other, the memory of my body.

SOY: What is the memory of your soul?

ME: When I turned 12, I began to remember everything that had happened before I was born, but the first memory I had was of myself, as a woman, with my husband, in front of the Great Sphinx, but as a huge reddish lion, without a human face, surrounded by beautiful temples and plants further back. My name was Shiw, and my husband, Sobek, and I recognized that that time was 12000 years ago, in a country called Khem, in present-day Egypt, a colony of the famous Atlantis. At that time, she belonged to one of the 12 Blue Families, descendants of the Atlanteans, and as a woman in a matriarchy, she was in the women's circles that cyclically ruled the regions of Africa. I had a large part of the people in my charge, as sons and daughters, and I felt responsible for what I decided for them. The seers, Astronomers and teachers had announced that our time was soon to end, and that it would be impossible to gather the people back into a network until after the reflections of the mirror, that is, 12000 years ahead, in the Age of Aquarius, opposite to our Age of Leo. . At the age of 12, remembering this, I felt the responsibility of a leader of that time, trying to unite her people, so that they do not get lost in the fall of civilization. Trying not to forget ... This conditioned my life. It made me feel that it was my responsibility that things did not work out during my time, during my family period, and I felt that I had to bring them all back together, make them remember. I felt responsible for not knowing how to take care of them, how to prevent what history announced ... I lived this life remembering myself as Shiw, and trying to find ways to rebuild that civilization, that people, that network society again. My guides always tell me: "you cannot build a society without conscious individuals, it is essential to prepare the being, not the forms." For this reason I believe that in this life spirituality is innate to me, because it is the only way to prepare a being from the depths, not to force him to modify systems if his being continues to nurture the old ones.

SOY: And the body?

I was born in Argentina. What more can be said? Hehe Argentina is a country of Cancer, because its independence was on July 9, its Ascendant is Libra, and its Moon was in opposition to the Sun, in Capricorn. It is a mother country, which sees its people as its children who must take care of everything, and does not allow them to be free, emancipate, controls them under its roof, making them believe that it is motherly love. And her children are in love, dependent on her. But her ascendant remembers that we live in masks, decorating things that are not true and that we end up believing them true just because they seem like beautiful ideas, while at the same time causing the Mother and her Children to fight, constantly searching for a balance that never comes. . And this is for his Moon, Capricorn, which marks the effort, the dissatisfaction, the one that is never enough, the constant crises that lead us to a state of emotional inability to manage growth and development, because we are in opposition to the emotion of the group, the family of our Sun in Cancer. We are a dystopian family. And that is reflected in all areas. I was born hearing about the economic crisis, fights between the people and the government, social struggles, but not those that mark history, but those that look like flies on the face or mosquitoes at night, those that become more of a repetitive static and unbearable. Growing up in an environment of constant instability, the feeling was to think: I have to help this country, this country needs a root change, since its foundation, it needs a structural change, but above all essential. And it has never left my head to return to Argentina to find a way to generate that change. But to do so he had to let go of the idea of the mother. If there is something that the majority of Argentines do, it is to criticize everything in the country, but when they leave it emigrating, they usually compare the things of the world with the good of Argentina, saying that there is nothing like being Argentine (typical reaction of upward in Libra), that's what makes us so unbearable in the eyes of the world in a conversation, the constant dichotomy, who hates and loves the mother, a kind of Italian tragedy in which no one tolerates the mother, but everyone goes out of their way for her (Cancer). I have heard so many say: "You are Argentine, come back, speak Spanish", or "Argentine pride", things like that, and the truth is that the less I feel Argentine, the more I can see ways to help the country where I was born. Freeing myself from the belief of the Mother.

SOY: And yet, as you said, your mother is the hardest thing to let go of ...

ME:... You just hit me on the back of the neck with a stick.

SOY: Thank you for acknowledging it.

ME: It's true ... it's something that, it's there, it's like, a code ... I don't understand ...

I AM: It is a belief.

ME: A belief ...

I AM: Everything in the world is a belief. When you think of the term belief, what comes to mind?

ME: Precisely the mind. Believing is something that you think, that you have in your head. A pattern.

SOY: We go to the origin of all things. Again, the mind is a whole without any point of reference. For this reason, he decides to bend himself to observe what it is, and in this way create the correspondence. It generates the concept of polarity and cause-effect at that very moment. And the reason why it is possible to see the two options reflected is because of the vibration and the rhythm, which allow the generation of something new. The more times it multiplies, divides, what used to be a whole, begins to become parts, that is, fractals of itself. These fractals begin to create a network, a network that we call the Matrix, generating the idea of the creative uterus, where everything arises. And the womb protects the seed of creation, therefore, the womb itself prepares to take care of what we call "pattern." Mother and Father, Matrix and Patron, they are the creative essence. While the matrix is a network of patterns, the patterns are the parts of a matrix. And each pattern arises from the correspondence of the mind, from a different point of view from the original idea. Thus, the mind becomes an idea, the idea thought, but the more thoughts there are, they begin to distort from the original idea, and there comes a time when the only way to perceive the true image is through Faith. Faith represents trust. that what I perceive is part of a truth that I cannot see because it is distorted. Thus, with greater doubling of time and space, faith is the only way to guide yourself through a complex network of which you cannot see its pure origin, and in this way, what you used to call thoughts, become mechanisms of faith, something What you call "belief." Faith has nothing to do with spirituality, even though it is related to religion today. Faith has to do with said trust in something, a scientist for example, has faith that what he is looking for is like that, but he dedicates himself to following the patterns until he finds the matrix and gives meaning to what he perceived, while a religious does not He looks to that experimentation but trusts blindly, hoping that the answer will come to him or her rather than looking for it by trial and error. Both are beliefs of faith. A belief, then, is a network of confident thoughts that are part of the original idea. but he dedicates himself to following the patterns until he finds the matrix and makes sense of what he perceived, while a religious does not look in that experimentation but rather trusts blindly, hoping that the answer reaches him or her instead of looking for it by trial and error. . Both are beliefs of faith. A belief, then, is a network of confident thoughts that are part of the original idea. but he dedicates himself to following the patterns until he finds the matrix and makes sense of what he perceived, while a religious does not look in that experimentation but rather trusts blindly, hoping that the answer reaches him or her instead of looking for it by trial and error. . Both are beliefs of faith. A belief, then, is a network of confident thoughts that are part of the original idea.

ME: An example?

I AM: You take a bike for the first time in your life and you decide to ride it. You have faith that you will walk out like the best because you have seen how it is done. But the first time you pedal, you fall. Still, knowing that there are many people who do it well, you have the faith that you can keep trying until you come out like the best. But every time you fall, you will create a path of experience that will register in you, and that will repeat: "I have faith that I can do better, but I think I am going to fall again." The difference between having faith and believing lies in experience. Faith is an expectation for the future that drives you into the unknown, Belief is a known experience pattern that protects you from the past on your path of Faith.

ME: Now I get it.

I AM: Both are related, but they are extremes of a timeline of action. Let's keep going. Now, you have described that belief lies in the world of thought, when in reality, it arises from the experience registered in your cells. Humans place Faith in the heart, and Belief in the brain. But what if I told you it's the other way around?

ME: You would break a belief.

SOY: Hehe, let's do it, with pleasure. The word Faith comes from the Indo-European "bheidh", which means loyalty, trust, advise, that is, it depends on advising (from Latin: sit down to talk) in the law (from Latin: loyal) and thus convince the other of what was said (from Latin: trust). Faith, then, implies a mental attitude of conviction, of debate, of adjusting a law, of talking to understand what it means. Faith is trusting, it is hearing a word so convincing that it sounds logical even if it does not have the evidence to prove it, which is born from the perception of an idea, from the capacity for imagination.

ME: Wow, I understand ... This is why it is called "having faith in the word of God", it is the written word, the law, the poetic and imaginary discourse to which one has faith ... not the fact itself, or the origin and truth, but to the discursive ...

SOY: That's right. Now let's go to Belief. Believe comes from the Latin "credere", which in turn comes from two Indo-European concepts: "kerd" (heart) and "dhe" (to put). In English, "Believe" (to believe) or "belief" (belief) comes from the Indo-European "leuph" (love) and the verb "be" (to be), that is, "believe" means "to be in love".

ME: "Putting in the Heart" ... "Living from the Heart"

I AM: When you go from the stage of Faith, of confidence in the things you do not see, of expectations of what will be, you have the experience of what you have lived, of what you feel now not by your mind, but by the senses that nourish your mind. You perceive it by touch, taste, smell, sight and hearing, you register it in your cells, and it becomes part of your body, and the center of your body, the one that nourishes organic consciousness, is your heart. A belief, then, does not live in your head, but in the beat of your heart. And tell me ... who has created your heart? Whose first heartbeat you heard?

ME: My mother ...

I AM: That is why everyone believes in their mother, that is why the basis of all cultural and social beliefs, spiritual, social, political, emotional, family, everything is born from the mother's heart, from believing in her ... For this reason, mammals are linked to the mother more than to the father, and live their lives linked or trying to detach from her. The Mother is a fractal of the Cosmic Matrix of the Universal Mind, it represents the idea, and it is in itself all your beliefs, since it is who has created you. For this reason, the first link of creation and belief is the mother, then the culture, then a nation, then mother Earth, and then the Cosmic mother, and there you meet again with the Matrix of the Web. Your whole life is conditioned by the belief in Mother ...

ME: The Universal Mother is the great Akashic Library where I obtained my first memories ... Mother Earth is the one who called me with her heartbeat to live in this world ... I became a mother in this world to experience what it feels like to be a creator, and I became the mother of a people to know what it is to connect a network of individuals ... The Mother Planetary Network designed my path, and I owe my life to her. The Argentine Mother Nation united the mothers of Italy and Spain to make me be born, and my Mother Claudia gave me life. My mother is the summary of all the mothers to whom I owe my existence towards the past and towards the future ...

I AM: This is how you see the Belief based on the concept of the Mother, and why you have Faith towards the future in continuing to try through her, the Network, Mother Earth, the Matrix.

ME: My mother is like the bicycle you said: even though I fall many times, I know that if I try again and again, I will go very far. So the key is to free myself from the idea of the fall, not from the mother.

SOY: Hehehe, you are getting it. It is not a matter of letting go of the mother, of letting go of belief, it is a matter of understanding that belief is what guides you towards what your mind imagines. Mothers all live in your heart, now they are part of your heartbeat, they are your belief.

ME: So "eliminate beliefs" what would it be?

I AM: An irresponsibility.

ME: But... there are beliefs that don't allow us to move forward, that keep us trapped...

SOY: It's not the house's fault that you can't find the key... Would you break the doors and windows to get out of a house just because you didn't look for the keys?

ME: I guess not ...

SOY: Humans believe that if there is a wall you have to break it, if there is a barrier you have to tear it down. That revolutionary thinking is what makes them regress rather than evolve. If every time Nature decided that it is time to transform into something new, it would have to eliminate everything from zero to start over, today you would still be a bacterium in the ocean. It is due to the belief patterns that you continue life after life building the future, adding tools, improving the ways you do what you do, and certain codes remind you of the experiences you have had to get here. The patterns guide you, protect you. The structures are there for something. That you are not aware of why, does not diminish their importance, that you are not responsible for them does not make them a burden. It all depends on your perspective of your state of consciousness. Each step you take is a step towards your own being, they all lead to you, to the center, to your heart, but without the steps of your beliefs, your patterns, you would never arrive, because you would not find the way, and if you get lost it is because you have become entangled in them, forgetting how to climb the ladder to the center of your being, believing that you must reach the top, when there is nothing there ...

ME: Thank you for showing me this, it makes the relationship with my past and my future free depending on my relationship with my mother and the mothers in my present ...

SOY: Remember ... Remember ... Remember ...

ME: Back to the Heart ...

SOY: There are the answers, the keys that open the doors of the Home... they are there, in the trunk of your Beliefs.

ME: I am the Key to my Home... I believe in myself.

# 170. Plan

[January 20, 2021 Matías De Stefano](#)



I AM: What is your Plan? Is there really a Divine Plan? What would you do if you knew there is no plan in your life? Does having one give you security or freedom?

ME: The Plan... it's something that has haunted my mind since I was little... Everything I do is for "the Plan".

SOY: Tell me about "The Plan."

ME: When at 12 years old I remembered myself as Shiw with Sobek in front of the Sphinx, whom we called "Tul-Bassík" (Great Guardian), I felt some words in my voice that resonated deeply between the dialogue we had ... " Dhu Ater Tumti, kei dhu urnus Ateri "(Bring Heaven to Earth, and bring its light to Heaven). We called it "The Plan." The Atlantean Priests said that everything that exists is part of a Plan, a divine plan that makes everything make sense, logic, but it is so great that we cannot understand it. Compared to the Universe, humans are like ants trying to understand the entire Earth. But they said that if you take a good look at things, you will understand that there are repeating patterns, and if you understand those patterns, you can understand the plan. The Atlanteans managed to summarize all of existence to simple planning, thus, the Architects became our leaders. They understood the codes of creation, and they became mathematicians, philosophers, doctors, musicians, artists, and builders. The divine plan was named after them: the Sikhir (designers of the lattice), and from there, The Plan: Sikhot. They explained to us that everything had arisen from the one, and the way to compare it was with the weaving of a spider web. In the Khemul mythology, of the Atlantean Nile, we called the Great Architect as Manik, the Arñaawea weaver of the Universe. Its 8 legs represented the 8 directions of Space and Time, the Cube of Density. His 8 eyes represented the Cube of the Subtle, with their directions to the Internal and the External. With their head and torso they form the Consciousness that shines in the stars, and with their tail connects the network of the subconscious and the cosmic dream. From the center of his unit, he weaves a perfect web, with patterns designed according to the needs of the environment. From the center it feels everything, everything is united to it, and its fabric is invisible and subtle. But if the dew bathes your loom, at each intersection you will see a shining drop. For us, that was the stars. Ahead, Tut, the Beetle, moved the Sun

from east to west. And the Nuth, the Moth, flew pushing the Moon. Every 28 days, the moths were caught by the spider disappearing on its loom, being eaten by the stars. But a new resurfaced in the skies, again and again, in a new and different sector of the loom. This showed us the cycles, the structure of time in space. Thus we were able to understand the codes of existence. Manik was the First Weaver of the Plan.

I AM: "Primordial", which in Greek you say "Arkhós", and "Weaver", which you call "Tekton", Arkhitekton, the Great Architect. An architect is the one who makes the first fabric, the one who designs what the others will have to build ...

ME: This is why the architects looked at Heaven, and said: to make the Divine manifest here, we must build the Plane of the Great Architect on Earth. Thus came the idea: to bring Heaven to Earth. Design the stars in the form of temples, which will shine, downloading the information from the Cosmic Network. In the stories they told us as children, they divided the plan into several parts, but above all in 3: Universal Plan, Galactic Plan and Terrestrial Plan. It had to be densifying towards us, to be able to touch and live it, knowing that if we did it in matter, by uniting the Plan of the Body, the Plan of the Soul and the Plan of the Spirit in us, we would incorporate the cosmic fabric, becoming weavers, creators, alchemists of being. The architects discovered that everything was divided into 12 sectors plus one in the center, and they found the ways to manifest these concepts in the matter in a simple way, without religious or mental philosophical preconceptions, but tangible and objective. They called them "Yku", "Phyru", "Tumu", "Wassu" and "Hiru": Seed, Fire, Earth, Water and Air, which they schematized in Octahedron, Tetrahedron, Hexahedron, Dodecahedron and Icosahedron respectively. And so, they designed the stellar temples: the Pyramids. All around the world, they tried to manifest in our reality the fabric of Manik. The Spider became a key symbol for the architect priests, and they became known as Ant Men and Women, Spider Men and Women, Moth Men and Women, and Bee Men and Women, all related to insects. It was because the insects had the plan in their minds, in their hearts, and without any culture or reason, they showed the logic of the plan, the frameworks, the patterns, the structures. The priests, then, spent hours observing the insects to learn the universal plan. They said that there must inevitably be a divine planning, since everyone in nature followed the same codes: minerals, plants, insects, animals, humans, the stars ... They all followed a pattern, and that pattern was so big that we couldn't see it ...

SOY: Or so small, that it seemed invisible ...

ME: Exactly. The Ater Tumti Plan marked our cultures. He took the Nile as the Milky Way, and temples and pyramids were built on its sides to represent the constellations. Humans, then, had to pass through the lattice, through the Nile, connecting the brightness of each star until it shone within. The Sikkir turned medical when it came to connecting the invisible networks of our organs. They became musicians when they had to calibrate the energy and vibration of our souls. They became mathematicians and philosophers when they had to calibrate the logic of the spirit. And by uniting all the aspects, body, soul and spirit, you became a spider, a spider man or a spider woman, an architect of reality. The same path of the Nile was traced in many regions of the world, all with the axis of Orion. And all these roads together formed a larger one throughout the tropics. That is why the civilizations born from Atlantis followed the tropical zones, following the flow of the stars. This is how they built the Planetary Network, the one that made us all part of the Network, but this same network became our prison ...

SOY: They turned flies ...

ME: Yes. It was the conversation with Sobek that time. We were losing the network connection, and I was afraid to forget about him. He felt the enormous responsibility of a people to lead through the shadows, and yet there was nothing he could do to get them out of there. "They are natural cycles," they said, although it seemed unfair ... "Follow the Plan", they told me. And so I did... I follow the Plan. I follow the stars, the eclipses, I follow Manik's web, searching for the scattered data in a

disorganized library. The world today resembles the remains of the Library of Alexandria taken over by Christian insurgents. Chaos. The Plan requires reconnecting the Network.

SOY: Why?

ME: Because we are the ants of consciousness. We are the spiders of the cosmic mind... Does an ant wonder why? Does a spider wonder what for? I think, it's in our nature.

SOY: Still, you're still a fly when you say you have no choice.

ME: Is there?

SOY: Not in what, yes in how. What is a plan?

ME: You explained it the other day. Plan comes from "plat" which means to extend, and in turn comes from "lat" which means "plain" or "pelèt" (flat). The word speaks of everything that expands, that moves, that extends and branches. Plant, Planet, Plane, Plan, Plasma, Piano, Planisphere, Paladar, Palma.

I AM: The Universe is a single being that expands, that moves, that vibrates, that branches ...

ME:... The Universal Plan...

I AM: Galaxies are clusters of compounds and chemical elements that expand and move by gravity ...

ME:... The Galactic Plan...

I AM: The Earth, like other worlds, revolves around itself, moves through space erratically staggering around a sun, a star, spreading, branching life in constant evolution ...

ME:... The Earth Plan...

SOY: And a human, with his intelligent mind, found the expansion codes, saw how things move and interact with each other with a fractal logic. So, he understood how to manage time, and he planned the temporary cyclical stages.

ME:... Calendar...

I AM: Measuring the cycles of time is the first step of Planning, having the notion of stages or seasons. The word Calendar is Roman and means "The Scream", coming from "calare", which in turn comes from the Indo-European "kel" (cry, cry, claim), and refers to the cry with which the tax collectors called the door of the citizens every New Moon, a moment that was called "calendas".

ME: So our way of calling time planning today is born from the imposition of Roman taxes ...

SOY: Yes. On the other hand, Almanac, from the Arabic "al-Manakh", refers to the stations of the Moon in front of the manciones or houses of each constellation (meaning: "where the camel kneels", it stops). Thus, the human began to dominate time, carrying what you call "agenda" (participle of the verb "agere", agendum: what should move forward). But later, he managed to dominate the space by putting all the things that were separated, together in a single place in an orderly way, that is, a Structure, from the Latin "Struere" (to put together, pile up) and "-ura" (result) . Seeing the geometric

patterns of nature, they began to spread the bases on a table, on a flat and extended surface to work on, joining the geometric codes, numerical patterns, natural matrices, and rearranging them into a new design that they called "flat." Thus, through "planning", they managed to dominate the space. And do you know what they thought?

Me what?

SOY: That if they could plan, then the whole existence was also planned. What they saw seemed so perfect that they created the idea of a mind capable of planning something infinite, and they called it "The First Weaver".

ME: The Great Architect ... as they called him from the Atlanteans to the Masons of Europe.

I AM: And for thousands of years, humans, in their ability to plan, projected into the cosmos the idea that there is a mind that plans, that designs, that "has a plan for everyone", and we are its workers, bricklayers ...

ME: By saying "projected", are you telling me that there is no plan or planner?

I AM: I know that you have entrusted your existence to a Divine Plan, which for not understanding, you assign to a superior Mind. I know that you speak of the Plan of Life, the Plan of the Soul, the Plan of the Spirit. "God has a Plan", you use to say. "The Universe has a Plan," echo those who do not like to say God, no matter how much they talk about the same thing. You relegate our lives to the idea that the good or bad that happens to you is due to the structure of a planning mind that lives in the cosmos ... But no.

ME: But no ...

I AM: Humans, weavers, architects designed this philosophical concept from their perception ...

ME: But, we have said that the Universe is Mind, that is, there is a mind that creates everything. A Mind that in a certain way searches for itself and plans a network to do so ...

I AM: It is a Mind that expands ... Mind means Think in Indo-European (mens), which in his view comes from the concept "spen", which means "to stretch, to spin." The concept of thought is the ability to string things together, to stretch them, to extend them, which you call a "plan." Mind precisely means "that network that expands." And reason, intelligence, is part of that network, inherent to it, not external. When the human describes the planning of something, he does so from the concepts of separation in which he sees a person, individual, agent, who uses his mind to manifest something in the external world. This way of seeing the world, projected out the same idea in the cosmos, that of having an external mind in an intelligent being that plans, designs something externally, separate from itself. Now ants, plants, atoms, animals,

ME: No ... there is no plan, there is no mind planning ...

SOY: And have you wondered why?

I do not...

I AM: Because they are the incarnate intelligence. They are the plan themselves. The human developed intelligence because it is the plan itself. The only existing Plan in the Universe is the Expansion of oneself in the interconnection of everything expanded.

ME: We are the expanded mind, we are the woven web ... The Plan is not a mandate, it is the nature of expansion.

I AM: God does not have a Plan... God is the Plan. Your Soul does not have a plan, nor your spirit, nor your life... you are the Plan. And do you know how you will make it possible?

ME: If I expand ...

SOY: If you expand... exactly. The only thing that makes a plan possible and coherent is when you allow yourself to expand into existence, because if you seek to fulfill a plan you will be holding on to the structures that you have created, if you wait for the plan to work, you will never expand and you will die waiting. If you do not expand, the constellations, the world, will make you their plan, manipulating your history, conditioning you through the cry of the calendar immersed in the patterns of space. But if you expand, you will transcend the limits, you will be free from the cry of time, and you will be able to create your own ...

ME: Being guided by the constellations, is then living in a prison ...

I AM: It is if you consider them as such from unconsciousness, from believing that you have no escape from an eternal cycle of 12 mansions, but the truth is that the constellations are in your mind, only you see them. In space, there is no such thing, because the stars that are together for you are not, some belong to distant galaxies, others are very close, and yet they only make sense from your point of view. But the sky moves, the sky expands ... you are free, the sky is not a 12-cell prison, it is a garden that expands in a forest, a jungle, and you, walking in circles in a clearing of 12 trees to around you, you feel trapped in a plan of time and space.

ME: You are destroying everything that I have considered my life plan... the Plan of my existence, why I am here...

SOY: Oh no, my friend. I am not destroying the trees around you, I am showing you the forest you live in. Your vision of the Plan, something that you think is so magnanimous and wonderful, is actually a narrow and limited vision. I am not destroying the plan that moves you, I am reminding you that you are the Plan. You are not someone external who must fulfill something projected, you are the mind that ties itself expanding. That's the only truth. Do you know which?

ME:... Tell me...

I AM: That the Universe never had a Plan for you, the Universe expanded in you so that you create a Plan.

ME:... Freedom... suddenly, I feel freedom again... my shoulders don't feel the weight...

I AM: You were never a slave to any divine or ancestral plan. The Plan that you explain, is yourself arriving from the Heavens to Earth ...

ME: ... And returning from Earth to Heaven ... "Amma Ater Tumti" ... I am Heaven on Earth ...

SOY: That is the only Plan. The one that you build through the coherence of your being. Expand, and you will be fulfilling the only divine plan possible ...

ME:... I am...

# 171. Religion

[January 21, 2021 Matías De Stefano](#)



ME: Systems. If something characterizes Capricorn it is system planning, the structuring of patterns in an almost architectural way. We could say that the bones, foundations, articulations of Capricorn thought are Social Systems. I remember that in 2011, back in September, I started a journey through the western provinces of Argentina, Salta, La Rioja, Mendoza and Río Negro, descending the Andes towards the South. All this preparing the energy of the territory for the 11:11 Meeting in November of that same year in Capilla del Monte. When I got to Mendoza, I went to Aconcagua, to the base, and sat in front of the mountain at Lake Espejo, although it was still covered with snow. I meditated staring at the mountain, and a being appeared, a female voice whose voice I have only heard a few more times in my life. He said his name was Intaka, one of the voices of Isidris, an inner city in the Andes. His task is to guide the new generations of that land, to build a more conscious world. I asked what I had to do to achieve it, to make it possible for consciousness to rise. And his answer puzzled me: "It unites architects and dentists, biologists and economists, scientists and religious, musicians and doctors, educators and engineers ... And when they are united, remind them who they are, and when they are, they will have the power of being." The power of the Self? I asked. And his whispering voice told me: "... Ontocracy ..." to enable consciousness to rise. And his answer puzzled me: "It unites architects and dentists, biologists and economists, scientists and religious, musicians and doctors, educators and engineers ... And when they are united, remind them who they are, and when they are, they will have the power of being." The power of the Self? I asked. And his whispering voice told me: "... Ontocracy ..." to enable consciousness to rise. And his answer puzzled me: "It unites architects and dentists, biologists and economists, scientists and religious, musicians and doctors, educators and engineers ... And when they are united, remind them who they are, and when they are, they will have the power of being." The power of the Self? I asked. And his whispering voice told me: "... Ontocracy ..."

I AM: From the Greek "On-, Ontós" (participle of the verb "eimí": to be), that is, it describes the quality of being: "entity", "entity"). And from the Greek "Kratos" (power). Onto-kratos, Ontocracy, is "the Power of Being."

ME: I understood at that time that the purpose of what I was doing had nothing to do with spirituality, but rather that the spiritual was an internal path to build a coherent being that manifests itself as a responsible citizen. And then he showed me the logic of everything: universal fractality. We usually call the parts of a society as "Social Organisms" or "Systems". We also refer to the town as the "Social Body". A country, then, is like a physical body, and its systems are the organs. He told me that one of the great human conflicts is that they live reality from utopia, that is, from the world of ideas. "Sometimes it seems that beings from other dimensions have more notion of the Earth than those who inhabit it from day to day," he told me. Probably by the law of correspondence and polarity, we tend to project ourselves into the subtle as an objective, and the subtle ones are

projected into the gross as a path. Thus, living beings move by ideological concepts, and celestial beings move by manifested wills. This would work if instead of setting expectations, we were aware. Then he told me the key: "Go from Ideology to Biology." Living here and now is a real concept, not a spiritual one, even more so if we consider that "spiritual" means "one who has the quality of breathing". All of us who breathe seek the spirit in ideas, in utopias ("u-": negation, and "topós": place), that is, a non-existent place, without foundations. However, the spirit is in the lungs and bronchi, in the heart that distributes oxygen, in the veins and arteries. And the very action of breathing is what nourishes the cells and the entire nervous system. We are the spirit, the spirit is not an idea, it is biological. That is why he said that in the interaction of different areas of knowledge, the organic will be found. A body does not have a president, it has no hierarchy, it is an interconnected structure of self-referential bodies. The success of evolution is not a hierarchical or representative system, it has always failed in the history of the Earth. Plants, insects, fungi, animals, all nature works organically, and human society, believing itself superior, searched for inorganic structures that do nothing more than become a regenerative cancer, again and again. This made me understand my task, my mission, purpose, it was not spirituality, It was to remember the innate quality of the spiritual in the human, reminding us that we are cells in a body, and that if we self-reference, we will be able to build a real body, a biological body, the most advanced technology that has ever been invented in the universe. And this was the moment, because a body works through networks, tissues, and this is the time of Networks, and therefore, it was necessary to reconnect the Conscious Network.

I AM: Logical. So ... to achieve it, you have to breathe deeply, and connect to the spirit ... And to do so, you have to go through the first human system that surrounds the Idea: Religion.

YO: One of the most complicated issues, as it is one of the first systems generated in human culture and the most difficult to transcend. Why?

SOY: Let's go to the why. Do you remember that hominid who stood up from a tree in the forest, looking at the horizon to see the next tree in the savannah?

I do...

SOY: From your experience in the forest, you knew that trees bear fruit, and this generated a belief. But when the forest stopped bearing fruit, he needed to search for new trees. In his belief there was the idea that possibly, in another forest, he would find fruits, and this led him to communicate with others who thought the same even without knowing if it would be so. Thus, they awakened the sense of Faith. Faith, confidence, that there was something beyond the horizon. And their need led them to move, move forward, and each day they hoped to find that tree with its fruits. Thus was born the concept of Hope, the quality of waiting. In tradition, hominids began to share the idea that beyond the horizon, there was a tree that had fruits for everyone, and their hope and faith grew in the search for that Tree. Everyone, Humans and animals could feed on its branches and roots, it was an amazing idea that mobilized the first humans to populate the whole world, looking for that famous tree that everyone was talking about. They called it "the Tree of Life." But no one ever found him. Then one day, one of them looked up to the heavens, and saw the stars, and how they seemed to hang from something, from an invisible connection, and then, with his imagination, he thought: "What if that tree is not in the earth? What if the stars are the fruits of that Cosmic Tree? Then they began to see the Heavens. And they understood that there were 6 branches and 6 roots, and that along them, the Sun and the Moon danced in a specific order. They were able to measure cycles, and they managed Time. Now they knew what was to come, they knew what to expect, and they learned to prepare for winter long before it arrives, to build knowing the needs of each moment. And they understood that this tree was giving them another type of fruit: Knowledge. That's how they called it Tree of Knowledge. They said that we were all seeds of this divine tree. The Seeds were activated in the light of the Moon, and they flourished in the light of the Sun. At night, they called the Mother who gestates the seed in the womb of the fertile land, and the day they called the Father who guides to expand. for the territory. Faith and Hope were deposited in Heaven and the seeds of water that came from it in the form of rain. Thus the water became the vehicle of spiritual life. Where there was an oasis, a well of fresh water, it would be a sacred place.

And the developing peoples began to protect these wells of fresh and pure water, building temples around them, taking care of the water that came from the sky and remained on the earth. The stars sent their light to matter ...

ME: "Ater Tumti" ... Heaven on Earth ...

I AM: The towns surrounded the wells, and shared the water in community. They bathed in it to become divine, taking baths of light. They defended the water, the light made matter. They were all united, connected to the water and the life that emanated from it. The shamans and wise men homo sapiens-sapiens, described the divine qualities of the Tree of Life and its internal waters, the stars, the sun and the moon, and during the entire Holocene period (from 12000 years ago to today), they They developed different ways of counting their attributes. Each new shaman discovered something new by drinking its waters and eating its fruits, and narrated their enlightenment to the groups. The stories of the sages generated spiritual thirst in the villagers who came to them for advice, hungry for knowledge. And this was good because it strengthened the individuals, because it made them belong in common union. All taking the same baths, sharing the same affirmations of wisdom, repeating words of knowledge through chanting, prayers that became mantras. The Word united them, over and over again in communion, "Religated" them.

ME: This is how religion arises ...

SOY: Religion comes from the Latin "Re" (to repeat, again and again, intensely) and "Ligare" (to unite, tie, tie). Think of the ancestral context. To be individuals loose in the world was equal to death. A being alone could not survive, he needed to be united to the clan, the family, the group or herd. The only way to stay was in communion, bound, tied to each other. For this reason, every certain number of days, the group had to unite under a ceremony, in which the shaman "brought them back together", so that the group is strong, remains united. "Ceremony" is an Etruscan name, which celebrates the harvest, when the Cereal, the seed, is obtained, a name originating from the goddess of agriculture, Ceres, honored in the Roman city Caere, where all the rites were carried out, which made it the only, only altar (from the Latin "monium": unique, one). All ceremony arises from times of the year related to the field, life, sowing, harvesting, food, through solstices, equinoxes, lunar phases and solar cycles.

ME: And how did the religions that we possess today arise?

SOY: After centuries of repetition, each shaman or sage began to tell the story in a specific way. Eating in Siberia is not the same as eating in Egypt, the Amazon or India. In Siberia and northern Europe, the cold covers everything for 6 months, and the lands are not so fertile, so it is necessary to hunt and save blood. Thus, it is not the seeds that are honored, but the blood and horned animals like deer and deer, or the claws of bears. In the Nile, everything depends on the floods that make the river fertile, and therefore its ceremonies are related to water. In the Amazon, food is plentiful, and therefore small groups function well, without the need to defend resources, they remain in tribes using all the resources of plants, imitating power animals. In India, the extensive and abrupt geography divided the fertile lands into many food options, and each food was related to a divinity, the opposite of Tibet, where the peace and slowness due to the lack of oxygen made people slow down and meditate, breathe taking them inside. Depending on the geography and climate, the shamans adapted the interpretation of the great Tree of Life. Until the moment of human expansion arrived, and the cultures met again, although many of them clashed. There began to be many different views, and the shamans began to debate which story was the best or the most accurate. This made interpretation more important than information. And from that moment, stories, speeches, sacred texts, dogmas emerged. The intention was to show that what they said was the truth, the only truth, and the unity of the settlers began to be regulated in spiritual laws, a series of religious regulations. Suddenly, what was written was more important than what was felt, the speech was more important than the truth. The people stopped looking at the sky and began to be guided by the priests, who more than interpreters of the cosmos, became minstrels of the dogmatic.

ME: What is a dogma?

SOY: An opinion. From the Greek "dokein" (to give an opinion). But this opinion was taught, shown as truth, which gave rise to "dokto", which generates words like "doctrine", "doctor", "teacher".

YO: Opinion became a teaching, and stopped being a reading to become a law, transforming religion into a closed system.

I AM: Every human needs to eat. And the need for food for the body generated the need to nourish the soul. While the Tree of Life nourished the bodies, the Tree of Knowledge nourished the soul and spirits. All the religions of the world arise from the roots and fruits of a tree.

ME: Yggdrasil for the Nordics, Sefirot for the Hebrews, the Tree of Eden for the Christians, the Baobab for the Africans, the Celtic Oak, Ceibo for the Mayans, the Ash for the Greeks, the Fig Tree for the Buddhists, and many others ...

I AM: And from them... God arises, because they understood that the tree blooms by the Light, and the day was called "dyew", origin of the word "God". The idea that the light descends to the Tree making Life flourish, made us think that one day God could be born, in people's consciousness, or incarnate in himself. And the traditions of the Messiah, of the Prophets, arose. Thus, the settlers stopped following the concepts of nature, and began to design the Divine Utopia of the Enlightened One, of the messiah, the savior. The spokesmen of the prophets began to spread the message, to plan this idea, saying that if they did not join the word they would be lost, and they created the idea of hell as a counterpart to those who did not follow the steps of dogma. And out of fear, hunger and insecurity, or because of imperial obligation,

YO: Something that started as a way to understand and unite families, ended up being a distorted ideological imposition of the original idea.

I AM: Religions are a mirage of the universe, of how the One was fragmented distorted into millions.

ME: This means that every existing being is like a religion in itself.

SOY: Look at it this way. Everything is One, there is a single existing being, which begins to divide, creating light and shadow, day and night, and from this it branches out like the branches and roots of a tree, into galaxies, stars, planets ... And each world or sun is a fractal of the whole that reunites atoms by gravity, to form part of a self-referenced nucleus. But at the same time, it continues to be divided into minerals, plants, animals and conscious or intelligent beings like humans. That are distributed in new groups called species, and these in groups called cultures and in turn there are clans, which incorporate families, crossed by needs that reunite them. And each individual in turn is a cluster of cells linked together creating an organism, a body of organs, each one is unique, linking cells and molecules that compose it.

ME: Everything is a religion ...

SOY: And everything is one returning to unity through distortion. The problem is not the religions, the problem is believing that they are the truth.

ME: So, if all religions accepted that they are ways of reaching God, the One, we could continue to have religions without being affected ...

SOY: What is a garden with the same flower?

ME: A monoculture hehe

SOY: Exactly. For a garden not to be monothematic and boring, there must be many colors and shapes. If you like roses, that doesn't mean lilies, daisies, poppies, and lilacs should be discarded or eliminated. That you recognize perfection in a flower that opens looking for sunlight, does not diminish the importance of all the others that do the same. A living Garden is composed of many flowers, many ways of seeing the Light, there is not just one. Various designs, colors, structures, opening at different times, some in the morning, others in the afternoon, others at night. But they are all flowers nourishing and beautifying life. The problem with religions is to believe that the garden must have only one flower, it must be monochromatic, and do you know what a flower like that turns into?

ME: In what?

I AM: A plague.

ME: Today we live with various pests that drown other species of flowers ...

SOY: Because they have forgotten the most important thing a flower should do: seek the Light, not prevent others from finding it or force them to do it in their own way.

ME: It's as if the Sunflower or the Daisy force the Baobab or Dama de Noche to bloom at noon when they both bloom at night ...

I AM: Your flower would die, and we would lose a beautiful and importing vision, the glow of these flowers at night capturing the most subtle of lights.

ME: How to transcend religion and be able to live with all of them?

SOY: On the one hand, it is necessary to understand that religion is not bad, the bad thing is to believe that it is the only possessor of the truth. It is essential to remember that they are ways to understand and receive light in a varied garden, and that floral diversity nourishes the soil, monoculture destroys the Earth, it is diversity that nourishes the soil and makes it fertile like the Amazon. Religious must remember that premise, and so religions will be helpful to evolution rather than conflict. And the anti-religious must remember that by believing they have the truth over religions, they are doing exactly the same thing. Remember, it is the light that a flower seeks.

ME: And the lotus flower blooms at night ...

I AM: Because it is the flower that reminds you that the greatest brightness of all is when you find the Light within you.

ME: I flourish like the Lotus, enjoying the fertile garden in which I find myself, and unconditionally loving each free flower, I enjoy existence and divinity here on Earth.

I AM: "Turn Faith into Wisdom, and Hope into Responsibility"

# 172. Politics

[January 22, 2021 Matías De Stefano](#)



ME: From the first time I went to Rosario, and saw the Monument to the Flag, I was amazed. Every time I have returned and set foot on the first step, I feel that I have passed to another time, to antiquity, to a kind of Rome, Greece, Egypt or even Atlantis, to a Sacred Temple that more than the Flag, it is a temple to the spirit of a Nation. In front of the Paraná River, which I call “the New Nile”, the Monument makes me feel that it is our Great Sphinx of the South. Its shape is that of a ship, which takes the Free of the World to a new port, the new world. The same, built with stone and marble, open to the winds from north and south, carrying the peoples along the great river, carrying history in statues surrounded by water from behind, containing in its center the Votive Flame, that keeps the spirit and soul of those who live and die for the Nation burning. The 4 elements are present there freely, and in their inscription, the first verse of the Argentine National Anthem: "Hear mortals, the Sacred Cry: Freedom, Freedom, Freedom ..." I consider this to be the first and only temple that remains I live all over the country. Rosario is at the same level as Cairo but mirrored: at the beginning of the River Delta, at latitude 33, but from the South. In this case, looking at the maps like a mirror, I was born in this life in the same place where I died in that 12,000 years ago: in the fertile valley of the current El Fayum, ancient Habbadaptra lake, mirror beyond, Eye of Divinity, which at that time was much larger, and whose South American mirror is the territory of the lagoons whose center is my city, Venado Tuerto, the one-eyed one. But this time, not in the 30th meridian, but in the 60th, a quantum leap to another level of consciousness. Latitude and Longitude are the coordinates of a mission, of a purpose of my existence, to be born in the Argentine arm of Santa Fe, in the reflection of my ancient death among the mirrors of water, going from a desert of sands to a desert of crops, near the Great Sphinx of the new Nile ... As I said, my first memory was seeing me in front of the Great Sphinx in Egypt, looking at her face, and reminding me of our ancestral motto "Emmesdah" (for Memory), saying to myself as Shiw who had to return, 12000 years later, and who by looking again into the eyes of the Great Guardian, would remember. Just as when looking at the Egyptian Sphinx I remember my past, when looking into the eyes of the Argentine Sphinx, I remember my future.

I AM: "Egypt will speak, set the tone"

ME: What we have come to do in the new world is to continue with what we have not been able to in the old world, but this time in a totally different way. And the key to all this is in Politics. But politics is something dark today, it is no longer something honored as in ancient times. How to heal the vision of what politics and its ills involve us today?

SOY: It is necessary to remember the origin of things to determine their future, it is essential to understand that systems are created by humans, and it is not the systems who must change, then, but the human being as such.

ME: 12000 years ago politics was not a choice, but an obligation. We came from the Age of Virgo, a time of order and matriarchal ancestral programming structures, and we passed into the Age of Leo, a time of self-reference and hierarchy of Being. The search for the system was to be more than Kings and Queens, it was to become Gods and Goddesses. The Dasnai, or Atlantean Families, were those who maintained that Virginian order in a leonine system. Today we might think that something like that was a control system, and yet it was not. Perhaps, for the simple fact that the people who were in power, they did not have power over others, but over themselves. Families were forced to go through a series of tests that lasted years, an exhaustive preparation of our coherence to be able to rule our interior before ruling the external. The Initiatic Path turned the leaders into spiritual initiates who understood the nature of divine things in each atom of existence, understanding the people as an extension of themselves. Power lay within, not like today that lies in the ability to manipulate. This generated trust, collaboration and a sense of unity in the citizens, until everything changed.

I AM: That is why you are here, again, on the Nile... to remember that path, to make Egypt speak, to remember what we must do forward. Take it to the South Nile, the Paraná.

ME: Which I really take as a personal challenge. Argentina is one of those countries that I do not understand, I do not understand at all, and in which I am honestly uncomfortable. That is why I know that it is my mission, it is my challenge. As an ascendant in Libra, it is a country with great conflicts of justice, division, corruption, confusion, conflicts of values, and it is clear that all countries have this in their systems, but for some reason, whoever lives in Argentina may notice that it is much more cultural than political. It is the being and not the politician that is corrupted. It is a reflection of the world. Just as in my country politics is a bad word, in the world it is also, and every day more.

I AM: The concept of Politics arises in Greece, in the ancient age, described by Greek philosophers who described the Hellenistic organization through its city-states. For this we must understand geography, again. The most ancient civilizations were born on the banks of the Nile, Tigris, Euphrates and Indus rivers. All of them in the Middle East areas, being that the Nile begins in Africa and ends on the coasts of the Mediterranean Sinai, the Tigris and Euphrates from Turkey bathe the Arabian desert to the Persian Gulf in the middle, culminating the region in Pakistan with the Indus descending from Kachemira in the Karakorum. This region surrounded by deserts in the south and by salty sea, mountains and fresh sea (Black Sea, Caucasus and Caspian Sea) to the north, built the foundation of all ancient human society, long before Egypt and Persia, from Atlantean times. Remember, that the first human groups were packs, and everything was ordered into clans and families. The more individuals, the more order and union they needed. Religion was key to unifying individuals, and the shaman, priest of the family, became a kind of advisor. He himself advised on sowing, harvesting, ceremonies, administration, and with his wisdom he tried to resolve conflicts. Thus, he was considered as a guide. But many times, the same priest appointed the strongest and most determined of the family to lead them. Thus arises the one who decides for the group, the one who rules: the king. The queen organizes the pack while the king guides her, and the priest advises. This creates the formation of a first social system. In the expansion through the Middle East, the vast expanses of desert, mountains and valleys made the organization become imperial, trying to control what was seen on the horizon, guiding those who live under the same terrain, however, in the expansion Mediterranean, the settlers settled on islands, and above all, those who from Anatolia went to the Balkans, found an Aegean Sea dotted with small islands. Each creating its own kingdom, since the horizon was the sea. Each island had a single city, and some settlers from surrounding fields. Each city had its own king, and from time to time, they met to talk to each other about everything that happened in their cities. Thus arose for the first time what we call "City States" of the Hellenistic peoples. City, in Greek, it is said "Polis", and the suffix "ikós" means "referring to, what it has to do with". "Politikós" is what refers to cities. The Greek politicians were the representative kings of the island states, and the philosophers were their wise advisers. The philosophers were the lovers of wisdom (philós = love, sophé = knowing), a new branch of priesthood in the Greek style. His interpretation of reality designed the current Birth of Culture, which would be

retaken several centuries later in the Renaissance. They established different forms of "politics", and established, like the ancient Egyptians, that there were different types of manifestation of power, and they called that "kratos" (democracy = power of the people, aristocracy = power of the best, technocracy = power of knowledge,

YO: So these are political systems, that is, they describe the ways in which the organizational relationships of a group are carried out. In other words, the Kingdom, Empire and Dictatorship fall within the definition of Hierarchy (because power is granted by the sacred, by God), Autarchy (because it is concentrated by only one) and Plutocracy (because it is usually the one with the most money or resources or generate).

SOY: That's right.

ME: And a Republic?

I AM: The same can occur from the Oligarchy, Democracy, Polyarchy, Bureaucracy, Technocracy, because the Republic is a Roman concept emerged by the Senate. In ancient times, the Greek kings decided to create a space where the spokesmen of each Polis could sit down to discuss important things and reach common agreements. The kings did not have time for these things, so they created "The site where you speak" = Parliament, from the verb "parlare" (to speak). There, the Old Men would go, the wise elders, who made decisions with their experience. Old, Elders, in Latin it is known as "Senex", which gave rise to the group of elders who join = "senatus" (Senate).

ME: A group of old people who get together to talk, like now ... hehe

SOY: That's how it was born. These elders were to be trusted by the king, and were usually a few wealthy landowners, that is: Plutonian oligarchs. However, they had more and more power, and met in public spaces where citizens could sit and watch the talks, what they called "Agora". Thus, the people stopped having contact with the concept of King or Emperor, and began to feel more represented by Senators and Parliamentarians. For this reason, the old men themselves decided to embody the power of the people, and appealed to the "Res Publicas" (from the Latin: the things of the people), which originated the "Republic". Thus the senators seized power. While remaining a bunch of old men with money, they continued to represent the people in an openly feudal way,

ME: Democracy?

SOY: Of course not. Democracy worked for a few years in the Greek islands, and since population growth it was discarded and they were never talked about again until the French Revolution.

I because? Today everyone says that we live in Democracies.

SOY: Sorry to say, but no. You never have. Democracy is a system formed in the Greek islands in which there are no discursive representatives with ideological visions, but conflicts that must be resolved by competition.

ME: How does it work?

I AM: Three or more citizens volunteer to solve problems. An open and public Agora chooses the problems that exist, and each of the connoisseurs of solutions propose the best ways to achieve it as a kind of public theater. The Korean people the best option. But then the contest begins. The names of those who propose are put in a ballot box, and whoever comes out by chance must carry out the project with the advice of others as their ministers. Thus, the people chose the project, but not the person who will do it, because only the hazar could do it. This made the people decide what they needed, but if no one could sell himself as the best option, the democratic system would never allow an individual to sell his image to achieve his objectives.

YO: In democracy there are no political parties.

SOY: Exactly. There are no names, only projects. Nobody votes people, only solutions. And if the person chosen by random drawing does not comply with what the people have asked for within the expected period, they are immediately revoked from their position and never again chosen to propose solutions.

ME: Wow... clearly we've never had democracy.

SOY: No, you have only had Autarchic or Synarchic Oligoplutonian Republics. The concepts of Political Parties refer to "what starts", that is, it defines something that initiates the will of a part of society, that represents a sector, but that divides society into ideologies. And, like the Romans themselves, they armed "Campaigns" in the battle to gain territory, the current ones continue fighting territorial wars of ideologies and external power, since Campaign is the concept of setting up camp in a war.

YO: Sure, for example, everyone agrees that education is important, but instead of solving education and its problems, the person with a certain ideology about education is defended in a fight, and nothing is ever done in education by wasting time defending ideals or characters. Something that I have always seen as ridiculous is to talk about "isms" (movements), especially I see it in Argentina, who immediately try to put "ism" behind the name of the politician to define the current that defends the ideas of the same. Absurd.

SOY: That is Party Autarchy. The system is still feudal, and almost hierarchical, when the choice of a person is defined almost by the divine or spiritual hand. The hierarchy is not a pyramid system, it is a system based on the belief that whoever is elected is almost divine. Democracy is a system based on the fact that it is the majority of the people who take control, directly, in the election of projects, without the need for a representative Senate or Parliament.

ME: That's why it never worked ... Because the "Senex Plutus" (rich old men) did not want to lose control and stopped the plague of democracy in the Aegean islands as soon as possible ...

SOY: That's right ...

ME: And what is the Ontocracy?

SOY: It is a democratic system based on two fundamental technologies: external and internal. It takes biology as an example to follow and the concept of networks to resolve conflicts and finance solutions, without the need for central banks, parliaments, or representation, the solutions carried out are those that most people choose and finance. But there is a detail, this system is based on the Power of the Being, that is, on giving full responsibility to an upright, coherent individual.

ME: It would never work ... hehe

I AM: Consistency is a constant search, just like balance, no system is perfect, and when you recognize this, you are free to seek solutions infinitely. Consistency makes you responsible that the results are directly proportional to your attitude towards the group. The same system encourages you to be consistent between what you think, feel and do, without depending on what others believe. Today technology is used in this to measure surveys, change advertising methods and companies ... but it is not yet applied to politics ...

ME: Because they would lose power.

I AM: And what is external power if not the fear of recognizing that you have no internal power? A person who seeks to control others is a person without inner power, poor in soul, lost in his lack of philosophy, hungry in the lack of personal resources.

ME: That is why in Atlantis they prepared so much our inner world to rule ... That is why Egypt aligned us to be rulers and citizens, to be conscious spirits in matter and civilization ...

I AM: That is why it is Egypt who must set the tone, it is the Nile who will tell how, who will remember the return of those chosen to rule the world, only those who find power in their being ... in the I Am.

ME: What should politics be in the future?

SOY: Politics should forget about the cops, now we are a network. Politics is corrupted because their territories have expanded to aspects that they can no longer control. Politics represents everything bad in a society because it is the reflection of a popular conscience. It is not politics that must be transformed, it is the people that give meaning to it. Politicians are human, the only answer to the politics of the future is Humanism. A politician in the future should be considered a Humanist, one who gives options and tools to humans, who gives freedom to choose solutions, not people. Politics represents the vision, the look towards the future and the reading of the past, it is the guide and reflection of the Correspondence of a people.

ME: "Each town has the government it deserves."

SOY: Do you know what a government is?

ME: No ... not really ...

I AM: It comes from the Greek word "Kybernaein", and it means "to direct a ship". Pilot a Boat.

ME: The Monument to the Flag... the ship...

I AM: Whoever knows how to navigate the waters of the sea of the subconscious, along the river of life, bearing the responsibility of internal structures, driven by the winds and voices of the world, lighting the fire of his heart, is capable of governing himself himself to the port of Consciousness, the New Lighthouse before the silvery sands.

ME: Rule yourself ... and you'll rule the world ...

I AM: Get on the boat, then, and look at the horizon inside you. Recognize the humanist in you, and remember that politics is only the compass of the ship, an indicator of the consciousness of a people. If you free the mind of the people, if you free the soul of a people, and free their body from the oppression of their environment to break the chains of their own interior, you will hear the sacred cry of a conscious people that will build a conscious politics in a world. that awakens your consciousness.

YO: Go from Ideology to Biology ... free ourselves from political preconceptions, understand that corruption is the distortion of our own culture and irresponsibility, our inability to direct our lives, to navigate the sea of the subconscious and to let ourselves be carried away by currents of the unconscious. We must not fight against political corruption in more campaigns in favor of ideologies that mobilize us in the names of theatrical characters, we must build beings that self-govern, and that in networks build human consciousness from the biological and spiritual system.

I AM: Acknowledge. Close your eyes... Breathe in... Hold... Exhale... Open your eyes... Look at the horizon. Are you ready to sail?

## 173. Education

[January 23, 2021 Matías De Stefano](#)



ME: "Ex-duco." The first time I heard the meaning of Education was in high school in Latin class. When the teacher Elisabeth, a character whom we appreciated very much, said the meaning of this word so misused in our society, and hearing it completely changed my vision of it.

I AM: "Ex" (outward) and "ducere" (carry something). Education is the action of taking what is inside out.

ME: The opposite of what is sold to us as an idea. Actually when people talk about education they always describe the "Teaching", which is the concept of "pointing out something", showing or pointing out what is outside, pointing out what is considered real or true.

SOY: Have you been able to live both?

ME: Luckily yes. I have had teachers who taught and teachers who taught, and I have been able to experience both. Those who taught gave us all the answers, and if we were wrong they got angry or made us notice that we were not paying attention. Those who educated, asked a question, and together we looked for the answer, and their notes were new questions. He only affirmed the answer when one of us in the classroom had said it, and from there he developed through oratory or experimental activities. Since I was a child, I always believed that my vocation would be veterinary medicine, since I always sought to heal animals, understand them, however, when adults or other children appeared, what I enjoyed the most was explaining them about animals. I remember that I organized sessions in the style of television programs or classrooms where I did a series of questions and games where my neighbors learned about each animal. But he did the same with other things, like writing or listening to music.

SOY: Play teacher.

ME: Yes, I was discovering that it was my vocation from a very young age. I remember that my guides told me: "wherever you see the word Education you will find your way." And that's why I always followed the word. Yet

he hated school. I remember how much going to kindergarten bothered me, but I think what bothered me the most was the people. This always happened to me in education, I think that teachers focus a lot on the content and could not see that what is most difficult for us is to adapt and live together, that is why we have so many problems in adolescence and adulthood, because the time to learn to relating in harmony we have lost learning useless data. Throughout primary school I enjoyed learning, I loved doing my homework, keeping my folders organized, up to date, doing everything the teachers asked for. When I started to remember my past at 12 years old, many of the things that used to be easy for me, like math, stopped being so, and seemed impossible. I was confused between realities and I stopped being the best student ... At the same time the teachers became more intense, and more demanding. I was going to an agrotechnical college, so not only did we have normal subjects from public schools, but we also had field subjects. Learn to sow, harvest, farm, slaughter, raise chickens, cook, a total of 35 subjects that were scattered quarterly in commissions. From 7:30 am to 5:30 pm, we were at school, and in winter we were only home at night. I hated it, even though it was a good school with good teaching, and some of us educated us sometimes. Many believed that "educating" meant having a good education, that is, behave, know how to say "good morning", eat well, be respectful to the elderly even if they make mistakes, not say bad words, sit correctly, chew with your mouth closed ... It created the idea that education was the same as indoctrination in manners. As if training dogs to sit.

SOY: Well ... it's not far from reality.

YO: When I moved to Spain, the system was much different, we only had 9 subjects, it seemed very easy, but that was what in turn made me downplay it. Some professor or professor had the soul of educators, but even so the system forced us to be evaluated as products. I remember that both in Argentina and Spain, although in Spain it was more noticeable, they divided us into 3 commissions: the intelligent ones, the normal ones, and the fool ones.

SOY: Fools?

ME: Well ... I mean those who had the lowest performance or were more problematic. Some classes were shared, but others were divided, so the slower ones didn't hold back the smart ones. But over time I saw that this had the opposite effect. The intelligent did not learn, but struggled to belong to that class and lived a constant stress of feeling that they were superior. The slower ones worsened their performance, since they were treated as those who would not contribute anything to society, so they were only required to do a workshop to prepare them for basic needs or service jobs. And those of us in the middle were treated as future workers of a system that had to be nurtured from the middle class.

I AM: Marx's class struggle ...

ME: Sometimes it seemed like it. The last two years there was an exam that defined if you were suitable to do high school or if it was better to do a preparation course for a specific trade, closing opportunities, and emptying the high school of annoying children. And then the University, with its horrible "Selectividad" exam, which selected people for careers based on their grades and grades, not their interests. And at the University many are falling, with no possibility of continuing because of the costs or the themes, or whatever. Question, that Education never educates, but teaches, separates and encourages competition.

SOY: And you still chose her.

ME: When it comes to awakening to the divine being of each one, there is no other way than education.

I AM: Education is the human ability to awaken its own potentials to face the world. The Teaching is the accompaniment and guidance of those who have the experience so that you discover for yourself what you are capable of.

ME: He who teaches shows a way, does not give the answer ... he should not at least. And education seems to be something that can only be done by oneself, not by another.

SOY: Both are integrated. Education arises from oneself, and Teaching accompanies this process. As we have spoken in Learning, one apprehends or learns what is outside and incorporates it as one's own, returning it to the transformed world, in a unique and personal way, what is called Education. Educators were fellow travelers, guides, and teachers who sought to show learners various ways to find the answer within themselves. Education arises from imitation, in which animals show their young how to do things for themselves. You may think that showing something is teaching, not education, and yes, it is, however, no one solves the problem of breeding, they must do it for themselves. In this way, animals are improving their capacities. Education cuts through the animal kingdom, since their abilities are adapted by learning, by developing their own abilities. In teaching they find tools, in education they find evolution. In this development, the human as an animal, was improving their skills through communication. The word began to convey knowledge in a more detailed and specific way. Mothers and fathers teach their children, the herd and the family transmit knowledge in sharing, and the guides, shamans, leaders of whom we have already spoken emerge, as inspiration for several. Shamans become priests, who will transmit universal knowledge to the apprentices through the concept of "Paths". In different areas of the planet, cultures designed their own Initiation Paths, which developed ancestral religions and cultures. The roads were divided between those who worked the land, those who sought to understand the sky and those at the service of the group, in defense and hunting. The three initiations ordained the groups, like your commissions in college.

ME: It was always done ...

I AM: Because humans do not seek knowledge, they seek practicality. Praxis is taking action, and taking into account that a human has three basic needs: eat, reproduce and sleep, you will understand that the primary intention is to cover them, the rest is apart. The priestly schools were chosen by a few, well, they gave wealth, but they were not practical. The other two were fundamental.

ME: And why then always the religious power was above all, controlling education.

I AM: By the "Hierarchy." Remember, that since the human understood that life comes from the invisible aspects of the universe, material existence only gains power thanks to the spiritual sacred. Therefore, they understood heaven and what was to come, and they advised warriors and farmers. The leaders, therefore, always consulted those who understood the heavens, and it began to be considered that the power of a leader came only from the power of God, the Cosmos, the Divine power. "Jeros" means "sacred", like the hieroglyph (sacred writing), thus, the power of the sacred is the Hierarchy. The only ones capable of granting divinity, of choosing the king or queen, were the priests, and without them, the person would never be chosen in the eyes of God. For this reason the Initiatic Paths of the spirit were untouchable, and the custom was created,

I understand...

SOY: And to make sure that this is so, the priests, the counselors, dedicated themselves to Education. And in the quest for power, they shaped Education to become only religious spiritual teaching. Until, again, in the Greek islands of the Aegean, some decided to get out of this system, and instead of being religious, they became excellent questioners, seeking answers through eternal doubt.

ME: The philosophers.

I AM: Lovers of Wisdom. They left the religious traditions to dedicate themselves to questioning things. In Greece, teaching ceased to be religious and passed into the hands of the philosophers and the military. The latter were related by office, duty, they were chosen to defend and serve others, and their teaching was carried out in the concept of "college", of "co-" (together) and "legós" (election). But the former, shared their knowledge in

open and public spaces called Agoras or Classrooms, courtyards where people went in their free time to listen to philosophers, to answer their existential questions after fulfilling their political (civic) tasks. This moment of leisure and relaxation was called "skholé" (leisure, recreation).

ME: Does school mean leisure and fun?

SOY: Contrary to today, but logical. At that time there were no video games, there was no Netflix, internet or cafes, and the meeting point was to sit in a patio to talk about life. School emerges as a moment of relaxation to share. After the acceptance of the Christian religion by Emperor Constantine in the Roman Empire based in present-day Istanbul, the school ceased to be well regarded as they were the cradle of non-religious freethinkers. Thus, they are prohibited, and schools become part of the Church. Teaching in the hands of religion, in Latin. It was not until the Renaissance, in the sixteenth century, that the ideas of ancient Greece and Rome began to be brought in, and with it, the free thought of philosophy and schools. This gives rise to Cartesian Scientific thought, experimentation, the search for information through doubt, and no longer faith. Since colonialism, the church imposed its collegiate vision on a planetary level, adorning education in a militarized and ecclesiastical concept in the hands of the Pope, the Jesuits and Franciscans. But from the industrial and social revolutions of the eighteenth century, the secular freethinkers saw the opportunity to create republics where people could relearn from doubt, retaking education, creating the Schools again, but adorned with the traditional collegiate system.

YO: And with the Industrial Revolution and the capitalist vision that emerged in Europe, it's like instead of creating agoras of free people, factories of competing people are being created, evaluating their knowledge in numbers and letters of product quality.

SOY: This is how the current school and education end up being designed. In which you feel that you are competing for an assessment, where you are no longer looking for leisure and education, but you are forced to teach concepts imposed by a system. Remember that in the search to make people free from the religious college, the Enlightenment fathers created the encyclopedia and compulsory secular education in order to eliminate ignorance and build a people free of spirit ... But ...

SOY: But the key to education is doubt, you can't force someone to learn the answer to what they don't know the question yet.

ME: What can we do to make education different?

SOY: First of all, it must be remembered that we are in the 21st century, not the 18th. Education, along with Politics and Religion, are the only systems that have not been modified globally. And this happens because the three make up one. Religion empowers Political belief, and Politics controls peoples through Education. A free people stops having political representatives, and stops having religion to connect to the spirit. No one in the system will want to transform Education, so there are two paths.

ME: Which ones?

I AM: From above or below. From below it implies an educational revolution, in which the populations are the ones that demand a specific change of the entire system, only they do not know what that change is. They all demand better education, but do not know what they mean. They think better evaluations, better content, greater preparation or access to education, when that is not the problem, but the essence of not being educated in the liberating doubt, because it is taught in the preconceived response. An educational revolution is to rethink what kind of humanity we seek to create, not what kind of citizens we want to produce. And above, it is a political change, which transforms the ideology of representative power to return power to the people of direct decision-making through appropriate guidance.

ME: It's a great topic to discuss that would go a long way ...

SOY: And we will. In time. Well, Education is the voice of a people, and today the word is distorted. In the age of networks, education must be online, it is essential to rethink everything you know as education, because you have left the Holocene, you are no longer the humanity that you were for 12,000 years ... This is a new time, which will give a new word, the education of the new child will be different, because the new children will know from birth.

ME: You will remember ...

SOY: And for you to remember, you must learn online. Doubt is the greatest gift for the education of the Being. If you are a human of certainties, you will never evolve.

ME: What is the first question that I must doubt to awaken all the new education?

SOY: I am?

## 174. Economy

[January 24, 2021 Matías De Stefano](#)



YO: If there is something controversial in the world, and especially in the world of spirituality, it is the Economy. It is something that we always have a hard time understanding, recognizing, accepting or even understanding. The truth is that the world has used the economy as a form of control, and this has been recorded in our subconscious... But, in a certain way, everything arises from the economy, and without it, there would be nothing, right?

SOY: That's right. Economy comes from the Greek term "oikós" (house) and the verb "neméin" (to distribute). The concept "oikonomia" refers to the management of a house. And by administration, I mean the distribution of tasks and resources. When the first humans organized themselves into small groups, herds of hominid sapiens, they saw that the best way to survive was if each of them had a specific task, charged with a specific function. This ensured their subsistence, as each one had a responsibility to fulfill, which generated security and resources. When nomadic humans were dedicated to hunting and gathering, these fruits, meats and bones, were distributed among the members of the clan in order to distribute the weight on the trip. Each one carried what he could eat, and they carried a few more because of their strength. Each one earned their food for being part of the team, as those who did not contribute delayed the herd. When the humans sapiens discovered agriculture, they

became sedentary, and they understood that the best way to survive was by accumulating goods to survive the winter or the drought. During part of the year they sowed, gathered, hunted, produced, and one of them was in charge of managing what happened to the winter reserve - drought, and what percentages were divided among the individuals.

ME: It seems fair to me.

SOY: This ensured survival, although, not always. At certain times of the year, no matter how hard you worked to obtain resources, they began to be scarce, and it was impossible to spend the winter. So they had no choice but to ask other clans, other families for help. If one family had a shortage of seeds and the other of meat, they exchanged the weight of meat for the weight of seeds, creating barter.

ME: The system of exchange for values. It is something quite subjective, because who defines the value of things?

SOY: For this reason, weight was the way to evaluate. Courage is an Indo-European term (wal) that means Strength. The strength that an individual possessed to work, fight, argue, was what ensured life, therefore, things in life are evaluated based on what gives strength to the body. Because of this, the clearest way to give value to something is by its strength by weight. One kilo of Seeds is the same as one kilo of Meat.

ME: Although it is not so, because getting the meat and seeds require different production times and very different skills to get them ...

SOY: That was the thought that some had in bartering, and therefore, it failed. And this was due to something very key: what differentiates the work of a doctor from a farmer, an architect and that of a teacher, that of a craftsman and an artist, that of a cook and a transporter?

I do not know...

I AM: It is the force of being. The value that oneself or the group give to this function in relation to the need of the environment. In an environment where there is a shortage of carriers, transportation will be more expensive, in a place where there are plenty of craftsmen, the works will be much cheaper. The quantity of a product or service is what regulates the value. But in turn, there is another factor: quality. Well, there can be a lot of the same, but being all of low quality, and therefore, the same object of better quality, with greater dedication, will have more value. For example: in relation to quantity, lettuce and tomato are cheaper than pineapple or avocado, as they grow much faster than the latter, which need at least 2 and a half years to bear their first fruit. And in relation to quality, a weak, soft lettuce bitten by insects is not the same as a rough one, strong and crisp with its healthy leaves. The quantity value relationship begins to occur when there are plenty of options. The quality value relationship occurs when there is abundance and stability, security in survival. The same quality value attributed to food begins to be given to tools, jobs, services, and even ideas. The moment clans formed kingdoms and gave birth to civilizations, value was no longer for the weight of the product, and it was for the conceptual value of knowledge and skills. And this brought a problem: to so many services and products, everyone had something to contribute, but not all had the same values to exchange. So, a smart decision was made: create a trading currency.

ME: Metals ...

SOY: So that there are no problems with the exchange of values, the kingdoms decided to create a form of exchange that was easy to administer and distribute, account and weigh, and that its weight could equal the weight of any object. In this way, if someone was paid for a service, they did not have to exchange this service again in order to eat, as it would be impossible or enslaving for some. In this way, minerals were sought that could be counted and controlled in their quantity and quality, such as bronze, silver, gold. However, many

cultures opted for another way: to exchange seeds. Seeds were an excellent form of exchange at a time when 99% of the world's population was farmers. The exchange of seeds was a money that was never scarce, because it was always reproduced,

ME: "Let it be reproduced in your hands", something that is often said, in moments of exchange. It's a great system.

SOY: But useless for a civilization like the current one. Today, a small percentage of humanity lives on what they sow, since most of them work related to mostly intangible issues, or production of services. Exchanging seeds today would not make sense, it is a utopia.

I because?

SOY: Because in order to make this system work, first each human inhabitant should be the owner of at least one orchard of about 200 square meters, with land for some animals such as poultry at least. So exchange eggs and fertile seeds. Let them reproduce. But it would demand that each human have to harvest their own money. No one could travel, no one could buy a house, no one could go out to eat in a restaurant, no one could take a course ... Well, for everything to bear fruit, all jobs should be related to the field. You understand? What could someone who is dedicated to something other than agriculture do? Nothing.

I understand.

SOY: For this reason, talking about bartering or seed exchange in the 21st century is an outdated concept. It's time to look at Aquarius ...

ME: And there the economy will be different ...

SOY: Well, it will no longer be a house, the house will be the World, and the administration will be in Networks. As we said before, the metal option was chosen. The mineral was given a value for its weight, but also based on its rarity or quantity and quality, as a small diamond would be worth the same as a huge handful of gold, and a handful of gold would equal a large amount of silver . This was generating different types of values. The mines were in charge of ensuring the value of the metals in circulation, that is, they ran between people (hence the English "currency", from the Latin "currere" = run). In Rome, in the mines of the Capitol, the mineral was extracted at the foot of the temple of "Juno Counselor" the announcer or who warns of approaching enemies. In Latin, Anunciadora is called "Moneta", from the verb "monere" (to warn), and because from there the peso values were produced, they were stamped with the image of Juno Moneta, with which the concept of "Coins" arose, which in English generated "Money". In Iberia, another mineral was circulating that was worth its weight in 10 units, something that in Latin was called "Deni" (10 times), and that named the currency as "Denarius", which originated in Iberia the concept of Money in Spanish . From here, the house manager saved in coins, metals, and used them to exchange them for objects or services. In colonialism, the invading countries of the Americas found mountains with tons of silver and gold in the mines of the Andes and the Rockies. Thus, it was re-evaluated in weight by mineral, which gave rise to the American coins known as "pesos", and the payment of pesos was called Salarios,

ME: Anyway, it's an unfair system, as there are some who have more than what they need ...

SOY: The system is unfair because the people who use it are not fair. Let's go back to the concept of power. The lack of personal power and inner coherence makes humans seek to gain power on the outside through outer inheritance. That is, they consider that the achievement of their subsistence is due to maintaining the amount of power necessary to control others. In a world where strength went from being the body to being evaluated in minerals and their exchange, strength, weight, the rich begin to have, not the strong, and the weak and poor become subjects of the former.

ME: What would the solution be? Eliminate poverty? Eliminate wealth?

SOY: Neither one. The solution is to be consistent and ask yourself the questions: "Do I really need what I have? Do I control others with what I have or do not have? Why do I need what I want? " Questions like these help us to realize whether or not we are consistent. Look, the word "poor" comes from the Latin "pauper" and means "infertile".

ME: Infertile? Like a woman or man that cannot have a child, like a land that cannot bear fruit...?

SOY: That's right. It is conjugated from "pauco" (little) and "parere" (to give birth, to engender). On the contrary, we find those who have a lot, the powerful, the "rich", which comes from the Gothic "reik", that is, who rules, who has the right, the strength. In the Mediterranean, due to the familiarity of the oligarchs with divinity by hierarchical inheritance, they were known as the "divos", that is, those who have everything, as a God. This perception of the wealthy oligarchs comes from ancient views that the powerful were a group that inherited power through ties of blood and divinity. And the poor man, was the one who did not know how to produce by himself, who depended on others to live. For centuries, the rich, to maintain power, took more and more rights from individuals so that they would constantly depend on the hierarchy. However, With the Industrial and French Revolution, this began to take a historical turn, since many of those who previously could not produce, now had the opportunity to grow. In the last century, the development of the middle class freed many to see that it was possible to find equity, getting out of poverty, without having to get into wealth, or vice versa.

ME: It's still a control system though.

SOY: It is easy to complain about ideologies from a boat on the Nile looking at the landscape.

ME: Good point ...

SOY: When you look at all of human history, there was no other time in history of greater wealth, opportunity and freedom than there is now. It is important that they can assess what has been achieved. Your minds are like that pessimist who begins to improve after a long and tedious illness and his reaction is: "yes, but I am not cured." To heal, you must first heal. It is not magic, and the only way to heal is by acknowledging the past, freeing ourselves from it, and acknowledging the achievements of the present. What you see today as conflict, 100 years ago was the greatest of them dreams.

ME: I understand, it's what we always say, we complain over and over again about what happens to us, without evaluating how much we have advanced. After thousands of years of barter, currency was invented, and after thousands of years of coins, new electronic forms are only being invented today through the internet ... Does this mean that money will disappear? Many people consider that the evil of the human is money.

SOY: Hehe, no, it's not the money. I propose you to imagine a world without money where 8 billion inhabitants live who want to be free in the world.

ME: It's complicated for me.

SOY: Of course... Because the only solution to a world without money is a dictatorship. Why? You may wonder, because without something external that evaluates the weight of external things according to the needs of individuals, their value must be imposed by an ideology. This would make everyone have the same, and generates the protectionism of territorial resources. There, new forms of exchange begin to be invented. The human is nomadic, he is intelligent, he looks for solutions to conflicts, and therefore he will always be exchanging things. Money is one of many. The money with which you pay for food for your family and your

studies is the same money with which weapons are paid for the war and drugs for the mafia. Was money the problem, or is it the distorted deviation of human consciousness?

ME: Clearly human consciousness.

I AM: Don't waste energy fighting a battle against a piece of metal or paper, when the true transformation is within you. Political ideologies manipulate individuals to believe that there are oligarchic groups that control their resources through the poison of money, just to gain the power of their consciences.

ME: This is what you see in many countries, right? The belief that by protecting one's own and distributing resources equally, wealth is distributed.

SOY: Exactly. Wealth cannot be distributed, it can only be generated. Nobody is rich by accumulation, but by generation. Obtaining a resource without being the participant of the generation, empties the individual of power, giving power to whoever gives it to him.

ME: This reminds me of "Teach him to fish, don't give him fish."

SOY: When you give the fish, you take power, value, from the individual. When you teach him to fish, you give power and courage to his being. Wealth, as we said, means power, rule, it does not mean "having." The rich have nothing, they simply manage their power.

YO: But there is a historical struggle between rich and poor. The oligarchy still exists.

I AM: It only exists because of ignorance.

ME: In what way?

I AM: Religion has built a spiritual idea around poverty, describing it as the way to salvation. "Of the poor will be the Kingdom of Heaven." This idea was used in medieval times to control and conform to the service and agricultural classes. "Work hard, that even if you don't win in life, you will win in Heaven." The idea was adopted by Politics, as it was useful to control large imperial territories with large populations. Thus, he went to the ideologies that were embodied in Education, channeling the ideas of the oppressed, the struggle for rights, equality, smeared in class concepts, in most cases with a clear message: choose the correct representative and he will give you everything you ask.

ME: Manipulation.

SOY: This is how everyone came to believe that they live in Democracy, when you never have. Through repetition, they have made you believe that wealth is the enemy, that poverty is a condition, that the only way to get out of there is by eliminating one of the others and depending on states capable of acting as mothers and fathers. Some more liberal than others, and yet the idea is the same.

ME: And the companies?

SOY: Company comes from undertaking, from doing something with the aim of getting something in return. Every human being is an entrepreneur by nature, but in the loss of personal power, growing up in a culture based on fear and manipulation of his individuals, he has given all his value to fearless entrepreneurs. In the Industrial Revolution, the expansion of factories made the merchants obtain much more resources than the rich oligarchs of the seventeenth and eighteenth centuries. Thus arises the Mercadocracy, that is, the power of purchase, from the Latin "merx" = merchandise.

YO: What a paradox that Marx, in Latin means Market.

SOY: The Market becomes part of the oligarchy again, when it had come to put an end to it.

ME: Why does this happen over and over again?

SOY: So over and over again we repeat: the problem is not in the objects or the systems, it is in the human and his inability to be coherent and harmonious. In the quest to survive, power is secured in different forms of hierarchies. This is something that happens in any family, and from there, to the world. You cannot judge the world for being the world, since it is made up of families, and they are the ones that shape the world. The small consciences are what create the superconscious, and if they do not take power of themselves, they will always hand over the decision to the superconscious.

ME: How do you solve all this?

SOY: In the house. There the Economy arises. Especially in the place where all this started... in the kitchen. The ancients managed food to survive, hence the true economy arises, and therefore, it is linked to the fear of starvation, of losing control of life. The economy is not solved with philosophies of an economic nature, or strategies of the ministers or economists, the economy is solved with that which nurtures my heart.

ME: The heart ...

I AM: The economic system is related in biological nature to the circulatory system. The heart is like the bank, but instead of accumulating and saving, it manages by circulating it to each organ. The veins move the resources that you call blood, and the organs absorb from them what is just and necessary for their functioning. There are days that need more, and others that need less. They never accumulate, but they are not equal either. The bodies know what they need, and they collaborate with each other by circulating resources. This is possible because each cell, individual, is aware of itself, of the place it occupies, and does not depend on the central government called the Brain, to manage its own home. The questions to ask yourself is whether we are capable of managing our own emotional and physical resources. As humans, Are you able to exchange? What are the resources you have? Are you fertile? In which? Do you share your harvest? Do you depend on something external? Of what? Do you have the power and control of your lives, or to whom do you owe and give it?

ME: I think the most difficult questions are to answer how we live our emotional and physical economy.

I AM: Your giving and receiving begins in the heart, in the way of relating. If you do not know how to give and receive emotionally, you will have chaos in your economic life. And by chaos I mean poverty or wealth, for both are unnecessary extremes in a balanced being.

ME: The key to restructuring a new economy is to go back to your heart. What to say to those who say that invisible things cannot be charged? In other words, spiritual or conscientious work cannot be charged.

SOY: There is a big difference between Service and Work. The Service has a great value that is incalculable, and therefore, it is absurd to charge it, because if this service really has the value that is given, everything you need will come to you so that you can do it by law of correspondence. If service does not come from the heart, there will be poverty. On the other hand, one can use his Gift as a form of work on earth, without being a service. All paid jobs on Earth are due to the gift of the one who exercises it, and spirituality is not exempt from this law. You have a body with basic needs in the third dimension, and the economy was born to manage that body.

ME: So, I can work from spirituality like any gift and value it as I consider it, but when I am about to do a service, putting a value on it or charging it is absurd, because it means that I do not trust such service. This year

I have put myself at the service and I have received more than ever thanks to it. And still, I kept working, because I consider that I deserve to live in this life as I value my own being.

SOY: As always ... you know what it is to give and receive in balance when you know how to do it from your heart, it will not matter later what you use, whether services, minerals, salt or seeds, if your heart is not coherent, you will try to save or fight for any thing that you have valued.

ME: And the value is conceptual.

SOY: It is an idea, it is imaginary. There is only one real value in life: Eating and Sleeping. There is only one transcendental value in life: Reproduce or Produce. There is only one existential value in the Universe: the Unity that is counted in Love.

ME: Aquarius is coming... and the economy will be different...

I AM: The forms will be, not so the value but you recover your lost power. Value yourself, return to the home of your heart, and you will understand true economics. Tell me: what is your worth?

## 175. Technology

[January 25, 2021 Matías De Stefano](#)



ME: The Spirit created the Soul, and the Soul created the Body. We usually say that the Body is the vehicle of the Soul, and therefore, the Soul would be the vehicle of the Spirit. However, this often confuses people a lot, because the way to describe it gives the feeling that the soul and the spirit are external agents to the body. Are they really using the body or are they the body?

I AM: Remember, Spirit means Breathe, and Soul means Movement. The Body is the set of systems that interact with each other. That is, that a living being, a Being, is that set of organic systems that moves and breathes. So you can understand that what you call spirit and soul are attributes of a living being. However. After death, the breath spreads in the last breath, joining the air, the oxygen that passes through all things, returning to the cosmos, to the totality of space. The soul continues, because life is vibration, and everything moves, it is continuous, and this movement continues in the following generations, or in the world that is nourished by the body. Spirit is seen as the essence of the universe. From the human point of view, that essence is the air, which is only perceived in the wind, and therefore, to that invisible mass they used to say "Ether". It is the concept of Pure Air, and it is attributed to warm air, container, because its root comes from the Indo-European "aidh" which means "to burn." Many centuries later, ether began to be described as the chemical reaction of the combination of alcohol molecules. In ancient times, the concept that everything was connected

by this pure air made us understand that the spiritual breath, the breath were the essence of the spirit, and the nose the sacred element by which it entered or left the body. Sound could travel through the spirit, through the air, and for that reason they interpreted that the spirit was music, song, word, verb. However, in empty spaces it was impossible to hear anything, but to see the light, and this generated another broader vision. The light had to move through something much more subtle, an even purer air, and therefore attributed the concept of Ether to space, an invisible fluid where light moves, although the modern science of Relativity ended up showing that there is no fluid called ether in space. The Spirit, then, is connected to the gaseous worlds, where sound can expand.

ME: Wait... how? You have just told me that the spiritual world does not expand through space, through the cosmos, but only moves through "gaseous" worlds ...

SOY: Does that bother you?

ME: Emmm ... no, I mean, I don't know ... hehe, it's weird, because it breaks up with ...

SOY: Your belief structure?

I do...

SOY: Well, I'm sorry. Well, I'm not really sorry. There is another force that expands in the Universe, in the cosmos, and that goes above the spiritual plane: Unity. It is explained by the resonance strings, quantum and relativity. You don't breathe there, therefore there is no spirit. It is Being itself. Mind.

ME: So the Mind, the Supraconsciousness is not spiritual ...

SOY: That's right. Only living beings have a spirit if in their composition they vibrate in lower density environments, such as oxygen, methane, hydrogen, helium ... There is conduction there, and spirits can travel.

ME: So what we call the spiritual world when we speak of the cosmos, is not exactly the real spiritual world.

I AM: Aha... the spiritual worlds as you describe them are interdimensional aspects of worlds with gravity. But their interconnection is given by other factors beyond the spiritual, since they are the Networks, and there you do not breathe properly ...

ME: But when we say that the first thing that exists in the Universe is the Divine Breath... what do you mean?

SOY: It refers to mental aspects. Let's see ... The plane of the Supraconsciousness, is the Unit, an expanding network of connections. The plane of Consciousness is the Spiritual, linked to the recognition of the physical worlds. The Unconscious plane is the action or will of these worlds, and the Subconscious are the structures and patterns of registers that act by reaction and preconceptions. And the first is the one that unites them to the 3.

ME: So the Unity of the networks, designs pulses that we call Spirits, with that feeling of inspiration and exhalation, that in their spasms, generate energy, movement, that humans call Soul.

I AM: Soul is the animate, what moves, it is actually the same spirit that when generating energy in its movement expresses itself in a different way.

ME: And the Energy manifests itself in different options, creating polarity patterns that give rise to matter, by particles, atoms, etc.

I AM: Matter is an intelligent energy-saving design, and energy is the result of a spiritual spasmodic movement of the cosmic superconscious networks that we call Mind.

ME: But they're all the same ...

I AM: Water. The water molecules (two of Hydrogen and one of Oxygen), depending on the context, are arranged to form solid gaseous, liquid or solid states. Clouds, Rain and Snow. Humidity, River, Ice. But always Water. Water is the 4th state that we call Unity, which gives meaning to the other three.

ME: The spiritual plane then does not design something on the outside, but redesigns itself, adapts itself into something transcendental, creating more options of itself. The Soul does not design a body that it will enter at the beginning of life, but the soul programs and designs itself to generate itself as a body ...

SOY: The best example to understand this, beyond water, is the metamorphosis of a butterfly. From Caterpillar it passes to Chrysalis, and from this state to Butterfly. Is the caterpillar something external to the butterfly? Does the caterpillar get into a chrysalis or create it from its own being? Is the butterfly that flies unrelated to the caterpillar?

ME: Sure ... the 3 are the same, no matter how different they are, they do not inhabit different spaces, they are not in different dimensions living different realities and then they get inside each other like a Russian doll ... They actually transform in the next step . For this reason the spirit is not actually above, but is in every part of being, and the body is a spiritual design, but it is the same spirit transmuted ...

SOY: That's right.

ME: What I don't understand, then, is why, beyond the cultural and biological preconceptions that the spiritual is in heaven and the material on earth, is why those of us who perceive things, we can say that the spirit descends over our heads, or feeling how the soul leaves or enters, or that there are beings in dimensions that are spiritual. How do you explain?

SOY: Why is there a north?

ME: Ugh ... your questions throw me off ... Emmmm, there is a north because there is a south.

SOY: Why is there a south?

ME: I would say that because there is a north, but apparently not ... Ah! Because there is a center, an axis, with two ends!

SOY: And that axis is magnetically fed back from north to south and from south to north in a structure that you call ...

ME: Toroid.

I AM: The Toroid is a structure that expands and that makes everything that is inside expand outwards downwards and feed back upwards returning to the center, giving the sensation that there are external planes to which the soul leaves, and from which the spirit descends ...

ME: Wow, so it's just a feeling what we believe comes from above.

SOY: There is only center.

ME: And that center is the heart?

I AM: The heart is the machine that drives this system, but it is assimilated into the Plexus. The Plexus uses all these mechanisms generated by the expansion of the spirit in the form of the soul, and uses the expressions of the soul in the form of the body, to develop, nurture, grow, expand, evolve. In each experience he finds new tools. The system works in the following way: The spirit has the answer, but does not know how it got there, so it mobilizes to create the question, which will design, through the soul, the ways to find the options through the experience of the body. The body assimilates experiences and thereby builds tools, which launches them into the southern magnetic field of their being, and from there, from the apparent “past”, they circulate through the interdimensionality of toroidal magnetism towards the northern aspect of being,

ME: But it was always me. I am the spirit that designed the way, and it is through the body that I can find the solutions, the tools to the doubts of my mind that swing like a polar pendulum. It is my body that generates the data to be understood and used by my spiritual consciousness, which recognizes the response or tool by resonance, because he or she created it. Wow ...

SOY: Each step we understand a little more. Isn't it magnificent? Isn't it beautiful to know the keys to this beautiful fabric?

ME: It's the beautiful fabric of creation ...

SOY: It is what you call Technology.

ME: Technology?

SOY: It comes from the Greek "Tekhné" (art, beauty) and "Logós" (knowledge, study). In turn, tekhné comes from the Indo-European “tek”, which means “weave, weave”. The study of weaving, the beauty of knowledge. Everything is intertwined, and when you see the connections, you find perfection and beauty.

ME: Why do we associate Technology with electronic devices or things like that?

I AM: Technology does not describe the instrument itself, but rather the human's ability to make it possible. The combination of the spiritual, soul and physical aspects, develop the human capacities to shape their internal dreams in the external world. The fabric of the different qualities of the being, of the different types of intelligences, of the different levels of consciousness, allow the enrichment of the being, the evolution and the capacities of manifestation are increased. Technology describes this weaving process that manifests the beauty of such interconnectivity. The first technology was art and stones, the development of hunting, fishing and gathering tools, being in such a case, stones and nets, baskets and ropes. By discovering pigments, The first records were designed in the caves and a trace was left of how the activities were developed, so that others to come would follow in their footsteps. All technology was related to the human capacity to imagine, to translate dreams into the world, and with it, facilitate the development of life. Art, in all its aspects, artists in all its facets, were the great designers of ideas and solutions. It was never the religious who produced the greatest advances in history, those who spoke with Gods in the heavens, but those who felt God within them, in their dreams, and allowed them to live in this world through their gifts, their art. . Painters and scribes, poets, minstrels, sculptors, found the techniques of how to intertwine spirit with matter,

ME: Like Da Vinci, who, beyond being a painter, designed the base of many of the machines we have today... Like the airplane.

SOY: This is how art is the basis of technology. Not only are they tools that make life easier, technology is the human ability to manifest their dreams, to channel solutions to the questions of their inner world.

YO: And how is it understood that technology today is destroying the world, distancing us from each other, turning us into automatons ...?

SOY: Reframe the question.

ME: In what way?

SOY: Think well ...

ME:... Oh... Why did humans allow technology today to make us automata and destroy the world?

I AM: In the same way as money, technology will never be to blame, it is the human himself in his desire to possess and control, to alienate himself, to become irresponsible, who uses technology as a form of control and oppression. Behind the machines and art, there are the programmers, the humans. Aquarius is an era of technology and innovation, there is no going back to the most advanced era that you have imagined. The question is ... is the human up to the technology he has produced?

I do not believe...

SOY: Today's technology is like the product of an artist who is the best at what he does, but a disaster in his personal life. What is the use of being the best, if what you do with it is only to get high and seek to escape from the responsibility of life? An artist has a great capacity for imagination, a lot of energy from his direct connection to the spiritual and emotional world of the soul, and therefore, if he does not know how to manage it, be coherent, he will end up being a madman, unbalanced, misfit, drug addict and conflictive. An entity lost in life with no purpose or meaning other than his art. This is humanity, a creator without a purpose, a technician without ideas, a painter without a canvas.

YO: The Age to Come will be that futuristic era that science fiction films always draw, but our way of living and surviving is still precarious, still relating as in the age of the caves and ruling us as in the Greco-Roman age.

I AM: Your spiritual capacity is so great that you have been able to find the technologies, the answers within you, and you have shaped it in the world, but you still use them as if they were stones and sticks, fishing nets and weapons for hunting or hunting. battle.

ME: We go back to the same thing. Technology is not the problem, but who uses it. It is essential that we can go from caterpillars to butterflies ...

I AM: You cannot fly like a butterfly still devouring the world like a caterpillar. Today you are a caterpillar with wings, unable to fly due to the weight of your souls, desires and attachments. Technology shows you the beauty of who you are, it shows you what you are capable of achieving, it shows you that you are creators, and that you can achieve anything in networks. The Spirit and the Soul are the factors of creation that project the idea of what should be, but the body is the protagonist capable of manifesting it. Technology is what allows us to see our dreams, touch them, enjoy them. It is the only way that the spirit and the soul can enjoy their own existence.

ME: I am in myself the best of all technologies, as they are an interdimensional fabric of knowledge to be discovered. My biology is the most advanced technology in existence, and from it I am able to achieve anything.

I AM: Honor the technology of your body, and you can build worlds and coherence and harmony. The artist of your spirit paints himself with the colors of your soul, which design the lines of the web of your body. You are art, and only by recognizing yourself as the artist will you know how to make sense of your work.

ME: I am Technology.

I AM: I am the Cosmic Fabric that designs Life. Tell me, what is your art?

## 176. Culture

[January 26, 2021 Matias De Stefano](#)



YO: Yesterday I had a doubt ... Many times we have spoken of the spirit as something so big that a body cannot inhabit, and therefore it expands like Wi-Fi throughout the universe, and bodies download it as mobile applications. However, it is not what you described yesterday, that the spirit is the basis of all things inside, and that it is the seed expressed in the body ... So, how is it understood?

I AM: "Mirkabayn-ha"

I eat?

I AM: Your languages have been so preoccupied with describing the details of the world that they have lost the ability to express the essential. It is almost impossible to explain such a large and interdimensional concept in your languages. The expression Mirkabayn-ha, comes from the phrase "Mír kah bah aeynon hé", which describes the attribute of man being his own home where consciousness and energy develop. "Mír", describes the individual mind of a human, man or woman, the self-referenced and his consciousness of being, which exists only by its interconnected manifestation in pulsating networks, the spiritual connection called "kah", and all this inhabiting a itself, in the energy of the body, in the material essence called "bah", the home of being. Aeynon is a construction that does not exist in current languages, and that describes a place, location, that becomes a subject performing an action, in this case, that apparent being from the interior that in its observation moves to develop from inner perception, but daring to go further and evolving in life, which is called "has ". The phrase translates into a single concept: Mirkabayn-hé, which tries to narrate that everything that lives outside is inside, that what expands is so great that it can only be found inside, because nothing that really exists is , and therefore, what is inside is constantly moving outside. Your language is built by dual, polarized concepts, and it is impossible for you to describe the concept "bah", that is: home that lives within. "Bär" describes the physical, concrete, material house, and "bahab" the heavenly home, the subtle, which gives rise to the word transcendence: "Buhub" (same word for death) that is, something that goes further and still is still here

as it returns home. The word describes the way that something can be inside and outside at the same time, it can enter the body and still make it see that it is leaving it. They are words that naturalize what you call paradoxes, because they describe reality from a different dimension than that from which you have built your reality. All fabrics, creation, your technology, was designed to adapt to a specific environment, and you understand, therefore, everything from that point of view. They are words that naturalize what you call paradoxes, because they describe reality from a different dimension than that from which you have built your reality. All fabrics, creation, your technology, was designed to adapt to a specific environment, and you understand, therefore, everything from that point of view. They are words that naturalize what you call paradoxes, because they describe reality from a different dimension than that from which you have built your reality. All fabrics, creation, your technology, was designed to adapt to a specific environment, and you understand, therefore, everything from that point of view.

ME: I understand, that is, the spirit is so broad that it cannot belong to a body, but in turn, it is the spirit or a part of it that manifests itself in matter.

SOY: That's right ...

ME: It's kind of complex to visualize.

I AM: It is a Tesseract. The realities weaver spider. It is your own inner spirit generating around it the chrysalis structure of a body, and in turn, expanding out of it eternally to be discharged into it again. It is the most perfect feedback technology.

ME: Speaking of feedback, another question arose: Technology is the art that our Spirit manifests through the Body. What is it that our Body delivers or manifests to the Spirit?

I AM: The Culture.

ME: Emmm ok. How?

I AM: Culture, as you know it today, is a concept used more than anything since the 20th century to describe the set of knowledge, traditions, characteristics, attributes, artistic capacities of a specific or general human group. Culture describes the agglomeration of information that nurtures individuals. A culture can be considered by itself the construction of diverse individuals who develop ways of interrelation, or you can also know the concept of culture as the intellectual baggage acquired from an individual by study or experience. But culture was not always considered that way. The word Culture is not more than 600 years old, and it describes the action or active quality (-ura) of inhabiting or changing the habitat. Its etymological root comes from the Indo-European "Kwel" which means "to change, to change, inhabit a new place", a word that gave rise to the Greek "kyklós", that is to say "cycles", which refers to repetitive time circles, such as the seasons of the year, which is why, in Latin, cycle came to be called "Circle", giving the verb "colo", that is to say: collect, collect, and that originates "colere" which is to collect the fruit of what is sown in the cycles of the seasons, whose participle is "cultus", translated as collected, collected". For this reason, in the Middle Ages, what was gathered at harvest was called Cultivar and Cultivar became the verb to carry out the entire process of sowing, caring for and harvesting. Thus, from the Indo-European: kwel, to go around, turn, move, change places, we arrive at the concept of the seasons as a circle of time through which the sowing and harvesting of fruits and grains takes place.

ME: What does Cultivation have to do with the Cult of a God?

I AM: The whole relationship. First of all, remember that humans do everything they do for food, they need to feed, and the gods are a kind of security to get food. Thus, in the same way that agricultural tasks were carried out, one had to ask the gods for help for good sowing, rain, pest care, good harvest, etc. Therefore, honoring the

gods and giving offerings to them, was synchronized with the cyclical rhythms of the field, and because it was a cycle, the concept was also called "Cult", participle of something that is repeated in a change. or moving. The term of living or moving was related to the astrological houses, houses or mansions of the gods in the sky, which was changing, changing, according to the season or month of the year. Thus,

I understand. And, someone considered Cult, who is it?

SOY: Here we can understand it from two possible perspectives. The first describes the fact that this person is not left with a single position or vision of things, but dares to change, change his way of seeing, look at different perspectives, broaden his vision of things, and therefore Therefore, it circulates repeatedly through different areas of knowledge, drawing on each one. Thus, someone "cultured" is a person with different knowledge that they have acquired in their movement through life. But on the other hand, we come to the concept we are looking for. A cultured person is one who has cultivated. Imagine that your body and your mind in it are like a field with many minerals and potentials, but they do not awaken if I do not add the necessary elements to it: water and seeds. If your body is an orchard or soil rich in minerals with the potential to create fruits to share as their gifts with the world, you should know that creating them requires tilling the soil. Plowing the land is creating the furrows that make the land more flexible. Flat terrain is more prone to drying out and creating a stiff layer where water and seeds simply slide off and do not nourish the soil. Therefore, the furrows create curves, wrinkles in the ground, which allows the water to move and stay, to permeate, allowing other nutrients to cling to the corners of the furrows and be absorbed by the soil. Also, they make a home, shelter, for the seeds that fly or that you deposit on the ground. A flat and smooth mind is an empty and infertile mind. A mind with many curves and labyrinths is a rich and fertile mind. Naturally, your brain has been arranged with grooves, with folds to secure the information. A ground with wrinkles has a greater chance of creating life, and a smooth one, of becoming a desert. Therefore, for there to be a good cultivation, collection, harvest, you need to learn to be flexible, to bend your ground, to have other points of view, to open your heart, mind and body. And then you need to water the land. With what?

ME: With water ...

I AM: That your being calls "emotions". You have to learn to water the right amount so you don't drown the ground or it doesn't dry out. The water brings life, and heals the wounds of the ground by shaping the furrows, softening the ground. And so the seeds are planted, the spiritual potential that comes from the Tree of Life and Knowledge. Now, a monoculture can give you a single reason, thought, idea, that is why variety is necessary, because a single fruit is not nutritious, to have a healthy diet, variety is necessary: consume different shapes, different colors, and cook them in different ways. Thus, your Body is watered by the Soul and sown by the Spirit. And the potential of the Body, of the ground, its minerals, its phosphorus, iron, calcium, silicon, nitrogen, are what will make the spiritual seed grow,

ME: How beautiful to see it like this ...

SOY: It's beautiful. This is how human gifts arise, the abilities of the individual, art, which in the interaction of different lands and plants, design more gifts, creating art, and that art is what the spirit collects, collects, is the product of your own seed. The seeds do not germinate without the water of the soul, and no matter how much they germinate, they will not become strong without the minerals of the body. The roots, the branches, the fruits, grow thanks to the nutrients of the soil, and without them there would be no final product, there would be no spiritual fruit. For this reason the spirit needs to manifest itself, be born, live, experience, because even if the seed contains all the potential in its center, its interior, without what the soul and body have to deliver, it could never express what it really is. It is their harvest, it is their cultivation. And the more they interact,

ME: Human cultures are the spiritual fruits of individuals.

I AM: The greater the number of cultures, the greater the capacity of the being to reap the fruits of the spirit.

ME: So the more cultures we know, the more we open ourselves to other races, countries, traditions, we will be nurturing our spirit, to discover our own potential. The way to discover what I am is by opening myself to nurture myself from others. From each culture, from each religion, philosophy, science, vision, tradition, culture, ancient or modern, nourishing myself with the human art that we have created together.

SOY: Life is a museum in constant transformation. Life is a Museum. Today the museum may remind you of a frivolous site of old and dead, accumulated and cataloged objects that describe the history of artists or activists and their achievements. However, for the ancients, it was the opposite. Museum comes from the Greek "Mouseion" which means "home of the Muses." Muses were the Greek divinities who described the attributes of the arts. Calliope (epic), Clío (story), Erato (lyric), Euterpe (music), Melpomene (tragedy), Polymnia (pantomime), Talía (comedy), Terpsícore (dance) and Urania (astronomy). In this space the souls and minds of the people were cultivated, the spirit was harvested living fully present in the body.

ME: So, I must turn my body into a Museum, where all the cultures of the world have a space, where I can nourish myself with all of them so that my own fruits grow. Culture ceases to be, therefore, a heavy tradition for me, it ceases to be a human construct that clings us to group and herd attachments, to become the key that nourishes the spiritual seed so that my being gives its fruits to the world.

I AM: Honor the culture, cultivate your being, open yourself to all the cultures of the world, and you will find the fruit of your spirit.

ME: I am the Spiritual Culture. I am the soil of rich nutrients, potentials that awaken with the irrigation of my soul, and that are manifested in the seed of my spirit.

I AM: And cycle after cycle, you will expand more and more.

## 177. Farming

[January 27, 2021 Matías De Stefano](#)



ME: "Sowing a New Humanity." When we named the Foundation in 2012, I immediately decided to call it Arsayian, in honor of those who spoke to the world, and when I had to mention our intention, that phrase emerged: sowing a new humanity. The Arsayian were one of the 3 Atlantean priestly groups of present-day northern Egypt. The Emenien were the ones who taught about the Tree of Life and its codes. The Arsayien were the ones who taught about the Flower of Life and its laws. And the Idilien taught about the Seed of Life and its potentials. In initiatory education, all apprentices must first study with the Emenien. These educated about the codes of creation, of all dimensions, letters, structures of life, they taught how the natural and human kingdoms functioned. And his teachings were the foundation of the Arsayien. They taught the power of the word, and how it was capable not only of communicating information between people, but it could also modify realities,

manifest dreams, connect with other kingdoms and beings. To be able to say the key words, perform the magic, coherence was necessary, and therefore they educated about the laws of the Universe and how to manage them as a conscious being. Thus, the Idilien could become their own voice, their own creation, teaching about the foundations and fundamental patterns of existence, the elements, the geometries, and from there, how to do alchemy, transforming into what they used to communicate with. . Activate the divine potential of the great tree seed

I AM: The three of them were a sacred trinity of wisdom.

ME: Yes. But it was the Arsayians who organized the spread of the message of the Net. When in the Age of Leo everything was failing, and civilization seemed to collapse imminently, the nomadic peoples of the south began to threaten the stability of the Atlantean colonies, and the Idilien represented said axis to be broken. The Arsayien, reading this in the heavens and the earth, speaking with other dimensions, saw clearly the collapse of Leo and the hope of returning in Aquarius, and therefore began a retreat where the Idilien were hidden in various parts of the world. Some Arsayien were sent to make paths towards the nodes of the Earth, to communicate to the world that sooner or later we would return to activate consciousness, the planetary network.

SOY: The Way from North to South ...

ME: Harwitum (Hare = north, Wifu = south, Tume = path). The Arsayians called a meeting of the 12 Families, which was called Harinfolink, that is: Sun, Stars and Moon. This meeting spoke of a stellar alignment in which all things would change, and the 12 Families, each a representative of a Celestial House, had to agree to know how to take back the reins of this change without losing control. But the Arsayians had another plan, a plan B. They gathered a group of young priests in front of the Great Sphinx (Tul-Bassik), to make a vow for Emmesdah: Memory. The vow was to defend memory through remembrance, and to remember they had to carry the information and distribute it through blood, generation after generation, from the heavenly nodes or houses on Earth. These were called "Khem Bassikir" (Guardians of the Atlantean Nile), and they were the ones who made the Harwitum path while the 12 Families debated. I remember that at that meeting, three of our celestial ancestors showed up, the Inna, extraterrestrials from Sirius, the mother star. And one of them said: "You are in between mirrors. The question is not how, nor who, nor what, nor where, the question is when. In the mirror of time and space you will meet again, and your spirits will descend from the Tree to become the seeds of a new self. It is time to let go of the humanity that you are, autumn has arrived and soon you will live the winter of your spirits. When the time comes, they will know that you have returned to sow a new humanity. That was part of the plan. The when was 12,000 years later, at the beginning of Aquarius. The old Humanity was the Age of Leo, and the New is the Aquarian. That was the when. The Arsayians spread their message on the Internet, and it would be our task to reconnect it, to put the puzzle together. That is why I knew that the creative word of consciousness and realities wove the Web, prepared the ground, for the seeds that we have become when falling to the ground in the fall, covered with the pressure of the earth throughout the winter. It is time to germinate, and we have started to do it slowly in the last centuries. Yesterday when we talked about Culture, everything was very similar to Agriculture, these cultures being the product of expansions experienced by each human group in the past, intertwining with each other, creating new ones, distorting the original image in thousands of options. I understood that in order to find the coherence of this entire network, I must open myself to all the parts where my past was fragmented. The path that each one makes in his life, going to new places, traveling, getting to know, experiencing different cultures, is almost a gathering journey, like a bee collecting pollen from flowers scattered throughout the forest to produce honey. And as it does so, it spreads the pollen between the trees, fertilizing, pollinating, helping to make more flowers, and more diversity. Knowing things outside, only helps me to know myself, to carry out the task that the Arsayian had entrusted: to remember oneself.

I AM: "Äyn-mem-py = Remember yourself", was the Atlantean mandate, knowing that all that existed was a single being made up of millions, and that by knowing the millions, you were only reconnecting, uniting in

consciousness parts of yourself with more experience and wisdom, each would have become a specialist of that fragment. In the ancient cosmivision, each fragment was a seed born from the Great Tree, and therefore, it possesses the full potential of its roots and branches. But at the same time, it is a new tree, with its own qualities and peculiarities, making it unique. Recognizing the seeds as part of the same tree allows you to see all the capacities that you have in yourself through others.

ME: It is what we talked about yesterday, Culture, the development of inner art, of the Technology that allows us to cultivate ourselves, to know options, the sowing of the spirit, the watering of the soul and the support of the nutrients of the body, culture being the fruit to be harvested from the plant that I became, the Being.

I AM: The Initiatic Path that the Inna described to humans, is the method by which you make this seed germinate and become its own tree. The time and space they talked about, the cycles, the steps, the schools, all describe the method by which to accomplish such a task.

YO: And what is the method that awakens the technology of our culture?

I AM: You call it "Agriculture".

ME: I might think that you are talking to me that to become a spiritual being, I must become a farmer ...

SOY: That's right. Isn't that what you had to do? Do you think it was random?

ME: I guess not. When my mother told me that I was going to a field school, I didn't like the idea. But then I learned to value it, and even more so when I learned the logic of why. He was about 10 when he told me. And I went to a school near my house, which they called Escuela de los Padres, on Sarmiento street, a hero of Education in Argentina. I liked it there, it was original. But my mother, I don't know why, said she wanted to enroll me in another school where I would spend most of the day learning things that I field. I refused very much, I hated the idea. We were to start at 7:30 am every day, and return home at 5:30 pm. We ate, we had lunch, we lived with the teachers. And when we were older, we had to do field tasks, and if we did something wrong, the "punishment" was to stay longer hours or a whole weekend working in the fields. It seemed very military, and half that it was, but at the same time I understood something over time: this was real life, the same as always, this is how humanity began. The school was called "Regional Agrotechnical Center" (CAR), its classrooms overlooked flower gardens and water fountains, we all had field uniforms, and in addition to the normal subjects, we had the rough tasks: vegetable garden, beekeeping, livestock, horse riding, vermiculture, poultry farming, compost, fruit trees, machinery, large animals ... At school we learned about everything, from the seed to the final product, from the embryo to cooking the animal. We learned to recycle everything, to drive tractors, to use all the tools in the field, to distinguish weeds from grains, to wash the bathrooms, to make leather and crafts from animals and plants, we learned to cook, to clean the classrooms, gardening, science, chemistry, philosophy, mathematics, language, English, literature ... It was so much that it was impossible to understand everything, and no matter how great it was, it was stressful, and they forgot many times that we were children, not farm hands. However, now that I look back, I start to think about my own ancestors, about the same parents as my grandmother, I realize that they had lived their life like this, doing the same as me but from a lack of general knowledge. When I went to the supermarket and saw a vegetable, I understood the work behind its growth, the patience, the dedication.

SOY: Agriculture is the culture of Agro. Agro comes from the Greek and Indo-European "ager" which means land, land. In Greek, the word "ager" generated the concept of "ageia", describing the set of lands, which today we call "Gaia" = Earth.

ME: So that's where the very spiritual name of our planet comes from, from the word "arable land."

SOY: As we have spoken many times, the human owes its life to the earth, because basically the human is Earth. Human means humid earth (from the Latin "humus"), and the quality of being human is called "humility".

ME: Something very unusual for humans.

I AM: Humility is the quality of being connected to the Earth, and therefore, of valuing what lives in it and grows in it. Its attribute is being Humble, which describes the idea that a human should value what is under his feet because it is what gives him life. Someone who looks all the time to Heaven and seeks the divine in the stars, manifesting the will to abandon the world, to free himself from it and float in the cosmos, is a being stripped of humility, because he does not look at the Earth, he looks at the honey, you do not value what is under your feet, but you prefer not to feel it. Humility is related to wearing bare feet, and not because humility is related to poverty, but rather it means that you do not put barriers between your body and this world.

ME: Even so, it is usually thought that humility is of power, because the poor are usually described as humble.

SOY: It is a conceptual error. Humble is not someone who has less, but someone who values and shares what they have. A being can be greedy and conceited, selfish and poor. The concept of humility was related to poverty for the same reason that poverty is considered a gift in the celestial: a political-religious strategy to make believe that the kingdom of heaven belongs to the dirty poor who work the earth and get dirty every day. to day in the mud. This idea related humility with poverty, although they have nothing to do with it. Humility is the appreciation of the world, of the wealth of the earth, of enjoying existence, of sharing what is achieved, of not putting barriers between the ground and the body, of daring to feel the dust and mud from which you come . The first humans covered themselves in mud, used talcum and powder to protect themselves from the sun and insects, and that is why it was said that the first humans were born from clay, because they dressed with it. They ate roots, fruits, and vegetables, until they figured out how to farm. They marveled at Heaven but not to go to it, but because it told them how to sow and reap. All human potential, all technology, arose from its relationship with the Earth, all culture arose from the cultivated, all civilization was based on food. All stability was based on food. All security was attributed to the terrain. All divinity was manifested in the elements. Every ceremony and celebration arises from honoring agriculture and its cycles. All festive dates are the traditional product of a product born on earth. And suddenly, the human decided to look at the sky and forget about the Earth, and believed that it was simply a resource created for humans, at our mercy. The human believed himself divine, and his being was dominated by the ego, consumed by spiritual fire, detached himself from the Earth, turned his back on it, and used it at his mercy. The human became so unaware of the world that he put on shoes so as not to get dirty. And each time they were higher to approach the sun and move away from the ground. Instead of watching his footsteps, she lifted her chin, stopping her nose, looking at the horizon, and she wanted everything in him for herself. The Ego, believing itself divine, began to dominate the land and its resources, and moved away from the countryside to live in the city. And the most unexpected point arrived ...

ME: Not even knowing where the things we eat come from ...

SOY: Exactly.

ME: It is incredible how many times most humans do not know where one or another food is born, or that a chicken is a hen, or where an egg comes from, or a carrot, or an apple, tomato, meat ... It is surprising many times that most do not know where food comes from and how difficult it is to produce it, and how badly it is produced in many cases, since everything we do is based on eating. Without food we die, and yet we don't seem to care where things come from.

SOY: The human loses himself not because he does not know where he is going, but because he forgot where he comes from. A tree falls due to losing its roots, not its branches.

ME: I understand why I spent 5 years of my life in an agrotechnical school ... I needed to live the land, work it, understand how it is cultivated, how things come from it, understand the peasant, the farmer, the rancher ... They are jobs that seem remote and precarious in the eyes of today's world. And industrialization has considered that these forced tasks can be carried out by machines, and have encouraged overproduction, claiming that this would generate more resources for humanity, and yet there is more and more hunger the more production there is. In many cases, farmers are blamed as "landowners", but to be a farmer, one must "have land." In Argentina, for example, the countryside is the only living and fixed economy that sustains the country's history, and yet the people of the countryside are always treated as Oligarchy. One of the reasons why this has been the case is because in the 1940s so many people were attracted to live in cities and factories, especially in Buenos Aires, that rural people concentrated in what are now poor neighborhoods and villas, favelas, dependent today on the State. If the country had focused its capacity on land, there might not have been a small group with large areas inherited from feudal times. And this has happened in several places in the Americas, not so in Europe, where orchards have remained the primary way of feeding the families of the peoples, since due to all the wars, they have understood very well the importance of creating the food itself.

SOY: A country is strong because of two things: its connection to its land and its education. The connection to the earth implies the recognition of its natural resources, of knowing that they are part of the human body that inhabits it, that what you do to the earth, you do to yourself, that what you produce and how you produce it, it is what nourishes your body and soul. Knowing the potential of the soil is to awaken humility, to recognize that things do not arise from the magic of thinking it, but from the alchemy of manifesting it. It may seem absurd, but knowing how a tomato is born, grows and reproduces is the basis of true humility. Knowing the water cycle, the work of a bee, the patience of a tree, the dedication of an ant, knowing where fruits come from, how long it takes to grow, knowing where meat comes from, the time and resources required to generate it as well as the emotion and development of the animals you consume. Knowing that what nourishes you is alive makes you responsible for what lives and what nourishes you.

ME: So, a fundamental key to spirituality, to planetary awareness, lies in the humility of becoming a farmer, of at least honoring the work of those who produce and the infinite capacity of the earth to generate them.

I AM: It is in the field where humanity emerged, and it is through the field that it is still alive. How much longer will it take you to recognize the basics of your existence? The air that you breathe for free is produced by trees. If you want to breathe more, plant more trees. The food that nourishes you every day, has traveled an enormous journey of time, an extensive process in space, from being a seed, to being sown, nourished, harvested, transported, cooked, manifested from the hands of those who harvest to those of whom. kitchen. A salad is a story, a plate of food is the summary of an ancient culture. When you eat, you consume history, wisdom, you consume the human capacity of having learned to manage time and space.

ME: It's a beautiful way of seeing what we consume ...

SOY: Because the truth is beautiful.

YO: And what happens today with everything that happens with transgenics, with the companies that control seeds?

SOY: You say today? This has just been modernized ... Genetic modification is ancient. Wheat had only two seeds, or 4, just like corn. The apples, pears and other fruits that you eat today, juicy and huge, were small and hard in ancient times. Malformations have always been used by humans to transform species, using them to modify genetics since the early days of sedentary lifestyle. And in turn, understanding seeds as a bargaining chip, they have always been under the control of governments, which regulated food, something that companies financed by governments today tend to do. Only the forms have changed, but not the idea.

ME: And how do you change this?

SOY: As always. Not fighting against the old, but taking back the power of the humble. He sees the earth again with the love of the mother who is, who generates, who gives life, who nourishes. Revalue each food, discover its origin, what it costs to get to you, marvel at the process of its being and history. Come back to Earth. On the way of awakening you usually speak of Gaia, the spirit of Gaia, the soul of the Earth, but you forget to look at and honor Ager, her body. Value the body and its minerals, take deep roots, and become the farmer of your own existence.

ME: That is Sowing a New Humanity, a humanity that still remembers its interdimensionality, its stellar origin, and seeks its illumination, recognizes and respects the Earth, knowing about it, being humble in the richness of its potential.

I AM: Tilling the Earth will take on another meaning when instead of doing it to survive, you do it to discover yourself honoring your origin. Remember, the origin is in the center, and the center closest to you is your heart, and it is aligned with the iron heart of the Earth. That is your center, and the stars are the landscape. Look down to Earth, and you will find the true strength of your being. To sow is to deposit a potential, and for it to be New, it is necessary to recognize the originality of this seed as it has always been done in genetic modification. And that novelty is returning to earth, Human. Sowing a New Humanity means allowing ourselves to return to Earth to germinate a hidden potential waiting to flourish. And the only way to see the flower and its fruit is if the seed returns to Earth.

ME: All my culture arises from the land, so, to create a new culture, I must return to the land ... I am Agriculture.

I AM: Sooner or later, all humans will live in the greatest technological age in their history, but it will be the correct technology if, while you fly through the universe, you have the humility to walk barefoot on the ground of your gardens to collect the fruits of plants that you have sown with your own hands. The blacker your hands are seen through the humus of the orchard, the higher your ships will fly to the stars.

ME: I am the Seed of this New Humanity.

I AM: Walk barefoot, and remember: I am the Earth ...

ME: I am Human ...

# 178. Fundamentals

[January 28, 2021 Matías De Stefano](#)



ME: Today we were visiting the island of Elephantine in Aswan, walking through the ruins of the ancient capital of southern Egypt in Ptolemaic times, and gazing at the ruins of the temple of Khnum, the ram god of Creation. Looking at the foundations, I saw that they were layer upon layer, and it reminded me of all the ancient sites I have visited. Looking around, he could see precarious mud brick houses built on large rocks with hieroglyphics, and some were even covered in layers of earth and petrified mud. The guide said: "The island was reused many times in history, after the earthquakes that destroyed the temple, the invasions arrived, then the Copts, Muslims, many great floods of the Nile, and the only thing that remained is the foundations of each epoch". When we visit the oldest sites,

I AM: Over time, each culture rebuilds itself, and uses the foundations of the previous one to build its present. The first rocks that delimited a corral can become part of the foundation of a house. The house can become a temple, and when collapsing be part of a corral again.

ME: Like the Egyptian temples. The temples that are visited along the Nile are known to be the wonders of ancient Egyptian hieroglyphics, and yet they are not. These temples are from the Greek or Roman times, in which various kings or regents of the territory incorporated into the Greco-Latin empires, ruled over the province of the Nile. However, in Pharaonic times, the temples were different, and few remained standing, such as Karnak and Luxor, city of pharaohs. The same stones that were used to generate the Atlantean initiation path many thousands of years ago, were used by the pharaohs for their temples, and their foundations reused for the Egyptian Greco-Roman temples, which after the fall of the empires, became churches, being abandoned and covering itself with sand and mud, While with the invasion of the Muslims, they were used as kitchens and stables for animals, which is why they were filled with olin, covering the colorful hieroglyphs in black. On some they built houses or mosques, churches and palaces. Or simply the earth covered them, turning into farmlands or secrets under the sands. You can see all the uses that have been given to the temples and cities throughout the millennia in the archaeological ruins, as well as in more recent history you can see on the walls writings in Greek, Latin, English, Italian and French, peoples who tried or managed to conquer these lands. And in modernity, each building can become the foundations of another. In Europe it is very common to see medieval houses or castles converted to modernity, restored with technology and contemporary styles, while maintaining the foundations of the past to the surface of its walls. I remember the first time I went to Rome and observed the Colosseum from the inside, and it struck me that instead of seeing the arena, as I imagined it from the movies, I saw a network of corridors, like a labyrinth inside. I asked the guide what that was, and he explained that it was under the Arena where all things happened. There the artists, the gladiators, those who entertain, kept all their things, their clothes, tools, weapons, animals, and themselves. It was the "behind the scenes" of the theater, but underground. At the same time, he hoped to find stands, where he could imagine

people sitting in the audience, chanting the names of gladiators, and yet he could only see brick arches. "They are the foundations that support the structure, like the bones of the building," he explained. The rest had been broken, fallen, or reused to build other things. "What it covers changes, but the fundamentals are the same."

SOY: That is the key today.

ME: Which one?

I AM: The Basics. This word comes from the Latin "fundus", which means "deep, base, root, lower part, deep". The word "-ment" refers to the instrumental means by which something is done. So the foundation is what goes under and supports the rest of things. As you said, bones are the building blocks of the human physical body, as well as cartilage for fish and some invertebrates. Bones are based on calcium phosphate, and accumulate the same calcium for use in the body when it is needed. They are the structure that supports the rest of the systems of the physical body, cartilage, muscles, nerves, veins, organs, everything depends on the strength of the bones to keep it together and in order, but they also start from flexibility, since without the joints the force could not be distributed and the body would collapse. But at the same time, the bones have a much more important function for life: they are what allow the existence of the bone marrow.

ME: Isn't it the one that produces the blood?

I AM: The bone marrow, called bone because it is bone, is a set of stem cells in the form of tissue that originate hematopoietic cells, the cells that create red blood cells, about 500 billion per day.

ME: Wow... a lot. It's about 62 times the total human population of today per day.

I AM: All expanding within you, while other thousands and millions die every day. The circulatory and lymphatic system, hand in hand with the immune system, depend on the bone system.

ME: The most rigid system is the key to the most fluid system ... "Paradoxical."

I AM: Without bones, without structure, without foundation, you would not have bone marrow, and therefore you would not have blood, and without blood, you have no life. In order to flow, circulate, live, you need a firm foundation. Foundation is born from the concept of "stone difficult to cut", from "caedimentum", in Latin, originating from the word caedere (to cut). It is similar to the word "sedimentum" which means "what is sitting at the base." Both define minerals, materials that are located in the lower part, supporting what flows on the surface, be it river, sea, plants, animals, populations ... But referring to "foundation", we find an interesting key: what we leads to flow is what keeps us static.

ME: What would that be like?

I AM: Let's go to the description of the Universe, and then we will go to easy examples. Remember that we have spoken that the entire cosmos is actually a single fixed, static point, and that in itself, everything vibrates projecting itself, which gives a sense of polarity, and this generates movement. All cosmic, universal existence is nothing more than a constant movement born from a fixed point. Now let's analyze it from the point of view of time. A clock: it arises from the idea of showing the shadow of a pillar projected by the sun on a semicircular surface, which allows us to measure the hours with marks on the edges and thus identify the moments. The pillar is something fixed in space time, but because everything around it moves, it allows you to see the passage of time. Later, it was realized that the same measurement could be made at night, making the semicircle, a circle, in which the needles tied to a fixed center, move showing the flow of time in a conceptual way. You couldn't identify the passage of time without a physical point of reference, be it a clock, a tree, a pillar, or yourself. The same thing happens with space. You can understand the movement of things thanks to the Pole

Star, which being fixed, allows you to recognize the directions of space, in the same way that the Earth rotates on its own axis, its own center, to which all things are attracted.

ME: I understand, the reference of all things that move in existence can only be given by a fixed point. The Universe is just a fixed point projected on the outside generating the sensation of Order that we call Cosmos.

I AM: That's right ... And since the Universe is mind, it is conceptual, that fixed point is the I Am. In this way, just as in the world projected to the external and manifested in matter, structures are needed so that the flow of life can arise, the same will happen in the concepts of the mind, where the reference point is one same...

ME:... Self-reference...

I AM:... And this is how you can evolve, having an internal reference point, a compass that indicates the center point and direction, and that allows you to always return to your personal north even if you decide to navigate or walk through remote places in the world.

ME: Those are the fundamentals of a person.

I AM: The deepest concepts that make the base of a being. What is a person?

YO: A mask, from the Greek "prosopon", used in Greek theaters so that the actor and actress could make themselves heard by the public showing the emotion of the moment.

I AM: That is, the person, the individual, are not real. They are just a mask of something real that is below. Just as you observed in the Colosseum, what the public saw in the Battle Arena was not the real thing, that was the theater set up for the show, the real thing was under the Arena, behind the scenes, what no one saw. Every week, there was a different and unique show, but underneath, everything remained the same. The buildings, the architecture, the passage of time, and the reconstruction and reuse of them by various cultures, philosophies, religions, activities, is similar, if not the same, to how people function. For the universe, there are no individuals, but aspects of the same being that, like stem cells in the bone marrow, multiply creating thousands and millions. Thus, each clan, each ethnic group, each group or species, it has built the foundations, based on the foundations of the collective consciousness, building roads that all have to travel; and individuals are those diversities, different ways of achieving the same thing. Thus, for example, the foundations of your life have been based on the Italian and Basque vision, and generation after generation, your ancestors, your grandparents, parents and now you, have been adding something new, something special, a new cabin, decoration, bricks, paintings, to this building, but the foundations remain the same. Perhaps covered by mud, sand, grass, perhaps ignored and yet to be discovered, perhaps open to the open air, like wounds that I can't repair, like an open museum or an unfinished construction for lack of an architect. Every time someone new comes to inhabit the house, they will make a change in it,

ME: The question is who laid the foundations, and if they are good or not.

SOY: Therein lies the question, yes. But to know the answer, you have to recognize the foundations, look for them, know what are the fixed foundations of the family, of the culture, of the clan, of your own. What you are looking for in your life is usually the north marked by the oldest ancestors who began the search. Why do you think so many humans share the same interests?

ME: Because we had common ancestors... Today we are 8 billion humans, when 12000 years ago we were around 1 million. In other words, from a very small number of ancestors many individuals arose, and if the foundations were founded 12,000 years ago, that implies that if half were women, at least 16,000 humans share the same common ancestor, and if the majority lived in communities, the same conflicts and needs were shared, being that if each tribe had an average of 50 people, perhaps the fundamental conflicts and abilities are shared in

groups of 160 million humans. It is... incredible, exponential, and at the same time it simplifies, it helps to understand how so many humans share the same origins and destinies of life, so many people working the same traumas and purposes...

I AM: In the same way that a house or temple is rebuilt and redecorated for thousands of years by each new tenant, and their children enlarge it, decorate it, break it, cover it, reuse it, modernize it, and so on, your bodies are the same, your genetics is evolutionary and changing, but anchored in an original fixed point on which everything revolves around it ...

ME: The foundation. "On this stone I will build my temple." The foundation stone, the cornerstone, the first brick, the first idea, the first creation, the first belief ...

I AM: The origin has marked your destiny, as in an axis, in a pole, the appearance of a south immediately generates a north. Your north flows on the axis of your south, and south moves on the axis of your north. The destination only makes sense thanks to the origin. The end is understood only by a beginning. The foundations, the foundations, the structures, are keys to your evolution, to your movement. The reason why you interpret them as an impediment is because you are not clear about your north, and you consider that you cannot advance due to the weight of your past. Actually, it is not so. It is by knowing and acknowledging by honoring the past that you develop your future.

ME: Yes, I have experienced it on my own skin, because everything I achieve is from my reference of 12000 years ago, and what I have done in this life I owe it to the history of my close ancestors to acknowledge.

I AM: The primordial intention gives meaning to your existence. The blood that flows in you is produced in the rocks that built the first home your clan ever lived.

ME: What if the foundation is painful?

SOY: No one built a home for the first time thinking of killing or controlling. All households began with the intention of caring, of belonging. It is later that in the contexts it is rebuilt to dominate ... It goes through all the arrangements and decorations, reconstructions, and searches the roots for the foundations. There lies the Foundation of your life and existence.

ME: Can I found something new?

SOY: That is a Foundation, the action of laying a new foundation. You can generate it, but only when you have recognized the home you inhabit can you build your own home.

ME: Today is the Full Moon in Leo, and I feel that this is key today, because I recognize that my foundations of life arise in the Age of Leo, 12000 years ago, here, in Egypt, in Khem, and that to build this new house In Aquarius, of freedom, innovation, expansion, it is necessary to recognize my foundations of structure, pyramidity, and law.

I AM: It is the foundation of Leo, with its attributes and defects, its desires and potentials, that will show you the key to dancing free in the skies of Aquarius. Recognize the fundamentals of your being, remember Shiw, and being her, you can discover what it is to be you today, to be Matías.

ME: The past lives in me, in my bones, and it is they, their structure, who create the blood that flows in me, that gives life to my current being, and I am the mask in this scene of the great play, and I must make a good character out of my role for all those who make up the body that I am... And liberate them in the art of being.

I AM: Face your rigid old structures, but instead of breaking them to build something new and subtle, rebuild them, use them to support Heaven on Earth.

## 179. Scheme

[January 29, 2021 Matías De Stefano](#)



ME: Walking through the Temple of Horus in Edfu today, pausing for a moment in front of the indecipherable code on its back, I remembered a word that I learned to use a lot in school: Scheme. When we had a drawing class, I learned that to make certain designs, it is necessary to first draw what is called a sketch. Although originally sketch is "a small dry and quick bite" derived from the French "croc", his quick and immediate attitude was transferred to art when referring to making a quick and dry design of what is expected to be done later on. When I saw the hieroglyphs, it came to my mind that to achieve such perfection in such a structure by carving tasks in high and low reliefs, architects and artists must have made many sketches of the drawings, and many schemes of how to distribute the content so that it is perfect in the desired space. Beyond the artistic aspect, the sizes, dimensions, spaces to be occupied by the designs, much of the task was of the scribes. They had to summarize, be specific or expand according to the space possessed to develop the content. They had to be schematic. I remember that in class, many teachers taught us to make diagrams, such as comparative tables, synoptic tables, thought patterns, ideas, argumentative lines, text summaries, conceptual tables, all to outline the content. That is something that always fascinated me, finding a way to summarize a text, an idea, to read between the lines, that is to say "to understand", and to be able to learn a whole from its small parts. When I was going to university, I saw that,

SOY: The human has schematized his life from time immemorial. The first schematizations of existence were cave paintings, of "rupes", rocks or cliffs. Using plant pigments, mixtures of minerals with blood or water, the first humans narrated their lives through simple images of animals and people carrying out activities in a schematic way. Although for us today it was art, for that moment it was a way of leaving teaching, history and activity books. The elders or adults told stories around the fire, and by drawing on the walls, they took that story for granted in the hearts and minds of their descendants. Thus, generation after generation the stories became longer and longer, and more colors and drawings were added, narrating about what was already written, drawn.

ME: So, a story like: "That winter morning when we were getting ready to leave the cave to hunt, we never imagined that the herd of mammoths would be passing right in front of us, the largest of which would stop before the snow, and the grandfather took his spear and carefully, covered in his skins, crawled through the white snow until he pounced on the huge creature, which if he managed to catch it, it would be the salvation of the family for the hard months to come ... ", it becomes a scheme: cave ... person ... spear ... target ...

mammoth. And the next time you see the outline, if the story was told, you will know what it is about, and the simple pictures will tell the story on their own.

SOY: "A picture is worth a thousand words," they say, although in most cases it was an image that generated the thousand words. The rock designs were becoming more complex, telling more details, detailing animals, houses, plants, stars, people, objects and even actions. Each of them had a specific sound, related to what they emitted, a kind of onomatopoeic language, where a dog would say "wuaw" and a cat would say "miaw". This created the languages with which to tell stories, and those same noises began to describe actions: "miaw taptap" = the cat walks, alluding to the sound of footsteps. The words began to be schemes of actions and realities. In this way, it was no longer necessary to see the cat walk, with someone saying the sound, the mind would be in charge of creating the image and designing the story.

YO: I find it fascinating, because this is something that today we naturalize as normal, but in the origin of humans this was almost like inventing a spaceship or wanting to use advanced technology, it was an impressive discovery that allowed humans to schematize and conceptualize reality. , speeding up the brain to be precisely "intelligent", that is, to read the story between the lines, to see an image, or hear a sound, and develop all the content, something that today we would describe as opening a "ZIP" file in the computer, in the computer, where the content is compressed into bits, and when it is opened it is decompressed, showing a lot of content hidden within itself. It is incredible how our intelligence arose, from the schematized interpretation of reality.

SOY: And they didn't stay with that. The longer the stories, the more elements they needed, but it was increasingly difficult to have to paint everything and be drawn to be understood. So, a solution was found, to schematize even more, and make objects become concepts, and concepts become sounds.

ME: How was it?

SOY: When you look at the walls of the hieroglyphs, you will notice that many of them are repeated, but others are strange and unique, for example, you find many repeated feather symbols, or many waters with their very schematic pointed waves. These represent sounds, and are used to put together a larger sound that would be impossible to describe in a conceptual drawing. For example, saying Sun or Light is easy = a circle or a circle with lines coming out of it. But to say: "the sunlight is hot and burns", requires more words difficult to describe in a drawing, and therefore, it is chosen to look for sounds that look like the verb to burn and heat, and they write it. In addition, they used the conceptual one, that is, if they refer to a priest, that is, the bearer of light, or consciousness, what you do is draw a person sitting with a sun in front or on the head, and everyone will know what it represents. This creates the sacred writing, the "hieroglyphs", which are not only Egyptian, but from all cultures that have used the same concept. And after them, something much more interesting comes: the lyrics. By schematizing the same hieroglyphs to be able to be written on paper or clay, in a fast and agile way, the same cave designs or carvings in stone that sought to schematize reality, become mere schematics of themselves called hieratic, which originate the Phoenician and Semitic alphabets. In ancient times, the Cow and the Bull were symbols of creation, motherhood, fertility and wealth, and for this reason they were attributed the divine aspect of creators of heaven and earth, of being the originators of all life, since the milk and meat of the cow feed families, and the strength of the bull opens the furrows for agriculture. Therefore, they were the main symbol of creation. The god Apis, was depicted with the hieroglyph of a Bull, which ended up being outlined only on the head with its horns. Its symbol represented all the peoples between 4000 and 2000 BC, as this period of time is known as the Age of Taurus. Taurus began this era of wealth, and therefore the bull was the connection between the human and the divine. Throughout the Middle East and the Mediterranean, the cult of the Bull was common at that time, originating bullfighting myths and symbols from Persia to Iberia. In each region, Apis had become the foundation of cultures, and therefore the beginning of all things.

ME: And that in Greek they say Alpha.

I AM: Alpha, Alef, Apis, they all sound like the A sound. And, look at the letter A... a triangle with two lines, which in Roman times was rotated 180 degrees.

ME: So the A was in the position of the V.

SOY: That's right.

YO: And every time we write the letter A we are writing the old scheme for Toro, which represents beginning, and therefore it was placed at the beginning of the Alphabet.

I AM: Followed by B, coming from "Bet", which means House or Corral, where the bull is put, where the harvested, wealth is kept, and it was like an open box underneath with something entering it or inside, which was outlined in a lying B, and later it was written sideways, turning it 90 degrees.

ME: It's fascinating to think that we actually all write and read in hieroglyphs ...

SOY: But so schematized that we cannot understand them separately, and yet each letter has a deep story that tells of human and earth life for the last at least 10,000 years.

ME: Everything we talk and write is a schematic of the World, literally.

I AM: Schema comes from the Greek "skhema", which means shape or figure, which comes from the Indo-European "segh" meaning "to hold." It is the figure that supports a great weight, meaning, that contains many things in a simple graphic (from grapho = to write).

ME: And each word contains not only one meaning but each letter in it also contains another. It was a way of saving space, but it ended up giving us a much more expansive tool, which gave us the ability to develop ideas, dreams, to describe the intangible, invisible, the extrasensory, and to convey complex ideas with concrete details.

I AM: In ancient times, the language was used to tell stories or give directions, nothing more, and the stories were basically indications of life, practical guides for subsistence. In a way, the story was an agglomeration of concepts and activities summarized schematically, collected to be transmitted in the same narrative. This is how the legends arise, from "legenda" (collected) from the Indo-European "leg" of the same meaning. It is the grouping of lived concepts, which become legends, myths, and especially parables, that is, short stories or phrases made with the intention of giving guidance, advice, and summarizing the possible answers to many questions in one.

ME: Those are like the typical self-help phrases of today, which seem to say nothing and be empty of content, but when your consciousness awakens a hidden concept or asks the right question, the phrase makes sense.

SOY: That's right ... the question is the password of an information encoded in the form of a scheme. And just as this is so for the word, it is so for existence. And for yourself. The atom, the string, the particle, the molecule, the chemical element, are schematics of all reality, and just by seeing the smallest part of it you can read the entire universe, because when you see the H<sub>2</sub>O code, you not only read the composition of 2 Hydrogen particles and one of Oxygen, but you read Water, and from it you read Life, seas, rivers, plants, animals, food, humanity, civilization. And in turn, in the intangible world, in it you see the trinity, the concepts of the spirit and soul becoming a being in triangulation with the body. The three consciences and the three attributes, love, wisdom and will. If you start to read intelligibly the schematic codes of the universe,

ME: Wow ...

I AM: But before doing it, before getting lost in its labyrinths, you must open yourself up, because you are a scheme of your entire past, of the foundations, of the traveled paths, of art, development, education, of politics, religion and philosophy, not to mention genetics and family inheritance. Everything that exists is summarized in you, you are the scheme of existence, of history, the universe was summarized in you as the entire Taurus era, its cultures, civilizations and its 2400 years were summarized in the letter A.

ME: I am a scheme of the universe ... it's true, in me are the codes of everything that exists ...

I AM: For this reason and only for this reason it is understood that the potential of the entire universe lives in you, that you are God, the Cosmos, existence, an interdimensional being. You are the letter A of the Universe.

ME: Alef... the Beginning...

I AM: The Beginning is the End.

ME: Alpha and Omega ...

I AM: Omega is the last letter of the Greek alphabet, and it means "big O". Its location is special at the end of the others, as it describes the one who sees everything. The letter O comes from the ancient Egyptian and proto-Semitic languages, from the word "Ouyat" which derived from "Oyn", and which means "Eye". The O is the great all-seeing Eye, the supreme divinity.

ME: Saying "I am the Alpha and the Omega" is like the scheme of saying "I am everything that nourishes and makes the physical universe exist, and I am the one who observes and dreams all this reality. Dream and Dreamer ... Reality and Illusion.

I AM: The Eye of Horus.

ME: Wow... the temple where I was today!

I AM: Each temple, sacred site, is an outline of history, and if you open yourself to receive without waiting, without judgment, you will open the information. That's what you do every day when you visit these sites: decode their information schemas. Now, you do this because you open yourself to your own scheme, to find the information not only outside, but within yourself. When you recognize yourself as a scheme of existence itself, you are everything, everything is in you, you are the Alpha and the Omega, the summary of God. Summary means "to add back", a summary never removes information to keep something, a summary schematizes, loading a huge weight of data on few words or sounds. Summarizing is expanding your ability to understand, to understand the cosmos.

ME: So I must first understand that I am a schema myself, and follow the codes in myself that help me open the data that lies within. How do I do it?

I AM: "Gnothi Seautón" = Know yourself ...

ME:... and you will meet the Universe.

I AM: Your being is the scheme of your body, your soul and your spirit. It starts with knowing the outline of your body. Discover its systems, its biology, its history. Follow through the soul, know your emotions, your bonds, work them, do therapies, look for your origins. And it ends with the spirit, reading, learning, studying, seeking more answers, meditating in silence. Do you know what I see as the biggest problem of the questions you ask many times? I mean “how do I do it? How do i do it?”.

Me what?

I AM: I see that you have the need to finish, to do it at once, as if life were a race to finish something, and my friend, life ends in death. Development is eternal, and I know that freedom is scary, but it is because you do not yet know what it means. Life itself is a process of expansion, there is no end, do not fight to finish something right now, the important thing is that you do it. There is no goal after opening the data that lives in you, the only practicality is to discover your free creative potential. Did you stop using the A when you learned to write it? Will you stop using the A now that you know its origin?

I do not...

I AM: All you have done is decode it, we have seen its inner potential, its original meaning, and now, every time you use it to create words, prose, poetry, legends, share, chat, you will see the A with the consciousness that is it deserves, recognizing that by using it you will be creating, opening paths like the Bull in the fields. That is the same thing you do when you know yourself, when you understand your body, when you inquire into your soul, when you activate your spirit.

ME: It's... very beautiful.

I AM: You are art, remember it, you are poetry, you are Word.

ME: I am the Scheme of the Universe ...

I AM: I am the Word of Creation.

## 180. Organism

[January 30, 2021 Matías De Stefano](#)



ME: If I could see something in this month of Capricorn, it is how everything is perfectly structured in the Universe even though it seems chaotic. Each step we took showed me the importance of schemes, structures,

patterns, and how they are not there to limit us but to sustain us and accompany us on the path of creation. Without limits, infinity could not be experienced. Without limits it could not be observed. Without reflection it could not be understood. Without the structures I could not build. Without laws there would be no order. Without schemes I would be lost. Without foundation there is no future. Without patterns there would be no tools. The feeling of freedom, then, does not come from being free from structures but from knowing how to use them ...

I AM: The key to Capricorn through time and space, beyond the constellation, is the idea of Constancia. Etymologically, its value is to be able to stay all together in one place (con = all together; stantia = quality of being in one place). Psychologically, constancy implies the ability to sustain an action or project over time. This quality is typical of earth signs, as it speaks of the cycles that things need to occur, adapting to different circumstances. Constancy implies patience, work, understanding that all things, to be, need a process, and it is eternal and cyclical. Constancy is the physical quality of the manifested Universe, which reflects the individual's potential to adapt and readapt, to evolve, knowing that nothing ever stops, that everything advances, and that not even death is a true end when you dare to transcend it. It may be hard to look at the universe through the eyes of constant programming, but the truth is that it is the idea of planning that allowed the Universe to exist.

ME: Yeah that's what I feel. Recognize that the same cosmos is just an idea, it is mind expanding freely in an infinite way, and that in order to recognize itself, to know itself, to manifest itself, to enjoy, to feel, to live, it needed to limit itself in order to experience its potentials, which it would never have identified. without being fragmented, schematized, drawing patterns in an immense and flexible matrix of vertices and edges that, when interacting, allow creation, art, the technology of the soul ... It is a perfect mechanism, a pattern of potential ... It is wonderful that something so limiting makes us so free.

I AM: Consistency is the key to being a manifesting creator, and coherence is only achieved by being on an axis, which implies order, structure, patterns, laws, and only because of this is it that it finds the cosmos and allows itself to be flexible creating, using them as instruments.

ME: That's the key to practicality ... the Instruments.

I AM: Practical comes from Praxis, which means to act, to carry out an action, which comes from the Greek "prassein" (to carry, to bring). It represents the body and its ability to manipulate patterns, to "carry and bring them", creating a kind of active network that, redundantly said, interacts.

ME: And what do you manipulate?

I AM: Instruments, tools, patterns. An instrument is what is found in a structure, and comes from the same root "Struere" (to pile up). If building means putting everything piled up in one place, the word instrument refers to that which is piled up. Think, then, that for an atom to exist, 3 particles must be piled up (electron, neutron and proton), with which, these particles are the 3 instruments of a construction called an atom. For a molecule, the instruments will be atoms, for a chemical compound, the molecules will be the instruments, and for an element the compounds will be its instruments. Thus, Life is the construction of the instruments that you call chemical elements, which make up cells, which will become instruments of living tissues, forming bodies. And in a group, a family, its parents, children and grandparents, will be the instruments that compose it, as individuals are the instruments of a culture and society. The instruments are the parts of the expansion that are grouped together discovering different potentials of the universe, and to achieve this they do so by affinity, by resonance, by vibration, energy, exchange of substances, they interact in praxis, the evolutionary experience. And as you will see, this praxis would not have been possible if the elements, the instruments, did not follow certain rules, certain laws, certain patterns, schemes, structures, planning ... and to achieve this they do it by affinity, by resonance, by vibration, energy, exchange of substances, they interact in praxis, the evolutionary experience. And as you will see, this praxis would not have been possible if the elements, the instruments, did not follow

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I understand. It often happens many times that from our human point of view, we forget that we are composed of a free cosmos that has decided to manifest itself, it is difficult for us to understand that it is the same expansion of the universe that generated the feeling of limitation, and we consider that to find the right freedom must go outside instead of going inside. We do not know that laws and patterns are tools of freedom, not prison oppressions of the matrix.

SOY: When you understand this, you are free. Anyone who fights for the freedom of his soul forgetting that it is free in the essence of what he considers a prison, will be fighting against windmills created only in the perception of his limited mind.

ME: That is to say that true freedom is so inside the limits, that we never find it by trying to get away from them ...

I AM: Know your limitations well, recognize your patterns, go back to the past, recognize your inheritances, your ancestral constructions, the laws that govern you, and when you have met them, remember that it is you yourself who has generated them to make your existence possible, To be who you are today And there you will discover that if you want to be free of who you are, you just have to remember a simple truth: everything that makes you up are instruments of your consciousness.

ME: Today they shared with me a message from Grandmother Margarita, which transpired a few days ago, and which I think summarizes this. He said something like: "He who lives through the stars is not free, but he who uses the stars to live", alluding to astrology. This made a lot of sense to me with what we have talked about this month, since from unconsciousness we let the outside world use us as tools, when we are the ones who have to use what is around as instruments of our freedom.

I AM: The stars are there, you cannot do anything against them, their gravitational force is much more powerful, many more atoms compose them, and their weight pulls and pushes yours. However, its solar wind can burn you, push you, drag you to destruction, or you can use molinos and panels to generate energy with its power. You will not control a star, but you can use it as a tree that instead of being consumed by light, decides to feed on it.

ME: Sure... it makes sense.

SOY: The cosmos is a huge collection of instruments, and they all work in networks. For networks to function, for flexibility and evolution, it is necessary to recognize each node as a tool, a medium, an instrument of interaction, of interconnection. This is how the set of instruments make up an organism.

ME: What would an organism be?

SOY: It is the incessant interaction and modulation of the instruments. "Organ" literally means instrument, tool, means to do something. The suffix "-ism" means movement, activity. Humans usually call life as "Biological Organisms", that is to say: instruments that interact in relation to what is known as life. And within this concept, you find all the kingdoms of nature, from viruses, bacteria, fungi, algae, vegetables, insects, animals and humans. Humans themselves call their society as "social organisms", and all parts of their body as Physical Organism. The truth is that organisms can be conceptual, philosophical, religious, political, economic, educational, scientific, biological, natural, cultural, stellar, cosmic, mental, since an organism simply describes different agents that interact in the form of a network in a precisely organic way.

ME: It could be said that what they usually describe as "We are instruments of God or the Universe" is literally like that. This phrase often makes noise, because it is usually interpreted as that someone is manipulating me, and it is precisely what makes me believe that I am not free.

SOY: And do you know why? Because humans live from unconsciousness and its incoherence.

ME:... What does this mean?

I AM: When a being is unconscious, it lives by the distorted concept of polarity that you call duality. Like a pendulum, forces on either side propel you to move through what you believe to be opposites rather than complementary. This vision, instead of leading you to interaction, leads you to contraction, that is, to make an opposing force hoping to repel something, to drive it away from you. This separates your body, soul and spirit, leading them to a constant pressure of separation that prevents them from communicating and transmitting information with each other, what you call "incoherence." And when a being is unconscious and incoherent, it does not understand the intrinsic relationship between the internal and the external, it cannot recognize the laws of the universe that govern its life (mentalism, correspondence, vibration, rhythm, cause-effect, polarity and generation), and they end up creating their own laws to fill the lack of coherence. This is how a human begins to use the world not as an organic instrument, but as a tool of forced labor, based on domination, control, manipulation and slavery, ceasing to be organic.

ME: And how does the Universe do it?

I AM: The Universe is coherent and conscious, that is, it self-references and interacts incessantly as cells do, neurons in the nervous system. Nobody controls anyone, everything interacts in full freedom, and the reason why this happens this way is because each cell, each small part of the being, self-refers, and brings out the best of itself. God, the Universe is a single being fragmented into millions, which uses itself as its own tool for self-knowledge. Human error is in believing that God is someone external, above, because he considers that the universe is nothing more than his own projection of it.

ME: Whoever manipulates sees the universe as a manipulator.

SOY: That's right. Whoever loves sees the universe as love. Whoever dreams sees him as a dreamer, whoever becomes a musician sees him as a musician, the chemist sees him as chemistry, the teacher sees him as a teacher, the artist sees him as art, he who does not believe sees him as empty, he who thinks him He sees as mind, he who feels sees him as heart, he who acts sees him as action, just as he who only believes in what he sees, the universe will be matter.

ME:... Because each one of us is the same Universe observing itself through its own eyes...

I AM: Therefore we are instruments, not of a higher consciousness, but of our own expanded consciousness.

ME: This vision makes me smile ...

I AM: You discover, then, that the Universe is an organic framework of instruments used under laws that generate systems, structures, in order to understand, create, expand, discover. No easy story is worthy of being read or seen on the big screen, everything is always about discovering, uncovering what is covered, seeing the mysteries, for this reason the universe becomes more complex, and it does so so much, that the structures are precisely the that help us not to get lost in the mandala, in the cosmic design.

ME: A mandala is the perfect image to understand this, the beauty of expansion, freedom, to understand the magic of fractals, is to understand that they exist thanks to matrices, patterns, paths, paths, structures, systems

...

I AM: You are your own instrument, and knowing your organism, you will know what you are capable of.

ME: My biological, emotional and mental organism ... My family, cultural and social organism ... My planetary, cosmic and divine organism ...

I AM: We are instrumental movement of consciousness.

ME: We are networks of dreams manifested in action.

SOY: And in the constancy of learning how to use them, you re-create yourself of your own creation.

ME: I am an Instrument of my own Divinity ...

SOY: I use.

END of Month