

Month of GEMINI 2021

Conversations between I and AM

By Matias De Stefano

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WEEK OF MIND

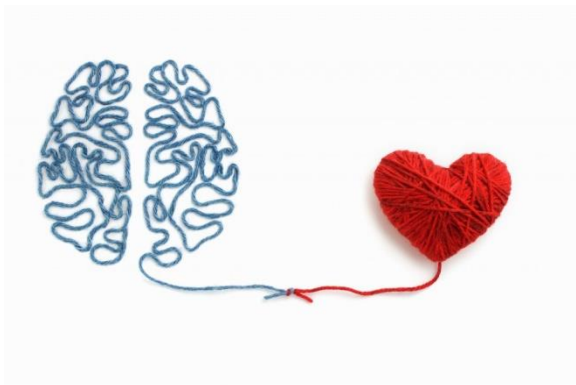
301. Think – Feel (Crown)

[May 31, 2021 Matias De Stefano](#)

Daily vibration: Xa

Statement: I Am Spiral of Divinity

Code: SUPERIOR CENTER = within the energetic patterns linked to the human physical body, the superior center is found in the contact limit between matter and the astral plane. It has an intense white color, shining in gold around it, like a sun, that marks the positive pole of the toroidal energy of the electromagnetic field, and is the limit for it to return to the inferior plane. It's information is linked to the Higher Self concept, where the high spiritual information from guides and self mastership comes from, the intuition.



ME: If something brings us Gemini, it is this constant duality between the actions we perform. There is a certain constant bipolarity in this sign, sometimes funny, sometimes tragic, which shows two faces of an individual that it is impossible for him to keep his attention on a single concept, because he needs to put his mind on many things or people at the same time ... What makes this sign so volatile?

I AM: Gemini gets its name from the Latin word "twins", in honor of the stars Castor and Póllux, two brothers from Greek mythology of whom we have already spoken. One mortal, the other divine, both warriors, defended themselves to the death. When the mortal brother died in a battle, the divine brother succumbed to a huge depression, asking the

gods to make him mortal so that he could also die, since without his brother nothing would make sense. But the gods, decided to take both to the skies and put them together, shining for eternity. Gemini is representative of fidelity, brotherhood, the unity between the worldly and divine aspects, between the subtle and the gross, united as one. For this reason, it represents openness to others, to different points of view, to friendships, the relationships between different points of view, individuals, realities. This makes you embody a constant sense of learning, of looking for new things, studying, learning, knowing, discovering, because in each new person or situation there is something that will attract your attention. Due to being part of the trinity of Air (Gemini, Libra, Aquarius), it is an irregular, changing sign, like the breezes, like the wind, based more on the mind than in other aspects, connected to the world of ideas, thoughts .

ME: A very mental sign, changing in their ways of thinking ... For this reason it is seen as impossible in many cases, since their moods change in moments as well as their points of view in many cases.

I AM: It is a characteristic that can make Earth signs very nervous, but that generally nourish attachments with transformation. The freedom of relationships, transformation of thoughts, and the search for new ideas and knowledge, leads this sign to be flexible and a facilitator of change. Above all, taking into account that it is the physical aspect of Air, it has a concrete role in relation to this.

ME: Which one?

I AM: Sharing. Relationships, friendship. You start this month with the luck of being able to have several friends with you, nourishing yourself from their visions, from their presence. Relationships between various enrich the spirit, and are the key to spreading a message to the world. For a message or idea to transcend, it cannot be taken from a position of superiority, but of equality, because in this way, the message spreads, being shared by several and thus sustained by many. For this reason, when you have managed to identify what you have inside, who you are, your potentials, when you have defined what your well-being is, what is your home in the world, and what you constitute to build yourself as a person, it is time to share all this that you have achieved and are. Gemini is the door to that sharing, to making that which is in the internal world,

ME: Connecting two very different worlds ...

I AM: The positive and the negative. In the month of Gemini, it will be necessary to find the balance between both forces, actions, that push us to the extremes, sometimes introverted, sometimes extroverted, in that bipolar characteristic of the sign, which if they find a middle point of communication, will awaken the most powerful voices of your being. And this leads us to balance the first concepts of the crown chakra.

ME: What are they ...

I AM: Thinking and Feeling.

ME: Oh, great internal struggle of the communication of the being. I have seen many images, memes, or teachings that speak of this battle between what we think and what we feel. I have seen many scientific people put impetus in what we think, claiming that emotions, what we feel, is never objective, and can lead us to act impulsively, erratically, making mistakes and generating unnecessary conflicts. "You have to be rational", "think logically." And, on the other hand, the more spiritual or emotional gestures, which allege the importance of quieting the mind, of silencing mental noise as something negative that prevents our development, and promoting the triumph of the heart over reason. They often say that the most important thing is how we feel, and that feelings are the key to true awareness. Who wins this battle?

I'm nobody. In a battle there is never anything to gain. It is always lost. From the moment a conflict arises, everyone is destined to lose something. And not to mention if that battle is internal. The battle between Thinking and Feeling, Brain and Heart, is very old, and has its origins in philosophy. The word Philosophy encompasses both concepts (from the Greek philé = love, and sophía = knowledge). The love of knowledge, incorporated reason to the interpretation of the soul, the arts of the abstract applied to the sciences of the concrete. For this reason the

philosophers were romantic thinkers and poets, inspired by the muses, while they also dedicated themselves to geometry, medicine and mathematics. The union of love and reason expanded the areas of knowledge, because when looking at the stars they saw not only astronomical logic, but astrological magic. This allowed them to understand the human being and the environment that surrounds him holistically. (Holistic from the Greek "holos" = everything). With the spread of absolutist monotheisms, science was relegated to heretics, those who go against the faith, for a simple reason:

ME: "Faith is unquestionable" ...

SOY: While philosophy is based on questioning. During the following centuries, in various parts of the world, faith was the standard of societies, relegating reason to a mere enemy who questioned the ways of God. Although beyond this, the fear generated by questioning a god was based more on the fear of instability and loss of power over a chaotic people. Monotheism was a very useful political strategy in keeping a nation together. To question God was to question order and promote social chaos, so doubting the faith was almost an act of treason to the government.

I understand...

SOY: This led to centuries of oppression of free thought, until during the 15th century the Hellenistic ideas of the Birth of Philosophies and the Arts returned, beginning the period called Renaissance. This brought back the liberal, philosophical, artistic and scientific thoughts, which returned the doubt to the thinkers, awakening the interest for the questioning. For several decades, they were considered traitors, satanic, but the development did not stop. The delusions of religions, the genocides carried out by the states of the Faith, ended up exposing the errors of humans who claimed to represent love and faith, turning many individuals to reason and logic as forms of escape this madness.

ME: What turned the mind against the heart.

SOY: The heart was related to the idea of hunch, of faith, of feeling, of that which cannot be explained, which cannot be measured. Following your heart could be interpreted as a hint of religiosity, of losing your sanity. This begins a new time, the time of the Enlightenment, and therefore an age of Reason. Since wars, expressing emotions was a symbol of weakness, which could lead to death, thus, repressing emotions was a way to strengthen oneself, to be powerful in the face of life's adversities. This tradition was maintained in rationality, in which the arts and emotions had no place in the thought and study of logic. Thus designing an emotionally repressed society, based on the idea of rationality. From the social revolutions of the 60s, emotions began to be released, and a movement was born to regain the strength of the heart, of feeling, which led us to interpret rationality as a symbol of an oppressive and controlling system. The "new spirituality" focused its intention on awakening the feeling above the mind, seeking to silence it, between drugs and meditation. Eastern philosophies began to spill over into the West, and the traditions of emptying the mind and following the heart became the basis for the awakening of consciousness.

ME: Arduous path of struggle between logic and feeling.

SOY: A battle that continues. The truth is that the brain works just like the heart, by pulsing. The external signals are interpreted by the neurons generating illusory images, comparable to the feeling of the heart. Emotions are produced in the hypothalamus, and hormones driven by the pituitary gland alter the heart rate by dilating the veins and arteries that cause the heart to beat and expand faster and in greater amounts. The heart, in turn, has a system of neurons, which record information from the environment. Both systems work as one, and not as opposites. One is useless without the other, the heart nourishes the brain while the brain pulses the heart through the nerves. Like the ends of a guitar, the brain, reason, thought, are comparable to the pegbox, where the strings are adjusted and tuned. They cross the neck, along the throat, where the vocal cords lie, and the heart is the mouth of the guitar, where the sounds and melodies that sweeten our souls sound. Both are parts of an instrument that has to work together, in harmony.

ME: Coherence between what I think and what I feel... What we always talk about... To sound good.

I AM: To feel it is not necessary to silence the mind. To think, it is not necessary to turn off the emotion.

ME: How do I balance them?

I AM: Take a notion of what your thoughts are and how you use them. What do you normally think about? What are the recurring thoughts in your day to day? What thoughts relate to the past, which to the present, and which to the future? Which ones are free, which ones are conditioned? Once you know the thoughts that haunt your daily mind, and have identified them, you should do the same with your feelings. Ask yourself what do you feel? Are they conditional or unconditional feelings? Which ones link to yourself and which ones to other people? Do you feel based on the past, the present or the future? What are the feelings that govern your routine? Identify each of them. Make a list, and then connect the feelings you have with the thoughts, as in a game of connecting the same or similar, weaving a web your own instrument. Recognize what thought and what feeling nurture each other. And be aware that what you think is not counterproductive to what you feel, nor vice versa, but that they feed back. A balanced being does not silence his mind, but navigates his ideas like a landscape. A balanced being does not turn off his feelings, but uses them as the waves that allow such navigation. Nothing in you is against you, they are simply forces that you have traditionally considered distant from each other.

ME: We must put them back together ...

SOY: And the best way to do it is by taking up Philosophy. To open up to see the world, to discover with thought and perceive with feeling. Well, you don't know until you feel it, nor can you make this feeling conscious until you think about it.

ME: Reactivate the philosophy. Perhaps this would be good human government, out of logic or emotion, but based on doubt and possibility that opens its arms to everyone to seek new and transcendental forms.

I AM: Therein lies the crowning of the Gemini mind.

ME: I connect my thinking and my feeling in a divine spiral. I recognize you as the two sister forces that do not fight, but in love recognize each other within me.

I AM: Seek the strength of the heart in your thoughts, and express your ideas with love.

302. Search – Deny (Third Eye)

[June 1, 2021 Matías De Stefano](#)

Daily vibration: Xae

Statement: I Am Spiral of Dimensions

Code: CROWN: HYPOPHYSIS = the energy that gives life and sense to the hypophysis gland is the Crown chakra, that shines with a white intensity and violet tones. This gland is in charge of regulating the entire hormonal system, driven by the sexual energy with the objective of allowing the spirit to descend into matter through birth and incarnation. The Crown itself, is the entering and exit point for the spiritual conscience to the physical body, the plane that connects us to the universal thoughts and center of enlightenment.



ME: Recognizing what I think and what I feel, is to carry out a deep inner search that is difficult to carry out, because it implies looking very deep in aspects that, or we do not know, or we have decided to forget. Perhaps, standing up to the search and transcending the denial of what we carry inside is one of the great challenges.

I AM: "Search and Denial" are two interesting keys that define the path of transcendence. The history of humanity could be defined in the word "Search", since since the emergence of this species on Earth, they have been defined by their characteristic of explorers in hundreds of different areas. First in the outer world, and consequently in the inner world.

ME: In a way, all life seeks, right?

SOY: That's right. In the first instance, the loss of energy, of balance, makes us unstable, which awakens the need that moves us from our static state to a state of action, in which the remaining energy is available in the search for more energy to complement the generated vacuum. From the subatomic levels, this energy exchange occurs by environmental forces that surround the particles, extracting charge from them, which forces them to seek to compensate for this loss by searching in space for other particles with an equivalent charge on which to find stability. Throughout existence, this pattern is repeated, seeking to obtain particles with energetic charges that balance structures, such as photons from the Sun. This generates more complex atomic organisms that absorb, capture these photons, which in their chemical conformation, begin to create organic structures, that is, flexible, that are able to adapt to changes in the environment. This creates the first cells, and from there, the multicellular organisms. They are developed based on looking for light, diversifying into a more successful search.

ME: What creates the diversity of algae and vegetables ...

I AM: And among them, the insects and animals emerged from the protozoa cells, which set out in search of plants or other animals. This diversity of the kingdoms of nature leads not only to a search for nutrition, which evolved to be known as food, but in turn a primordial need that is to "survive", that is, to be able to last as long as possible. . This generates the development of camouflage, to blend in with the environment, to hide so as not to be eaten by predators.

ME: Hiding as a key to survival, which has given so many shapes in animals and plants, colors, strange shapes ...

SOY: And that it has forced predators to develop their hunting arts, and to chase, that is, the search and tracking of their prey. Mammals specialized in this type of hunting by tracking, among which hominids not only chased, but also designed group strategies and tools for it. The first humans built nets, spears, axes, boleadoras, boomerang, which allowed them to hunt, but above all, the intelligence that allowed them to track. Identify the presence of animals by their tracks, their smells, by the branches and leaves, their hair, the change in the landscape, the climate. The analysis led them to develop their peripheral gaze, and to create mental maps that they were able to share with others through communication and tradition.

ME: And we become Seekers.

I AM: Nomads. Adventurers, travelers, who passed the search as part of the cultural tradition, and went even beyond the horizon, using their imagination. They were not only looking for food, security, and land, but they were looking for dreams, ideas, and wishes. The hope of finding food made the mind develop the ability to imagine banquets, to imagine the houses they would have, to imagine the lands where they would live ...

ME: And they created Paradise.

I AM: A magical place behind the last horizon, an idyllic place, perfect in every way. Paradise comes from the Avestan "pairi daeza" which means around the mud walls, which defined an artificial garden surrounded by a wall. It refers to the gardens of the ancient civilizations of the Persian region, orchards guarded between desert walls, which designed the idea that in the middle of the desert of life, an oasis of eternal abundance can be found. In the physical world, nomads sought these oases, while in the world of ideas, they sought to find that oasis in the heavens, the eternal oasis. Thus arose the Spiritual Search, for which there were many paths to travel, and each one tried to find the most direct way to this source of life. He related to God with the water of the oases and the sources in the middle of the desert, to his Heaven with a calm place with food and peace. The roads built ideas that were directed towards religions, philosophies and the sciences. These paths drove the search for the arts, the inner world, technology, politics, the cultural and social.

ME: Both physically and emotionally and mentally, we became tireless seekers.

I AM: Looking for the end in something eternal. Therein lies the infinite capacity of this search. Search comes from the Germanic languages "busk", which gave in English the word "bush" (bush), and in Spanish the word "forest". Search is a Francophone construction that came to Spanish through Catalan, replacing "velle" (which gave the idea of watching over something), by "boscare" or "forest", meaning: to go through a forest chasing something. In terms of hunting, the areas of northern Europe were full of trees, which meant that discovering the prey, the animal or the fruits, required searching among the trees. In English, the verb is "search", which comes from a mispronunciation of the Latin verb "circus", which means "around", it is the periphery of something, which gave us the words to circle, circular, circle, and circus, as well as "Recercar",

ME: So the search is related first to a need, and later to a will. Where do we really search from?

SOY: Few do it from the will. Most from necessity.

ME: Why is that?

SOY: Where do you intend to go with your search?

ME: I don't know ... because, I could tell you that my purpose is to seek for the Earth to find a harmonic system that allows it to live in balance, but it really is not a purpose because the transformation is constant ...

SOY: And you, where do you want to go beyond humanity?

ME: At this point in the road ... I'm not sure, or maybe ... I don't even think there is where to go.

SOY: Well, there is the key. After so many steps you are realizing. When one searches knowing that there is no place to go, one searches from the will, not trying to find the fruit or the prey, but to know every corner of the forest. When one searches with an objective, with wanting to reach the end of things, or with the impetus to discover something to satisfy his body, soul or spirit, he does so from necessity. Well, biologically you are programmed to satisfy yourself, satisfy basic needs, which imply reaching an end, a paradise. The search that we carry out in our lives is conditioned by family, cultural, religious and social mandates, and are normally not intended to discover, but to unmask.

ME: What's the difference?

SOY: When you discover, you do it with the surprise factor of learning, because you take out what covers something, without looking for what that something was, and therefore generates surprise and understanding. In the case of unmasking, what we experience is the need to discover something with the expectation of seeing what is behind it, considering what covered it as something harmful, as an enemy that prevented me from seeing it, like wanting to blame the shell of banana for not letting me see the banana. And if the banana was wilted, or green, I will immediately go to the extreme of this search.

ME: To deny the result.

I AM: Exactly. Deny, is the action of rejecting the possibility of something, the nullity of a result, origin or a state. What I was looking for made me see something that I was not willing to see. Inquiry in the external world makes us discover things that are ugly for our illusions. Think about it, with something very simple. Humans seek the truth, trying to lie to religions and governments for hiding truths and deceiving us with false data and gods, and yet, at home, we make children believe that Santa Claus is coming at Christmas, or that the Mouse Pérez or the Tooth Fairy leaves money in exchange for teeth that fall out, or that there are Three Wise Men who bring gifts in exchange for grass and water, or when a child asks what is wrong, we usually say: “nothing, everything is good”, even if it is not, and many things happen. What difference is there between this deception that people live in the first years of their lives than that of adults? Why do we feel offended when we are told that God is a human cultural fantasy, but it seems like a fun game to make a child believe that Santa Claus exists?

ME: I suppose it's because of the illusion, to maintain the illusion of the children... right?

I AM: The illusion exists without the need for deception and lies. Perhaps for an adult, the idea of that childhood fantasy is a playful story that sustains the illusion in childhood, but nevertheless, it is the basis that shows how all tradition becomes a betrayal. What will make your life look full of deceptions, and you do not know how to differentiate them, deluding yourself with religions, politics, and other types of fantasies, without being able to discern. You understand? Illusion lives in art, in reading, in movies, in experiments, in adventures, in creative and infinite imagination, not in deception and lies. The idea of sustaining this type of attitudes towards children, only leads us to build an illusory civilization, of mistrust, and of lies,

ME: Sure ... I understand now.

I AM: It is these actions that embody in our psyche the idea of believing a lie to make us feel good, living in the illusion, since in this way, we will not feel better, believing our own lies, which are sometimes unconscious and not premeditated. Thus, at the time of the outer search we find truths that we did not want to see, and in the inner search we discover hidden things about ourselves that we would have preferred to remain that way. And that's where Denial comes in as a counterproductive process. The Tree does not let you see the Forest.

ME: Oh... How do I see it?

I AM: First of all, recognizing that the forest is eternal, and that there is no end. Second, acknowledge the things you deny about yourself, and the things you deny about the world. What are the lies that you believed and have disappointed you? What are the lies that you still believe and know they are? Where do you look from: from will or from need? Be honest, because you don't have to prove anything to anyone, you just have to help yourself. What do you seek or expect from the world, and what do you seek or hope to find in yourself?

ME: We are full of things that we deny about ourselves and the world ... When we say "I'm not like that", or when we deny situations in the world for an ideological or partisan issue. This implies doing a very deep review, and above all skipping the denial stage, because how do you know what you deny if you deny it?

I AM: Friends. For this we have real friends. Take advantage of the energy of Gemini to remind you of something fundamental: what you do not see in yourself you see in others, and that is why we have friends, to complete the looks that we cannot observe. Real friends are the ones who can help you with love to see what you deny in yourself, and

you will know it when your answer is: "I'm not like that, I don't do that." Pay attention to these responses, for therein lies the response mechanism that blocks the inner search, that numbs your potentials hidden in the forest.

ME: Makes sense... yeah.

SOY: Make your list, what do you seek and what do you deny? Ask, inquire, discover. The key this month is to learn, discover, study, share, communicate what is inside and outside.

ME: I am about to accept what I deny, and to open myself to an eternal search.

I AM: The only way to find yourself.

303. Say - Shut up (Throat)

[June 2, 2021 Matías De Stefano](#)

Daily vibration: Xe

Statement: I Am Spiral of Sounds

Code: 3rd EYE: PINEAL = the vital energy of the Pineal gland is called 3rd Eye. The pineal gland controls sleep and wakefulness, regulating the body's energy, revitalizing it during the sleeping process, and activating it in the awakening process. Every day, all the living beings experience this dual process of the pineal, even though in certain periods of Life we experiment this process energetically, for most part of the time we remain asleep, and by activating the 3rd Eye it allows us to see what's beyond matter, and above all what's inside us. What we call "the Awakening of Conscience.



ME: Something difficult to do when people deny what lives inside of us is to speak. Communicate it.

I AM: Communication is the key to Gemini. The planet related to this sign is Mercury, and it had a clear mission: to be a Messenger. As we have explained, Mercury gets his name from the word Market, and he was the patron of Merchants. Merchants traveled along paths where there were rock pillars called "herma", which is why in Greece, the god of merchants was called Hermes. The merchants were travelers and messengers, since they carried the news from one town to another, and were used by the town as a kind of postman. All these attributes were assimilated to the God

of Wisdom, who was assigned the same task but traveling the paths of Heaven to carry messages to the gods of Olympus. Hermes, known in Egypt as Djahuty (Thot),

ME: And one of his most important teachings was the word... I remember it.

I AM: The verb, the word, the truth, was the code that summarized the divine information made matter, the way the mind could hear itself, the way the divinity found to be able to express itself. Every sound, song, cry, word, verb, pronoun, were the divine jewels of consciousness, pearls of awakening.

ME: I remember that we had to learn to pronounce the words very well, because if we didn't, we wouldn't be able to manifest. There were sacred and complex words that were considered Keys, Technology between Heaven and Earth, which represented the unity between the divine and the mundane. There was a word, "Ammanenumótyni", which we called "the Name of God." When we wanted to embody the divine, for a long time, we had to renounce our names, and pronounce this one. If they asked: "E'nam-eh?" (what's your name), we should say: "Ammanenumotyni". This name is the sum of all the pronouns together: amma = I am, ne = you are, nu = she or he is, mo = we are, ty = you are, ni = they or they are. That is to say: I Am All. But there were words that were forbidden.

I AM: "Hermetic." There are words that contain so much power that they cannot be pronounced unless you really know how to sustain their vibration.

YO: It reminds me of what happens in the movies, where there is always some secret spell that is forbidden to say.

SOY: And rightly so. Just as there are different levels of learning, there are different forms of education. You cannot give a 5-year-old child problems to solve for an Engineering student who is finishing his thesis at the age of 25. Just as it will take years until, instead of DNA, you can say Deoxyribonucleic Acid, and perhaps many more years until you understand everything that this word truly implies, and you can say it again with another level of consciousness.

ME: Like someone who takes a book at the age of 17 to read it for school, and takes it back at 30, and again at 60, the same book, in the same words, will allow me to see many profound things that I had not seen before. .

SOY: For the ancients, words were more than simple vibration generated by the air that comes out of our lungs and passes through the vocal cords making sounds. Words were creative, they mobilized action, and therefore had the ability to transform. Therefore, those who did not see themselves in coherence, who were not ready to understand the power of the word, were denied until they proved otherwise in the trials of life. This spawned the idea of secrecy as a way to shut down knowledge to protect it from unconscious and incapable minds.

ME: But isn't this counterproductive? In other words, why shut up the knowledge that should be for everyone? Wouldn't there be more consciousness in the world if everyone could have knowledge?

SOY: Here we are going to take two paths of understanding. In the first one, I'll tell you no. That no matter how much you release the knowledge, it will not improve anyone. In the second option I will tell you that for many it has been convenient to maintain that silence.

ME: We all know the second one, but I'm interested in knowing about the first option.

I AM: Internet. Single word.

ME: Aham ...

SOY: In the 60s, the first computer network in California was activated for the transfer of data, of information. It began to grow and develop as a way of exchanging jobs between technology development offices, government and universities, from where they began to spread. There comes a time when the number of users generates different servers, and all kinds of information begin to be uploaded to the Internet. Human Communication experienced one of the most accelerated advances ever experienced in history, not even in Atlantean times. For the first time on Earth, a

species managed to generate an organic network without hierarchy where data and information of all kinds were posted. The ingenuity of individuals throughout the world implemented improvements in communication systems, creating applications and teams of greater agility, developing platforms that facilitated the uploading of data to the Internet. Thus you begin to experience the explosion of information in the "cloud" since the '90s, something that was exposed after 2010 by hundreds of times, if not thousands. Today, humanity possesses the largest amount of publicly available information that even your parents could have imagined as children, only 40 years ago.

ME: It's true ...

SOY: So what makes people not more aware, what makes them not come to knowledge?

ME: Ignorance?

SOY: No ... the lack of Will. Those who have the will to seek will find. Today any doubt can be solved only by entering a web search engine (network). You have explanation of all possible topics explained in thousands of ways. What makes us not search?

ME: They haven't taught us to seek... but to receive. Years of education in which we have not entered the internet in the classrooms, in which we have not looked for what we were interested in ...

SOY: The current educational system continues to ask children to make an effort to read a dictionary when the internet is much faster, or to look for information in the library, when there is much more educational information on YouTube.

ME: But... it's important to go to the library...

SOY: It was also important to have the runes read to you. Not?

ME: What do you mean by that?

SOY: Because in history everything changes, and believing that we will lose an ability to advance does not make us worse, it only delays us. Those who read fortune in the runes, in coffee, those who gave advice through words and interpretation, lost their jobs due to libraries, and reading books was the way out of a time of uncertainty. The Internet is that very change. On the one hand, people cling to thinking that what they lived as children was better, because they knew how to do more things, and on the other hand, the new ones have an excess of information on the internet that they do not know how to manage or access because no one has taught them how, since they spent years learning about the indexes of a book. Sorry about this bucket of cold water in terms of practicality.

ME: I understand, yes, we are clinging to previous forms. Now, I want to understand that what we are talking about explains that all knowledge is there, publicly, but you don't know how to look for it ...

SOY: Because they haven't asked themselves the question. To learn, you have to ask yourself the question. Without the question, the answer does not appear. If you don't know what you're looking for, you won't see it even if it's in front of you. You understand? And if it appears before you without knowing how to use it yet, it is likely that you will end up hurting someone.

ME: Like the atomic bomb.

I AM: "The problem of man is not in the atomic bomb, but in his heart." Albert Einstein.

ME: That is why many times the wise or connoisseurs prefer to be silent, so as not to give something so important to those who let us handle it.

I AM: Applicable to freedom. The human always falls into systems of oppression for the simple fact that he does not know how to handle his freedom. This is why there are usually secret, hermetic systems or organizations that maintain control, hiding certain data, to maintain the status quo: that's point number two. Hide, keep quiet on purpose, for purposes of power, or for purposes of protection. Like when your parents hide their problems from you so as not to make you feel bad, like when your teachers tell you "you're still too young to understand this."

ME: We keep quiet to control or protect ...

I AM: To others or to ourselves. The reason this happens on a large scale is because it is born on a smaller scale, inside each human. The fear of death or exile makes humans keep things to themselves, secrets that make them different, that led them to make mistakes. Sometimes they prefer silence to survive, to protect themselves and to continue in the group, being accepted. The fear of saying what we know comes from the thousands of years of having been punished for expressing what we are or think, hundreds of civilizations that judge the internal world of people or their own decisions, created a psyche that prefers to close to risk. From the hermetic fraternities to the child who is bullied at school for being different (bulling), from the Christians who hid from the oppression of Rome, even the freethinkers who hid from the Christians. Silence was the key to subsistence in a world full of trials. Therefore, knowledge is often dangerous in the wrong hands, in the hands of those who have not asked the question. For this reason, the brotherhoods closed their doors to the public to ensure that whoever came to knock before them was of their own free will.

ME: The internal world tries to protect itself from the external world ... How do we say, to speak ...?

I AM: Two things have to happen: the right external context, and the right internal development. Learning to say what we think, what we feel, what we believe, what we want, is one of the bases of the real freedom of an individual, and the most difficult to do because of the aforementioned. A human being needs to feel that the environment contains him in that truth, and it is only more difficult. Therefore, in order to break the silence, and speak, it is necessary to follow some steps.

ME: Which ones?

I AM: First of all stop denying what goes on inside. Observe yourself, and stop escaping from the truth as if they were schizoid illusions. Face and look into the eyes of that truth that lives within, and recognize it as the truth itself, part of your being. Second, it's accepting it, being at peace with it. The third step is to identify if the environment is conducive to expressing it, and if it is not, you need to look for one where you find contention when pronouncing the truth for the first time. A space where you can feel comfortable. Many people commit suicide because of what they are silent, because they cannot see that the world is gigantic, and that there are many environments where they can be who they seek to be, where there will be no judgment, and where they can build a home. Well, home is not where you come from, but the one you build from your freedom.

ME: I think it's very useful.

I AM: We keep silent for fear of not being accepted, when the only one who must accept oneself is oneself. If you accept yourself, you have no choice but to say who you are, because the verb materializes. Now tell me what are you silent?

ME: Some of the things that I keep quiet I talk about with others. Sometimes I keep quiet about certain things that make me ashamed of myself, even though I share it with friends, so I simply choose who to shut up and who to talk to.

SOY: That is to protect the energy. Say it without fear in certain environments to take care of your energy development and not lose strength. The word has the power to build when it is focused, sometimes shouting from the rooftops is not a solution, but a loss, because then you do not know how to sustain that which you have released. Now tell me: what are you just saying?

ME: I share a lot about myself, with friends too much, with strangers, almost also, although less to take care of my privacy, I usually share a lot.

SOY: Are you afraid of judgment?

ME: Before yes, now the judgment makes me angry. I must work on it. I'm learning to say more, before I was very quiet when something bothered me.

SOY: To some, the years give a perspective of the importance of not shutting up and saying more what they think or feel, while others the older they grow the quieter and quieter they become, for fear of losing security. Identify how you live your silences and your verbosity in life, what you keep quiet and what you say, in order to understand where your will to be free lies.

ME: I am becoming aware today that information is free there for everyone, we just have to learn to search for it, and above all learn how to search, within which I recognize that in order to do so freely I must know what things I keep silent and retain in myself, denying, and what things do I say to be free.

I AM: Your voice is your creative power. If you seek to create, you must speak, free your voice, the silences are only useful to meditate on the truths that lie within you, to find the correct words to share your truth in harmony with that of others.

ME: I am the Voice of the Creator, and Communication is the key to the Cosmos.

SOY: Talk to me, and tell me about your inner Universe.

304. Serve – Save (Heart)

[June 3, 2021 Matías De Stefano](#)

Daily vibration: Xi

Statement: I Am Spiral in Expansion

Code: LARYNGEAL: THYROIDIS = connecting the gland on the throat, the thyroids, is where the energy that gives life, the Laryngeal. The thyroid is in charge of the development, growth and control or regulation of the expansion of the systems. For this reason, it's energy is responsible the growth in several aspects, above all the educational one: learning to be oneself, grow as a person, receive and give information, communicate in an integral and coherent development of the being.



ME: Whenever I think about the concepts of this month, I have visions of a constant conflict of interest between the parties, because at least everyone I know who has this sign very present in their lives, end up being very bipolar, in the sense that one day they live life in one way, and the next in a completely different way, they want to be free, but at the same time friends of all. I have absolutely none of the Gemini energy in me, and for this reason they are difficult for me, I do not know how to relate to this energy, and therefore, in turn, it attracts me, as a kind of challenge. His fascination for learning and relating, but at the same time, for shutting himself up, like the counterpart when sharing and talking, which is really hiding what he is from others. And today, in relation to the heart,

SOY: And it moves you because precisely the reason for his disappearance has been to change his mind imminently

...

ME: Yes. Surely we have all faced relationships that are unstable from time to time and that everything changes in an instant, I have lived them on three levels that I have very present. From friendship, from the couple and from the family.

SOY: Tell me.

ME: The first was friendship. Since I was 11 years old, I had a very close friend whom I loved and love a lot, with whom we were together all day, as brothers. He was very funny, communicative, and loved to learn, but at the same time, very reserved with what was really going on inside him, and he used to hide his sorrows behind endless jokes. I knew what was affecting and hurting him, but still, I did not intrude on his life, unless one day he told me about it. Years went by when we didn't speak to each other because I moved to another country, but there I was anyway. He had many different groups of friends in different environments, and he used to not bring them together, preferring to maintain that anonymity of friends in specific circles. Upon my return, there was the intention to continue this friendship, but soon things began to change. And with soon, I mean in the same week. From being my friend as always, in an instant I became his enemy, the devil. The reasons: one of his new groups of friends was of the

evangelical religion, which considered what I was like an extension of the devil. As much as we have seen each other in other moments, his attitude was different, and his way of being towards me had changed. We had always been there for each other, but we preferred to protect ourselves.

SOY: And in love ...

YA: You already know the story well, almost like everyone else. That time I fell madly in love with someone I still dream of to this day. He marked a before and after in my heart, because I came from the All and he gave me the fullness of the Void. I understood too many things, and we knew we were made for each other in just one week. And in the same amount of time everything changed, suddenly he was a totally different person. Maybe I made the mistake of speeding things up, but his environment made him change his mind about me in just 24 hours, disappearing from my life like no one had ever done before, being a ghost with whom I have no way of contacting by no means, with whom my words were kept, when on the contrary they were at his full service.

SOY: And the family ...

ME: Well, conflicts of interest. Bad interpretations of what each one wanted with the projects we were carrying out. I saw something much bigger for which we all had to make an initial effort, and some of my family saw that as a betrayal or denial of them, as if they disrespected everything they did for me. In a few months, and especially in just a week, the attitude changed completely, placing himself in the role of victim when there were none of the roles, not even the victimizer. And getting ahead of the Gemini emotions, it polarized to the point of placing us in the place of enemies. I will never understand. But as with the other 2, I respected the space and stepped aside flatly, not just its space, but respecting my own energy.

I AM: The Gemini heart gives in or out, and that is something that for the most part, we all share, perhaps on a smaller or larger scale. In the same way that they changed their position, your reaction was the same, change yours.

ME: But they intended to do something else ...

SOY: But you followed that intention. This is not a judgment, it is a logical and objective observation of the facts. The tendency to see that they only untie one end of the thread, does not let us see that a knot has two ends, both pull to adjust, both pull to loosen.

ME: Some more than others.

SOY: Yet here you are. And because? Because the heart of Gemini reminds us of service, but not the service of Pisces, related to the unconditionality of servitude for the welfare of others, but of another type of service: that which is useful for something. Are you useful, what are you good for? What are the others good for?

I eat?

SOY: What was your friend good for?

ME: Coldly, to laugh ... to have a good time, to feel accompanied.

SOY: What was your lover used for?

ME: To feel loved, to feel at peace, complete.

SOY: What was your family member for?

ME: To feel protected, contained, supported ...

I AM: Therefore, they were at your service, just as in some way you were at their service. Let's understand this. To serve comes from the Indo-European "Serv" which means to protect. This, in Latin, gave the idea that the one who protects is the property of the protégé, being "servus" the word for "Slave". The idea of being of service puts us in a sense of dependence on the other. Serving the other can be positively interpreted as collaborating, helping, making oneself available, although it will never cease to have an enslaving origin, more related to usefulness than to sharing. This brings us to the counterpart: the one who watches over the servant, the servant, which comes from the word "wer" (to watch over), and that in Germanic gives the word "wardon" which in Spanish we use as "to keep". For English, this word originates from the verb "to guard",

ME: So one becomes a slave to the other to such an extent that he begins to be vigilant, trying to keep it to himself.

SOY: The old power struggle that leads us to seek to have more and then to fight for who gets the bigger part. The abundance of the heart puts us at the service of giving, which can be from selflessness and unconditionality, or from interest and conditionality. When conditions begin to exist on one side or the other, the being becomes vigilant, attentive to the situations that lead him to guard himself, to protect himself so as not to lose his own energy.

ME: The verb Servir should therefore be unconditional so that it is really beneficial for people.

SOY: And this implies understanding that one is the service of the others in terms of use, of utility. Being aware that there is no relationship that does not benefit from another through service, is what would make us more free when it comes to choosing how far we give to the other. A plant is at the service of the animals, delivering oxygen on each exhalation. An animal is at the service of others by nature by leaving remains for insects. And there are services that involve abandoning parts of oneself, losing.

ME: But from consciousness ...

I AM:... Everything changes. Well, you are able to make the decision of what you want to deliver, and what you want to keep. Perhaps, in the eyes of quality, you believe that Serving is the positive aspect and Keeping the negative, but it is not like that, it all depends on the consciousness with which you look at reality. We could take, for example, Serving as positive if it arises from unconditional love, from making oneself available to the other, but the only way for it to be unconditional would be if you do not lose a gram of energy when doing it, but on the contrary, you expand your energy.

ME: Like when doing something for the other I feel even more energetic, happy, expanded.

SOY: That's right. In such a case, saving this energy would be counterproductive, as an internal excess of this energy can harm you. People are saved, they watch over their energy for fear of dying, of losing, of being robbed, that is why they close, cut relationships, move away, to save themselves, protect themselves in spaces of containment. Here, you see the negative aspect in the fact that energy is not renewed unless you exchange it, and that which does not circulate stagnates, and what stagnates becomes ill. Now, seen from its conscious opposite, being of service can make us dependent on the other, which makes service become more of a measured attitude where the other is just as independent, and will only relate to you in the moment of true Necessity, until then, are the same, and there are no ties that unite them, but love that moves you. Here,

ME: It would be that, instead of regretting the breakdown of relationships, I have to focus on saving my energy on what I feel needs from me now.

SOY: It seems obvious, obvious, and yet few humans live like this. The body manages, saves energy for moments of true need, where the being must put at the service of the whole.

ME: How do I correct this mismatch between serving and saving?

I AM: Communicating, speaking, manifesting the truth, making clear the links, making clear the limits between giving and receiving, between what you are willing to give and what is your own and you intend to keep for yourself. Learning to communicate this is the key to a coherent relationship, outside of dependent and conditional bipolarity.

ME: It seems simple, and it's so difficult ...

I AM: Start small, identify first of all in which relationships, in which links or circles of people in Isoq eu you move, you are giving more than you receive, in which you are at the service losing your energy, in which you are from unconsciousness or from consciousness. Identify what you keep and if you do it out of fear or consistency. If you are a watchman of slavery, or guardian of your service.

ME: I intend to identify this, in order to have better and healthier relationships.

I AM: And when you are ready, communicate it, say it to whom it corresponds, from the greatest of loves. Sometimes saving yourself is the answer until you are ready to serve from freedom.

ME: I expand in a spiral of surrender in consciousness.

I AM: Surrender from freedom. Be free and love the world by loving yourself.

305. Connect – Separate (Solar Plexus)

[June 4, 2021 Matías De Stefano](#)

Daily vibration: Xi

Statement: I Am Spiral of Entities

Code: HIGHER HEART: THYMUS = the purest energy of the being is at the same time the most powerful one. The Thymus gland is located over the Heart, and it generated the white cells, regulator of the immune system of the physical body, and therefore is who looks to defend the body against all invasion, maintaining the harmony of all its parts. Its energy is expansive, and its chakra, the Higher Heart, speaks of Love and Unconditional Service, that acknowledges the differences of the body as a hole in balance with the one that has to contain.



SOY: You have a problem and you know it, right?

ME: Just one? He he

SOY: Well, there are different types of problems. There are those we inherit, those we are not aware of, those imposed by the context, and those we choose. Usually you are full of problems that you chose.

ME: That's true, that is, I know that I could live very quietly, but I always believe more and bigger and more complex things that make my tranquility practically impossible and that bring me problems that I chose, yes.

SOY: Today's topic leads us to talk about two problems that come together in one in your life, two sides of the same coin that come together in the word "connection".

ME: Define problem.

SOY: As we already defined it once, a problem is what you have thrown forward with force and what you will face until you reach it again ("pro" = forward, and "balléin" = throw with force)

ME: What have I released?

I AM: Your will to connect to a world that is separate.

ME: Sure ... that's a big problem ...

I AM: And you live separated from the world.

I eat?

SOY: Isn't that a beautiful paradox?

ME: What do you mean?

I AM: Your addiction to the telephone.

ME: Uish... just mine?

I AM: There will always be time to judge others, but I would like you to judge yourself first.

ME: Ok... ok. Yes. I have a problem ... I'm addicted to the phone.

SOY: Every time you sit down to write, every half sentence you write and even before reaching a "comma" or a "period", you take a look at the phone, even if nothing is happening there.

ME: Now that you mention it, I notice it more. It's true.

SOY: Tell me ... why are you doing it?

ME: Well, I could give you all kinds of explanations, but for sure you will use them against me.

SOY: And does that bother you?

Me a little...

SOY: See? There you have given me the reason for your addiction. Denial. Wanting to avoid speaking it so as not to recognize the conflict from its roots. Look, this is not a judgment, it is an observation, and we know that the phone is not negative, the problem is not in using it, but in trying to understand why you use it.

ME: Well that's fine. Go for it. Since I've been in Egypt I've used it more than ever, I'm on the phone all day, sometimes even in the shower. I listen to videos, or I talk to many at the same time, I read all the comments on social networks, I check emails, I look for things, I watch series ... And the reason is because most of the time, both here in Egypt and on my travels, I am alone. I am alone in the world, and on the phone I feel accompanied, because I speak with friends who are not present, that is, if technology gives me the option of communicating with those who I cannot see for a long time as if they were there with me, what's the problem?

SOY: Do the same as when there are friends present.

ME: Well ...

I AM: Admit it.

ME: Well yeah, it's true. There I no longer have a logical explanation. It slips out of my hands.

SOY: We could talk about several reasons, but let's go to the easiest to describe: biological logic. The brain is a data processor, it is like a muscle hungry for constant information, processing each new information as if it were candy in the mouth of a child. The data, sounds, colors, are the sugar of the neurons. The greater the amount of data, the greater the stimulus, and therefore, the greater the processing capacity. The brain is not flexible, it is mechanical, and therefore, where it finds repetition mechanisms that give it data, it will find its comfort and it will try to repeat it searching more and more, harvesting information. The more sweets you eat, the more insulin your body produces to capture sugars, so instead of filling you up, you just make your body need more. The same goes for synapses: the more data you give it, the more it seeks to satisfy the number of neurons that generate connection within you by managing data. This makes you need a constant source of changing data within a mechanical framework.

ME: The screen swipe.

SOY: Platform designers know about this basic functioning of the brain, and that is why they use it in systems, such as Instagram, Facebook, Tik Tok, YouTube, Netflix, among many others.

YO: It's endless mechanical, automated data ...

SOY: And this is where dependency occurs. Synapses generate electrical discharges, pulses, which react to hormones to promote the mobility of the body to generate mechanical actions that you hardly control, such as looking at the phone. Those pulses translate into emotions, thus generating an emotional need to fill in data gaps when you're not looking at the screen. The feeling is "lack of connection", and yet it is the excess of connection that disconnects you and separates you from the world.

ME: Sure ... the more data I look for on the phone, the more disconnected I am from the world, the more separated from reality ...

I AM: Connect comes from the words "com" (unity) and "nectare" (tie, bind, links), that is, it is the action of joining nodes, links, tying up loose ends. The word Separate comes from "së" (to separate one thing from another) and "parare" (to stop). In other words, separating would be the act of putting things aside to stop them where they are. When you connect things, you unify data, but when you fill up with data, you create so many links that prevent the vibration and flexibility of the information flow, causing it to stop, stagnate.

YO: Wow ... I mean, it's as if on a guitar, instead of having only 6 pegs to play its 6 strings, I added more pegs to these same 6 strings, putting so many along the neck that there would come a time that the strings could not sound, there would be no vibration.

SOY: Very good image. Rest and relaxation are needed between one data and another for there to be vibration. Therefore, the greater the connectivity, the greater the separation.

ME: But, if we are in a time of networks, entering the technological age of Aquarius, and our goal is to create a network of consciousness networks, wouldn't so much connectivity be counterproductive?

SOY: The problem is not in the number of connections, but in the accumulation of them. Following the Guitar image, the connection build would be to add 72 new pegs to the 6 strings. But in terms of network of networks, it would be to fit 12 guitars each with its 6 pins, which together, create a song.

ME: Sure ... not wanting to absorb everything by one person, but to do it among several, delegating ... An excess of connectivity in a single person generates separation. It is what we see in the world, as it happens to myself ... The more information, the more division, the greater the acceptance of diversity, the more groups that appear and separate into collectivities. The more human and united we want to become to respect each other, ending up generating more separation between the parties and individuals.

I AM: It is the counterproduction of positivism. It is the Unity that disunites, it is the connection that separates, the group that divides.

ME: How to connect without being addicted to connection?

I AM: In the time of networks and communications, the human will begin to merge more and more with technology, and this brings a positive and a negative aspect.

YO: What is the positive of merging with technology?

I AM: The inevitable development, expansion of thought and human capabilities. It is not negative, since humans are also part of a technology, biological technology, which has evolved by trial and error, combining technological organisms such as bacteria, viruses, cells, fungi, which have adapted to our interior, improving the species.

ME: But when we hear that they want to chip us, that's terrible, because it's a horrible control.

SOY: Therein lies the negative aspect. There is no advance without will, there is no advance from imposition. You cannot force an individual to go the way he does not want. This is the serious challenge: the loss of humanity. Consider technology as the only solution, separating us from the Earth, from each other, generating unnecessary battles.

ME: How not to lose that humanity?

I AM: Developing own technology and inner connectivity. Can't you see it? You are your biggest phone, your biggest wifi, your biggest connection, your best technology. Connecting to oneself, having your quiet times, listening to the inner richness, using the imagination and the arts, is what natural technology develops. You should never, never prohibit technology or its use, deny its usefulness, but on the contrary, you should simply focus on improving your own technology, growing internally along with the external. The human challenge is to advance in biological technology, the development of his own being, at the level of advancement of external technology.

ME: I once met with a person from India, a spiritual millionaire, with whom I spoke about the YOSOY project, and the intention of connecting the networks to harmonize the Earth and Humanity. And his answer left me puzzled. He told me: that will be obsolete, because inner development is very slow, and what people really look for is happiness, nothing else, and all experience of well-being and spirituality comes from a chemical reaction at the glandular level. Having a chip that can regulate your hormones, you could calmly be happy forever, and there would be no conflicts on Earth, that is our goal. It seemed horrible to me, and I left.

SOY: Why did you find it horrible?

ME: I found him lacking in humanity.

SOY: What is it to be human?

ME: Well ... it is to be an entity capable of connecting from its being, from its emotions, of being a creator, an adventurer, someone who collaborates from its nature ... not because an electrical pulse from a chip tells it.

SOY: How is a chip that sends an electrical signal to a gland different from the electrical signal your brain sends to the same gland?

ME:... That one is exterior and the other interior.

SOY: If the result is the same, the end is the same, how do they differ?

I do not know...

I AM: They differ simply in the factor of consciousness. The rest is the same. A population that seeks to survive and be happy is unconscious, as it is based on basic needs as its sole purpose, eternal life as an idea of true victory. However, they are all animal ideas. Self-awareness, autopoiesis, of which we have spoken, is the only differentiation of a biological process from a technological one. If you are faced with a people that seeks to connect from need, you will find a connected world separate, but happy. If you face a people that seeks to be their own connection by the simple fact of being, experiencing and enjoying existence, you will find a world connected to consciousness, creator. And to be conscious or not, does not depend on you, but on the will of each one. Both ways are logical, for those who do not seek consciousness can acquire the chip and be happy: why would you prevent them from being happy? Just because your ideology doesn't allow it? Wouldn't you be being like all the ideologies you criticize?

ME: Sure ... I understand, I can't fight against something that I consider good for others when others do not consider it good for them ...

I AM: Therefore, your role is to connect to yourself, create better synapses by expanding to others who seek the same, creating networks that make it easier for the world to discover its infinite creative power of evolutionary networks, without preventing the unconscious from finding the desired happiness they seek. . Even so they are controlled, it is your choice. You can only watch over those who want to live awake and free.

ME: And what about helping those who do not know that they are prisoners of that false connectivity?

SOY: You can't get them out of their truth, just show them yours, and they will decide.

I understand...

SOY: But first, you must be free yourself from that control that the world imposes on you. You have come to connect the networks, but you will not be able to do so if the same networks that you will use keep you imprisoned, taking away the spaces to connect with yourself. Excess information is counterproductive to a flexible mind: knowing more does not make you wise.

ME: What makes me wise?

I AM: Be yourself.

I: I am.

306 Build – Destroy (Sacral)

[June 5, 2021 Matías De Stefano](#)

Daily vibration: Xy

Statement: I Am Spiral of Feminine energy

Code: CARDIAC : HEART = the cardiac chakra bonds to an organ or muscle instead of a gland, and it's the energy that allows the heart to beat and take oxygen through the blood to all the corners of the body. This way, the potential of the Heart organ is of nurturing with vitality, minerals, oxygen and water all the organism, keeping it alive and harmonic. Thus, its chakra, it's the energy that maintains the balance between the positive and negative, old and new, giving and receiving, being at the service of all systems alike.



ME: Sometimes I watch the news ... something that I instantly regret, but it is because I need to know what is happening in the world, although, it is evident that the media does not show what is happening in the world but a brief part of it. Beyond what is true and what is not, there is something evident that can be seen every day, and it is the incessant destruction that the world lives. It's like, conspicuous, that we have a compelling need to destroy what others have created, or what we have built ourselves. Why?

I AM: Shiva. Remember what Shiva told you on Mount Kailash in Tibet.

ME: "Do not fear destruction, it is part of creation"

I AM: "Do not take responsibility for what is destroyed, because the destruction is imminent. Take care of building while the other forces take care of destroying and clearing your way".

ME: It's a painful sight ...

SOY: It is seen from a limited moral vision. Remember: Build comes from "com" (together) and "struere" (accumulate, pile up), therefore, destroy comes from "dé-" (set aside) and "struere", that is, separate, displace the things that were armed or stacked. The Universe is a construction that is destroyed in the Diverse. The Division, the diversification of the cosmos is the destruction of the universe, although, from your point of view, you see it as a construction. Life, evolution is a creative process that multiplies forms, develops them in millions of ways, which resembles creation, when for the first particle it is nothing more than a constant of entropy that leads us to chaotic disappearance. What in Diversity you call Life, the Universe calls Death.

ME: It's all about perspectives ...

I AM: On this basis, you can understand the logic of destruction and construction, of universal relaxation and contraction.

ME: The constant. Go on, move on.

I AM: Things that are not destroyed cannot advance, because in the universe, in each world, there is a material limit, which reuses the parts of those same structures to create new ones. Nature is a clear example of regeneration by destruction, in each change of season, in the fall of the leaves, in the fires that give rise to new shoots. The volcanic eruptions that give nutrients to the fields and fertilize them. The storms that allow the discharge of tension in the environment, that bring rain and atmospheric changes. Earthquakes that allow the creation of rivers and mountains.

ME: All that destruction seems to be in a state of order ...

SOY: But it isn't. The truth is that it is chaotic, but a chaos that has managed to find a way to adapt after millions of years. For you today oxygen is normal and stable, but for the first beings in this world, it was a toxic poison. Plants had to adapt to be able to manage this gas in minimal doses, and animals had to strain to be able to breathe and live under the pressure of this gas. What you live today with normality and apparent harmony, involved millions of years of suffering and conflict in the first organisms that had to make an effort like no one to ensure that today you can eat and breathe without major problems, with total naturalness.

ME: I understand ... The means that force us to evolve are chaotic, it's just that we usually live the result and naturalize it as an order.

SOY: That's right. It is what you will call "shortstop", the hope that everything will happen in the short term. Already. Now. That vision does not allow you to contemplate the long periods of history.

ME: So you should see wars and human suffering as part of development? How long more? We have lived in conflicts for thousands of years, and there are conflicts that have lasted until today for thousands of years. How can I face this reality?

I AM: Earth is 4.5 billion years old from its creation as an incandescent rock. Oxygen did not appear as a fundamental element and in large quantities in the atmosphere until about 2.4 billion years ago, in a process called The Great Oxidation. But, this did not happen overnight, and those responsible for this happening were living organisms that did not need oxygen to live. These were the cyanobacteria, which carried out photosynthesis, however, in the production process something annoying and unnecessary was generated for them: oxygen. Basically, they excreted oxygen, which for 1 billion years filled the atmosphere.

ME: 1000 million years of just bacteria defecating, peeling, releasing oxygen gases... wow. What an era! Almost like living with my friends from high school studying for a final exam ... but with methane.

SOY: If the comparison makes you feel comfortable... yes. Ultimately, the atmosphere took 1 billion years to form, and it would take another 500 million more to develop the first beings capable of processing oxygen and using it as a source of energy. The human homo sapiens sapiens (modern human) has only 150,000 years on the face of the Earth, being that as a hominid it appeared about 3 million years ago. The cultures that developed civilizations are no more than 15,000 years old, and the construction of recent history is 6,000 years old.

ME: We still struggle to adapt to our oxygen, right?

SOY: That's right. In evolutionary terms, human consciousness and reason are very young, barely taking steps in their development. They look for a kind of balance in the social order, laws and morals, but even so, they fail to recognize that this order is not produced by external forces, but by internal potential. It is the development of the organism itself, of the individual being that makes a transcendental change in its way of acting in the world, and not the moral pressure of others.

ME: Are you suggesting that no matter how much social justice we generate, no matter how much division of powers, the intention to control those who do harm, protect us from the disruptors, the system will always fail?

SOY: As each system has done before yours. Look through the window. Do you see the Pyramid?

I do...

I AM: Built by one of the most harmonious and evolved civilizations of the past, Atlantis, Khef, and yet it passed into the hands of the Egyptians, another civilization that achieved stability and law, and yet look at it, destroyed, rocks, dust ... A skeleton. Look at Babylon, Iraq, Greece, and Rome itself was still buried in the vast majority. Examples of order, law, stability, destroyed, ripped apart.

ME: A shame ...

I'm sure?

ME: Well... it's ugly to see that destruction.

I AM: If those civilizations had not been destroyed, you would still remain under the control of polytheistic empires, under Roman law, under Caesar, or Pharaoh.

ME: It's true... but is there a way they don't have to destroy themselves this way? Can't there be a natural continuity?

SOY: That is what we have described. Humans live on three mental levels: Subconscious, Unconscious, and Conscious. In the Subconscious process, the mechanisms that reign are those of survival: eating, sleeping, producing, and therefore, security and defense are ensured as continuity mechanisms. Necessity is the key to this level. In the case of Unconsciousness, everything that is done is done according to polarity, extremes, currents that group and provide security as long as one is placed at one extreme. This generates ideologies, beliefs, belonging, which leads to the idea that things are from one side or the other, from the right or the left, up or down, victim or perpetrator, powerful or poor, war or peace, good or bad, inside or outside ... Successively the unconscious mind will create enemies, opposites that give a sense of location and belonging to their being. And ultimately, you have at the Conscious level, the one who is recognized as a developing being, who does not depend on anyone and still is a fundamental part of the whole, where there are no sides or polarities that are worth, but intentions that must be manifested by the inner potential, without having to drag others in their own way.

ME: So, until we reach a level that surpasses our unconsciousness, connecting with our consciousness of being, we will be experiencing powerful, painful processes of destruction ...

I AM: Extremists. It will take time.

ME: And in the meantime?

I AM: You must be like those cyanobacteria, but instead of delivering oxygen, you will deliver consciousness. You must be that cell that becomes a multicellular organic network, like a tree that slowly creates a forest on the ruins of an ancient civilization. Deliver the oxygen of consciousness, not because you want the world to be conscious, but because it is your nature to be and share it. Build not because you want to change the world, but because you yourself consider that change every day. And in your surrender, the others will learn to breathe consciousness.

ME: Oh, I have never seen it like this ... Excreting consciousness as my own nature, giving an environment to others so that they learn to use it ... Without pretending that they do it now, because we are in the process of development ...

I AM: Things will be built and destroyed constantly, it is a matter of your level of consciousness if you will suffer that destruction, what will move that destruction, or if it will be gradual and conscious towards something new without the need to break anything. Remember ... on the ruins of Mexico jungles grew. Forests grew on the ruins of Europe.

Fields and jungles grew on the ruins of Asia. Sands spread over the ruins of Africa and silt fields grew. Life goes on slowly, and what you see as destruction, the universe sees as opportunity. Shift the focus of attention from what is destroyed, to build a new opportunity for those who suffer destruction.

ME: Like bacteria did with animals ...

SOY: As the conscious ones will do with the unconscious ...

ME: I am a Builder and Destroyer of worlds ...

I AM: Simply because I am Eternal.

ME: And in eternity, one and one what I am ...

I AM: Constant Creation.

307. Do – Stand (Root)

[June 6, 2021 Matías De Stefano](#)

Daily vibration: Xo

Statement: I Am Spiral of Masculine energy

Code: PLEXUS : PANCREAS = the energy of the being express in the gland of the pancreas. It's the generator of glucose, that keeps the body nurtured. This is based on that its function is disaggregating fats in the digestive system, with the purpose of allowing a better absorption of nutrients. This way, its energy is related with the ability to discern, of bonding with the different parts and delivering the necessary energy for its functionality, that in terms of energy we call Emotions. These are consumed as food and processed by the plexus' being for its utility in the energetic body.



ME: And speaking of build or destroy, what if I decide to do nothing? That is to say, that Buddhist philosophy of not intervening, of remaining silent, passively ... Could it be breaking with this creative duality?

SOY: Many paths can lead us to understand this productive dichotomy. We are going to try to understand the concept of what it means to be active or passive. Active comes from action, from entering into activity, and therefore performing an act that mobilizes an energy, which, this action produces a reaction that modifies the environment, since the forces involved will seek to find stability again by rearranging themselves in a different way. . Here we can understand what it means to carry out an "Activation", that is, to put the necessary forces to achieve an external result.

ME: So when I say "Activations", I am referring to what we are about to do is related to putting energy on our part, to express an attitude that generates a change in the environment or what we are doing concretely .

SOY: That's right. An Activation is the act of disposing of an action to produce a reaction. The opposite of Passive vision. This word comes from the supine of "pati" (passum), which means "who suffers or bears" (patire = to suffer). The Passive point of view is that of the one who receives the weight of the reaction, which did nothing to receive or generate force, and yet the movement of the other forces him to transform.

ME: So passive is not the one who does not do, or takes a passive position in the face of a circumstance, but is the one who suffers the consequences of it without having taken any attitude about it.

SOY: That's right. Let's look at it from a more positivistic and spiritual point of view. The Passive aspect of an action is what you would call "Meditation."

I because? In meditation you don't suffer ...

I AM: Not from the concept that you have of suffering, but you do become "passum". Humanly you interpret suffering as pain, sorrow, anguish, however, conceptually, suffering is putting weight on oneself. In Meditation, what happens is that the action is not disposed towards the outside, but towards the middle, with which the external forces turn towards one, and in meditation, one finds the answers to the external weights and conflicts.

ME: Seen like this, the passive action of meditation is not bad at all.

SOY: No, but the problem is that not everyone meditates, they "worry". There is another dichotomy that we call "busy" and "worry." The one who takes care enters into activity, is the one who launches to take control of the situation, while the one who worries, is taking the reins before something happens, in the invisible and impractical. In general, pulling the reins of issues that are not yet real leads to suffering. There is the idea of passive, because one is receiving the weight of something non-existent on which one cannot act.

ME: Yes ... I usually worry a lot ... until I meditate. But then what would it be not to act?

I AM: Neutrality. While passive and active speak of the negative and positive, the neutral is what you would consider "inaction." Inaction is simply the negation of action, the nonexistence of it, and therefore, it speaks of remaining static, since action is movement, since it implies energy. Neutrality is the concept of not acting in the active or receiving in the passive, but staying on the sidelines as an observer.

ME: Is this possible?

SOY: Difficult, but not impossible. The practices of some Asian cultures in relation to neutrality, make them understand that every effect of change is merely a product between forces that they cannot control, and therefore, they prefer to remain outside any reaction, neither against nor in favor. .

ME: But that doesn't evolve ... I mean ... How do they advance like this?

SOY: Why do you need to move on?

ME: Well... we are on a path of growth and expansion.

I AM: It depends for whom. That you are aware of an evolutionary path does not make you worthy of having the absolute truth. There are people who were not born to make your way. Do you accept it?

ME: Yes ... I understand it, but it is difficult for me to assimilate it, that the fact of not taking sides of things can be seen normally.

I AM: Taking sides places us in a dual position, polar, of struggle, of creation and destruction. The vision of many cultures, especially the Europeanized Western ones, have brought to the world the connotation of effort, work, merit, as sources of real, tangible, practical action, but it does not have to be the same for all. Just because one way works for you does not mean that others may have found a different way. As long as one does not interfere with the freedom and rights of the other, there is no problem for the universe.

ME: So someone could quietly make a difference by being neutral?

SOY: To be neutral you have to find the balance between putting strength or being in strength.

ME: What would that be?

I AM: The dichotomy of action: To do or To be. The word "do" comes from the same etymology as "to do" in English. Although they sound different, they are from the same tree, from the Indo-European "dhe", which means "to put". Put energy, put strength, take action, put will. The concept of "doing" brings us the basis of all action, which is putting and disposing. As existing beings, we all do things, it is something inevitable, our simple breathing is an action, it implies doing something. "Dhe" manifests the intention to do, which incorporates the will and consciousness into the equation. Putting focus of attention on something where to deposit the energies to generate a movement.

ME: And on the other hand ... Be, or let be.

SOY: Estar, related to being still or being in a place, is a verb that comes from "Sta" which means "to stand up", something that in English gave "stand", "stare", "state", "stay". In Spanish, the modes "stability", "state", "stable", "static" describe this word, being the opposite of taking action, but rather of remaining still. Stability is something the universe incessantly seeks in its expansive and entropic chaos. So, even so, being the opposite, it is its perfect complement. Stand Up or Take Action are the two faces of universal movement.

ME: So, it is necessary to do and to be... at the same time.

I AM: Being is what leads you to being, to find yourself, to position yourself and locate yourself in time and space, to find an axis. Stability is required in order to design the person you are. And only from there, from their point of view, will you be able to act, do, have the point of support from which you can do, put intentions and energy, will. The problem is when there are more stable aspects than those that are doing, or more aspects doing than those that are stable.

YO: It reminds me of those images of workers in which one only does everything and the others watch.

I AM: In this same way you can understand your inner world. You will never advance if a single of your forces puts all the energy while your other aspects watch, but you will not get anywhere if many work but only one anchors them and says what to do. Neutrality lies in the ability to make there enough stability to be affected by external movements, and active enough so that you can relax and make decisions.

ME: Sometimes doing seems very complicated to me in a world that keeps us passive. It is exhausting in many cases to be doing things for which states and systems do nothing but hold us back so as not to grow ...

I AM: These external control mechanisms turn individuals into social liabilities, so that they can continue to nurture the system without losing its self-confidence and usefulness. A stably active being will not be an easy target for repression. Well, nothing will affect you. Being, implies being able to stay on the axis despite the things that may

happen around. There you find the logic of those neutral cultures that encourage neutrality as a path to enlightenment.

ME: Sure ... it's not doing nothing, but that what happens doesn't affect me ...

I AM: Exactly, and that is Being, being in oneself, staying inside, being on the axis, standing, firm. Therein lies the real force of the action, because being, nothing can move you. And so when you do something, nothing will frustrate or destroy you. In meditation, you receive all the pressures giving them meaning in the center... where the sum of all the forces is equal to zero.

ME: I understand... it makes sense. Thus, the fundamental task of this concept is that we can do the things that we must do without their results affecting us at all, without worry or expectation, but rather do everything from the stability of our own being, like a still and firm tree in the middle. of a storm.

SOY: Sometimes the simple presence moves much more than a thousand reactive acts.

ME: Therefore, I am about to be in myself.

SOY: And so you will move mountains.

308. Move – Fix (Knees)

[June 7, 2021 Matías De Stefano](#)

Daily vibration: Xu

Statement: I Am Spiral of History

Code: SACRAL: ADRENAL = located over the kidneys are the two adrenal glands, that as their name indicate, segregate adrenaline, a hormone that stimulates action, will and the necessary strength to do an activity. It's the reserve of energy necessary to move, survive, and its force comes from the ability of the kidneys of absorbing the emotional energy through the water. This way, the Sacral chakra is related with the necessary energy to create, act, produce, nurturing the uterus at the same time.



YO: The search for stability, to be in a place, is what gives us the feeling of being fixed in a specific place, while doing, prompts us to move, to generate things outside. How to manage the movement and fixation actions?

I AM: This duality leads us to the most ancient dilemma of a human culture: nomadism or sedentary lifestyle. Let's start by remembering the universal fundamentals of motion and stability. You remember?

ME: The Universe is a constant of movement. Waves that vibrate creating different frequencies that propel the particles through the constants of time and space.

SOY: And the stability?

ME: It is the search to save the energy that is dispersed by the movement, in which the particles are grouped by resonance creating structures where they share energy and thus stabilize.

SOY: Good. Looking at it from the universal vision, everything that exists is permanently in a development of movement and stabilization that are consequential to each other. Stability groups together particles that make up structures, but which in a moment deplete their reserve, prompting themselves to seek more energy, which breaks through with stability to absorb energy from space, and this change drives movement, which has a chain effect throughout from space. This transforms the structures that the wave passes through, forcing them to rearrange themselves into a new fixed structure.

YO: As you once explained, that movement and stability can be understood as the path of a train through various stations, where it stops at different times to exchange energy, in the form of cargo or passengers, and then follow its path. route.

SOY: That's right. In this way you can understand that moving or fixing a place are constant processes, and that the entire plant and animal kingdom fulfills perfectly. Both kingdoms move through space, looking for resources, and they adapt stably in a place that gives them what is necessary, until the environment changes, and they must move to a next one, to another station.

ME: Like plants looking for minerals in the soil, and due to climate change, drought or floods, they grow in other places, and animals follow those plants, while predators follow these first animals.

SOY: And that's how the human came about. First of all, as a hominid, a sedentary being, living in forests, feeding on fruits, insects, roots. The word Sedentary comes from the Latin "sedere" (to sit) and "entity" (entity, being), which gave "sedents or sedens", meaning "that seems to be sitting". The concept describes that person, animal or thing that is in a place, giving the terms sedentary, sedentary or sediment. Hominids emerged as such, moving in limited areas of the forests of Africa; but like any hominid population, as the population grew, they had to be divided into herds, since many males could not live in the same group. They had to move.

ME: And so nomadism arises. Its origin is the mixture of two terms: Numada, a tribe of the Sahel, sub-Saharan region, where the peoples were shepherds and traveled from one place to another with their animals, and on the other hand, from its conjunction to the Greek verb "nemin" (pasture, graze, spread) that comes from "nomós" (grass). In a way, both are related to pasture and cattle, to the idea of traveling in search of good pastures and to the division of the territory. When due to climatic circumstances, the human had to leave the forests and begin to follow the animals, even domesticate some of them that they took from one place to another looking for grass and water, which made them nomads. These cultures were the ones that brought humans throughout the world. We are children of the movement. Migrations have been the key to human improvement. Migrate is a concept that came from Indo-European, "mei-" which means to move outside, to change places. The movement, therefore, of Indo-European origin "meu", describes this innate characteristic in humans of moving. However, it is related to any attitude that implies manifesting an outward energy.

ME: And in the sedentary lifestyle ... to be fixed?

SOY: Fix, fix, comes from "dhig", which is hitting something against something, nailing it. This reference in sedentarism is clear when describing the ancient stories of the founders of civilizations. They all stuck a stick in the ground, and said: "Here we will build a civilization." Like Manco Capaq for the Quechua, stories and indigenous

peoples of North America, Africa, the Middle East ... Putting the stick in the ground, nailing it, laying a foundation stone, mark the axis of the beginning of sedentarism, like the shepherd who leaves his cane and build your house.

ME: But... does this imply that being fixed is not having movement?

SOY: No, being fixed implies finding the axis. Imagine a bamboo forest, whose canes grow fixed, firm, strong, and yet they are flexible, allowed to move by the wind, and dance in circles and ellipses.

ME: To be firm and flexible like bamboo ... that does not break even if it bends.

SOY: So let's understand the more philosophical concept of this matter. People often live between two worlds, movement and fixation. For most, moving is a waste of energy in the same way as for atoms, so they seek stability, fix in a place, stay there. The counterproductive in both cases is that the constant movement prevents the anchoring of firm and strong bases in the future, while just being fixed clothes us with rigid structures. Rigid and fixed people interpret movement as a kind of crisis, of change, which awakens fear and insecurity, instability in what they have built. Beliefs, routines, life patterns, design your life brick by brick, rigidly shaping your existence. This hardens the character, and makes it tough, rough. This will create long-term problems,

ME: Crisis ... breakdown, rupture, is what many families and individuals live when they have their beliefs or life formats so schematized.

I AM: It is necessary to dare to move, to live different situations and different environments. Learn from things you have never seen or felt, open up to the world to understand new options.

YO: What I see in people, families and societies that fail, is that need to maintain an idea above reality, how to base all their decisions on something merely ideological, without logic at the contextual level, as when a country closes to see how others get better results with a methodology, to stay with only what you think even if it gives bad results. I have always thought about this. For example, if Finland is world number 1 in education: why do other countries waste time looking for other ways and do not analyze how to apply Finnish education?

I AM: Because there are many factors to take into account, and it is not only that education has stagnated in a pattern, but that culture did it, the economy did it, all systems are stagnant, and apply the change in just one , it would not produce a positive effect. It is necessary to produce structural changes and movements to make people more flexible to receive the new ones. It is not as easy as imitating, but it implies knowing the internal conflicts. It's like wanting to help someone face their fears by parachuting them without knowing what the source of their fear really was. People become fixed on themselves by unfounded fears on the basis of their personality, of the creation of their being.

ME: And those of us who move? What is our great conflict?

SOY: Not being able to translate. You, nomad, have captured more things than ever since you could accept being sedentary for more than a year. Moving only stirs, but does not manifest. A fixed anchor is needed to manifest something concrete. When you find a firm place, it is like an island in the middle of the sea. You will not grow corn, potatoes, or raise chickens in the water. The instability of the waves produces insecurity in the long term, because everything can change, it is fluctuating, and you can only do more than carry some things with you, which are useful.

ME: The suitcase that I always carry ...

SOY: You haven't painted pictures in years, haven't written so much. Long time without listening to yourself in silence. When you found the place, you could see the next step, the foundations of the next step. Who only moves is a drop in the ocean. Who is only fixed in one place, has a greater chance of breaking. But who, finding a fixed axis, allows himself to swing in smooth and wide movements, has found the key to life.

ME: The axis ... like the Earth ... that moves, fixed on an axis ...

I AM: Exactly. The circulation of blood on the firm axis of the bones, the rotation of the Earth on a north and south axis. The staff of power, internal rod, that allows you to always remember who you are even so you move in many options. Building our own axis makes us fixated on the essence of who we are. Discovering who you are is what gives you the greatest axis of life, and recognizing where in the world that gives you that stability is what will allow you to manifest.

ME: So I need to think about where in the world gives me clarity, axis, makes me feel at home, and find a way to live in that place.

SOY: That's right. It may seem crazy from a sedentary and fearful point of view of reality ... But it is the key to the transcendence of being.

ME: And in this way, never stop, always dig deeper ...

I AM: To move is to know, it is to open up to existence, to growth, to allow energy to flow nourishing the axis on which we are based.

ME: The two pillars of my life, the fixed axis and the movement ...

I AM: the I, and the I am.

ME: You know, I am doing everything possible from this stability to find my fixed axis within, and so I am manifesting as never before the places where I will shape my mission, my being.

I AM: And when you do, you can move freely, knowing that your legacy is manifest.

ME: I am your Movement... in constant generation.

I AM: I am your Fixed Axis... in constant harmony.

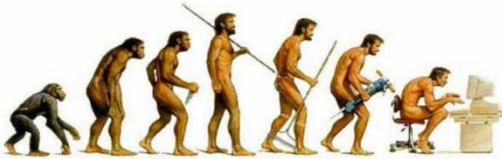
309 Go – Back (Ankles)

[June 8, 2021 Matías De Stefano](#)

Daily vibration: Xü

Statement: I Am Spiral of Neutralization

Code: ROOT : GENITALS = in the groin area, anchors the base energy that gives the essential energy to all others. Physically is located in the genital area, testicles and ovaries as the main glands, and the perineal area. These glands are in charge of the production of the cells of life, the nutrients for its creation, and therefore they connect to the potential of the Root chakra, who takes the nutrients of the inferior world to nourish the hole trunk and the branches that find enlightenment. Engine of vital energy that we call Kundalini.



ME: "Where do we come from and where are we going?" The day I met my dad, at the age of 27, I went to his office to ask him to do the DNA test. He asked me why I wanted to take this test at this age... And I told him that I was on a path of internal growth and that I felt that I was missing an important part to integrate in myself. I realized that year, that I knew a lot about the roots of my maternal family, but that there was something that did not allow me to put my feet firmly on the Earth, and it was that I did not know the history of my paternal family. So I told him that I needed to know where I was coming from, so that I could build my way into the future. He did not understand it, and asked me: for example, what do you want to know? And I said: for example the last name, where does it come from, what does it mean. And his answer was: "look, if there is something that does not interest me in life, it is to know where we come from, who we are or where we are going". To which two sentences later he asked me: "What do you do?" and I said: "to explain where we come from, who we are and where we are going."

I AM: Hehehe, the irony of life.

ME: Yes, right? It was very ironic, to meet my father, and for him to tell me that he is least interested in knowing exactly what I do for him. But something I appreciate about that conversation.

SOY: What thing?

ME: The projection. In general, all mammals have a projection with the parents. It is unavoidable. We come from it, we owe it to them, we try to please them so that things go well, "you will honor your parents." And in a way, we usually follow in their footsteps, because their actions and intentions guide our walk. However, it was not my case. The greatest gift my father ever gave me was not being there as a father. And I thanked him. He didn't understand it very well. But that strengthened our relationship. I did not have nor do I have any projection on my father, no weight, no resentment or expectation of any kind. What I realized is that I was free.

I AM: You came from a world that was not interested in your world, and therefore, there were no conditions whatsoever.

ME: Yes... and there I realized the unconditional. I think that with my father we have that unconditional love, precisely because we do not share anything in life, but by not having expectations about the other, it led us to unconditionality, and therefore we respect what the other does without intruding.

SOY: There is a "round trip" in balance.

ME: Yes. I discovered my origins, I managed to assert myself in myself, and he will have discovered something that one day he will tell me if he did.

I AM: From conditionality, the back and forth of energy and patterns is received as Karma. While from unconditionality, that round trip becomes Dharma. In the universe everything occurs by cycles of expansion and contraction that we can identify as the spread and integration of each part of a unit. The cosmic origin happens in a neutral point that, due to its potentiality, expresses itself towards the external, begins to move towards the confines, to the eternal, but at the same time, it returns to itself looking again for that neutral cosmos. This is what you can know as Syntropy, the unit of all turns, from the Greek "syn" (with) and "tropós" (turns, turns), as a counterpart to Entropy, coming from "ne" (inside, in) and "tropes", that is, in return, turning. Entropy describes a circumstance in which an initial effect that is driven in one direction can never return to its initial state, and its strength will lead to a transformation process in which it will always move away from the beginning. On the other hand, Syntropy describes the opposite fact, in which things tend to return to an initial harmonic state. An order like the one that started things.

ME: Everything returns to itself, even if it is different ...

I AM: In terms of karma and dharma, entropy and syntropy come together to create a scheme of the universe in which the cycles of a wave repeat initial states over and over again depending on their frequency level. Thus, ignoring this situation, a person is involved in cyclical states on which he turns over and over again, repeating the same thing, either day by day, year by year, relationship in relationship or life to life. If you do not change your state of vibration, you will go through repetitions of the frequency wave over and over again, always seeing the same thing, hearing everything the same. A being aware of this can benefit from the universal repetition of frequency.

ME: What benefit?

I AM: The forecast. Knowing what is to come, knowing the rhythms, helps us become wise, understand the workings of life. In this way, something that we considered "karmic" becomes dharmic. And what will come is nothing more than a return to what was.

ME: Go ... and Return ... constantly.

SOY: The verb "Ir", comes from the Indo-European "ei", to go to a place, however, it is one of the most complex, since in Latin languages it has undergone many variations in conjunction with other verbs, such as "Essere" (Ser), and "Vadere" (Walk), which in Spanish has given us so many variations such as: "yo voy" (from vadere), "yo fue" (from essere = ivi, ifi), "yo iré" (from I will go).

YO: A very complex verb, from the family of Irregular verbs. Although not so in English ...

SOY: Although English does share its irregularity in a certain aspect, especially in the past: I go (I go), I went (I went), I'll go (I go). The verb "go" prompts you to move forward, it is a call forward, like an "hey!", Which calls attention to start the movement. Meanwhile, the verb "return" describes generating a return movement: born of "volvere", which means "to go around", to turn on itself. In English this word can be found in "to revolve", which in Spanish would be to turn, to stir something. However, in this language the concept of return was lost, becoming "go backwards" = go back.

ME: But... are we really going backwards?

SOY: Actually, the sense of "going back" is much more specific than simply going backwards, since it implies turning, going backwards, which does not imply doing the same, but walking a path of integration. There is a tendency to see time as a line in which you extend on a line that takes you away from the past and into the future. This vision of life arose with the abolition of philosophy and the implantation of monotheisms.

I eat!?! Seriously?

SOY: Yes. In the arts and sciences, it was understood that all reality has curves, spirals, cycles. The Earth was understood to be in motion, and the circumference of the Earth had even been measured with simple experiments, more than a thousand years before Christ. In these experiments, it was possible to identify that everything in life was cyclical, and it was reaffirmed that both space and time were circular or spiral. The idea of Reincarnation was logical in cultures that saw how the waters, the clouds, the drought, the seasons had cycles. How the stars repeated from time to time, and the lunar cycles. Everything fit. Today we can even understand this much better, and even science can confirm that nothing dies but everything is transformed, it is the basic law of energy conservation, "energy retrofit", what before they called "reincarnation of the soul". However, with the vision of the one God, to whom we all go, from whom we all come, the belief that there is only one life, and that the only possible destiny is to return to God, spread, and those who did not comply with his laws were condemned. to come back again and again. But this perspective allowed everyone to believe that there was a second chance, with which the governments lost power over the peoples. So they decided to create the idea of an eternal Hell, where after this life you would go not to follow divine law. This vision was very useful to the Empires, and they extended the concept of time as a line that advances, and whose only result can be to return to God.

ME: Oh, and that's where these linear concepts were generated ...

I AM: All possible philosophical or scientific versions were denied, returning to the idea that the world is a Flat Earth, with limits, and that we are observed from the heavens being that below is hell, the underworld. The linearity of the processes brought the flatness of space and the flatness of time, and thus the idea of going to a place was almost determined. For this reason, there is no going back, nothing can be tried again, because life is a one way road.

ME: But the other vision did understand the return, right?

SOY: That's right. The birth of the Sun and the Moon on the horizon, the cycles of the stars, the seasons of the year, the sons who resemble their fathers, the daughters resemble their mothers, the historical cycles that repeat themselves, all this gave the notion something we will call "the Eternal Return." This concept arises in the oriental visions of existence, in which everything is part of a constant repetition in which we only go to repeat things, but with the intention of improving and evolving in each cycle to perfection. In the Mediterranean, this vision was coined by Zeno of Citius, around 300 BC, who in Athens preached his philosophy from a painted portico where everyone came to hear. Portico was called "Stoa", and therefore, those who approached the portico were the "Stoics" (stoikós). They said that the world was going through a constant cycle in which things repeated incessantly, and to do so at the end of the cycle, everything was consumed in fire and from the ashes the world itself resurfaced. They said that to free oneself from this cycle it was necessary to detach oneself from the merits, the successes and all the pleasures of the material that unites us to this cyclical world, with which they based their ideas on the domain of the physical, of actions and the facts of the external world. The goal was to be happy, free and wise by shedding everything material.

ME: The idea of karma, then, is related to this stoic idea in which we repeat incessantly the same things, which will be negative if we do not face dominating the physical world and transcending it to another plane of consciousness ...

SOY: Exactly, although the oriental vision did not say that, but said that the cycles were part of learning; It was not necessary to get out of the cycle, but to improve it until it became divinity.

ME: Which makes more sense ...

SOY: Well, for you. Both visions could be viable for the Universe. It will be necessary to see which one gives better results.

ME: So when we talk about moving forward to improve or moving forward to free ourselves, both options are possible?

SOY: That's right, but your results will be based on the return. That is, leaving a cycle inevitably makes you start a new one. Going back to the beginning is inevitable even if it seems different because your eyes have changed their way of seeing.

ME: What do you advise me?

I AM: Come back. Always come back.

ME: But when do I move forward?

SOY: Coming back. You cannot move forward by escaping from the past. Understands? In a spiral or circle, any movement that involves moving forward, going forward, will only lead you to go back through the same wave with its frequencies. You will always be coming back. The only way to move forward, to go forward, is by recognizing that you will go back. In the holistic view of time and space, the line ceases to exist to become this torus of constant spirals, in which I return to the same point but creating a new option each time. Reviewing what has been done, going through what has been lived, helps to rebuild the wills of the future, because it helps us to possess wisdom, it makes us see that in this way we do not ignore the future, but that it will simply be a different form of the same wave. Whenever you go, you will be coming back. Thus,

ME: The three famous questions. Where we come from?

SOY: Having thought about the future.

ME: Where are we?

SOY: On the threshold between what we saw and what we lived.

ME: Where are we going?

SOY: At the Origin of the idea that we project.

ME: So, I could say that I come from an intention, and I'm on the way to discovering why I had that intention.

SOY: And this is how you break the cycle of belief in past, present and future. There is only one real real question in this entire cycle.

ME: Which one?

I AM: Going and Going is an evolutionary path of perceptions constructed by the observer. Whenever you come back you will be going, whenever you go you will be coming back. Well, the two extremes meet at the same point.

ME: Who was I? Who I am? Who will I be?

I AM: "Who am I?" ... That is the question.

310. To be - not to be (Toroid)

[June 9, 2021 Matías De Stefano](#)

Daily vibration: X-h

Statement: I Am Eternal Spiral

Code: LEGS : KNEES = the energy of the legs focuses on both knees as a middle point, that mark the flexibility and at the same time the stability of the entire body. They have a design that allows us to move forwards leaving the past behind, what organically describes the function of the chakra and the energy that accumulates there: the one of our history. The chakra of the knees represents the travelled paths in the tree of life, from the first living organisms up to our parents, and forward, the inheritance that we leave our descendants.



ME: " *To be or not to be* , that's the question."

I AM: "What is more worthy action of the mind, to suffer the penetrating shots of unjust fortune, or to oppose the arms to this torrent of calamities, and to put an end to them with daring resistance? To die is to sleep. No more? And by a dream, shall we say, the afflictions are over and the pains without number, heritage of our weak nature? ... This is a term that we should eagerly request. Dying is sleeping ... and maybe dreaming. Yes, and you see here the great obstacle, because considering what dreams may occur in the silence of the tomb, when we have abandoned this mortal spoil, is a very powerful reason to stop. This is the consideration that makes our unhappiness so long. Who, if this were not it, would endure the slowness of the courts, the insolence of the employees, the outrages that the merit of the most unworthy of men receives peacefully, the anguish of a badly paid love, the insults and losses of age, the violence of tyrants, the contempt of the proud? When the one who suffers this, he could procure his stillness with only a dagger. Who could tolerate so much oppression, sweating, groaning under the weight of an annoying life if it were not that the fear that there is something beyond Death (that unknown country from whose limits no walker turns) impregnates us in doubts and us it makes us suffer the evils that surround us; rather than go in search of others of which we are not sure? This foresight makes us all cowards, thus the natural tincture of courage is weakened by the pale varnishes of prudence, the most important companies for this sole consideration change their way, are not executed and are reduced to vain designs.

ME: "Hamlet", written by William Shakespear in 1600.

SOY: This work of theatrical literature investigates the infinite doubt of how to face the painful circumstances of life, such as death. It speaks of the cowardice of people before it, and the question of fighting to live or surrender to death as an inevitable destiny.

ME: What is the question?

SOY: What do you think you will become once you die?

ME: Ugh... intense... I don't know.

SOY: Have you ever asked yourself the question or are you just exhausted from starting to think about your answer?

ME: I think it exhausts me. Death opens thousands of doors to infinity, it leads us to all possibilities.

SOY: Which one do you take for granted?

ME: The one my grandfather used to say: "when I die I will be food for worms."

SOY: No more?

ME: Yes ... My body will turn off its energy functions, the brain will stop emitting pulses, the energy will dissipate. Thus, cells will not be able to get what they need, and atoms will start looking for energy in other ways. The insects will be in charge of distributing my atoms and their energy through the earth, which will pass to the roots of the plants, and will end up nourishing the fruits, which will feed the birds, the animals, and which will return to the mouths of the plants. people, so that my energy continues to transform, be reborn.

I AM: I mean, reincarnated ...

ME: Yes. I don't doubt that. It is logical that my energy will continue, although dispersed.

AM: What about the other dimensions?

I'm not sure.

SOY: What do they exist?

ME: No, that I see them. I mean ... knowing that Jupiter exists does not mean you can go there. Knowing that there are more galaxies does not imply that you can visit them, just as knowing that subatomic particles exist does not make you worth taking one between your fingers and observing it with the naked eye. I think we have romanticized death a lot.

SOY: In what way?

ME: I mean that Religion has created an expectation of a magnificent dream, ensuring that after we die, we go to the best place we can imagine, where there is everything we want, where we are free and live in peace. This has made people give their lives meaning, a purpose, because they know that all suffering will be compensated. And this idea has been coined by Spirituality, even that of our time, which sees in dimensions as the Fifth or Seventh dimension that Paradise, in which, when we die, we will go to live happily. There are so many different stories about what happens next, that if you start to analyze them, at some point you realize that they are all merely cultural. Why doesn't everyone see angels and only those of European culture see them? Why do they see other kinds of things in India? Why do Native Americans see very different images? We tend to have a very naturalized conception of what happens after death to how it should be, without realizing that in reality, what happens afterwards we devise based on who we are.

SOY: So what would be after death?

ME: Non-Being. A being exists because it is composed of a trinity, right?

I AM: Spirit, Soul and Body. Mind, Emotion and Physical. Vibration, Energy and Matter. Yes.

ME: That is, when matter stops being useful to energy and it dissipates, the mind stops having limitations and patterns, expanding like gas. In other words, the moment the body disintegrates, the "Being" no longer exists.

I AM: Exactly ...

ME: Therefore, one of the images that we all share about death is the Void.

SOY: Yes.

ME: The "Not Being". It's like the Hamlet monologue said. " Who could tolerate so much oppression, sweating, groaning under the weight of an annoying life, if it were not that the fear that there is something beyond Death, embarrasses us in doubts and makes us suffer the evils that surround us ; rather than go looking for others of which we are not sure? ". What I read from this sentence is the overwhelming logic of life itself. If we were certain that what is after death is wonderful, an eternal dream of greatness and glory, then why not kill ourselves? Why sustain the suffering of a life of oppression, control, domination, manipulation, pain, effort, work, if all that will end when we die, beginning our paradise?

SOY: A good point. What do you think?

ME: As Shakespear said, it is the cowardice of men. Of people. From clinging to what you have for fear of looking for another way, to the answer being different than expected. What if there is no paradise? So they hang on to life for as long as possible.

SOY: And you, do you cling to life?

I do it. But I do not think that I do it out of fear of discovering that what is later is not true, but because I know that when I do, I will never be able to constitute what I am today again, and I like to be what I am, what I do, and carry out the projects that keep me in this here and now.

I AM: So you are based on the certainty of Not Being.

ME: The Void, you taught me. What you have by the way is what you are today, because tomorrow you will not be what you are today. The Universe is the Void in which the All is projected. The Whole is ephemeral compared to the magnitude of the Void. And what I believe is that most fear the Void. That is why they fill it with beautiful things.

SOY: Why would they do that?

ME: Because they think they were created, they forgot that they are not created but creators, and that the void is not a dark and frivolous place, but a canvas on which to paint. So it is a question. The real question is the choice to be or not to be, knowing that one way or another, you exist.

I am excellent.

I eat?

SOY: That is the real question. It does not lie between living or dying, nor in believing in something that will come later or in clinging to life, but in the full awareness that beyond one or the other, you exist. The Void is nothing more than the fertile field where the All grows. Seeking existence starting from the seed that the plant generates makes you blind to the ground that contains and nurtures it. There is no separation between one thing and the other. The All needs the Void to exist, and the All gives consistency and purpose to the Void. The human need to be both here in life and there beyond death is nothing more than a constant projection of their most basic insecurities and needs. Perhaps this discussion is complex for most of those who are on the path of development, of understanding the universe.

ME: Why do you say it's difficult?

SOY: Because this answer overrides everything else. Everything said, while giving it meaning. The dimensions, the heavens, the entities that exist in other planes, ourselves, the sky, the paradise, none of it really exists, they are mental seeds in an empty field.

ME: And we are the farmers ...

SOY: Exactly. The arts, dimensions, abilities, attributes, sciences, stories, realities and dreams, are all seeds that will germinate only in emptiness, and it embodies the idea of Not Being.

ME: To be, then, first you have to accept that we are not ...

I AM: That's right ... Non-Being is the field where Being grows. Therefore, you will not find sustenance in anything you do or believe if you do not dare to see your Emptiness and dare to Not Be.

ME: It's like dying in life ...

I AM: Knowing that death does not exist, that death is only the removal of the veil of existence. At first, this hurts.

ME: It leads to depression... it's... horrible to see it like this.

SOY: But the time will come when you will realize that it is not so horrible. Well, it frees you. It frees you from expectations, it frees you from oppression.

ME: It's like a very atheistic and scientific vision ...

I AM: And yet it is the greatest of spiritual consciousness, it is where extremes meet. When you understand this, you become aware that you are the true field that nurtures the seeds of your being. And you take responsibility. The fear of not being is what clings us to the pains of life. But knowing that you are not, that you have never been real, and that all you are is an idea, doesn't this give you the strength to decide for yourself what you want to live?

ME: This reminds me of that clichéd phrase: "Don't leave for tomorrow what you can do today", or others like "All we have is the here and now."

I AM: Therefore, here and now, in being and not being, at the point of existence, is where you can recognize yourself as a creator, a creator who does not come or go anywhere, but who is or is not depending on his potentialities. .

ME: So, I must make consistent use of my potentialities, in order to be here and beyond, what I want to be, and manifest it in the now.

I AM: Connect with the emptiness in you, bond with the idea of "not being", and only then, can you really "be".

ME: To be and not to be ...

SOY: That is the answer.

WEEK OF EMOTIONAL

311. Light and shadow (Crown)

[June 10, 2021 Matías De Stefano](#)

Daily vibration: TZa

Statement: I Am Spiritual Energy

Code: FEET : ANKLES = the energy of the feet focuses on the ankles, articulations that allow energy's flexibility from all the body to the point that keeps us on Earth. As the crown chakra at the top, this represents the entrance and exit door of all energies from Mother Earth to our physical body. In terms of energy, this chakra relates with destiny, with the purposes of our life, missions and strength at the moment of performing them. By being linked to Earth this is the chakra of materialization and common service.



ME: Today is a very important day, a day that I have been waiting for a long time.

SOY: It is.

ME: Today there is an Eclipse of the Sun, and it is a very special one.

SOY: How not to be, right? The solar eclipse of June 10 is the door to a very powerful process that will culminate on December 4 with the other solar eclipse.

ME: Both at the poles of the Earth.

I AM: Eclipses usually occur every 6 months, moments when they combine the Earth, the Moon and the Sun in a straight line.

ME: What exactly is an eclipse?

I AM: Eclipse comes from the Greek “èkleipsis”, which means “abandonment, disappearance, absence”, coming from the two terms “èk” (from a place) and “leipein” (to let go, to leave, to leave). The term did not refer to the stars at the

beginning, but to the act of abandoning or leaving someone. It was Herodotus (around 450 BC), who referred to the disappearance of the Moon or the Sun in the sky as "Abandonment or Absence". The Earth has an orbit around the Sun for approximately 365 days, and the Moon revolves around the Earth in 28 days, almost the same amount of time it takes to rotate on its own axis, which is why we never see one of its faces. . You call the 28-day process Lunation, by which you see all the lunar faces by their shadows. The sensation of speed that the Moon has with respect to the Sun, is that it rotates, Although they both move one degree to the East per day, but due to the distance, the Moon delays its rise about 50 minutes a day with respect to the Sun. The reason you see it every night is not because the Moon rotates around the entire planet, but because the Earth is rotating on its axis, which every 24 hours will meet the moon at the same point. The orbit of the Earth varies depending on the equinoxes and solstices, in which the axis of the Earth is balanced causing the sunlight to enter directly to the northern or southern hemisphere depending on the time of year. This effect inevitably means that, every 6 months approximately, the perspective of the Earth in relation to the Sun is interfered with by the Moon, or in any case, the Earth is the one that is positioned in the middle of the other two stars.

ME: If the Moon comes between the Earth and the Sun, it is called a Solar Eclipse, because the one who is absent and disappears in the shadows is the Sun, it is this star that leaves us. And if the Earth is in the middle of the Moon and the Sun, then it is called a Lunar Eclipse, because in this case, the shadow of the Earth hides the Moon, and for that reason it leaves us, it disappears.

I AM: Every 6 months this process will repeat itself, although they will not always be exact eclipses. In the case of the Sun they can be Total, Partial, Annular or Hybrid. The total eclipse occurs when the Moon completely covers the Sun. The Partial Eclipse occurs when it only covers a part, however minimal. The Annular occurs when by distance from the Moon it seems smaller and leaves a halo of the sun around it. And the Hybrid is when at the same time a total or annular eclipse is seen, in other parts of the world a partial eclipse can be seen. In the case of the Moon, they can also be Total or Partial, and also Penumbral, in which a soft shadow covers the Moon and not the direct shadow, which in this case, is the shadow of the Earth projected on the Moon, which Being smaller, it can be covered by part of the shadow of our world or the direct shadow of it.

ME: Interesting to know.

SOY: Since the beginning of time, biology has been directly linked to lunar movements. The Moon moves the tides, and drags the oceans in its path, leading all creatures to live at its own pace.

ME: That is why we should live according to the Lunar calendar ... to be at the rhythm of the Earth ... of Life itself.

SOY: That's right. However, it is the Sun that gives life. While the Sun marks the Vibration, the Moon marks the Rhythm. Thus, all beings live in function of these two stars, which biologically generated a dependence on the Light and its cycles. For billions of years, every cell in this world knows what night and day are, and psychologically, their neural networks have built a path of understanding about this, storing data and folders of all the things that happen at night and times. that happen in the day.

ME: For example, during the day there is light, food, clarity, we see the roads, we feel safer, awake, alert, at least most of the beings that have lived since the onset of photosynthesis and those of us who depend on it. While at night, there is insecurity, it does not look good, predators can hunt us, the temperature drops, and they lower our defenses making us hibernate in a certain way.

I AM: This creates an internal belief that our brain interprets shadows or lights in relation to mental, emotional and biological circumstances.

ME: So ... when there is an eclipse ...

I AM: These insecurity mechanisms are activated.

ME: Wait, so, here I understand something, it is not that an eclipse itself influences us, but that we are reacting to an eclipse from the deepest cells!

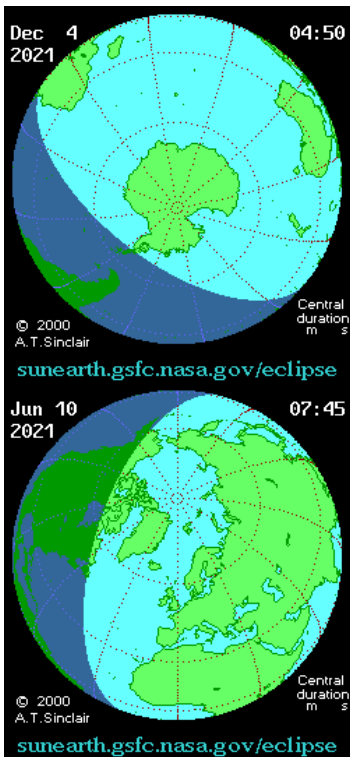
SOY: That's right. Psychologically, the internal registers are activated, and the collective perception that the sun is going or the moon is setting, indicate that something is not right, releasing all hidden things, mixing the lights and shadows.

ME: Letting us see our darkness clearly.

I AM: And each eclipse is special, depending on what constellation it occurs in, as well as in what period of the year it happens, and at what degrees, as well as on what areas of the world it is projected.

ME: And this eclipse today is projected in the right place ...

I AM: The Physical North Pole. During the year 2021, the only two Solar eclipses 6 months apart will occur at the poles: today June 10, it will begin in the Quebec area, Canada, moving over Baffin Island towards Greenland and going up Ellesmere where in its coasts will peak at the North Pole, disappearing above the physical and magnetic north pole towards Chukotka, crossing the entire Arctic Ocean. While on December 4, 2021, the South Pole eclipse will occur, beginning on the shores of the Falkland Islands to descend towards the Physical South Pole and return towards the Pacific.



ME: And this... what does it represent?

I AM: Represents the opening and closing of a complete cycle. Between 2020 and 2021, the North Magnetic Pole will be aligned in the same place as the North Physical Pole, something never before recorded. Which means that the physical and energetic, corporal and spiritual plane of the Earth are both on axis. This indicates a moment of need for stillness on the part of the Earth, to reprogram a new time.

ME: That is why Humanity has stopped these two years ... Covid19 has its logic, to stop the movement, to make the world rethink "its north".

SOY: Where are they going with their lives? The magnetic pole indicates the direction, and in 2022 it will be completely on the opposite side of the Earth, that is, it will have crossed the 0 Meridian after thousands of years of being in the West over Canada and the United States in the Paleolithic, crossing eastward heading towards Siberia, in Russia.

ME: This is the "new normal", it is a change of perception, of hemispheres ... from right to left ...

I AM: This is what makes 2020 and 2021 so special, it is a perfect moment for the resurgence of the Earth to a new consciousness. It will not happen in a single day, but these two years are the portal. And the Eclipses represent the passage of this energy from one side to the other, as the pole passes from West to East, the energy of the world descends from North to South. The Serpent of Light, the Planetary Kundalini, activates your divine consciousness, between light and shadow.

ME: Everything that is hidden is released, the lights and shadows come together to calibrate the Earth, yin yang.

I AM: The forces of Light and the forces of Shadows are a unique program that do not exist separately, as both make sense together. Both are internal programs of your mind, which speak of hidden potentials and repressed emotions, as well as what you show and drive to the world. Many times, that force is silent inside due to repression, culture, religion, beliefs, fears, depression, frustration, shame, judgment, expectations ... Eclipses come to make us see these emotions and internal circumstances, to recognize them as fuel for what we we must carry out, promote. There is no war between light and shadow in the universe, that battle has been fought between us here on Earth by purely biological fears. As children we fear the night

ME: But what about the involitional forces, the demons, the beings that I know very well exist on those levels?

I AM: They exist, just like mosquitoes and cockroaches, bats and spiders. Nocturnal creatures that you can fear, and they are not bad for that, but, like all creatures, they seek to survive, and have evolved in such a way. The darkness, as well as the nocturnal biomass, can give you many positive things, strength, tools, that you deny by this absurd battle in which you have made them your enemies. That battle does not exist in the Universe of Consciousness. You must decide whether you will walk this path being conscious, or fighting a bipolar battle in unconsciousness.

ME: I put all my intention to be Conscious and to unite the light and the dark in me.

SOY: That's being the Gray Man. Wayfarer from the North to the South, returning to the mother of the South, returning to her womb on August 22, on the Blue Moon, when the North returns to the South, to light the Lighthouse at the end of the World. And to do so, you must light the 12 doors of the world. The 12 people you have chosen to represent you at those doors will align spirit, soul, and body (1.1.1) to be ready for transcendence on 2.2.2.

ME: After the activation of the Kundalini between the two Eclipses of the Sun of 2021, on January 11 (1), we must align the three bodies, physical, emotional and mental, in the 12 nodes of the Earth ... And thus begin the reactivation of the system on February 22 (2), all this in 2022. Is that it?

SOY: That's right. And the task of the entire Network will be to sustain and expand it.

I eat?

I AM: The day of the Eclipses, like this June 10, as well as December 4, everyone will have to face their light and their shadow. They will do it by doing a meditation in which they will be placed in a dark space, and will light a large candle. They will put it on a surface (wood, cardboard, sheet) where they have drawn a 6-pointed star, which each point will represent the attributes of the being: Vibration, Energy, Matter in the triangle that points below, and Love, Wisdom and Will in the other triangle pointing up. There, they will take the time that each eclipse lasts to focus on their own shadows and lights in relation to their life on the physical, emotional and mental plane, bringing both the positive and the negative to the candle flame, at least one hour around the maximum shadow (June 10 will be at 10:35 UTC, while that of December 4 will be at 7:33 UTC). The meditation will be with eyes open, gazing directly into the

candlelight. In this way, they will all be connected, united in a network, opening the door to neutrality from North to South, putting the intention of balancing the forces of the world.

ME: And then?

SOY: We'll talk about the after. Now, focus on the Light and Shadow of your being, which are projected onto your internal and external world. This will be the key to open the doors to a new time.

ME: It's time to open the doors.

I AM: On the other side, there can no longer be duality. North and South will be one, light and shadow will unite.

ME: We are ready to move to the other side.

I AM: Welcome to the Path of the Dragon.

312. Soulmate (Third Eye)

[June 11, 2021 Matias De Stefano](#)

Daily vibration: TZae

Statement: I Am Energy of thoughts

Code: INFERIOR CENTER = under the feet, outside the physical body and being the energetic toroidal body the limit, in contraposition to the superior center, the inferior center is located, a node of telluric energies that absorbs all forces from Earth's nucleus and all the elemental world's forces that move through the planetary cortex.

Energetically, is the center from where we unite to the terrestrial heart, and from where we receive the necessary nutrients of the planetary collective.



ME: Today I woke up susceptible ... perhaps that is all that has happened in this journey "Fezur" (Serpent of Light). 12 of my friends who are helping me sustain the patterns of the I AM path, and I, plus 72 people, have traveled the Nile with private visits in record time, with almost no sleep, and with more homework than explanations. These days have been like a dream, and I mean it literally, it has left us all lost in time and space, without knowing where we were or what day it was. I channeled every day, and the last ones especially were intense. Many beings, of different

dimensions, very different from each other, also aliens, and many intense signals. Our whole body aches, and last night, after the transmission, after the eclipse that we passed under the sun in the desert, over the solar temple of Abu Gurab, I fainted. I made it to bed, luckily, But I literally lost consciousness and collapsed. A feeling of nostalgia, abandonment, loneliness invaded me, and I wanted to cry.

SOY: Why?

ME: I think it was a decompensation in many ways. I was very tired, with many people, everything very intense, and suddenly, it was over. I no longer needed strong energy to sustain anything, or plan anything. In addition, the project that I was designing and that would keep me busy until 2026, was defined today, and there is a 99% probability that it will not appear, which returns me to an indescribable 0 state. A strong blow ... But at the same time, something that strangely relaxed me because since yesterday I let go of it, and I let it be what it has to be.

SOY: Very good ...

ME: And all of it was like I had a big energy dam like the one in Aswan, containing Lake Nasser, the largest man-made lake in the world, and all of a sudden, the dam opened all the way, and the lake emptied leaving a stream, shown the depression of the river basin. My energy became low, in every way, and it was as if my being needed a period of hibernation.

SOY: It is normal, because you need to recover from an intense energy task as well as a logistics of activities and responsibility for other people. This inevitably makes you sensitive, as the brain stops its alertness when it collapses, and it can no longer be attentive, because you have reached the limit.

ME: Starting to lower defenses ...

SOY: And that removes your emotions, like an uncontrolled sea, because since the brain is so exhausted, it cannot properly regulate the signals of the hypothalamus, and the sense of things is lost, lowering the production of certain hormones that keep you active. It is a reset of the body ...

ME: It shows ... Because I start to feel things that are not necessary.

SOY: Like what?

ME: Well, today I woke up, after feeling abandoned, alone, remembering that great cellular trauma that I have with abandonment even though I don't suffer it mentally, and when I turned around, there he was, next to me, sleeping ... Sobek, today with the body of Max. And for a second I felt that he was present, and when I saw him, his phrase from 12,000 years ago echoed in me: "no matter the forms, I will always be there with you." And I find it fascinating to see this, that yes, he was there, with me, today as friends, no longer as husband and wife, and because of this, it was the first time that I did not feel the anguish of not being able to repeat that story, that feeling that I had all my life waiting to find him to love us as before, I simply felt his presence and thanked... I was grateful that someone who today has a partner and is deeply in love with a wonderful person, have enough love to still come to Egypt and be here, as I had promised thousands of years ago, helping, being a part, sharing, and even sleeping by my side knowing that there is no intention beyond unconditional love. If anyone has shown me what unconditional love is in life, it is Max, clearly.

SOY: And then why the subtle anguish today?

ME: Since I remembered Sobek, when I was between 11 and 12 years old, I remembered how in love I was with him, we were for each other, a love so strong that I felt that it had gone through 12000 years of history to reach my heart again . Our bodies are both different today, but I couldn't see his shape at all, but what I felt for him. Our lives, our children, the things that amused us, the trips we made, the problems that we had to solve... and the very plan by which I am here doing what I do, all came to me today because of her loving gaze. The first memory with him was in front of the Sphinx, he telling me that phrase, that he would always be with me beyond forms and time, and the second image, which I drew, was him sleeping in bed next to me. When I saw him sleep today, I felt the same.

SOY: What did you feel?

ME: The Soulmate. I was in love with him for 12,000 years, and all the partners I had in this life, and despite whom I have fallen in love, behind I could see his smile, his support. There was something inexplicable, a story impossible to deny. When I met him in this life, I broke down in tears knowing that we could not be together in this life, clinging to the idea of the past, nor did I see something key, and that is that love has many forms if it is true love, it has nothing to do with it. do with the love of a couple; it is transcendental to all loves. At first I felt that love that Shiw had for Sobek, but with time and the healing of my past with him, I was able to love him as a son, a father, a brother, a friend. And suddenly all types of love were present.

SOY: So what is it that makes you nostalgic?

ME: The death of the Soulmate idea.

I'm interesting. Tell me what soul mate is to you.

YO: It's a very old concept, which says that all of us come in pairs, and that we are separated in different parts of the world. There is an internal longing to seek the other half, to complete oneself. You feel a kind of void that needs to be filled, which leads us to the romanticization of the idea that that part lies in another person. And that both are connected out of love, and entering into the harmony of love, is called falling in love. Thus a being becomes complete.

SOY: Intentional animal interpretation on reproduction.

ME: hahaha my god, what an annihilating phrase before the beauty of what I was sharing with you.

SOY: Sorry though, it's the truth. Eukaryotic cells need to share genetic material to improve, exchange skills that better adapt them to the environment around them. For millions of years, this exchange has been based on looking for the other part that contains the necessary gene for this adaptive and stabilization process. Thus, both plants and animals have based their lives on the search for another. Groups of eukaryotic cells that seek other groups of eukaryotic cells in the form of organisms, which allow them to evolve, reproduce, pass their information to the next level. Become eternal ...

ME: Love (a-mors: without death ... eternal)

SOY: And so, to achieve it, they must fall in love, attract each other, fall before each other, surrender completely. Join as one. This led to the emergence of the human species, which continued with the cellular tradition, developing hundreds of ways to find that perfect pair to reproduce, with which to fall in love. The concept led to the fact that there was a perfect someone for each one, a kind of mirror, an enantiomer of reproduction, in which they are equal although reflected.

ME: Twins ...

I AM: Tall with tall, short with short, black with black, white with white, skinny with skinny, fat with fat, there is a kind of human tendency to seek a certain symmetry between pairs, which led to the appearance of different ethnic groups, what you commonly call races.

ME: But this is not always true ...

SOY: Of course not, because the constant search for the same ends up returning the reproduction circle to a territory of limited links in which the same genes are even exchanged in the family. This causes the genes to mutate negatively, since they need new data to improve, and if instead of adding only you divide your own among the family, sooner or later there will be malformations, problems of many kinds. For this reason there is an internal part that stops looking for the "equal", to look for the opposite. And the races, the ethnic groups, mix, and this mix improves the

species. Exponentially increases your chances of adaptation. This makes the human species consider something transcendental: what makes an individual seek to complete himself with someone totally alien and outside the circle where he dwells?

ME: ... the Soul...

SOY: And there was born another more intense way of understanding reproduction. It ceases to be a merely reproductive issue, and becomes more related to sensory perceptions, which are translated into emotions. The pulse accelerates, because the arteries interpret that they must supply blood to the sexual organs to reproduce, and thus the heart beats stronger. We fall in love with the attributes of that other person, but not always to reproduce, and yet the heart races.

ME: And that's where the idea was born that love is in the heart, and that the heart is the romantic symbol par excellence... but in reality it is nothing more than a pulse to reproduction.

I AM: The senses deepen, the sensations heighten, the hormones travel faster, and the genitals swell with blood, raising the body temperature that prompts the release of reproductive cells.

ME: What a non-sensual way of looking at falling in love.

SOY: But even so, in culture and civilization, the mind, the arts, philosophy, become key in seeing the attributes of the internal world of the person, not necessarily seeing if they have wide hips, strong breasts, wide back, to know if it is prone to reproduction or not. The physical becomes another factor, and now the inner world is also. Passing this animal stage, we begin to fall in love with the internal movement of the other, with what animates, and with "animating, animated, animal", comes "anima" that gives "soul".

ME: And we fall in love with being, the essence of the other.

SOY: Regardless of whether or not we can reproduce with each other, but still, our bodies react as if we have to reproduce. In romanticism and poetry, these sensations were taken to a cosmic extreme, thinking that in creation we were all built in pairs, and that at birth we are separated, and our goal is to reunite. That is why most people search their entire lives for someone to fall in love with.

ME: Although in reality, it is the movement of cells seeking to transcend and adapt.

I AM: It is more beautiful to think that a God created two souls that are twins, they were born together, and that he put them in the world so that their lives are nurtured by paths until they meet. This thought is nice. However, it is very simple given the complexity of existence. We are falling in love with many people, idealizing many others that we do not even know, and in the tale of the soul mate, we end up living in frustration failure after failure. Why hurt yourself this way?

ME: What do you advise?

SOY: As the Moon and the Sun did yesterday: observe yourself closely. The symbolism is that the moon and the sun look like two lovers who meet twice a year approximately after making a journey in search of the other, and only during eclipses can they kiss, caress, give each other the expected love, and then part again. . Every 6 months, their paths cross, while for 6 months they look for each other. An act of love and unity that lasts a few hours, 2 times a year. Light and shadow come together to form a ring of light, the divine pairing. They look at each other and come together.

ME: And who are they in my life?

I AM: They are your emotion and your mind. What lies in the emotional shadows of the soul unites in love with the consciousness of the spiritual mind. Both energies come together in absolute contemplation, and they recognize by

looking into each other's eyes that they have traveled different paths all their lives, but hoping to join in a kiss of love. Emotion and Mind seem different individuals who from time to time find themselves in deep love and sensuality. Just as two lovers look into each other's eyes, shining, in which they deeply find the meaning of life, it is your emotion and your mind that must meet each other's eyes to make sense of that completeness. No one can complete you from the outside, external agents can only show you hidden emotions or ideas. You do not fall in love with the other, but with what you are when you are with him.

ME: I am the one who falls in love, and therefore, everything I feel was always in me, not in the other.

I AM: And yet remember that there is no "other" in the universe, because we are all one. Thus, the others are part of you that help you to see what you are. You can fall in love with many people, because there is no one else who completes who you are. This search is not universal, this search corresponds only to an ancient tradition of eukaryotic cells.

ME: I am my own soul mate, well ...

SOY: That's right. Allow yourself to fall in love with others, to feel them, but instead of being frustrated in love, recognize that what each being has made you feel has only been produced by yourself in your own body, and that is why you can continue to fall in love. Well, there is no soul mate, nor the perfect person, the life partner, but individuals with whom we discover the love we have for each other. To truly love is not to depend on a fraction of myself projected onto the other, but to complete those fractions in oneself and share them with others.

ME: I look at myself ...

I AM: Look in the mirror. Look at your eyes, and recognize that you are emotion and in your reflection you see the mind that you are also. Make mind and emotion observe each other, fall in love. Interlock the fingers of your hands, and sigh giving you the love you deserve.

ME: Fall in love with myself ...

I AM: And so you can love the World.

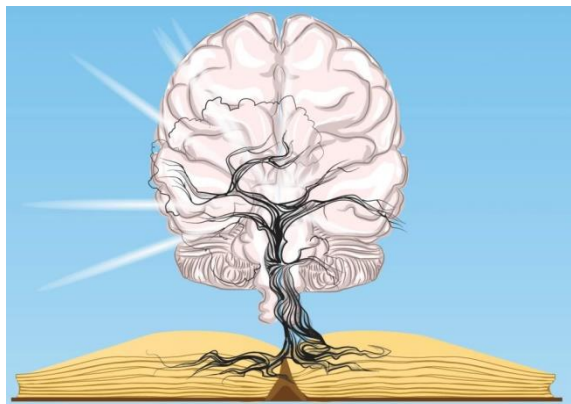
313. Intelligence (Throat)

[June 12, 2021 Matías De Stefano](#)

Daily vibration: TZe

Statement: I Am the Voice's Energy

Code: ECSTASY – ANXIETY= every chakra is a polar energy engine, that spin constantly in positive and negative, creating energy. The energy is called emotion in our body, and it's this way that every chakra has two fundamental emotions. In the case of the Superior Center, the positive emotion of Ecstasy connects us with the biggest and infinite potency of the universe, as for it's negative polarity makes us feel tiny in front of such greatness, creating Anxiety. They both regulate the upper flux, aligned with the sines and cosines of the vibrational wavelengths of the Higher Self.



ME: What happened yesterday was very liberating for me, and I thank you. I have never felt so coherent. Being one with others, an equal, talking about the things that annoyed us about each one, the magnificent things that we saw in the other, honoring ourselves for being mirrors with our differences, and being able to recognize falling in love with myself being able to feel that love with everyone . Yesterday I felt that I was freed from great burdens and weights, and that it was a day of rebirth, where all the strength was suddenly deposited in the present. Thanks.

SOY: Thank you for allowing me to discover what I am capable of.

YO: Something that amazed me was how the mix of channeling, laughter, travel, sharing, conflict, history, love, organization, emotion and ideas, wrapped in friendship and the transcendental, worked perfectly, in an incredible symbiosis.

I AM: Intelligence. That is Intelligence.

I because?

I AM: They are the different neurons, each one with a different specialty, that come together to give rise to new results.

ME: I always thought that Intelligence was typical of knowing, that is, of being able to understand things, of knowing how to solve mental issues ...

I AM: People often associate intelligence with study, the ability to assimilate external data. And in many cases, everyone feels very far from it, because they perceive that it is intelligent who has managed to understand more things.

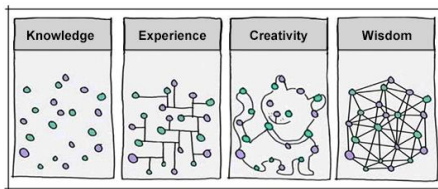
ME: And isn't it? In school they always told us that one or the other was more or less intelligent, "pretend that he is intelligent", I heard some teachers say, because he had all the exams well, and everything was perfect ...

SOY: And... So and so did he go far with that?

ME: From my vision, no. Because he went on to have a very confusing and depressing life, working on simple, mechanical things, where his abilities were not required.

I AM: Intelligence is not based on knowing, but on having the ability to connect things. Intelligence comes from the Latin "intra legere", that is, "read between", and refers to the act of knowing how to read between the lines, connecting different points.

YO: It reminds me of a meme I saw once, in which Knowledge is explained with a simple image, as points on a sheet, to Experience as a schematic design that joins these points, to Creativity as a fluid form of these loose data, already Wisdom as an interconnected network.



SOY: Yesterday we talked about Twin Souls. Think, for example, the vision of souls from Knowledge. Here you can see that there are many souls, separated, and that each one is unique, with a specialty, capacity, ego, and therefore, only understandable by their differences, which can be grouped by categories. In the Experience, the connection between people, souls, of different categories, help to trace paths of conflict resolution, which perfects the interaction of individuals, granting new qualities. In Creativity, it is necessary to open the mind, you cannot give each soul, each being or object the role expected or established by knowledge, because creativity implies thinking outside the box, opening the capacities to expand the imagination, where something that for knowledge belongs to a specific group, It is used in an unexpected place or situation to discover something totally transcendental to the above. And of course, that in Wisdom, everything else is incorporated, since it is not closed to anything, understanding the data, its experiences and its infinite possibilities, without following steps or rules, and still, conforming its own.

ME: I understand ... So, there the intelligence is in each one of them, but above all in the ability to be wise about something ...

I AM: Wisdom is a key to understanding Intelligence, since the latter implies the ability to connect data outside of the established, beyond lines and words, it can see beyond what is written, what is recorded, and it is observed much more than what is shown.

ME: A few years ago I fell in love with a Gemini who knew a lot, a philosopher by nature, lover of reading, of knowledge. He loved to learn. And I am fascinated by people who know about many things. I fell in love with listening to him, with how he could intertwine knowledge with reading. I rarely finished a book in my life, and the ones I finished were not about knowledge but emotional novels. Perhaps he has read the number of books that enter my fingers, nor do I know if I have reached 10. He, at a young age, had read all the philosophers, and with each conversation, he was able to quote them bringing his visions to our deep talks. I have never felt so in love ...

I AM: Love for who knows. Beyond the body, what a soul seeks is to nourish itself, emotionally fill the neural voids that incessantly demand the attention of external data. The soul feeds on words, data, which are received by the 5 senses, causing ecstasy in the brain, an orgasm for the being that seeks transcendence. A kind of Sapiosexual. This could define those who have Gemini present in their cards ...

ME: But, I don't have Gemini anywhere ...

I AM: Only in one place: in Chiron. The asteroid of karma, of the conflict to be resolved. There Gemini tells you about the importance of knowledge, of facing the deepest wound of those words that have determined your life. "You're smart".

ME: Oh it's true, everyone always told me I'm smart, but I never felt smart. Since I was a child, since I was 5 years old, I remember people saying "this child is very intelligent, knows a lot, learns quickly." However, I noticed how difficult it was for me to learn, and when I went to school, I felt the pressure of those words, when I did not feel them.

SOY: Why do you think you don't consider yourself smart?

ME: Because when I see others, how much they know about one topic or another, how much they have studied, the books they have read, their ability to cite sources, to make numbers, to know science, to know authors, I realize that I lack that, and I admire it in the other, and love awakens me, that force that drives me to unite with the other, complete myself ...

SOY: That is why you have fallen so much in love with him, among other things, the sensation that complements your soul, the medicine that heals your wound. He doesn't think you are smart.

ME: That is why I seek to fall in love with the intelligent ... with the changeable, with the free being who loves the book more than me ...

SOY: The wound of feeling unintelligent has built on this word an emotional weight that clings you to the search to appear intelligent. However, you take the idea to Mind, when intelligence encompasses much more.

ME: How much more?

SOY: In 1983, the psychologist Howard Gardner, studying the cognitive capacities of the human being, managed to establish that Intelligence is not summarized in the accumulation of mental data and the development of strategies, but that up to 12 different types of intelligences can be identified.

ME: 12? Which are?

SOY: Let's go one by one. The first is Linguistic-Verbal Intelligence: as its name says, it is the capacity that some people have in relation to communication, whether in languages, as verbal, non-verbal or written language. The second is the Logical-Mathematical Intelligence: it incorporates the ability to solve problems at the numeral level, of logical and deductive reasoning. Due to its multiple use in life in general, from the market to architecture, this intelligence is one of those that have been taken as essential to define an intelligent person since ancient times, applied in physics, chemistry, construction and science. The third will be Spatial Intelligence, which implies the ability to be aware of the objects and places that surround us, which allows you to create mental maps, general images, planning, which gives them depth of space, and enables the development of artistic, sculptural and architectural potentials, as well as photography, drawing, and design in general. The fourth Intelligence is Musical, which is evident in those who have the ability to interpret and memorize sounds, identify harmonies, being able to design their own music, adapting to the sounds of the environment, musical creativity, and the ability to use various instruments. . The Kinesthetic Corporal Intelligence, is demonstrated in the ability of an individual to have complete control of his body, of each one of his movements. Coordination, balance, dexterity in handling tools and objects, who apply their intelligence in sports and dances above all. The sixth is Intrapersonal Intelligence, one that many

lack, and it is the ability to understand one's own emotions, the internal world, to close the eyes and discover what lives inside, being able to manage it, understanding themselves, which leads them to spiritual connection, meditation and self-control. Interpersonal Intelligence is one that has a certain empathy with others, being able to capture the different moods of others by mastering non-verbal information, and is able to connect with the needs of others. Following the list, we find the Naturalist Intelligence, which makes you sensitive to nature, being able to easily interpret the animal and plant world, as well as the mineral, which do not need to know much about nature to know it and feel it in depth, and includes biologists, veterinarians, botanists, shamans and natural therapists as advocates of it. The ninth is Existential Intelligence, the one you know well. The ease of being able to ask big questions, embodying philosophy, something that not everyone has easily, and that requires great mental breadth, flexibility and skill to change thoughts, patterns, so it is related to psychology and spirituality, with philosophers and freethinkers. Creative Intelligence is one of those who with great agility can awaken ideas at every moment, innovating at every step, proposing new ideas of different kinds, becoming entrepreneurs. The penultimate Intelligence is Emotional, it is the one awakened by people who have great self-control over what they feel, and who know how to interpret what others feel, so they are very good at social relationships and managing group emotions, as well as their own. And finally, the twelfth Intelligence, the Collaborative, those who have great agility in teamwork, in working in groups, solving problems and reaching goals together. It becomes an essential part of the group, and it is perfect for network actions.

ME: I identified myself with more than one of these descriptions.

I AM: Because Intelligence is a network, an organic, non-linear capacity, in which they interact with each other. No one can be intelligent in only one of all these aspects. Everyone needs and owns a little of each, perhaps 1% of some, but a large percentage of others. The ability of intelligence is to be able to identify which one you are in and how to combine it with the others. And there, the intelligence must be loving, in recognizing the capacities of the other as well as its own. Nobody is completely intelligent, since intelligence is a network of wise men, who in interaction generate Wisdom.

ME: Then ... I will have to heal my wound, and accept myself as intelligent, stop devaluing myself, looking for love in those who know, to be love with those who know.

I AM: And only then will you find the great network of the Earth. Recognizing the intelligence of each individual is the key to the society of the future.

YO: Ontocracy ... the network of wise men, where each intelligence interacts without the need for partisan intermediaries.

I AM: Where the love for knowledge outweighs ideologies for knowledge.

ME: I accept myself as intelligent in my own way, then, and I put my intelligence at the service of others.

SOY: That is to form an intelligent network, one that knows how to read itself, understand itself ...

ME: I'm Smart!

I AM: Acknowledge it, and connect the parts that will build the New World.

314. Twin flame (Heart)

[June 13, 2021 Matías De Stefano](#)

Daily vibration: TZi

Statement: I Am the Heart's Energy

Code: ADMIRATION – ENVY = in the enlightenment process of the crown chakra, the bipolar energy that allows it to function makes us contemplate the wonders that a being connected with the Whole can accomplish. It's for this, that in the sines and cosines of the wavelengths of the coronary vibration, emerges Admiration as the emotion that reminds us how fascinating existence is, and at the same time, Envy as the intention of being and resembling what others have achieved by feeling it, wanting to reach that Enlightenment.



ME: Two days ago, we talked about Twin Souls, but there is something that has confused me sometime, and it is the concept of “Twin Flame”. I had always heard the romantic term of the Twin Soul, as something very cultured, that goes through many aspects of our lives, but when I was older, someone mentioned: “she is my twin flame”, and they asked me if I knew mine. But I did not understand the difference between one and the other ... What is it?

SOY: We are going to understand these two concepts. Soul, as you well know, means movement, spirit, and therefore it is related to the flow of life, like water that runs, flows, something that makes it purely emotional. When we speak of the soul, we speak of the registers, of the evolution, of the hormonal processes of the body, the energy that moves circulating throughout the chakra system. The soul travels through time transforming, adapting to various forms, adding experiences, experiences, which serve as a record and library for living consciousness. Therefore, the soul has missions, purposes, intentions, and because it is a polar energy, it incessantly searches for complementary energies, in the same way that an electron searches for a proton, and vice versa. An environment full of protons can turn acidic, deadly to life. For this reason, souls seek each other, to create a harmonious network, in balance, sharing their information, their charges. This leads us to understand that in the same way that a Hydrogen atom only exists by the exact combination of a proton with an electron, people also feel that there is a perfect complement that gives rise to the existence and meaning of their search, which awakens the idea of that soul mate, a necessary complement to exist. Although as we have already said, those polar energies also live within each one, and you can find that complement in yourself, since love for others only drives you to find that power in yourself.

ME: And the Twin Flame?

SOY: This is something similar, although it is not related to the energetic but to the structural.

ME: Should I prepare for another magic break?

SOY: It depends on what you consider magic. As you know, a flame, flame, is the first fire that arises after the spark. The correct order would be that the pressure of an accumulation of atoms, due to an internal force or external forces, begin to raise their vibration, as it happens very easily in carbon atoms. The electrons vibrate rapidly at higher energy pressure, which discharges a large amount of energy, like a motor, generating the sensation of heat. An excess of heat vibration under high pressure can cause the atoms to break, and separate the electrons from the protons. In this kind of

nuclear fission or reaction, the large amount of energy that contains the particles together is released, flashing a spark. It intensifies the reaction of the elements around it, causing the release of energy from all the atoms it touches. This produces a combustion effect, in an accelerated chemical oxidation reaction, which ends up igniting a flame. It is generally composed of 3 parts: the internal cone (also called a cold flame, which oscillates around 300 degrees and has contact with the combustion element), the intermediate cone (or also a reducing flame, which comes into contact with the oxygen in the environment initiating the oxidation of the fuel arising from the cold flame), and the external cone (it is the yellow area that radiates the most light, reaching 1400 degrees, so it is the place that burns all the fuel releasing the components). After the flame initiates combustion, the chain reaction of chemical elements produces fire. Fire is the symbol of light, brightness, the clarity, the warmth. The shape of the fire rising upwards is due to the spaces that the air around it creates due to the heat emitted. When the particles of the elements that make up the air are heated, the air becomes lighter, and therefore it rises above at high speed like an invisible bubble towards the surface of the sea. This vertical upward movement pushes the less hot air to the sides, which puts pressure on the flames as they rise following the conical gap generated by the oxygen vacuum rising to the surface. This molds the famous shape of fire, similar to an ascending cone, to a triangle.

ME: Wow, I didn't know that, so the fire has that triangular shape simply from a rearrangement of the air space as it warms up.

I AM: The heat rises, the cold falls, and that leads the fire to have its known structure. Now, its shape is not a triangle, since we are not in 2D, but in 3D. That is to say, the structure of the fire... what will it be?

ME: The Tetrahedron!

SOY: Exactly. A tetrahedron is a polyhedron with 4 equilateral triangular faces, that is, they measure the same. A base supports the other three faces that meet at the top. The Tetrahedron is a fundamental structure in the universe and its entire atomic structure, as its edges and vertices rest on each other without losing stability, making it one of the most important structures in existence. Its shape does not have an upper or lower part, since its 4 vertices can be considered an escape point. Thus, if one of the 4 is the source of the spark, the other three are the expanding flames, which you know as the Triune Flame.

ME: Oh, that's where that concept comes from!

SOY: That's right. The Triune Flame are the main attributes of a Being: Power or Will (sky blue), Love (rose red) and Wisdom (golden yellow). The three attributes make up the essence of the divine being to be manifested. This trinity forms the first Sacred Flame, the Divine Fire of the creation of the subtle and the eternal. From here, the ideological concept must manifest itself in reality. In this way, a new divine spark arises, the explosion that you call the "Big Bang." And from it, a new Triune Flame arises, which you know as Vibration, Energy and Matter, which are manifested in reality, allowing the Being to become a living Individual.

ME: So here we have two tetrahedra already.

I AM: One is the I, and the other is the I am. While one seeks to know himself, the other seeks to know everything he created around him. Inside and Outside, Top Bottom, Right Left, Female and Male, Light and Shadow. Together they make up the only real being, "I am". That at the level of structure you know as "Merkabah". The word merkaba comes from the Hebrew, and means "chariot", named for being the vehicle of light. It is made up of two combined tetrahedra, one pointing up and the other pointing down. The one that points down has one of its vertices in front of the person's heart, and its other two backwards on the back like the wings of an angel. The one that points upwards finds its base towards the knees and the tailbone, forming the triangulation, like a person sitting in meditation. While the downward pointing tetrahedron representing the I is made up of the attributes of Will, Love and Wisdom, the one pointing up representing the I AM is based on Vibration, Energy and Matter. Thus the interdimensional vehicle of a being of light is formed, in which it incorporates all the unified aspects in two tetrahedra.

ME: That is ... in two fires ...

SOY: I mean ... in two Flames ...

ME: Wait... so the twin flames are two tetrahedra?

SOY: That's right. The Twin Flame is divinity itself, eternal, of infinite wisdom, unconditional love, and empowered will. It is the one that manifests itself, the one that connects to the essence itself, and takes us to the center, to the axis through which we can move in each dimension.



ME: But then you say it's not someone else?

SOY: No, it is not. The need to search for another makes them constantly consider that the love for which the universe finds a way to manifest and create is in pairs, in romances. And it is not like that. That is a mere human culture projected into the universe. Everything is interconnected, so there is no inevitable individual that complements us, and that just that person must be a perfect couple. That longing makes the Twin Flame concept more an excuse for reproduction and for satisfying the most human needs, than for actually finding the Truth.

ME: Oh... that was tough.

I AM: From the Heart we speak today, connecting us uniting both parts of our Being. The Sacred Heart of Christ (the anointed one = Jeristós) with its Pink ray and its Blue ray. Heat and Cold, Feminine and Masculine, Love and Will that grant Wisdom.

ME: That is to say that I am my own twin flame ... Well, they are my attributes ...

I AM: It is the divine spark that unites your emotion and your mind. The Unification of your whole being, which makes the spirit and the body meet in the soul, in the center. It is the embrace of eternity.

ME: This indicates that I cannot really say that I found my twin flame in another, for it lives within me.

SOY: What you can do, yes, is find the other parts that help you find that in yourself. You can fall in love a thousand times and feel love, but one day you will feel unconditional love for someone, and there you will have activated part of your being. You can believe you know many things, until you really act from the heart with wisdom, or wish many things, undertake projects, believe that you know what it means to have willpower, until you recognize what really motivates you as being. There you will find the activation of your I, of your ego transcending the polarities. You will understand that each individual with whom you have been related is nothing more than an impulse, a cosmic beat that you yourself opened to show you what was inside and for you alone you did not know how to remove, externalize.

ME: Others can help me to see or discover my own twin flame, in me ...

SOY: So, love... smile, get active, know, open yourself to the world, sing, build. Everything you do from within, uniting your emotion and your thought, discovering the infinite potential within you, making it a reality here and now, will make you look into your eyes again and be able to say: I have found myself ... I am my Twin Flame . And in doing so, you can be free to love every other soul in the world.

ME: I feel free knowing this. And at the same time, with the responsibility of finding myself.

SOY: That's what life is about. There is no greater purpose than knowing who you are, there is no greater destiny than yourself, there is no greater truth than saying "I am".

I: I am the Triune Flame, which expanded in the polarity of the Twin Flames, the Sacred Heart, where all forces come together, the Love of being who I am.

I AM: Love yourself, and light the divine spark in you, light the flame, and the fire of your heart will illuminate the World.

315. Adaptability (Solar Plexus)

[June 14, 2021 Matías De Stefano](#)

Daily vibration: TZi

Statement: I Am Energy of Personality

Code: AMAZEMENT – CONFUSION = in the vibration of the third Eye chakra, the energetic bipolar waves that allow the being's sleeping and awakening, generate two known emotions by those who are in the awakening dawn of consciousness: Amazement by what they are capable of seeing, of understanding, of contemplating now that they have their eyes wide open to a part of the truth, and at the same time, in contrast, the Confusion emotion before unfamiliar patterns, before too many data and lack of preconceptions.



ME: I have been left alone again, although in situations of tension. My friends had their flight canceled, and they also had to go to the airport to be relocated to new flights from other companies. These times are of great changes, stressful for those who are not used to things being changed, plans being reconfigured. I am very used to it because I am a person who has lived constantly traveling and changing places and circumstances. However, I know that for some it is quite a trauma, and the uncertainty is overwhelming.

SOY: Uncertainty is key for those who search. Whoever seeks cannot live on certainties.

ME: Yes, of course. But there are also the plans, what one schedules and expects to happen. Detaching yourself from expectation is very difficult. It happened to me when the I Am path began. Beyond the fact that I quickly adapted to the new circumstances due to the pandemic, I spent a few days feeling that nothing made sense, that I was lost. It was all crazy, the sudden changes, the endless cancellations, and the fact that I had to modify everything planned around the world so that I simply had to be fixed in one place for a whole year. It took a lot of effort on my part to return to my center and accept the new reality.

SOY: There are people that the slightest of changes can lead to a great level of stress. From people who simply have a great Virginian presence in their lives, to obsessive compulsives, or traumas and personality disorders, as well as a simple family tradition of order, all of this is subject to a personality that can be broken by the slightest unexpected movement, not to mention sudden plan changes.

ME: Yes, I have met people like that, in fact some of my friends are like that, and I usually despair them a lot... Despite my stability here in Giza, this month was quite busy. From having been alone for two full months where everything was slow and predictable, my friends arrived 20 days ago and everything started to accelerate. Then, 6 days later, the people arrived, the 72 of the Fezur (light snake) road, along with other of my friends, and we had to start running, so that everything is ready. Then, without rest, and little sleep, we toured the Nile, and then the pyramids. It was a stressful journey in which people had to adapt to a constant change with different and unexpected speeds. In the last few days, I was able to receive some comments that some people expected something different from the trip, such as a greater presence of me, more talks of mine, more rest ... That is to say, surely some of them came with expectations. And it is normal. However, many times the expectations of what should happen, do not let us see what there is.

I AM: The tree that covers the forest. Expectations are thoughts structured by previous concepts, which become patterns in the mind, and therefore the brain prepares the whole body with the intention of being ready for situations to come. This generates an emotional level predisposed in advance to events, which if they do not happen, the brain feels that it has failed, and tries to force the idea that what is expected to happen, leading to frustration, anger, criticism, disappointment .

ME: How do you release those expectations?

I AM: Adaptability. The ability to take that which is beyond ("ad" = towards, "apt" = take, reach). The passive aspect of the future is Expectation, which is positioned in a role of waiting, of waiting, look at what is outside to know what may come. In its active aspect, Adaptability reminds us to take charge of the situation, to achieve what is ahead, without merely observing it. Leaving expectation is taking action, it is deciding for yourself to make something happen without waiting for someone else to make it happen.

ME: Adaptation then as the key to transcending the eternal waiting.

SOY: Adapting to different spaces is what we have done since the beginning. Who does not adapt dies. Waiting is not an option in a changing world, and even what seems to wait quietly really is.

ME: Like what things?

I AM: Like a tree in winter. Inside the tree there are constant communications, an incessant movement of life that maintains the flow of energy while the cold prevents its expansion. Adapting to the environment is the key to evolution, necessary to achieve what you are looking for. Whether it is security, food, reproduction, an individual, whether unicellular or multicellular, will need to move, go to find what he needs, not relegate himself to what is or what there is. Animals migrate, plants pollinate with the wind and insects, others build, or like humans, create cultures and religions. The act of looking ahead for the solution arises because the medium will never give you the solution, and if it does, it will be up to you to take that opportunity or let it pass. The expectation is born from the imaginary, from thinking what could be,

ME: When people place expectation on something or someone, then they expect things to be done by the other, or they will happen without the need for effort, and if what they want does not happen, they get frustrated and the easy reaction is to judge or be frustrated with what happened. ...

I AM: Instead of putting the strength and all the will to take action, to see the new possibilities, to do for oneself what the other does not give us, or to take the first step to make it happen.

ME: As someone who expects me to go talk to him, instead of drowning in the expectation that I will come to greet him, he should step up to me and ask.

SOY: That's right. Everyone has expectations, because it is easier to live off ideas than it could be, rather than take the initiative to carry it out. However, there are different types of adaptation.

ME: Which ones?

SOY: First of all, the Adaptation to the Environment. This type of adaptation is the most natural, affecting each cell, and it is the one we mentioned earlier, the one that leads us to seek to satisfy our basic needs in a changing environment. The change in climate, temperature, season, leads organisms to have to move in order to enter a new environment conducive to what they need.

YO: Yes, adapting to the lights in the case of photosynthesis, it can be seen that the plants have changed their forms to obtain the greatest amount of solar energy ...

I AM: Adaptation to the environment is the one that has taken the most energy throughout history in each existing species. On the other hand, we have Physical Adaptation, which implies the ability of the physical organism to adapt to circumstances related to action. For example, running up a mountain, doing a sport, is an action that adapts the body to a new action, not to a new environment, since no matter how much you run a marathon, it does not occur in a natural way.

ME: What do you mean?

SOY: It is not the same to run fast because you escape from a predator, to run fast because you have practiced for some Olympic races.

ME: Ah, I understand ...

I AM: Physical adaptation, then, is to test the limits and flexibility of the body, forcing it to carry out activity in spaces that have not changed, of its own free will and not by external force. On the other hand, we find Mental Adaptability, it is the ability of an individual to open up to new philosophical spaces, ideas, thoughts, cultures, different visions. This adaptability is very typical of Geminis, in that it can take the necessary role of each group to flow between them. The ease of opening up to new worlds, listening to new proposals, marveling at unexpected results; This is an attribute that can be useful to move in different cultures, learn languages, and it is probably one of the most difficult socially, because since childhood we are subjected to a specific cultural vision of seeing the world.

ME: Many times I get the feeling that Mental Adaptability is very confused with hypocrisy. Why?

I AM: Hypocrite was a beautiful word in ancient Greece. "Hipó" (below) and "krinéin" (separate, discern), form the idea of "who discerns what is below", a term coined to describe the oracles and seers, who read luck, runes, messages of dreams that others could not understand or interpret. Many went to ask the "hypocrites", who explained the hidden to the listeners and seekers. In many cases, they were simply saying what people wanted to hear. In this way they ensured the acceptance of leaders, rulers, powerful. They became more than oracles, actors. Therefore, this was the word for those who triggered stories in theaters, since they acted like hypocrites, advising in their verses and lyrics. Hiding in words to please others with his verses ended up making the word "hypocrite" a synonym for a liar, from who hides to get what he wants, to be accepted, showing feelings and ideas with emphasis that he does not really feel

nor does he believe or much less profess. Now, the mental ability of hypocrites to open up to interpret all kinds of messages, information, concepts, made their minds work fast and adapt to each interlocutor, with which it could be said that they had great adaptive capacity with their mind. For this reason, it is very likely that today, this quality is seen as something negative, when originally it is not.

ME: How do you take this kind of adaptability without seeming hypocritical? In other words, according to what we believe today, he is a hypocrite.

I AM: Being very clear within yourself that you adapt to amplify your points of view. The important thing is not what others see of you, but what you believe of yourself, and how you use it, consistently, as an amplification tool.

ME: I suppose that, having said that, we still have Emotional Adaptation ...

SOY: That's right. The being emotionally adapts to the circumstances of each person with whom it relates. From the plexus, the individual is an extension of his ties and relationships, which all fluctuate like rivers, changing in their course through mountains and valleys. When a person is rigid, when what he experiences moves between white and black, he will have a lower capacity to adapt to interpersonal relationships, preventing him from reaching out and receiving new visions. Emotion is the key to assimilation of information, and the lack of emotional adaptation can lead us to stagnate in the past, to live on dreams and frustrations, due to our expectations.

ME: Sure ... not allowing oneself to love other people, to receive the love or points of view of others, the affection of new individuals ... Those people who close their emotional circle, also close their mind, and block themselves from any change.

I AM: The freedom of Being is not found in the belief that being consistent is being faithful to some and rigid in their philosophical positions. The freedom of the Being lies in the constant adaptability to the environment, with the body, in the emotion and the mind. Open yourself to the world, close your eyes to see beyond, take the action of taking the first step without expecting anything.

ME: Being a "true hypocrite", adapting to all visions to expand, without closing myself to the world.

SOY: The key to adaptation is to remember that the axis is not fixed, that there is no single point of view, that it is necessary and pertinent to change the way of seeing things, and that it is not bad to fluctuate in ideologies and emotions. Culture has made them think that change is almost a betrayal, that acting in a different way than expected is interpreted as a denial of who one is. And the truth is that life is a Play, and it is necessary to play in it to become a creator. God, the Goddess, is everything, without judgment as to what they are. Integrity is not based on being one, separated from others to escape hypocrisy, integrity is integrating everything into one, in order to be everything.

ME: So I have to adapt to all things.

I AM: If you seek to transcend beyond time and space and find eternity, you must stop being who you think you are, and be everything. Discerning what is underneath, recognizing the hidden that is discovered in shared and shared visions.

ME: I adapt.

I AM: And that is the energy that you must awaken in your being.

316. Bipolarity (Sacral)

[June 15, 2021 Matías De Stefano](#)

Daily vibration: TZy

Statement: I Am Emotional Energy

Code: INTEREST – DISGUST = in the laryngeal chakra, this bipolarity is expressed in something much easier to identify in relation to this energy center. The energetic bipolarity that generates the vibrational waves of the throat awakens the positive emotion of Interest, something useful in relation to the willing to learn and educate, of knowing and sharing about this center, meanwhile on the other side, Disgust biologically reminds us that what we face it's not of our liking and we deny to ingest it, consume it, integrate it.



ME: The boys came back. Their flight was delayed one day and they had to go back to “my house”. Even though I was already entering a quiet moment, it did me good to know that I was not alone all of a sudden.

SOY: You could enter a moment of very strong emotional lethargy, after 20 days of a lot of activity.

ME: Yes ... it usually happens to me, that my being is 100% active when there are people, but when I leave, or I leave, I suddenly enter a hard process of depression. But, I don't miss anyone, so I don't understand why I get depressed ...

I AM: Easy. We know that you are a detached person, which has nothing to do with the absence of ties, but with adrenaline. Your life moves by leaps and bounds when there are people, because you can awaken a lot of energy. Your Sun in Leo, your Moon in Sagittarius, both need groups, friends, people who propel you forward in a fun way, to expand. What elevates you is not the people and their ties themselves, but what they produce when they are present. Knowing that you have so much to do and deliver activates adrenaline, accelerating the body, its blood flow, dilating the veins and arteries, accelerating the heartbeat. This drives you. But when there is no activity to sustain, when your muscles do not need strength or reaction, but can relax, the norepinephrine irrigation is activated, dopamine and serotonin, among others, that turn off the system, leading it to a process of hibernation and energy saving, leading from a state that has us under pressure to a state known as depression. When pressure is released, depression arises as a response mechanism, like a muscle that contracts or expands. So you feel the feeling of sadness, melancholy, frustration ...

ME: So low emotions are related to saving energy after moments of a lot of activity and dedication ... Which kills the emotional romanticism regarding goodbyes ...

I AM: In the same way that when you have exhausted all the energy reserves you feel sleepy, and you feel physically tired from having a day of vigorous activity, you can understand that at the emotional level, in the body's humors, in the hormonal segregation that occurs felt as emotion, that exhaustion is interpreted as sadness, anguish.

ME: What about people who are depressed by nature? What energy do they use?

I AM: There are decompensations according to the bodies, astrology, the environment, the climate, genetics, experiences, traumas, ideologies, food ... Many factors can decompensate the hormonal reactions that destabilize homeostasis, causing the whole organism to overturn. these misperceptions. The balance of a being is neutrality, in which things affect it just and necessary, without losing its axis, without entering into meaningless depressions, or submitting to unnecessary pressure. Neutrality is an emotional stability that is not compared to "not feeling anything", but to feeling coherently, realizing the emotion and its origin, but also its purpose.

ME: Purpose of a depression, does it exist?

SOY: Yes. As going to sleep helps the body to regenerate itself, depression helps to reestablish the soul.

ME: Wow ... I mean, you don't have to avoid depression ...

SOY: What you have to avoid is unconsciously immersing yourself in it. It must be recognized that it is useful for specific moments of lethargy, emotional rest. Dreamy moments, deep where unrecognized roughnesses are purged. Yin Yang, the two forces are necessary and useful to exist.

ME: So you don't have to escape depression or always try to be happy. I have seen in many currents this search for happiness as something divine, in which many hide what they feel just to smile and seem enlightened or conscious, when underneath they want to kill others or burst into tears.

SOY: Of course, you can't be awake all the time.

ME: I think the problem is the fear of Bipolarity ...

SOY: What is bipolarity for you?

ME: A mental syndrome in which a person lives two totally different and uncontrollable lives, where everything is fine and in a second everything can be wrong.

I AM: Bipolar is the person who has two poles. And, forgive me for the obvious, but nothing exists without having two poles.

ME: Clearly ... that is, I have two poles, north and south, which are my crown and my feet, heaven and earth, light and roots ... I would not exist without both.

I AM: All the people of the world are bipolar, and they oscillate between both polarities in a subtle and calm way. This causes that in certain periods of time we are introverts and sometimes extroverts, related to the old periods of activity and hibernation, hunting or den, night and day, cold and heat. As mammals, an emotional bond was built for millennia as survival bonds, which made the herds survive together in these changes, and that sent warning signals when one separated from the group, as it could be exposed to dangers. In this way, the idea of emotional ties was built, and the moods when interacting with others. The states of "hypocrisy", that is, The links that allowed us to adapt to groups, interpreting their idiosyncrasies, made our psyche perfect to be in different ways depending on the environment in which one develops. For this reason, every individual is bipolar.

ME: So by nature we are. When does it become a problem?

I AM: When bipolarity is uncontrollable and off-axis. Imagine that the environment is cold and requires an adaptation to the snow, but you, without notion of this, decide to go out in a bathing suit. This shows your inability to identify the environments and their circumstances, losing control over the reality that surrounds you. The concept of natural bipolarity goes on to define a state of loss and absence of personal control.

ME: When you say that a person is bipolar, you describe an individual who has two faces, perhaps one euphoric and the other depressed, very marked.

SOY: And very uncontrollable. Hormones wreak havoc, altering brain perceptions. And sometimes, they reach limit points, where this illogical oscillation divides the person into different logics, creating different versions of himself. You know this as "schizophrenia." The word comes from "skhizé" (divide, discern, separate) and "phrein" (mind, idea), that is, divide or separate the logics into several. Imbalanced bipolarity causes a person to lose track of what they are doing in the environments in which they do it, while schizophrenia turns those attitudes into new personalities that can coexist on the inside.

ME: How do you know that you are not bipolar or schizophrenic? I mean ... What if I'm schizophrenic?

SOY: Why do you say it?

ME: I always thought about it, especially when I was little. I came to believe that it was wrong, because I lost the notion of spaces and times, I saw other realities and I remembered being many other people, I felt that even today I continued to be. Women, men, aliens, animals, plants ... beings from other dimensions. And I heard the latter speak to me, guide me, give me directions and missions, teach me things. And one day I started to channel, and I stopped being myself, to be someone else, to speak for others. Something that to this day I continue to do, and I really do things that I would never consider doing myself only if I let my mind enter what is happening. How do I know that I really channel, and that I am not schizophrenic?

SOY: The big difference between someone connected and someone with schizophrenia is simply the emotional handling that they have achieved about it. Bipolars and schizophrenics, as well as many others with different problems, differ only from other people by their inability to internally manage. In order to channel, your body must rearrange itself, and profound changes and chemical reactions take place that accelerate the circulation of blood and hormones, in a strange state of neuronal alertness. If you are on your axis, working emotionally, you can see that all realities can coexist in you without problem, but if you allow yourself to be consumed by hormonal chaos, confusing your brain with constant impulses, it will create images that are not there, and that will generate experiences outside this plane. In the world of the 4th and 5th dimensions everything is possible, although in this plane of 3D, it is necessary to find an axis that gives order to cross the others. Bipolarity allows the fluctuation of being, adaptation, while schizophrenia reminds you that not everything is what it seems, and that there are many more realities of which we are part, however, they are shown from a bad personal management of emotions that make everything else possible.

ME: You could say that I need to recognize these two states of mind in myself, but working deeply on my emotions and managing them.

SOY: Remember that "crazy" in Latin comes from "locus", one who has lost his place (locus = locare = location). You only go crazy when you lose your axis, your place, your center, meanwhile, the rest is a capacity for expansion and adaptation, breadth of consciousness.

ME: So when some tell me that or mine is schizophrenia, what should I say?

SOY: Yes, that you have schizophrenia centered on your axis, in the center, and that this allows you to articulate all the possibilities of what you can be without losing the axis of who you are. Bipolarity is art, creation, schizophrenia is the expansion of consciousness to recognize that we are all one. Autism is a deep internalization, which can turn into dissociation from reality, as well as schizophrenia a loss of axis and bipolarity a constant confusion. But for all states you must remember that they are natural, that every human possesses them, and that perhaps some chemicals, hormones, foods, or external agents can promote these states, although their imbalance will depend on your ability to manage emotions, hormones that make you live these parallel realities. If you can have control of it,

ME: Recognize the infinite creative capacity of the soul.

I AM: The fear of getting lost in infinity built finite minds, conditioned to the idea that integrity is not changing, and always being the same, there the idea of the madman as someone who changes is born, who ceases to be who he is, and dares to be everything. It transcends the fear of being called crazy, it transcends the prejudice about what you call

mental illnesses, and recognizes that they are natural aspects that we have to learn to direct, use, direct, center and center.

ME: They are expansion tools ...

I AM: It can only be created with two poles, positive and negative, north and south, up and down, only in this way is there movement, only in the feminine and masculine is there a manifestation of life and biological transcendence. Therefore, find your center, the axis of your being, and let it flow, allow yourself to be everything, and observe the infinite possibilities of the being that you are. Go Crazy, always remembering that you have chosen to live here and now, in the Third Dimension, in the logic of creativity. There will be time to fly through other planes, today you are a seed of the cosmos, dare to feel it, without losing the notion of the roots that keep you firm in this world.

ME: I intend to be on the axis and use all my emotional energy to expand to the infinite possibilities of my being.

I AM: Dance between the poles of your being, and manifest life in your new reality.

*Love me like this, piantao, piantao, piantao ...
open the loves, that we are going to try,
the magical total madness of reviving,
Fly with me now! Come, fly, come!*

(Ballad of the madman)

317. Appearances (Root)

[June 16, 2021 Matías De Stefano](#)

Daily vibration: TZo

Statement: I Am Sexual Energy

Code: EMPATHY – APATHY = in the higher heart of the thymus gland is where the energy that connects us to the rest of the living beings is centered. The vibrational waves that are irradiated from the pulses of this center has its bipolarity in the sines and cosines that represent the emotions of Empathy and Apathy. Empathy is the positive ability of feeling that the other feels, of placing oneself in someone else's shoes and being unconditionally one with others. Meanwhile, Apathy is the negative aspect that prevents me from feeling what the others feel, that doesn't let me put myself in the other's place and set conditions in the connection to the environment.



ME: Yesterday during the special broadcast that we did, incredible things happened. On the occasion of the theme of Bipolarity, we decided to represent Piazzola's tango: "Balada para un Loco", dressing irregularly, and staging an

improvised story, which, beyond a few minimal indications at the beginning, was never intended to last the entire hour, and become a kind of constellation of erratic emotions.

I AM: Freedom of expression.

YO: Yes. We felt free, and because of this amazing things arose, in which the artistic improvisation of the boys, allowed me to narrate the explanation on this topic. It felt fluid, how everything took us from expression to explanation and from there to alignment.

I AM: In the same way that the universe adapts, through chaos. Take the irregular to make sense of it and arrange it in a required pattern.

YO: Yes, that's what I like about this type of action, that they order the chaos, giving it logic. Although not everyone sees it that way. Many people continue to look at the scenery and do not see the message of the work.

SOY: It's the difference between art and entertainment.

ME: What would it be?

I AM: Art is the ability to take one reality and transform it into another, showing a mutable action that proposes beauty, harmony and content capable of nurturing whoever performs it and who receives it. On the other hand, Entertainment is having something to do among other things. It is a space of relaxation where the content is not important, but the ability to relax in contemplation is, where it is not necessary to go deep, but it is something that separates two moments of attention, something that is between the deep, like a mere distension connector. Many people live their life this way, because it is much easier not to delve into the superficial information that is typical of a life based on beliefs and preconceptions.

ME: So a person who lives from Art goes deep ... That? But, there are many people who are dedicated to art and it is very superficial, and sometimes art has merged with entertainment ...

I AM: In the beginning of human times, Art was related to the deepest capacities of a being, which allowed him to tell his rich internal world, transmit knowledge, express the spirit. The different arts that we have already talked about were intended to amplify people's minds, emotions and bodies, making us richer, more whole. But many of these arts, of those profound visions of the internal world projected on the external, ended up becoming identifying a people, which allowed them to recognize each other and distinguish themselves from others. Thus, certain colors, clothing, words, constructions, traditions, became emblems of recognition, and art became a way of uniting, of connecting groups. This turned artistic fonts into social tools, culture and religion, laws, norms, morality. Nations arise and with them nationalisms, and from there, the identification of groups in relation to ways of doing in life and seeing the world. Art became a pattern, a law of life, ceasing to be creativity, to be the foundation of the structure on which societies are sustained. When art shakes, when it seeks to rise up and mutate as its nature indicates, the social foundations falter, leading to moments of systematic instability, which puts the status quo at risk, yet promotes evolution. Leaving the place makes the sane of the system, the mobilizers and protesters seem crazy, and they try to overshadow the art that emerges from them. This is how you see art as the main weapon in a dictatorship, as the foundation of every revolution, the first to want to be silenced by those who try to maintain order according to their traditions. States and Religions, as well as Clans, usually seek to maintain a constant idea of what it should be, so as not to lose stability, and if something breaks with these pre-established schemes, they will immediately point their index finger towards the "culprit", in criticism that discerns "what is right from what is wrong."

ME: This is what I have seen many times, many people judging how I dress, what I eat, if I have a tired face, if I said a bad word, and they claim that because I am a public image I should act as they expect to fit their patterns. Today I read someone who was upset that I put on a shirt and hat because "it was not spiritual of me", since according to their standards, someone spiritual should be austere, humble, and shaved like a Tibetan monk. In fact, that's what he put ... So I wonder, to what extent is he right about this or am I really not doing well by putting on a hat that I like?

I AM: Hehehe, the Appearances. Because culture turned art into tradition, what was different ceased to be art to become a mere illogical détente that relaxes the mind, such as viewing paintings, doing exhibitions, being fashionable in design, competing in plays for the best originality, making books with zero content, laughing or crying movies without a message, television programs in general. The different ceased to be seen as that which transforms, to become a mere nexus of a blank mind where the individual stops participating to become a mere empty spectator. Thus, more time is wasted in the appearances of things, and they become synonymous with their contents. The human stops deepening, and if he sees a cross, he immediately sees Christianity, when perhaps he speaks of solstices and equinoxes, see spirituality in a robe, or enlightenment in a Tibetan monk. He begins to judge content simply by appearances, as he stopped delving to live on the surface. It is easier and more agile to interpret something for what it looks like than to spend the time getting to know and understand it.

ME: Sure ... I see it clear.

SOY: This is how entertainment arises, which ceases to be simply the time that one has of dispersion between one thing and another, to become a way of seeing the world, and individuals judge the realities as if it were a question of scoring with stars content from a platform like Netflix. So they begin to be guided by appearances rather than content, and believe only in what they see.

ME: What are appearances?

I AM: It comes from the word "Par", which means an equal, to seem. With the prefix "ad" (towards), "Appear" appears, which is to go towards what is similar. The appearance speaks of the quality of a being to resemble another. This is a useful term in evolutionary development, as many beings have survived, appearing to be parts of a tree, or similar to other more dangerous animals. The same happens with certain predators that appear to be their prey or the environment in which they move, drawing them directly into their jaws. The idea of appearing to be what one is not was functional to development, creating these bipolarities in an individual, which propose the option of being more than one thing and adapting to the environment. However, this can be used in various areas that, beyond development, propose control, domain,

ME: "Appearances are deceiving", they often say ...

I AM: The wolf that dresses as a sheep, and the sheep that dresses as a wolf. The first is the clear example of those individuals who seek to obtain something from others, and for that reason they dress in their skins and traditions, with the aim of being accepted as equal although not at all, and their intentions touch the macabre and machiavellian. On the other hand, the sheep dressed as a wolf is usually that person who pretends to be strong, who moves in hard and grotesque spaces, but who in reality does it so as not to be harmed, covering himself with thick layers that strengthen him in appearance although for inside they are breaking, fragile as glass.

ME: Sure ... like that Heavy Metal that is a tender and loving being, compared to a New Age Spiritual that is a dictatorial manipulator.

I AM: In a superficial world, appearances are first of all the way of understanding and assimilating the environment, based on skin colors, clothes, tastes, movements, people with whom one hangs out, traditions that go on. The same tool that gave us place in this world is the one that separates and destroys us when it comes to building something new and pure.

ME: Yes, I have seen this in the world of those who hope to live in a harmonious, beautiful, spiritual reality, and yet there are the same prejudices, judgments, conditioning, repeating patterns of religions to believe that their heaven or their form Seeing things is what counts, and that of others is not.

I AM: You must put yourself in the place of the observer and recognize what things you observe in the world with the judgment of your beliefs and expectations. It is important that we all do a self-observation that allows us to recognize who we judge. Because I am sure that for many like you, it will be easy for you to say what others point out from their prejudices, but it is usually more difficult to accept what we point out. I invite you to do this exercise.

ME: To recognize who I judge by appearances?

I AM: Exactly.

ME: Well ... if I think about it, many. For example, it has happened to me that whenever I have been to China I have had a very bad time, and in my brain I have a preconception with everything that refers to China in many aspects in general.

SOY: Do you consider yourself a racist?

ME: No, mentally I don't consider myself a racist, but it is true that on a cultural level one can become unintentionally. I was born in an environment in which until my 18 years I never saw someone with black skin, nor an Asian. I had very little contact with other ethnic groups throughout my childhood and adolescence, and even in adulthood, there was never a context of diversity, not because I didn't want to, but because it never happened. In this matter of appearances, I have seen people think that you have to have friends of each ethnic group to show that we are integrative, and that comment seems much more racist than not having friends of other colors, because I cannot conceive that friendships should only be by appearance. And it has happened to me, however, to fall into the generalization, to "put everyone in the same bag", like talking about "Chinese" instead of those who specifically affected me. I suppose it is a cultural issue to be worked on.

SOY: Do you consider yourself homophobic?

ME: It would be absurd ...

SOY: It is not. How many homosexuals are homophobic?

ME: Well... of course... it's true, because of the issue of "having a pen", being effeminate, sometimes I have judged the exaggeration of some, even going beyond the feminine to exacerbate their natural condition... It seemed unnecessary to me.

SOY: But you admit it was a trial.

I do...

SOY: Are you prone to misogyny or misandry? That is, hatred of women or hatred of men.

ME: No, I don't consider myself that way, because I don't see that I have conflicts with either one or the other in any sense.

SOY: Who have you judged by appearance?

ME: Ugh ... to many, in many areas. At first I was afraid of Metalheads, Heavy Metal lovers, who seemed diabolical to me, until my best friends were Heavies, and my vision of them changed completely. Before I was terrified of transvestites and transsexuals, but above all the former, because it made me insecure, I am afraid of makeup and wigs, not knowing who is really behind it. But over time I was able to overcome that fear and it no longer affects me internally, I realized that it was something very typical of me. I have judged a lot the people who are spiritual of the New Age, being that I am part of it in a certain way, because I do not tolerate false spirituality, hugs and loves just for the fact that "you have to be loving to be spiritual". I have had intolerance inside of those kinds of people. So yes,

SOY: And what do you judge of your own appearances?

ME: Many times I judge myself for being spiritual and channeling, as much as I feel good, I judge myself as erratic, absurd. Also my body, until I was 21 I did not really accept being a man, and from that moment I never accepted my

body at all, I always had complexes with showing my body, giving great importance to the superficial, to how it looks.

SOY: Have you judged others for doing things the way they do?

ME: As a good ascendant in Capricorn, yes, I have always thought that I could do better what others do... In spite of this, I always respect the forms and I would never, ever publicly tell someone how they should do their thing, because I know that if I had that being in my hands would take care of me, but it is not, it is not my task. That does not mean that I have even laughed at the inability of others to do what they do and how they do it. And now that I think about it, it's something that bothers me a lot when they do it to me, the only difference is that I don't say it, that I think it's worse.

SOY: Well ... the important thing is to realize it, speak it, recognize that the ego is damaged, and therefore it hurts. Recognize that what you live is a reflection of what you are. And appearances will dominate your life if you give them a lot of importance.

ME: Should we care how things look?

SOY: Oh no, how they look helps us know what to do with it. A green fruit is inedible, horrible to taste, almost toxic, while a ripe one is perfect for the body, although when you see it withered, it will be useful for compost. The image, the appearance of said fruit, allows you to identify three useful stages of it. Recognizing appearances helps to identify states, but not what it is. A fruit is a fruit, from when it blooms until it is consumed to nourish the seed. However, their mutable states serve different processes. Appearances speak of these processes, therefore, you cannot judge the being or individual by how they look, you can only understand their current state according to their similarity.

I understand...

I AM: So, do not judge the being by its appearances, but pay attention to them, because they will indicate to you what is happening now.

ME: Appearances are the first thing we see in another, that attracts us or repels us. How to manage it?

SOY: That is sexual energy. Sex is the divisions, what separates us and makes us unique, and physical appearances are the first that attract us to complement what we lack or what we can deliver.

ME: I like men, and I have my specific tastes in relation to them. Why am I attracted to this appearance and not another?

I AM: Because in this life your greatest role is to be the Web, to be the mother that contains it, and therefore you need the energy that nourishes you, the one that moves through the Web, the masculine one. In addition, your emptiness is there, the absence of the father for 27 years of your life, the death of your father 12000 years ago giving you the responsibility of a people, and the rejection and exile promoted by your father 900 years ago, has built the need to look for love in men, and to see you the father that you have not been able to have for thousands of years. The search for someone by appearances is related to what we had or are missing, and what we need to complete. You have already had enough feminine presence in your life, and they have never represented a lack, but a constant complement, which has designed an integration with the appearance of women much deeper than with that of men.

ME: Oh, I understand... yeah, it makes sense.

I AM: Appearances attract us to each other, awakening sexual or asexual energy depending on the voids that we must fill or that we prefer to reject, all in relation to what makes us feel nourished. Therefore, recognize your sexual energy in the pursuit of appearances as well.

ME: I feel a big mismatch in it. I feel that sexual energy is something that I have not managed to hold at all in my center, as if I need to fill a void, and therefore I look for partners with the appearance of what I do not find in me, which always makes my relationships fail. .

I AM: Because you must redirect this energy in order to sustain your own being, and not that of others. Use sexual energy for ascension instead of dispersal. Remember, sexual energy is another one of those great entertainments that was once art. Reconnect with the art of Sex, transcending entertainment in it, and use its energy to go beyond appearances. It seems that it has nothing to do with it, and yet the sexual aspect is related to the skin, the organ that covers everything, and therefore, the dress that is seen, what it appears. By managing sexual energy, releasing repressions and expectations, going beyond entertainment and turning it into art, you will be able to go beyond appearances, to look for what is missing, to reject or wish, to hide to be accepted or to take what necessary, and so on, you can be free of what you appear, to be yourself. In addition to the fact that many more people are controlled in sexual energy than in other areas, being today one of the main engines of the world: the sale of sexual appearance.

ME: Unexpected, but strangely it makes sense. It reminds me of that phrase we usually use in Argentina when someone is too complaining, nervous, judicious and critical of others, which is: "This person needs a good (Sexual) shake".

SOY: In the judgment of appearances, the phrase is used because in orgasm dopamine and endorphin are released, which make the person relax and see everything completely different from how they did when under tension. But it is not necessary for another to "solve that problem", when one knows how to direct one's sexual energy, one is capable of transcending any state of tension, and out of appearances by loving oneself.

ME: I intend to be free to appear what I am not, and to judge the things that seem to me. Being the owner of my own creative energy.

SOY: Apparently, you are on the way to being yourself.

318. Communion (Knees)

[June 17, 2021 Matías De Stefano](#)

Daily vibration: Tzu

Statement: I Am Energy of Manifestation

Code: LOVE – RAGE = One of the most known bipolarities in the human world is the one that lays in the heartbeat. It's vibration irradiates the positive and negative waves that draw the most expanded emotions. In it's positive aspect, Love, that means eternity, and implies the ability of not having limits when feeling, without conditions or dependencies, love is the emotion of freedom and acceptance. Meanwhile, Rage is the other side of love, where there are conditions, where it's not accepted the other one's freedom, and that imprisons me too.



I AM: One of the fundamental pillars of society is communion. It has been formed through appearances, and for this reason they often fail as free societies. The great challenge is to find the true Communion.

ME: What is Communion?

I AM: It is a linguistic construct formed by the words "common" and "union". It defines a common Union, that is, the equitable unity between diverse and different individuals.

ME: Whenever I have heard the word communion it refers me to the Church.

I AM: Because you were born in a Catholic society even though you have never practiced it.

ME: My neighbors were very Catholic, and her aunt, Estela, was even a catechist and participated in the Church choir. The only time I went to mass in my life was when I was 10 years old, invited by her. I went because my friends were going. I think this is how most enter a religion, through friends and family.

I AM: Fit into the group.

ME: I looked curious, although while I was there I didn't understand anything, and I went outside to play with the plants. Nothing that was happening resonated with me. But my friends were very enthusiastic about the word "Communion."

SOY: Why do you think they were excited?

ME: For the gifts. It was known among Christian children that when making communion it was almost like a birthday, where they dressed you in white and gave you money or gifts like at Christmas. When I was older I really understood what Communion was.

I AM: A vow of union with Christ.

ME: To be an active part of the Christian community. My brother Juan, on my father's side, also made communion shortly after we met. I love to give gifts, but not on that occasion. I knew well that he did it for gifts and money, and he well knew that I gave good things, so when I made communion, I looked forward to my gift. Which never came. I just shook his hand, and he said: "What about the gift?", To which I responded whispering: "The greatest of your gifts today is the Love of Christ." I think that day he understood what communion meant, which he clearly never practiced. They did it for their grandmother, and I think it's great, it's a way of sharing love, through tradition.

I AM:... However...

ME:... Well... it bothers me a bit though. It is something that I do not understand, because they force children who still do not know who they are, to perform acts that are incoherent to them, bribed by material objects.

I AM: In the beginning, baptism and communion, as well as marriage, were Christian vows chosen by the person himself at an adult age. An individual had to feel the call of God and ask others to help him become part of his Christian community. Thus, the Christian faith must be reborn, cleaning all the previous paths, to begin a new life, and to do so, the Bath of Faith is given.

ME: Baptism ...

I AM: So called only because John the Baptist performed this act on Jesus, although this Essene tradition was much earlier, relating God to the waters. Once all its history was purged to be reborn from among the divine waters to a new life, the community received you with open arms, giving you their bread and wine, a symbolism of giving the foundations of life and celebration in community, sharing among brothers. Thus was born the fraternity, the community of brothers and sisters of Christianity.

ME: Ah, that's why priests and nuns are called like that ... "brother", "sister".

I AM: Although those who have not taken a direct vow to dedicate their life to God, should call them "father" and "mother", since they took the third sacrament, marriage, not with another person but with God himself, having so to others for their sons and daughters. In this way, the cultural concepts of the clan were translated into religious linguistics. The ancients made brothers and sisters who joined their customs. All religions have their religious entrance ceremonies, such as the Bar Mitzvah for the Jews, the insurrection in Islam, and all the tests of various cultures to their young people, such as walks in the Australian Outback, the test of the ants in certain Amazonian tribes, Vedic rituals, loss of virginity in ancient Celtic rites.

ME: What's the use of this timop of ceremonies really?

I AM: Be part of it. They are initiation rites that mark certain limits on belonging. From the first families, clans, or rather: herds, being part of the clan is essential to survive, but the clan cannot support individuals who do not contribute anything, they must show themselves fit and willing to be and collaborate with others. When clans become larger and families begin to be extended, it is necessary that there be certain codes of belonging: symbols, traditions, words, colors, ideas, clothing ... These types of tools are useful to identify the parts of a group. These shared qualities make up what we call "common quality" or "mode attributes", which in Latin is summarized as "community". This brings together individuals, and forming communities gives stability and security.

ME: "Unity makes the Force."

I AM: There is a strong human tendency to want to be part of it, and immediately, when they see a symbol, they identify it with their patterns.

ME: Like when one begins to use a medallion or pendant of something and several carry it by its meaning, the others think that it is already a religion.

I AM: Exactly.

YO: It also happened to me that I received comments about the need to belong to my close circle of friends. This last month I published many things with them, calling them "Idilien" (the Elementals, in the Saytu language of 12000 years ago), and the fact that we were always together, sometimes generated that sense of being part, of putting a name too, of how to belong. For me it is a common name, easy to call each other, and sooner or later we will stop using it when this task is no longer necessary. I once commented that in 2012 when I did the Harwitum Trail, many Harwitum groups began to be created with the name of each city or region. The intention was to meet, discuss, share ... And in many cases it only generated more fights of territoriality, of egos. When Harwitum ended in 2013, I changed everything, and the name disappeared for the next task, which made a lot of them angry and even stop following me, because they considered that it was a lack of respect for everything they had done for me by holding that name and what they had built as groups. I saw an enormous need to belong, and for that very reason I tried to make my activities more and more erratic, impossible to follow linearly, impossible to identify with just a symbol or philosophical line.

I AM: The need to belong to a community is the search for security. Many have felt displaced, lost, abandoned and alone on cultural, family and religious paths. In their waking moments, they have had no one to lean on, and this leads them to seek containment stations.

ME: That is why there are many people who fall back on religions such as Evangelism, for example, since they have a great containing force and great social value, since many damaged people are contained by evangelists, things that other religions do not do, and because of they have more and more followers, due to the number of injured people seeking safety, and the evangelical manuals are easy to follow, point by point.

I AM: Faith is something that must awaken in one's own heart, and it is born from trust in the other, in the invisible, in the hope of finding peace and love. Unstable terrains like yours are not spaces for it, and that is why they will always fail as a religion or as a community.

YO: This leads me to think about the path that we are traveling now, it is the path in which I have found myself more connected in the same symbol, it has never happened to me for so long, and yet it is a path for each of us later to I can do my own ... I wonder then, how to maintain unity without being part of it?

SOY: Knowing what each contributes without depending on the other.

ME: We go back to the Ontocracy.

I AM: There lies the individual who instead of depositing his forces in a community, surrenders himself to the world freely, without dependence on symbols or manuals. This does not mean that having them is bad, on the contrary, because they help a guide, the problem is when they become the only thing to follow. For there to be ontocracy, there cannot be a philosophical manual, but a pragmatic manual.

ME: What would the difference be?

I AM: In a community seen as in ancient times, what leads people to unite is the same philosophical vision, and that is why Communities do not prosper. The pragmatic manual is the one that proposes development, work, and not philosophy, and thus it does prosper.

ME: This reminds me of the idea of the Communities that I have visited. I have gone to some and spoken with various directors and directors of Communities who have come together for the same idea to found spaces for self-sufficiency. But they all agree on the same thing: there is no progress. People are always the same, and in many cases they share the philosophy, but they do not have practicality, and a few work for a many. The loss of the sense of self-worth, in a vision more of communism, causes inequality in being, since the only equality achieved is that of appearances.

I AM: Apparently they all live the same and have the same things, but internally they do not manage to have balanced development or equitable wills or dispositions. That is the great communal failure. Communities make ideas strong, but weaken the individual. Communism empowers a philosophy, but takes power away from social actors. Communities strengthen the links between subjects, but take them away from reality and development in networks.

YO: For this reason, most of them fail as transformative social actions, and they remain in the experiences of groups that end up being families.

SOY: This does not mean that they do not work, they are useful for many cases and for specific personalities, although they are not practical for a globalized society. The interaction of Communities with other communities and the technologized society is essential if they do not want to be destined for oblivion.

ME: Many have asked me when I will create a community to practice Ontocracy... Should I do it?

SOY: No. It is not your mission. Your mission is the development of networks and communication of individuals and their education from the Being. Communities are the tasks of others, arising from what you develop. Your mission is not to create communities, but to deliver tools to existing peoples, and make those who have knowledge of communities, put themselves at the service of these peoples. To create a community today is to create a new problem. Taking the existing ones and finding a way to articulate them is the real challenge. Communities tend to end up becoming spaces where broken individuals group together to escape from reality creating a new and in many cases fictitious that ends up becoming paternalistic, either patriarchal or matriarchal.

YO: So the spaces it creates must be flexible, where individuals come and go, preparing to prepare their own towns and communities, collaborating in networks.

I AM: The ideas of communities arose in the age of Aries (4000 years ago until 2000 years ago), where minority groups created their own identity trying to overcome others. The age of Pisces gave another vision to the communities, which went beyond the ego's search for survival, but rather transcendence towards the divine. Communities became a kind of paradise of containment and dreams where individuals could feel loved in the hope of reaching a shared Heaven together. But this era is over, and as much as many continue to try to achieve those Arian-Piscean communities, the energy of the Aquarian age invites us to transcend the communities of clans and philosophies, to go to the practicality of innovation in networks, where the Communities are virtually intertwined, sharing tools, not ideas, sharing in online communities, outside of a specific physical space. Networks in which individuals contribute, and not groups. Where nations are concepts of the past, where symbols are mere decorations, and the sense of belonging is transcended to belonging to a sense.

YO: I liked that ... "going from the sense of belonging to the belonging of a sense."

SOY: This year you have grown a huge online community that calls itself "I am", it only remains to see if they have all managed to understand that when they say "I am" they are really talking about themselves, or if they are talking about you and from my. There will be the big difference. The moment you start your royal path, will everyone else in turn?

ME: The great challenge ...

I AM: The Manifestation of a great network community, the Network of Networks, transcends the content of your mission and philosophy, goes beyond what they share as a whole.

ME: I put my energy towards manifesting a network of networks based on the potential of each "I am".

SOY: And for this, I invite you to make the greatest of Communions.

ME: Which one?

I AM: The one between the Ego and the Essence. Between personality and divinity. Between the I and the Am. That is the greatest Communion, and as long as you achieve it, you will become pillars that sustain the great Planetary Community.

ME: I accept this Communion in myself. I am the Common Union of the Universe, the unity between Time and Space, Female and Male, Here and Now.

I AM: And in accepting it, you will be able to create the true Community.

319. Excess (Ankles)

[June 18, 2021 Matías De Stefano](#)

Daily vibration: TZü

Statement: I Am Energy of Impulse

Code: JOY – SADNESS = the strength of the solar plexus chakra is the one of feeling the harmony in the emotional bond with others. The pancreas creates the body's nutrients that ensure the wellbeing, and for that, from its vibrational irradiation, the positive and negative aspects manifest equally: in the sines of the wavelength the emotion of Joy is expressed, that is produced over something that is consumed, whether it's a situation, action, bond or interaction. However, its cosine expresses the lack of that bond, a void, that leads to loneliness, to inaction, all that leading to Sadness.



ME: I think I was with too many people for too long.

SOY: Why do you say it?

ME: Well... some of my friends arrived a week earlier than expected, then the people from the trip came and we were all together for more than a week all the time. Then some of those friends left 5 days later than expected. I could say that I was accompanied with people for about 20 days, more than I have been in the last 600 days. And whether you like it or not, it affects.

SOY: How does it affect you?

ME: For my Moon in Sagittarius they were happy days, because I felt happy every day, happy to share. It had been more than a year since I had seen several of my friends, and if I had seen some it was separately, and some of them more than a year. He needed to interact with people, with close ones. I think that some of the people who came to the trip did not realize that, and maybe I did not put as much friendly energy in the others for being with those closest ... But hey, I think that's normal, if you don't see your family and friends for a year, you will want to share with them. I have spent more time sharing with people on the Net, than with my own. But on the other hand, my ascendant in Capricorn couldn't wait to be alone, calm, without schedules or plans, just my routine. Yesterday was the first day that I had only, and I needed to do something different, I went to the cinema, I had breakfast in a bar, I went for a walk, I wrote the post in a different place than usual. Little by little trying to get back to me. But despite everything, I am feeling how there is an acceleration nervousness, because in 45 days my I Am routine ends, and my path of the Dragon begins, from North to South of the Planet. That makes me a bit like someone who approaches the goal and has to run harder in the last meters.

SOY: And this alters your behavior.

ME: I think he's always upset, because I'm always projecting goals.

SOY: Well you recognize it ...

ME: Yes ... and that makes me react in the nervous system.

SOY: And what does it lead you to?

ME: Eating ... When I get upset, I get nervous, at most, I have much more appetite. I can't stop chewing. I have not noticed a lot while people were, I ate too much, I could not control myself. The worst of the days was when I saw myself eating a toblerone bar that had melted and lost its shape, and I was chewing it with my teeth, biting it apart between my hands, and suddenly I saw a rat ... I was like a rat nibbling on a shapeless piece of food. The boys named me "the fat carbohydrate."

SOY: Occurring ...

ME: It's that... I don't understand. What is the relationship?

I AM: Excess, in your case, what has already been said, excess of the future. Looking for things to happen when they have not yet arrived, causes anxiety to see them happen, and until then, those events produce a very great inner emptiness. The physical body is not capable of interpreting emotional or mental emptiness, so it translates it to "empty stomach." The body interprets that to achieve everything that comes before you will need a lot of energy, and begins to save calories for it. Eating incessantly is a way to fill that void of things that have not yet happened.

ME: It's true, I'm always thinking about the next step when I couldn't even put the previous one on the ground. "Excess of future" ...

I AM: Excess comes from the word "ex-" (to go out, out) and "cedere" (to leave, leave, walk and go). The concept translates as "going out of bounds", going out of line. Its counterpart is the "Process", coming from "pro" (advance, forward), that is, it moves in one direction. While the Process is what we all live throughout a circumstance, the Excess is when that experienced exceeds the limits of oneself. The excesses are all related to a mind that is outside of itself, thinking about the past or the future, generating voids in the present. If you are not complete here and now by living beyond, then your being will try to fill this space with similar or parallel things.

ME: And this becomes constant, it's almost a mechanism ... repetitive, at least in my life.

I AM: When the mechanism is repeated it is known as Addiction. The word addiction comes from "ad" (towards) and "dicere" (to deliver). Surrendering to something is the result of putting the whole being in function of an external agent. Surrendering to food when you feel emptiness, or to drugs when you want to escape reality, begins to nurture a

constant cycle difficult to break. One can be addicted to a person, or a music, indicating that one gives himself completely to it with all his being.

ME: In other words, addictions, related to excesses, arise on the contrary in lack, scarcity, emptiness.

SOY: That's right. Everything begins, as we have said, when the mind, the emotion and the body dissociate from each other.

ME: What would that be?

I AM: When the mind looks for something different from what the emotion feels, both being contradictory to what the body needs. For example, your mind creating projects, when your emotion needs to interact with others and your body wants to be alone and calm.

ME: Ah, yes, that happens to me a lot... How is it corrected?

SOY: It is something that must be practiced all your life, basically because you are not a monk.

I eat?

I AM: The person 100% dedicated to sustaining the coherence of the 3 bodies, cannot be mobilized by environmental factors. You need to withdraw, detach from ties, be chaste and dedicated. External influences can constantly modify these factors, and therefore, if your mission is to maintain complete coherence at all times, you must live in isolation in a kind of priesthood.

ME: Difficult ...

SOY: For you, which is not your mission. Your task is in the interaction, in the social. You need the environment to affect you to mobilize. You have come to build the future, something impossible to create if you only live the present 100%. You understand? Not everyone is tasked with being constantly on their own. Complete consistency is not a goal of every human being, but a guide for life. The way to correct this dissociation is to be aware of it, and to look for the intermediate points that allow the three parties to reach an agreement. But you should not be frustrated when you slip into a new incoherence, because if your life is destined for interaction and not for the priesthood, then it will be inevitable. It is as if the seasonal trees are frustrated every time autumn arrives and their leaves fall again ... When the environment changes, it is inevitable to lose what you have managed to gain in this new cycle. The challenge is to make it your strength and not your weakness. Evolution is adaptation to that environment, so each time you fail to maintain coherence, you only gain one more way, a different way of reestablishing yourself in a better, firmer way.

ME: So how do you differentiate the evolutionary cycle from addiction excess?

I AM: In the evolutionary cycle, external factors become part of you, naturally, you can use them unnecessarily, but with harmony. Eating, for example, is a result of this evolutionary cycle, an excess of energy that in a certain case the body can interpret as unnecessary, but which in turn found its usefulness, as the reserve of fats for the cold, subsequent actions or shortage . While the excess, would be to exceed the level of accumulation of energy, which ends up exhausting the body, putting it in a state of depression, immobility. The body interprets that it needs more and more energy to move, and it falls again and again. Everything that is normal, in excess, is harmful.

ME: Drugs too?

I AM: The word drug comes from the Andalusian Arabic "hatruka", which means "charlatanism". The word evolved in Mediterranean languages such as Catalan and Balearic, from "hatruka" to "aladruca" and "aladruc" (who has his mouth open and says nonsense). The concept was used to define meaningless or undefined things, like those places where many different things were sold without specific value. These places were called "aladroguer" or "adroguer", which resulted in "drugstore". In these places, herbs for home-made medicines were in turn sold, which made the

medicines popularly known as “drugs”. Despite the fact that drugs are called that, the true origin speaks of those substances or objects that make us wander. Plants, roots, fungi, herbs, chemicals. Now the drugs

ME: Why would I overuse them?

I AM: By the meaningless emptiness. Playing a sport is healthy, until the individual interprets the sport or game as his only way to achieve happiness, and forces to unsuspected limits to play this game. Just as a food becomes a physical problem when it tries to cover internal holes instead of nourishing. A drug such as marijuana, mushrooms, ayahuasca, are not bad, in fact they help to open consciousness and improve the brain's capacity for adaptation and understanding, however, when used to evade this reality, the excess of it it can perform the opposite effect, relaxing neurons into sleep forever, turning off certain circuits that make people dumb. 2 centuries ago, cocaine, heroin, were chemicals accepted in workers' offices, like a kind of coffee. The excess ended up destroying minds, in the same way that smoking and drinking coffee can make you sick if you do it in excess. There are certain poisonous plants and animals, such as toads, fish, snakes, spiders, and berries, which in minute doses create life-saving drugs, while in excess they can take it away. You realize? There are no bad or good products, there are only excesses.

YO: Are you saying that in a coherent society all drugs would be legal?

SOY: Exactly. Because to consider illegal a product of the Earth is typical of the ignorant, who projects morality on objects instead of education. Think carefully, if the fight against drugs is because they kill innocent people, then why aren't guns and knives banned? Why is smoking still allowed? Why are white sugar and flour still legal?

I do not know...

SOY: It has nothing to do with the product or the damage it causes, but with those negotiated on it. It is easier to prohibit and allow the mafia from which you can get economic profit, than to invest in education to learn to use things without excess, in the right measure, almost even without needing them. Whoever takes drugs will do so legally or illegally, in the first option they will find educational support and security in their actions, in the second option they will become a criminal, constantly putting their life at risk.

I understand...

I AM: Humans have to recognize that they blame objects that do not have any charge in themselves, since all value is placed by human morality. If morality is transformed, and the being is educated to live in the right measure, in balance, objects will cease to have the weight they have, and will become a simple anecdote.

ME: I understand ... It is the excess that we must work on.

I AM: In all areas of life. Excess ideas, emotions, bonds, games, sex, food, drugs, information, entertainment, leisure, work, dreams, imagination, reality ... Everything, absolutely everything in excess, It becomes an addiction in which one surrenders completely, losing one's own power of decision, free will.

ME: The need to get something that I do not have, creates a void in me that seeks to be filled by other things ... And if what I am looking for is so impossible, I will turn to the need for what does fulfill my momentary expectations. Yesterday, while walking, I saw a boy who was just like Wiktor, the person I fell in love with so much and I thought I was overcome. And my heart beat so hard knowing that I couldn't be with him even though he seemed so close, that I committed several excesses in the same day, compensation looking for other people to give me what he didn't give me, eating only chocolate all day to activate my endorphin and dopamine levels, and buy clothes like that idea of “having something new to wear”, also called by me as “therapeutic clothes” hehe. But now that you say it, I realize ... I notice it ... my addiction to food, shopping, sex,

I AM: The only way to transcend Excess is with excess of excess.

ME: Huh? How do you understand that?

I AM: If Excess is going beyond the limit, then, what you must achieve is to break those limits that you have imposed on yourself, believing that you will only have love from that person, that you will only be able to nourish yourself with that food. To exceed is also to get out of the box where you have put yourself. Set you free. Understand that you are going through a "process", do not judge yourself for your addictions, acknowledge them, they are your allies when it comes to understanding your gaps, and you must honor them for having been filling those spaces that you did not know how to fill.

ME: Oh, that was unexpected ... It resonates with me ...

SOY: Recognize, then, your excesses as your allies to get out of the box, to free yourself from the limits, as indicators of your disabilities, and turn your excesses into processes. Do not deny them, look at them, acknowledge them, embrace them, thank them for what they have done in your way, be it bad or good, they have taught you, educated you, you have learned what was and what was not good. You have recognized by them that despite seeking to satisfy yourself, you have never achieved it, because no object has the value, the real weight that you give it, because that value only lies within you, and you are giving it to something outside of yourself, believing that you don't have it.

ME: This is very important ... nothing outside has value by itself, I give it to him, and yet I don't think I have it ... wow.

I AM: Take the energy accumulated by your excesses as the impulse that makes you advance towards the liberation process in which you can find yourself fully in yourself.

ME: I convert the excess into energy to propel myself.

I AM: Free yourself from the idea of being perfect, and be flexible in the transformation of life.

ME: I am enough.

320. Communication (Toroid)

[June 19, 2021 Matías De Stefano](#)

Daily vibration: TZü

Statement: I Am Eternal Energy

Code: PASSION – AVERSION = related with the adrenal glands and its creative potential in the energies of the sacral chakra, the vibration that emanates moves the creator action, the potency of moving forwards and generating, this way the positive emotion linked to this vibration is Passion, that gives a focus and fuel to fall in love with whatever one proposes or does. In its negative aspect it develops the emotional energy of Aversion, this mean, the total denial of that proposal or realization, trying to escape the creative act, neutralizing it completely.



ME: It was strong for me to see where my addictions come from, my mind took me to key moments that I never would have thought had to do with my addictions specifically, and I saw everything very clearly. It is incredible how unthinkable things can lead to satellite or parallel attitudes that seem to have nothing to do with it, and that, ultimately, shape who we are in the long term.

SOY: This is how things happen in complex organisms. The reason why we lose sight of the origin of things is because of the modesty we have when it comes to sharing what happens to us. Traumas, conflicts, painful situations, in many cases speak of shame, of memories that produce bad feelings, that make us feel weak, and it is precisely what must be avoided if one intends to survive. For in nature, weakness is interpreted as death. Thus, the neuronal biological being tries to hide everything that may be a symptom of weakness and insecurity, accumulating it in the shadows.

ME: But that brings us a lot of problems ...

I AM: It brings problems to social humans who interact as cultures and from individual to individual, but it never brought problems to nature. You have to compare the 65 million years that mammals have lived on Earth evolving, against the 300,000 years that homo sapiens sapiens began to create human cultures. There is a lot of biological weight in cellular memory that reminds us of typical attitudes of survival, not of the interaction of the soul. In the days of soul and spirit development, the liberation of the soul was a more priestly than a psychological concept. It will not be until the 19th century that one begins to properly experiment with the soul beyond philosophy and religion, making the 20th century a boom in Interpersonal and Intrapersonal Psychology,

ME: 100 years of soul work in a therapeutic way against 300,000 years of soul work in a religious and cultural way, against 3 million years of human species within 65 million years of mammals.

I AM: As you will see, beyond the fact that many humans throughout history have dedicated themselves to finding a way to heal the traumas of the soul and spirit, they have done so from religious and mystical factors, and not from mere logical observation and objective of mental development. So the way of expressing the soul was more related to poetry, theater, ceremony, ritual. Back in the days of Egypt and Mesopotamia, 4500 years ago, soul therapies were treated with priests, who between sung words and herbs used to prepare ceremonies in which individuals performed catharsis, releasing internal pressures, some considered exorcisms. It was seen by Asia that there were certain points of the body that released those tensions, so the massages, the acupressure, Acupuncture and other techniques used to create therapies that healed the soul through those meridians and energy nodes of the body, seeking the balance of vital forces. In the Greece of the sophists, psychology was the knowledge of the soul, the observation of internal development, but not the treatment of it. It was not until the 10th century that trauma to the soul began to be viewed in the Arab world as an aspect of medicine, a therapeutic treatment that encouraged inquiry and questioning as a method of finding the problem within the brain. With much shame and fear, the first European psychologists emerged in the 18th century, times after the Renaissance, since until then, the Church considered everything that was not "normal" demonic. With secular revolutions, the ecclesiastical vision disappeared from medicine, treating internal conflicts from a more rational and empirical point of view. In any case, as we have said, it was not until the 19th century that the question and answer method began to investigate the human soul in a psychological rather than scientific way, something that was called "psychoanalysis", the interpretation of the mind and dreams.

YO: There is a lot of that in Argentina ... A lot of psychoanalysts.

SOY: The key is the conversation. Until not long ago, talking about what happens inside us was a sign of weakness and imbalance. The women had to be demure, reserved, and the men had to be serious, strong, neutral and without emotion. If a man showed emotion he was branded effeminate, incense, weak or crazy. If a woman showed emotions she was called hysterical, menopausal, witch, crazy.

ME: It still happens ...

SOY: Because it was not more than 60 years ago that with the liberal movements, the hippies, the freedom of expression, many were finally able to express what they felt. For the first time, circles of friends began to join together who were able to share thoughts, feelings, hidden emotions, and support each other. And these same people became parents who listened to their children, and thus new generations emerged who dared to share, to express what they felt. And the new ones, after the 80s, the 90s, were born for the first time in social environments in which a great majority were open to speak, to show, to cry and laugh without limits. This sensitized humanity, causing the following generations of the 2000s and 2010s to be born recognizing that they could count, speak, say, express everything they are and feel. Of course, this makes humanity more neutral, so that men and women begin to mix as the same gender, without differentiation from each other. This process will take as many generations to become normal, in some countries before others, but you can see that every day more individuals share more of what they feel.

ME: Yes, it is difficult for some, especially the elderly, or people who live in complicated or closed environments, but it can be noticed in general, in most countries a more direct facility to establish a connection with the others on an emotional level.

SOY: The questions made the internal world quicker to release the tensions of the soul, to investigate the hidden, recognizing that hiding weaknesses no longer makes us strong, it only makes us more fragile, because what is rigid breaks easier. Weakness gives flexibility, thus, unlike millions of years of repressing to be strong, we are living an intermediate point, a "hinge" time, which makes the human begin to stop being an animal to truly become a different kingdom . Sharing, feeling, communicating from the depths, releasing the hidden, makes us free, safe, healthy.

ME: It's a nice vision. It is clear, then, how important it is that there are so many therapists of so many kinds today.

I AM: Well, interaction is necessary, the liberation of everything hidden is necessary. Going out into the Light is learning to Communicate.

ME: That's something that has cost me. Although my task is communication, and daily I share everything, communicating everything that happens to me, I recognize how difficult it is for me to communicate what happens to those closest to me. When I get angry, when I feel sad, when I fall in love, when I have to leave someone, when I have to solve a problem or participate in an argument. All this has always been difficult for me, it has made me nervous, and even left me speechless. This year I am learning to speak, thanks to connecting with you, I am having the ability to say what I think, what I feel. It is true that many times it is difficult to say certain things to some people, but I have improved a lot.

SOY: I can tell. And above all more and more you do it with the world. That is Communication at its best. Communication comes from the words "com" (all, set), "munus" (carry, do, take care of) "icare" (convert, transform). Communication is the action of bringing something among several to be turned into something new. The idea of communicating is sharing data so that at the end of the talk something new and enlightening results. In the communication process there are a minimum of two interlocutors who constantly exchange roles: sender and receiver. One issues a message, be it a statement or question, and the other receives it, turning it into a new statement or question transcendental to the previous one, which enrich the content of the talk.

YO: This makes me doubt then to call Media those who are dedicated to informing.

SOY: Of course, because there is no real Communication, but direct. The sender is always the sender and the receiver is always the receiver, with which the content does not evolve and is easy to be manipulated.

ME: Is that what happens today?

I AM: Remember the reason why an individual is afraid to share what is inside.

ME: Weakness ...

SOY: If a system is weak, it can shake the confidence of the people and generate a crisis that ends the power of the day. For this reason, the Media have a fundamental role in the Stabilization or destabilization of a power, be it political or business.

ME: I always hear that the media deceive us, lie, manipulate us. Is this so?

SOY: It goes deeper than that. There are two fundamental roles of the Media: Informational or Investigative. The media that are in charge of the Informative, receive the information as pre-established packages at an agreed price, and dedicate themselves to simply being the megaphone of preconceived and premeditated data. The news media are useful to keep the population informed about events and general decisions, but they do not tell the truth, they only transmit what is received.

ME: Oh, so it's not that they "lie", it's that they simply say what they receive without question...

SOY: That's right. On the other hand are the Research Media. They question things, seek, investigate, get to the bottom of the matter, and transmit, report, what they have discovered themselves without any kind of intermediary.

ME: This is better... right?

I AM: It depends.

ME: Of what?

I AM: Who paid you to do the research.

ME: Oh sure ...

SOY: Today, humanity lives a period called "Infoxication", in which we find ourselves intoxicated with information. There are many free channels on the internet that offer their information services without conducting any kind of prior investigation, which generates more misinformation than information. On the other hand, the big hegemonic media are dedicated to carrying out informative advertisements, in which, in case you haven't noticed, they repeat the same data over and over again a day, causing a data bottleneck, in which only the established ones are released. by corporations. The fear of sharing what is wrong makes us more and more limited, and the excess of information makes us believe anything. The role of the Media is fundamental. They emerge as a nexus between the systems and the people, as a kind of prosecutor, in charge of keeping everyone informed about what the people think of the government and what the government does for the people. This intermediary role is very sensitive and easy to be controlled by one side and the other, since many unrealistic visions can arise from the side of the people that are mixed with the true ones, and from the government side, false data and bribes can arise. communicators to control their words. The role of the Media is essential in society, but the role they are performing today does not meet the expectations of their service.

ME: How do you discern what is real from what is not? How to know if the media is lying to us?

SOY: You can't know that. To do this, you must conduct your own research, or fund those you trust to do it for you.

ME: What if the investigators also lie to me?

I AM: That moment comes when you must understand that there are two types of truths, the internal and the external. There are external truths that are absolute, but nobody owns them. When a truth is absolute in the outside world, the result will be the same whether the experiment and research is done in Canada, China or Botswana. Therefore, to find a truth, you need at least 3 diverse agents of different views and stories that agree on it. You should never be left with a single channel of information to know a truth. And in the case of inner truth, information intoxication inevitably leads to inner confidence, with yourself. Trust yourself.

I understand.

SOY: But don't shut up. Never.

ME: It has happened to me at times that I want to shut up because I ask myself: how far am I really communicating well? For example. I usually pay attention to the negative comments that they make me many times to know where I am going wrong, or what I can improve when communicating. The positive comments are infinitely appreciated, always, but while the positive ones give me strength and confidence in myself, the negative ones are those that give me evolution, to adapt. And in many cases what I see in negative comments is that they are not constructive, but destructive. Many times I share my soul, my traumas, my addictions here, with thousands of people, with the aim of being an example, and in some cases what I receive is some critical comments focused on me, and on giving me advice so that I can improve my life according to their visions; or on the other hand they also position themselves as vigilantes in the face of what I said when they did not read well what I said, and if I tell them: "read well", they claim to say that they have, that they read well, but I know not why not They understood what I put in. So, beyond the fact that these types of comments are 1%, it is the one that I look to improve, but I realize that this 1% will never change its mind, because it is their personality, and I cannot be liked by everyone...

I AM: As Leonino you are, you want everyone to understand and accept what you are, and that will never happen. As a Capricorn ascendant you always believe that you can improve, because nothing is enough. But let me tell you one thing, here you must hear your soul, your Sagittarius moon, reminding you that this is a game and you cannot make everyone win or have fun. Not everyone likes the rules of the game. There are people who will judge chess as racist when there are black and white, and even if it has nothing to do with racism, their ideas will be immutable. Will you stop playing chess for this?

I do not...

SOY: Will it stop raining because someone likes sunny days?

I do not...

SOY: There are those who look only at the rainy day when the other 6 days of the week were sunny. You must take advantage of that rain to water the plants. For this reason, it is important that you release that rain from yourself. When an individual expresses the hidden, the shadows, the regret, it will not be long until interlocutors appear to respond to this new information. But that is why you grow. Nobody asks you to be strong, firm, nobody puts the weight on your shoulders to hold the world and not fall, nobody forbids you to share your weakness. Communicating what is inside of you frees you and frees others. Releasing the weight you carry in your shadows can scare or anger some, but free many others. One of the great challenges of this time is learning to communicate from the soul, and for this, we must transcend judgment. So,

ME: I understand... thank you.

I AM: You do not need anyone's energy to exist, to be, because you are eternal energy, you do not depend on others, and even so, sharing with others is what will make you free.

ME: I open myself to share without fear, to communicate my truth, to communicate what I am, freeing myself from belief, communicating to the world the being that I am.

SOY: Talk to me, tell me, tell me ... I will always be listening to you.

WEEK OF BODY

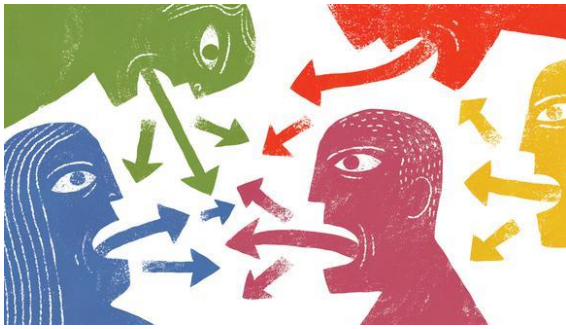
321. Ideologies (Crown)

[June 20, 2021 Matías De Stefano](#)

Daily vibration: Ka

Statement: I Am Mentalism's Product

Code: PLEASURE – SHAME = the base of our body is the one that generates that necessary energy for all the body, and to achieve it must feel pleased and in high resonance. For that, the vibration wave of that root chakra emanates the positive emotion of Placer, that we feel in the physical, emotional or mental body and that generates this emotion by the amount of energetic download of the kundalini when it flows from this center. On its counterpart, the negative energy of this bipolar center is related with the emotion of Shame, this means the fear to show pleasure or security, to show yourself just how you are.



ME: These days I was thinking a lot about fatherhood. How will I be a father? I think many of us sometimes ask ourselves these kinds of questions, and in many cases, according to our own stories, we unconsciously seek to repeat what our parents did or to do the opposite of what they have done with us. In my case, my father was absent for 27 years of my life, and I thought if I would project that to a future son with so much travel and projects ... But my grandfather, who was always at home, also seemed absent, as if his presence did not mark one difference. Will I be something similar to my children? A shadow from the past? And this leads me to wonder how I will make myself present in his life, how will I transmit what I am without passing the weight of what I am to him.

SOY: It is something impossible to control ...

ME: To what extent?

I AM: What you are and have done lives in your cells, and it is the information that you will pass on to your child. What you do will not change what lives inside.

ME: How to improve then?

SOY: Sharing what you have learned from what you carry inside. The experience, the stories, what you have integrated, your own illusions, projects, always reminding them that he or she is free to create their own path, and you tell them so that they are aware of the previous path that their cells have taken.

ME: So it is not a question of releasing it outside, so that it starts from 0, but rather telling it everything without the weight that this is its truth.

SOY: In this way you give him everything that you have achieved, giving him the freedom to do it his way, to choose the steps he wants to follow. In general, parents do not tell their children their experiences in order to give them tools, but they do it for the simple fact of continuity, that is, to indicate life, to tell them what is right and what is wrong. Instead of transmitting the “sophé” (wisdom), they transmit the “logós” (knowledge). Wisdom is the understanding of a text, while logos are the words within the text. And, in general, single words do not convey knowledge. You can read the dictionary and only get knowledge of terms, but you will not find wisdom in words. Genes in biology and traditions in a culture are like that dictionary, full of codes and words,

ME: Oh, I understand, so what you say is that the problem is repeating things without intelligence, but by tradition.

SOY: When, even having had an unexpected result of an experience, I keep it alive by simple tradition, I am sharing knowledge but not wisdom, because there is no transcendence in the cycle.

ME: Like the example that I always give about Christmas, of many people who still already know what Christmas is, continue to celebrate it and teach it to their children without the new knowledge, but maintaining the tradition just because it is beautiful.

I AM: Exactly. Instead of looking for new ways to celebrate, it becomes repetitive karma. This is what we mean by "negative harmony." A harmonic is the combination of certain agents that combine with each other and work in that logic, but perhaps that harmonic logic in a Heavy Metal song does not sound harmonic to those who listen to Classical music. Therefore, there are harmonies that can be based on violence, pain, traumas or lies that are sustained and that seem sweet and beautiful, like certain traditions, or jokes, which we do not recognize as harmful to the integrity of being because of our habit. contemplating them. It is like who naturalizes the idea of the crucifix as an act of devotion or love for God, and never sees it as a symbol of torture, which is what it really is.

ME: Like hanging at home a revolver with which a loved one was killed and honoring the weapon more than the smiling portrait of the loved one ...

I AM: In the same logic, when the arrival of Santa Claus is celebrated, it is nothing more than the celebration of the arrival of Odin, god of the Viking warriors, to the Ygdrasil tree, giver of runic knowledge. Bathing before going to the temple, in many traditions, is not to appear pure before God, but because for the ancients, God was Water, since in the desert, without water, people died, and this represented life. Celebrating Easter with chocolate eggs is nothing more than a tradition that recalls the famine in Europe where there were only eggs and rabbits to eat during the plagues. Thus, many traditions are repeated without awareness of themselves, like sweet memories, when they are based on tragedies.

ME: It reminds me of Disney. Walt Disney took all the tales of European tragedies narrated by the Brothers Grimm and other contemporaries, and softened them into beautiful tales for children, filled with preconceptions of the time, such as the weakness of women, dependence on a man with power. to save her, the absence or criticism of certain ethnic groups, the justification for violence and certain political propaganda ...

SOY: The stories that we gently tell children many times are actually the surface of something much deeper than we are not aware of.

ME: Like the story of Little Red Riding Hood being the story of the first period and a rape. Or that of Snow White being an allegory to the 7 deadly sins after Eve's sin of biting the apple ...

I AM: In most cases we continue to hold a “logo” without becoming aware of it. And this is how Ideas become Ideologies.

ME: What is an ideology?

I AM: It is the knowledge about an idea. Remember, that "idea" comes from the Greek "eideía" which means "form". It is related to the verb "eido" which means "to see", so that one is able to see the forms of the world. Logós, is the

word, is the knowledge about something. Thus, Ideology is the quality of seeing the forms of knowledge, or following the forms of a word or message.

YO: So it doesn't just have to do with politics ... but with much more.

SOY: That's right. We can go to the early days of humanity, when the words that define the forms are built. When a human looked at a bee, he related it to the sound creating the word "btzeh", which over thousands of years would evolve to create modes such as "abbzi", "beez", "abbyss", "abis", " apis "(bee in Latin), which gave us " beekeeping, apiary ". The forms that we see begin to have names, and those names encompass imaginary concepts, which we will call "ideas," thought forms. For example, the word "bee" can bring to mind the colors yellow and black, honey, sting, sound, honeycomb, teamwork, flowers, spring, breakfast, bears ... Just one word that encompasses an image ends up becoming a network of images called Idea, a mind map. As these maps become more complex,

YO: Sure ... to this day we call it the Kingdom of God, of the angels, and we continue to use terms forged in times when human politics were hierarchical and the idea of direct democracy or networks could not even be visualized ...

SOY: That's right. So maintaining the idea that the Universe is the kingdom of a higher being is nothing more than a conceptual translation of an ancient idea, that is, of what the ancients saw in the world of forms. Thus they have named things as the Kingdom of Heaven, the Kingdom of Men, the Animal Kingdom, the Plant Kingdom, the Mineral Kingdom, when the only one who has built kingdoms is the human.

ME: Oh ... sure ...

I AM: This makes the observation of a shape become a logo, a word that summarizes concepts and beliefs.

ME: That is why I have heard that some philosophies call the dark side of the Universe as the "Logós".

I AM: This is a typical error in spiritual concepts that only observe things from the superficial and stay with what they see instead of what is. The concepts of Knowledge (Gnosis) are divided into different mental entities called "Logos", which encompass abstract concepts of thoughts, ideas, imaginary, difficult to describe as individuals or beings in themselves. For this reason it can be called "Solar Logos", "Christic Logos", "Diabolical Logos", "Divine Logos", "Sophist Logos". The Logos is not an entity, but a set of concepts born in philosophical terminology and adopted by the spiritual world to define archaic concepts of divinity. In fact, one of the banners of philosophy is the "passage from Myth to Logos", where the invented story is supplanted by a piece of knowledge.

ME: And that led them to become almost public enemies.

SOY: Another of the traditions that make spiritual people interpret the Lodges as the bad ones in history, a cultural tradition that the Church instilled in all of us to get away from them and their studies.

ME: Are you saying that the Lodges are not the bad guys in the movie?

I AM: The Lodges are not, however, the individuals that make them up are another matter, because I will not be responsible for those who make them up and what are their far-fetched purposes as individuals. What I want you to understand is that they use words to define ideas that are not, and they wrap people and stories into misconceptions just because of the tradition of repeating them. This is what builds Ideologies, the inheritance of meaningless words that give the impression of encompassing concepts that they do not actually encompass. Like considering that everyone in the Church is pedophile, or that everyone in Islam is a terrorist, or that all Jews are Zionists, or that all Socialists are Communists, or that all Capitalists are Neoliberal. Ideologies do not allow us to understand sentences because they are left with the single words that encompass them,

YO: The other day I saw the interview with a Peruvian politician who considered himself to be on the left, and when faced with the liberal questions they asked him, he responded to everything with a right-wing ideology, to which the

journalist said: "Sir, everything he answered me What you will do is strictly from the extreme right ... and you present yourself from the left. Are you on the right? " And he did not respond. I was amused.

SOY: Because ideologies are useless in a globalized world in networks. Ideologies were useful in times of isolation, where countries were at war and needed to unite in homogeneous groups to defend certain interests. But since individuals have a public word, the idea of following a joint current is absurd.

ME: Yes, I understand. For example, many people who claim to be left-wing (liberal, flexible, integrative) have a more right-wing character than right-wing people (paternalistic, conservative, dictatorial). Today it is impossible to say who are on the right or on the left based on what they once represented, because throughout history people from the extreme left ended up becoming right-wing fascists. And it also mixes with the economy, thinking that being on the left is to control wealth to distribute equally, when being on the left is giving opportunities to everyone equally, which is very different, since controlling is more on the right, and throughout in history they have been those on the right who gave more freedom. So clearly that system doesn't work anymore.

SOY: Exactly. Today it is impossible to define people by ideologies of the right or the left, or the center. Because of their religions, philosophies or cultures, and even their ethnic groups. Today it is polarized with absurd concepts, even putting us against women and men. And one of the great mistakes made in ideological equality policies is to value more the number of women and men than the capacities they have to resolve. The best-performing countries in the world are led by women, but there was no law that equaled men for punishment, but they did so for their human value, for their integrity capabilities, and because the people realized the capacities of a being beyond a gender. Today the discussion is ideological, and therefore it does not work, it is not a question of gender, but of capabilities.

ME: Pretty straightforward... yeah, I get this. I share it. They are delicate subjects.

SOY: That's why you have to talk about them. If we seek to create a conscious society, we cannot allow new ideologies to continue to destroy the rational and emotional mind. What did the masters of the Andes tell you years ago?

ME: "Go from Ideology to Biology." It is the main motive of the Ontocracy.

I AM: Ideologies are left with mental maps of things that do not even belong to us, as communist revolutionaries in the 21st century, when to understand this struggle you had to live in post-Tsarist Russia in the early 20th century. Young people who defend names of people they did not know in historical contexts that they do not know, and who express their love for social policies that failed due to their corruption and incapacity decades ago. Ideologies create repetitive traditional maps, like a vice, an uncontrollable addiction, which instead of making us see the forms, blinds us to the realities. Being part of an ideology weakens the judgment of being, of the individual, and causes it to lose its axis in favor of the tide. A mere word can move a group of people raising flags of ideas that they do not fully understand.

ME: What about biology? It is also difficult to understand?

SOY: But it does not live by expectations and dreams, biology works, after millions of years, it continues to give positive results. Biology is the example of an organic system without hierarchy that regulates itself without mandates, but in the interaction of a network of networks that constantly maintains homeostasis, life. And yes, there are always conflicts to solve, the body knows it, and it does not close itself to those conflicts, since they are the basis for its improvement, not enemies, but tools of evolution. Ideologies are functional to periods of biology, but it evolves transforming ideological concepts, and whoever seeks to maintain them can become extinct.

ME: Sure ... So, we should transcend the ideas we have of things, go beyond our ideologies, which is very difficult for many who have become accustomed and have made them part of their essence.

I AM: The deconstruction of the mind, unlearning what has been learned is one of the great challenges of life.

ME: How do you deconstruct an idea?

SOY: Knowing her. Investigating about it, knowing each of its edges. Many times we are part of an ideology just because we don't know much of it. Find out what you believe in, find out what it is based on, where it comes from.

YO: What happened to me this year is that I have gone so far into what I believed in, that many of the things that I held in me disappeared, that is, they transcended to another level where I better understand why I use certain words, or think certain things ... The truth is that I feel much freer of ideologies, more open to infinite possibilities.

I AM: Knowing what you think you know gives wisdom, and it brings freedom. Free yourself from the "Logos", and become Everything. Transcend the forms of what you see, the Idea, and live life.

ME: Here and Now.

322. Name (Third Eye)

[June 21, 2021 Matías De Stefano](#)

Daily vibration: Kae

Statement: I Am Correspondence's Product

Code: TRIUMPH – FRUSTRATION = aligned to the knees and the meaning of the history we have gone through by generations, in the center of the legs the energies of the vibration that unifies the achievement of evolution accumulates, and its sines and cosines speak of the positive emotion of Triumph, being the one that makes us feel that we have achieved everything necessary and expected in history, and on the other side the negative emotion of Frustration, that reminds us that we haven't accomplished what was expected in our development process.



ME: Speaking of bees and why we call them that, it reminds me of the importance we place on the words we use. Many times we take them for granted, as if they were like that and that's it. As if they had no meaning. And one of the things that I liked the most this year was precisely investigating the origin of the words.

SOY: Of course it is very difficult to investigate exactly the origin and real meaning of some of the words we use, because they go too far back in time and were generated in cultures that are impossible to know in depth. However, the weight carried by the meanings behind the words, conditions the vibration at the time of saying them.

ME: But, if we do not know its meaning, does it not lose the vibration before the new intention? For example, the Latin word “gaudium” means “joy, happiness, enjoyment, fun”, which in Occitan language gave rise to the word “gau” and forming the term “gai” (sounding “guéh”), which happened to Saxon languages such as "gay", which for centuries was spreading as a term of "joy, happiness", something that would change around the 40s when the English term became popular to describe "happy men with hidden pleasures", and from there, the word became discriminatory, with a weight of criticism and bullying, until after the 2000s it began to be used with pride, but now qualifying homosexuals instead of a happy person. Then,

I AM: Words evolve, or are distorted depending on the intention, and can be given various uses. But the word will always contain the truth in its essence. It is like a knife, which can be used to save lives or to take life, but neither will change your reality of being a knife.

I understand...

I AM: Colors, for example, are only visible as long as your optic nerves have the ability to receive certain wave frequencies. If your eyes are not able to perceive the frequencies that vibrate around 700 times per second, then you will not be able to see the color red. That does not mean that Red does not exist, but that you are not able to see it. There are also different ranges, and the mixture between them, that can combine blue and red to create violet, for example. In the same way that this happens with the vibration in the colors, you can find the vibration of the sounds.

ME: Much more related to the term vibration.

I AM: Exactly. Therefore, each sound will vibrate with a specific tune, a specific tone, and thus transmit specific information. Each sound can become a letter in a language, and the combination of these vibrations generates information packets.

ME: Words ...

SOY: And words can be combined to form a meaning ...

ME: Phrase, sentence, text, dialogue ...

I AM: Depending on the context and the individuals who use it, these vibrations will be intertwined like a fabric with different textures, creating different patterns, all looking unique, but formed by the same fabric, by the same material.

ME: So in essence, there is a common origin.

I AM: The same red color can be used to paint a wall in a farmhouse, or make a work of art as in the Sistine Chapel. And it will remain the color red. Words, then, can be modified and used in different contexts with different meanings, but they will always share an essence of information, beyond the etymology.

ME: Beyond the meaning for which it was created?

SOY: Yes. Well, you can't compare your ancestors to a cell.

ME: I don't understand the simile ...

I AM: Think well. Imagine that you are a word, and your parents are two words that have been used to create you with a new meaning. So you can go back to the linguistic history of your life, to your grandparents and grandmothers, and continue until a moment comes when you lose track of your ancestors. Your existence is due to the fact that certain living words came together to create your parents, with which, you can say that the result of your existence is due to that group of people, but you can go further and further back in history, to the point at which there is not even a person, but they are animals, and further back until they are unicellular organisms ... So where would you define the etymology of your being?

ME: It's impossible ...

I AM: Unless you go to the common elements that make them exist: phosphorus, calcium, magnesium, carbon, oxygen, nitrogen, silicon... among others.

ME: The etymology of a being ... the ontology.

I AM: Ontology is the study of the general concepts of a Being. It comes from “onto” (entity, being, in Greek) and “logós” (study, concept). In etymology the true origin of things is studied (etymos = truth), so discovering the truth of a being is the "ontological etymology".

ME: And how do you get there?

SOY: There are many ways, but everything can begin with one of the few words that do not usually change in meaning over time.

ME: Which ones?

I AM: The Names. The word name is one of the oldest, and whose etymology can be unknown. One of the oldest words in this regard is "naman" or "nimen", which gave rise to the same word in various languages, from the Semitic languages (ism '), to Sanskrit (nama), Saxon (name), Latin (nomen), Russian (imya), Greek (onyma). We could interpret that the word comes from two others: “nu-men” (having knowledge of something) or “numu” (assigning, identifying and selecting something). In this case, an object, or a person. However, the objects vary according to the culture, the territory, the use, and therefore, they can vary, to stop being what was pre-established. Therefore, proper names are those identifiable that continue to hold the original meaning after thousands of years, connecting us with the essence.

ME: The proper name, then, really conditions what we are?

SOY: Not completely, but it does have a great weight in the vibration that emanates from us. The name with its meaning, its vibration and specific intention to each person, has a locator utility, to locate us in the plane of existence.

ME: That is why God is given so many names, and he is known as The One with a Thousand Names, or the 72 Names of God ...

I AM: Because your being encompasses all of existence. Now, names were used at first to describe the attributes of an individual, calling him based on how the world saw him, and eventually, the person would choose a name that determined how he saw himself.

ME: Oh, I remember this, which I found fascinating. Until a certain age, parents or the community gave us a name that identified us in the eyes of the group, and there came a time in life when adults encouraged us to discover what we had inside, how we saw ourselves within the community. community, and we had the task of re-baptizing ourselves, of giving ourselves a new name, as we wanted others to know us from that moment on, and I found it fascinating, because you valued what you were for yourself, and represented that vibration.

I AM: The names used to imitate sounds of animals that had those attributes, or colors and shapes, or plants, so each one felt linked to the attributes of a being of nature.

ME: As we usually know that the natives call themselves, names like *Águila Blanca*, *Toro Bravo*, *Lobo Noble* ...

SOY: All names were born that way, but in languages they were modified over time, until they are unrecognizable today.

ME: And they even seem to have no meaning, when they do... I have asked certain people what their names mean, and they don't know it, or the names of their countries. For me it is usually so important... For example, one day we talked about what Egypt meant, which comes from Aegyptus in Greek, but is actually a word from the ancient Nile "Het-Ka-Ptah" (house of the creative spirit), but on the other hand, Egypt in Arabic is called Misr, and when I asked people what it means, they said: nothing, just one word and that's it. So I looked, and saw that it means "Wall, fortress", because of the fortress that surrounded Cairo, as the Arabs saw it.

SOY: What does your name mean?

ME: Matías comes from the Hebrew "Matiyahu" which means Gift or Gift of God. My middle name, Gustavo, comes from the Germanic "Gost slav", meaning "Guest who speaks".

SOY: And your last name?

ME: From Stefano, from the Greek "Stephané", which means "Crowned", and at the age of 27 I symbolically added that of my father, Bide, from the Basque "Camino".

I AM: "Gift of God, guest who speaks, Crowned on the Road" ... interesting.

ME: Why do some of us live life "to the letter", that is, so aligned with our names, and others not...?

I AM: It is usually due to karma, or due to resonance. Some names have been imposed and not chosen, some do not know how to use the vibration of their names and live parallel lives fleeing their ways.

ME: So is it so important to know the meaning of the name?

I AM: It is part of knowing the vibration that you represent in the world. Every time they ask you what your name is, and you say your name, you manifest the vibration, and the word creates, so every time you pronounce your name, you create yourself, just as every time someone pronounces your name. , or your nickname, or your last name, is shaping your energy with this vibration. The name determines your resonance in life, so you must know it well, to know why you carry this vibration, and perhaps even if we do not like a name, it has a great positive weight for us, and if not, you can always change it, choose another.

ME: My son, my future son, since I was 9 years old he has told me his name, and I have a conflict with it, because I do not like that name. If I could choose a name, it would not be that, however, for something he chose it. And it is important for me to respect it. My mother knew that my name was Matías since before she knew if I was a boy or a girl. My grandmother used to tell her: "Claudia, choose a girl's name just in case!" and my mother said no, she was sure I was Matías.

I AM: The resonance that occurs in you when hearing your name is of recognition, because it is like the world and you define yourself from a young age, each cell of your being is recognized in that sound, therefore, becoming aware of the name is fundamental to know what forces are shaping your being.

ME: Sure, it seems silly, but it's not silly at all. What about those who do not feel identified with their name, or even detest it?

SOY: It is possible that there is a hard story in relation to a karma to be solved with this name. Changing the name will not change that pain, it will only pass it on to the next generation. For this reason, it is necessary to recognize why it was chosen to come into the world with this code printed on the matter, and once the history has been healed with the name, you can choose a new one with full consciousness, from freedom, not from escaping.

ME: And... what about the last name?

I AM: In the origin of the tribes, the human packs, the names were personal, chosen by themselves, but certain contexts of confrontations with other packs made them have to identify themselves. Therefore, to recognize which family group they belonged to, they used to add the name of the patriarch or matriarch, that is, who ruled the family. Thus arises the idea of naming a person by placing a second name composed of "son of" and the name of the person in charge. In the Iberian languages this remains to this day like all those names ending in "-ez" (López, Jurárez, Hernández...), a particle that in Iberian means "son of", something that for the Slavs is the particle "-ov , -ova" or "-off, offa" (Romanov, Petrov, Lusenhoff), in the towns of central Europe we find "-ich" or "-ic" or "-icz" (Kovacic, Aymerich, Ziolkiewicz), what in the Nordic peoples is "son" or "sen" (Karlsson, Johnson, Hansen), in the British Isles it is the "mc" or "mac" (McDonald, MacKintosh), and also "o'" (O'Neil, O'Ryan). In Romania all surnames ending in "-escu", and in Semitic languages such as Hebrew and Arabic all those beginning with "Ben" (Ben Gurion) and "Bin" (Bin Tariq) respectively. Over time, families grew and became Clans, which turned the name of the patriarch or matriarch into something fixed, with which many had the same surname (name = "appellé", from the French "to call", or in English "surname" = also from French: above the name). Having a certain surname, then, makes you part of a specific clan, or a slave of that clan.

ME: Slave?

I AM: In colonial times, many mulattoes, blacks, Asians who were brought to the Americas as slaves, acquired the names of their oppressors as surnames, or were called as "children of" who enslaved them, as property. For this reason, surnames such as Jackson, Robertson, Willson, although others created new names such as "Freeman" (free man) and many others, are characteristic of ethnic groups not originating in the Americas, just as surnames ending in "ez" are for women. Hispanic Americas (Rodriguez, Cortez, Fernández, Juárez). This can help to understand certain familiar connotations of dependency or slavery to one another. In the case of free cultures, families used to be named under common concepts that glorified the group, giving themselves imposing names, or related to the places where they lived. Others, to differentiate themselves, they called themselves directly as "those from such a place", so their names became toponymic, with the energy of the place. Many were simply recognized for performing the same task or trade generation after generation, which is why the family in general was known as "the house of the Blacksmith, the Baker, the Shoemaker", and for this reason there are many surnames with trade names. During the persecutions by the Inquisition, many minority ethnic groups had to go into hiding, since their documents and names revealed their tradition, origin and religion, so many changed their names normally to objects or plants. Thus, many Jews, Occitan, Gypsies and others, began to have surnames such as Romero, Roble, Manzano, Pereira, Alameda ... Stories of hiding who they are, in order to survive.

ME: Wow, it hides a lot behind the names.

I AM: Each letter is a vibration, like a chemical component. Their combinations, forming a name, generate a DNA, a species, which by adding a surname generates a clan, an intention. Nicknames impose affection or distancing between individuals. But all of this conforms to you, vibrationally. The resonance and intention of your name, the reason why you have been called that, the etymological origin, its emotional and historical meaning, as well as the reason for being part of a clan with a certain surname, added to the knowledge of the vibration of each letter, each word as a song, all this shapes your energy, makes you who you are ...

ME: My name is the lyrics of a song, my life is music, and depending on how I sing it, I will recognize my story, and my potential ...

I AM: Your name is a powerful tool that speaks of your past, your present and your future. Each letter has a number, each number represents a process, each sound in each letter awakens a power ... Recognize, from the largest to the smallest, the emotions that encompass your name, the sensitivity, the pains, the pleasures, whose He says and how he says it, how you present yourself to the world, what you omit or what you change, everything determines the vibration that constitutes you.

ME: So I must say my name firmly knowing what it means, knowing that it shapes me, that it makes me who I am.

I AM: Now that you will say it with full consciousness, set the intention to awaken the potential that exists in it.

ME: I am Matías Gustavo De Stefano.

I AM: I am Ghan.

323. Verb (Throat)

[June 22, 2021 Matías De Stefano](#)

323.

Daily vibration: Ke

Statement: I Am Vibration's Product

Code: CALM – DISCOMFORT = in the feet is where energy of firmness and stability is located, where I position myself in life and where I'm heading to. The accumulated energy in the feet and ankles emits the energy that makes us feel located where we belong or that moves us to search a new place to find stability. This way, the positive aspect will be Calm, that invites us to find serenity in our comfort zone, and on its counterpart, the negative emotion of Discomfort that invites us to search for a new comfort zone, to change the space of insecurity.



I AM: "In the beginning was the Word, and the Word was with God, and God was the Word."

ME: "... And God said: let there be Light!"

I AM: "And the Light was made" ...

ME: "And he saw that the light was good, and he separated the Light from the Darkness."

I AM: Thus God created Heaven and Earth, and his spirit flew over the waters.

ME: God called the light "the day" and the darkness "the night."

SOY: The afternoon came and then the morning. That was the first day. Then God said: "Let there be a firmament that separates the waters into two parts!" So God created the firmament and parted the waters; some remained above the firmament and others below. God called the firmament "heaven." Evening came and then morning. That was the second day. Then God said: "Let the waters under the sky come together in one place, so that the dry ground appears." And so it happened. God called this dry soil "earth" and the waters that had come together he called "sea." And God saw that what he had done was very good. Then God said: "Let the earth be covered with vegetation: all kinds of plants that give seeds and trees that bear fruit with seeds." And so it happened. The land was filled with vegetation: all kinds of plants that bear grains and trees that bear fruit with seeds. And God saw that what he had done was very good. Evening came and then morning. That was the third day. Then God said: «Let there be lights in the firmament of the sky to be able to separate the day from the night and to serve to mark the days, the years and the festivals. May these lights be in the sky to illuminate the earth ». And so it happened. God made two great lights: the bigger one to rule the day and the smaller one to rule the night. He also made the stars. God put these lights in the sky to give illumination to the earth, so that the two would rule, one during the day and the other during the night; and to separate the light from the darkness. And God saw that what he had done was very good. Then came evening and then morning. That was the fourth day. Then God said: "May the waters be filled with living beings and there are birds flying in the sky above the earth." Thus he created the gigantic animals of the sea and all species of animals that live in the water. He also created all species of birds. And God saw that what he had done was very good. God blessed them saying: "Have children and multiply to fill the water of the seas and may there be many birds in the world." Evening came and then morning. That was the fifth day. Then God said: "May the earth produce living beings of all kinds: domestic and wild animals and those that crawl on the ground". Then God said: "Now let us make the human being in our image and likeness. He will have power over the fish in the sea, over the birds in the sky, and over all the earth. He will reign over land animals, and over all those that crawl on the ground. A yes that God created humans in his image and likeness, he created the man and the woman. And he blessed them saying: "Have many children in order to populate the world and exercise control over it: be leaders of the fish of the sea, of the birds of the sky and of every creature that crawls on the ground". Then came evening and then morning. That was the sixth day.

I: "And the Word became flesh ..."

SOY: Verb, in Indo-European language, it is said "wer", and it gave rise to the concepts of many languages related to communication, as this term refers to "speech". Speaking, saying, word, action, act of creating, connected with the word work: "werg". The verb is the creative word, the spell, the prayer, the manifesting mantra.

ME: How can the Bible explain this?

I AM: "Word of God." It is not something Christian, it is something much older. The ancestral peoples understood that sounds were creators, because they were capable of transmitting unreal, illusory, imaginary concepts, and turning them into a reality through manifestation, work, and crafts. Thus, this idea was transferred to the Supreme Creator, the concept or belief that if we are capable of creating, then there must be a creator of everything that exists. And in this logic, the word, the verb is key. Why? Because the verb is synonymous with action, and to create, you have to act, to perform an act, to do something. "In the beginning was Nothingness, emptiness", this phrase indicates an instant of inaction, inoperability. The only thing that differentiates everything else is a verb.

ME: Which one?

I AM: "Say." "And God said ...". But before all this, before taking action, God is described as the same action. "In the beginning was the Word, and the Word was with God, and God was the Word." Verb as a synonym for word and act, an active word, denoting movement. They both describe something very simple.

Me what?

I AM: Vibration. Vibration is the beginning of all things that exist in motion. The particles are extensions of waves that vibrate, resonate throughout the cosmos, intertwined. The manifest aspect of the universe is nothing more than a symphony in constant motion. The ancients understood that the cosmos is movement, and that everything in the universe has a sound, a song, and that the Universe is that God who expresses himself in music. For this reason, from

the beginning, music was key in cultures, it united, it gave meaning to things. The tradition of seeing God as the sounds of reality is much older than monotheisms.

ME: That is to say that Christianity just adopted in different ways what other cultures said in advance.

I AM: For the Semitic peoples, the Word was the most powerful of the creations of the universe, as it was a sound that had the power to mobilize ideas, dreams, hopes, wars, unite groups or divide them, mention the gods, tell stories, create art, traditions, awaken emotions, feelings, love and hate. The word was sacred, and the word in action was God himself: the Word.

ME: This made people worship the Word, the Word as God ...

SOY: And that from her his name would be created. Without a name, without a word, there is no idea of the subject, and without a verb, without a word of action, what the subject does cannot be defined. Thus, one and the other are necessary, complements.

ME: That's why in Atlantean times we called God like all pronouns. "Ammanenumotyni", The Great All.

SOY: This is how you understand that all the actions are together, of all the subjects at the same time.

YO: In Atlantean Saytu language, a verb was defined by the suffix "-un", which would mean something like "take a step", "give a walk". "Bakun, sagun, menun" (walk, see, know, respectively). And the name by which God was defined was "Saun", which is the action of advancing and surrendering to all the Paths together.

I AM: God is action, the action arising from the movement of a wave in a vibration, which generates different frequencies depending on its speed of movement, its resonance, through which each tone, each level, will generate a reality . And all things were created from his word.

ME: How was it?

I AM: In the Void, all the Paths were one, the action was in the Void, and the Void was the Action. Then the Action vibrated, and moved, creating the wave. This tsunami of vibration created chaos, which gave rise to energy. And it was thus, that the vibration was put into action, generating the light. And the light filled the space, pushing the darkness towards the confines, giving rise to the appearance of Time and Space, the Octahedron, the seed of creation. This was the first day. Then he divided the light from the shadows, and the fire arose, the tetrahedron. It gave rise to the creation of all chemicals, fusing vibratory particles, giving rise to the basis of all things. This was the second day. By joining different particles, it gave rise to matter, and it generated the shadow, which gave the meaning of day and night. About it, The chemicals burned, giving rise to reactions that produced minerals, from diamonds to water, and oceans and mountains, as well as ice and deserts, appeared on many worlds, the difference between heaven and earth being clear, in which gases created the firmament, the atmospheres. Matter manifested itself, being Earth, the element of the Hexahedron. This was the third day. The vibration continued to expand and manifest, giving rise to the oceans, and they gave rise to life. The world was filled with vegetation, seeds, animal life in every corner of the planet, being the Dodecahedron, the waters of life, the gifts of creation. This was the fifth day. Thus begins the time of evolution, the development of all species, and the appearance of creative consciousness, in our world, the human, in the image and likeness of the Universal Mind, with the gift of the creative word, expression in the Icosahedron, the mind of the air. This was the sixth day.

ME: And the seventh... rested?

I AM: Oh no, the seventh wove the Web that connects us all, and was enlightened in the expansion of Consciousness. The crown.

ME: What do you mean by days?

I AM: One day is a stage, it is part of a process. It is described as days to be comprehensible in what represents a time stage that is incalculable, millions and millions of years old. All those millions of years, they are waves in the divine ocean, in the waves of the vibration that expands in all directions. That vibration is the manifestation of all things in action, in motion, from the micro and macro cosmos.

ME: The Word.

SOY: Therefore, when you pronounce a verb, you are part of that creative network, and its pronunciation moves chained acts. Like the wind that begins with two masses of hot and cold air particles, which are at a gentle slow pace, and that when crossing they try to avoid each other, creating the wind, the currents, the breezes that we feel in the face, or the hurricanes that destroy villages.

YO: It is as if each verb we pronounce is an action in itself that pushes the air particles around, expanding its force in the environment, in the humidity, which connects to the waters of the world, and becomes part of the network Long live... Therefore, the intention of many people united, in harmony, saying the same word, the same verb, can make a difference in the world.

SOY: Remember the subjects very well, the vibration itself, which will be launched at different frequencies, movements, which we call action. "I" is the main unit that self-references us, that reminds us of the importance of one, of observing oneself, it is the idea that originates all things, the incarnated Mind. It is the axis of all being. "You" is the mirror, the projection or correspondence that allows me to see what I am face to face, it is the concept that polarizes me in order to create in the world, to manifest in reality the dreams of the ideas that flow within me. . "He" and "She" are the created aspects, they are the external reference points, the third node that forms the triune base of the individual, which serves as an example, an indicator of what we create and stop creating. I, You and He-She, are the Sacred Trinity of the Individual, the Vibration, Energy and Matter of the Being. "We" refers to the network that forms the axis of a creation, it is the potential of being expanded. "You" is the mirror of said Network, which reminds us what we must improve, and how to complement ourselves to manifest. "They and They" is the aspect of plural triangulation that allows us to see what was created on the Web, what we have done and achieved for both good and bad. This is how the Sacred Trinity of the Collective, Love, Wisdom and the Will of the Network is formed.

YO: Wow ... each pronoun is part of a code, of a Merkaba of the verb ...

I AM: And so you find the verbs that will complement them, arranged in the trinity of Time: past, present and future; moving in the trinity of Space: subject, lexeme and ending.

YO: Another Merkaba of the verb ...

I AM: And it goes through the 7 chakras called Complements: direct, indirect, circumstantial, regime, attributive, agent and predicative.

ME: I feel at school again ...

SOY: It seems so, but understanding these spiritual states of the verb help us better understand the use of words and what we create when pronouncing or writing them. Every time we formulate a sentence, as you will see, we are putting together a merkaba of time and space that is launched as a particle into the infinite network of frequencies, as information packages, which when finding the correct resonances will create a set of data capable of manifesting . Each sentence with its subject, its predicate and its verb, make up a sacred trinity equivalent to a cell, which by itself seems insignificant, but inside it has the potential of your whole being, and which, to reproduce itself in resonance with others and grouped into organisms, can form a new living being.

ME: It's great to see it like this.

I AM: Now that you know, you will be much more careful when pronouncing your words, when mentioning your verbs, when arranging your actions, since they are all creative on different levels.

ME: I am a creator in every word, since my verb is the manifesting divine action.

SOY: Tell me, then, who you are.

I: I am the Word.

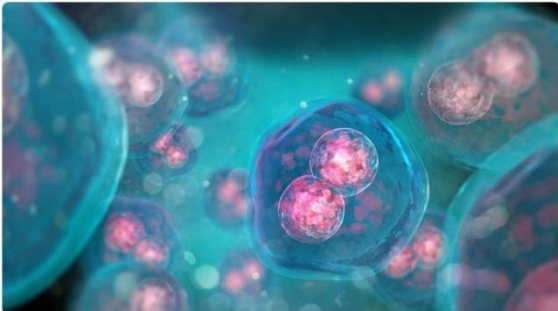
324. Mitosis (Heart)

[June 23, 2021 Matías De Stefano](#)

Daily vibration: Ki

Statement: I Am Rhythm's Product

Code: FUN – FEAR = in the lower center that unites us to earth and the glory of living in the reality of the third dimension. One of the keys of this chakra is learning to enjoy everything that exists, and therefore it irradiates the positive emotion of Fun, that reminds us to be kids, play with life, enjoy every instant of matter like it was the last one. But it's negative source of bipolarity is the emotion of Fear, that prevents us from having fun, asks us to be safe on a safety space, on the cave of earth, when misfortunes can stalk on the outer world, helping us survive.



I AM: The Subject and the Word, the Individual and his Action, are two in one, twins that, despite being each unique, do not cease to be functional mirrors to the other, as the same being.

YO: The amazing thing about the "Subject-Verb" paradox, is that applied to all existence it shows us that duality is nothing more than a concept, an idea that materialized for the convenience of action, but it is not a real sustenance in the Subtle Universe, but is only functional to the physical Universe.

I AM: There is neither the Verb nor the Subject, since both are mere factors created from a single agent that is both in one. We could call it "Power", it is that force that is waiting to manifest itself. The potential that one possesses lies inert waiting for an impulse ...

ME:... A beat.

I AM: And said beat generates the wave, which in its very reaction and action are the mountains and valleys of the same, which draw the subject and its action in oneself, describing its qualities in the wave amplitude, and its development on the wavelength.

ME: The Being and its Acting are echoes of a wave that has different lengths and amplitudes ...

I AM: The only thing that enables your separation is the possibility of expanding that potential. The potential unfolds through the waves like lightning, a chain reaction of energy that spreads creating energy, bending the curvatures of the waves by their speed, creating different rhythms, which in different tunings multiply in different beings and actions. Thus, we can experience different realities from just one, from the same potential that is launched for different purposes, and to achieve them, it must adapt to different movements. Each being emerged, will fulfill a specific function with concrete actions, and they will begin to improve themselves with the passage of time, in each action.

ME: So we are all a single being that was projected into two different things but never separated, but contains the same inner potential, but in different ways.

I AM: How you can understand the creation of so many beings that are part of a unit.

ME: We are all one, divided into millions.

I AM: Mitosis.

ME: Are we going back to Biology?

I AM: To understand the Gemini energy that lives in each of our cells and that makes up the logic of our existence.

ME: I understand, because if we are all children of duality, the best way to understand it is from how we are formed ...

I AM: The pulse of the wave naturally generates two spatial visions called "mountains and valleys", which are projected in two temporal positions that are the longitude and the amplitude. The midpoint of equilibrium is called Node, and it is the instance in which the mountain becomes a valley or vice versa. The nodes draw a line in space-time that we can call Singularity, neutral moments of constant motion, points that are not defined by any position, neither negative (valley) nor positive (mountain). Thus, these points become the moments of stability that summarize the history of a being in all its aspects, and that by linking them make up the essence. All the rest are potential aspects of said being. Each potential action is registered in the singularity of the nodes.

YO: This reminds me of the Planetary Network, in that its lines or edges are conduits of information, while the nodes or vertices are points of information.

SOY: That's right. This means that the nodes are instances of information exchange, units from which two options emerge, one positive and the other negative, but that when repeated incessantly, they share data that is passing along the wavelength. As if each Monte in a wave repeats a previous pattern that forces the valleys to do the same. This repetition of wavelength and amplitude is what you call cycle, karma, or pattern. Specifically, the pattern is the formation of similar structures that are functional to the transfer of data.

ME: Sure, because if potential information is generated in the shape of a square, it will be easier to repeat the square over and over again so that the same information can be eternal, and not lose energy in modifying the shape, because, doing so, data may be lost.

SOY: That's right, and this leads us to repeat the same things trying to conserve energy. These vibration patterns cause the nodes to fold back on themselves, becoming vertices, and giving rise to a geometric figure.

ME: Oh, it comes to mind as if the wave were a scattered line that, seeking to repeat the pattern so as not to lose energy, is arranged in the form of a Mobius strip, and the singularity nodes become vertices of a Tetrahedron, for example.

SOY: Very good. This is how the particles that will end up being atoms are arranged. And these atoms will become new nodes in a constant, which when they fold will form molecules. Those that when withdrawn will form chemical elements, which will produce minerals ...

ME: ... Or life ...

I AM: If the folds are arranged exactly without causing modification other than a powerful chemical reaction, then this structure will be rigid, something you call "inorganic", due to its lack of articulation. But if the links are subtle and easy to mold, then another type of structure called "organic" will be produced, more flexible, which will give rise to life, to the biological.

ME: And this folding of molecules will form what we know as "deoxyribonucleic acid" ... DNA.

I AM: Due to their phosphoric charges, the positive and negative bonds will fold over themselves, creating an extensive Moebius strip with a spiral appearance that will form a tetrahedral helix. These helices will be composed of different components, known as Guanine, Adenine, Thymine and Cytosine.

ME: The 4 elements of Life.

I AM: Nitrogenous bases that, according to their combinations, will register specific codes, such as algebraic ones, that will allow the development of potentials.

ME: The DNA, then, is like that wave that contains the potential and that through the repetition of patterns, passes that potential to different beings.

I AM: And these beings will be the Cells. DNA folds in such a way that it forms a higher structure called Chromosome, made up of proteins combined with deoxyribonucleic acid. They are extensive intertwined threads that contain the recorded history of a being, something that in Greek has two similar words: "Mythos" (history, tale, legend, narrative thread) and "Mitós" (thread, connector, fabric, thread) . They are in what we call the Cell Nucleus, which is surrounded by Cytoplasm, a structure of proteins and tissues that support the Cell and contain organelles that fulfill various functions, such as DNA reproduction, such as the ribosome, or the purging of unnecessary elements, such as the lysosome. The mitochondria, producing energy for the cell, and the Golgi Apparatus, which synthesizes macromolecules such as fats and proteins. All the internal organs of a cell have the primary function of keeping the information intact and active to sustain the integrity of the larger organism, the living being. Every day, the cell is put into operation to allow the continuity of this stable information in a body, so it performs an incredible function: multiplying the information and making copies.

ME: Almost like we do when we copy information from our phone to the computer, from there to a hard drive, or a server, it is almost like a Blockchain that multiplies by millions, making it impossible for that information to be lost or erased, or someone modify it ...

SOY: That's right. This process is known as "Mitosis". From the Greek "mitós" (thread, filament) and "osis" (action of driving, forming something). Commonly called "Cell Division". In this process, the reproduction of cells is asexual, and occurs with the aim of replicating the same information from one cell to the other.

ME: So it's not what a baby creates, for example.

SOY: We'll get to that. In the first place, there was no sexual reproduction, and the only way to transport data towards transcendence was to replicate oneself. Because of this, the cells found a polarization mechanism, in which two nuclei are generated. The general process of a cell division is around 16 hours from when DNA begins to replicate until two new cells appear, and in that period of time, they go through different stages. The first is called Interphase, when the DNA begins to replicate exactly to carry out the hereditary transfer of information, so the data must be exactly the same. This is where the chromosomes divide into two equal ones, twins, something that begins to occur in all the organelles of the cell, long before it divides, two of each begin to coexist inside it. Then the Prophase begins, a moment of complete formation of the new identical chromosomes that will begin to move towards the polarities, beginning the formation of two nuclei, something known as Prometaphase. Here, the kinetochores (proteins that attract the chromosomes towards the ends) join the microtubules (tissues of cellular structure), starting the Metaphase, where it is sought to find a balanced alignment of both parts before starting the division process. which begins in the

Anaphase, in which the loose microtubules begin to fold over the cellular content, grouping around the new nuclei, which begins to split the cellular tissues, giving rise to two identical cells. This phase is the Telophase, the one that reaches the end, in which both nuclei are covered with the proteins of the original cell, giving rise to the last phase of division: Cytokinesis. In this later or final part of Mitosis, a contracted layer of actin strangles the cell membrane until it cuts it in two, now allowing each daughter cell to begin its own life process, continuing its internal multiplication.

YO: This is what allows our organs to remain the same over the years, our faces to remain the same ... but why do we age?

I AM: Because if each cell multiplies every 16 hours, over the years, this division will have a certain wear and tear, such as always making the same drawing, no matter how much you look for it to be identical, the wear and tear of the process will make the copy is not so exact, which eventually makes the mitosis begin to fail in its mechanism, making the copy increasingly irregular, losing elasticity and firmness.

ME: What about the babies? That is, if cells seek to copy each other to last, why are we different from each other?

I AM: This arises from cellular reproduction through sex. In evolution, it was discovered that there was a better chance of survival if genetic experiences were shared, improving the adaptability of cells to different environments.

YO: As you once explained to me, that a being from the mountain unites with one from the sea, and they have a son capable of adapting to the mountain and the sea alike... Expanding their territory.

I AM: Exactly. For this reason, sexual reproduction arises, in which, instead of one cell dividing in two, there are two cells that become one to initiate a very special division process called "Meiosis". "Meio" comes from the Greek "less, small", and describes the process of dividing smaller or different things from one another. This process is carried out by the cells of the ovules and sperm, it makes normal diploid cells become haploid cells, that is, instead of containing all the complete genetic material of a being, it becomes simple and contains half, a part, which will be completed with the new cell interacting. As you will see, here we already start from a very different base than mitosis, so that two completely different materials will interact. This process is very dangerous at the molecular level,

ME: Oh, that's why congenital diseases ...

SOY: That's right, they are bad copies, or concrete copies that in the parents have not awakened, but that when copied in a new being they do.

ME: I find it kind of fascinating.

SOY: It is... mitosis and meiosis are processes that allow waves of universal potential to become a physical, living being. The amazing thing is that every day this replication process is happening in you, and it reminds you every time you look in the mirror, that you are an Echo of the Creator, a Cosmic Wave capable of seeing and recognizing yourself. In you live the potentials of those first universal expansions. You are a living library. The Akashic Records are not only constituted by your words, but you are constituted by those records.

ME: I am a product of the waves that are repeated, of the data that is transmitted in the universe ...

I AM: You are a product of the Law of Rhythm. And in each heartbeat, in each breath, you can remember the history of the Universe. Mitosis reminds you that you are a book in the Library of Existence.

ME: When you showed me the YOSOY symbol, you told me that the two "O's" represent mitosis and meiosis, cell division ...

I AM: It is the Vessica Piscis (fish bladder, in Latin), it refers to a very ancient symbol in humanity that describes the union of all forces to create life: positive and negative, male and female, the sun and the moon , giving the seed inside, the vagina, the eye that sees everything, the fish. Its mathematical proportions make it a sacred structure, since

the connection of its vertices makes up 2 united tetrahedra, a Merkaba, in whose center you find the divine heart, source of life, pulse of existence.

ME: The dual unit ...

I AM: You are constant mitosis, you are an echo of divinity. Remember it.

ME: my heart beats the echoes of creation, and every day I multiply my knowledge, nourishing myself with new experiences, to inherit my wisdom.

I AM: The Great Inheritance, is the one that occurs in your mitosis and meiosis. There are only two ways to keep the consciousness of the universe awake: adapt or pass the information.

ME: I set my intention is to deliver my Great Heritage, from the Sacred Heart.

I AM: We are a product of Rhythm.

ME: Universal Library.

325. Mutations (Soloar Plexus)

[June 24, 2021 Matías De Stefano](#)

Daily vibration: Ki

Statement: I Am Product of a Cause and an Effect

Code: WARIAN



ME: The perfection of creation mechanisms such as DNA inevitably has its counterpart, as you told me yesterday: mutations.

I AM: This is one of the most important qualities of Gemini on a physical level, since mutability, adaptation to the environment, are crucial for this aspect of our being.

ME: So... aren't mutations bad?

SOY: Like everything, always, "it depends." It depends on the circumstances, the reasons, the capacities, the being, the environment. "Mutation" is the action of changing. Transform from one thing to another. You can understand, then, that a mutation is something that has affected you a lot in life. Well, like it or not, you are a mutant.

ME: The word mutant resonates a lot in the movies. In some movies the Mutant is portrayed as a deformed monster, and in others as the superhero, a fascinating person. Clearly, I am fascinated by the X-Men saga, where mutations are key, and go through a somewhat political and sociological discourse: the acceptance of what is different.

SOY: This is one of the cornerstones of the mutant discussion. Acceptance to change. If you look closely, the visions of mutants as evil and deformed monsters, were born in times of conservative thoughts, in which social stability was sought through the same, the equivalent, and everything that was different, was wrong or could represent a threat. Mutants began to be the good guys when the audiovisual medium was taken over by more progressive thoughts, where being different was fine. In fact, the words "freak" and "monster" to describe the weird and monstrous, went from being insults to being their own qualifiers.

ME: encompassing everyone who was different. But what was it to be different?

I AM: Basically not be of the same religion, same race / ethnicity, and of the same social group.

ME: I mean, Christian, white and middle class.

SOY: No. That is another stigmatization. Racism does not exist only in whites, but in all races or ethnicities. Racism is not unidirectional or characteristic of an ethnic group, but is typical of people with a lack of knowledge, something that crosses all social strata, religions and ethnic groups. Qualifying racism in only one ethnic group makes us racist as well. Qualifying machismo in an entire gender makes us sexist. If you notice, both streams make a serious mistake.

ME: Which one?

I AM: Conservatives separate people by their differences, and progressives evaluate people by their differences. Both do the same, highlighting differences as the only determinants of who we are, when in essence, we are all human.

ME: Instead of strengthening the human condition of freedom, it focuses on different conditions such as positioning and valuation.

SOY: And this is understandable. Thousands of years of oppression, in some things more than others, many traumas experienced between ethnic groups, philosophies, diverse feelings, and all this has inevitably led to the need to fight for Equality, but with the focus of "valuing the differences" . It is like saying "let's fight for peace", a meaningless phrase, perhaps a kind of oxymoron that is transferred to the phrase "differences for equality". The conflict occurs when, in valuing the differences, we continue dividing ourselves into increasingly specific groups, as if dividing human qualities according to their attributes, a kind of caste.

YO: Yes, I notice this a lot, for example in the fight for gender equality, the same people who talk about "being all the same and that there are no flags, let's be one", are the ones who create flags for each sexuality, emblems that recognize some, separating them from others. That is why, despite the fact that I am 100% in favor of freedom in all its forms, I refuse to publicly support ideologies that separate us even more claiming to be for equality.

I AM: Differences are what make us human, what make us living beings, and the great importance is to accept them as they are, without major conflict, to naturalize the different qualities. The conservative fear of social mutations that involve constant changes, has generated a wave of incessant transformations. Like in the X-Men school, they all have different powers, but they are all Mutants, alike. And that's what you are, a mutant. And every difference that you see in every human being is in turn a mutation. And as you can see, mutations, in essence, are not negative, but evolutionary. Accepting differences is crucial for development.

YO: So we must say that more than fighting for equality, we must collaborate for the acceptance of differences. Since they make us nutritious but do not define what we are.

I AM: The spots do not define the cat. The cat is a cat, and its spots are attributes, but not definitions, because each cat will have different mutations, different spots. In this way, they are all human, defined as human, with different attributes.

ME: I understand ... We are all mutants, some more visible than others, but in the long or short term we all live mutations, so it is not the mutations that define who I am, but rather show my qualities in a specific context or time.

SOY: Once you understand this, we can see where the mutations are coming from.

ME: What is its origin?

I AM: The small chemical reactions produced in DNA by external factors, such as Ultraviolet Light emitted from the Sun.

I eat!? Does the light determine our changes?

SOY: That's right. In the first instance, when cells were unique organisms, without large structures, their protective films only contained genetic material, but did not protect it from all the sun's rays. Photons pass through these layers, and especially ultraviolet rays have the ability to be directed directly at the molecular level. This affects the sensitive formations of chemical compounds (adenine, guanine, thymine and cytosine), deforming or disarming them, causing them to connect in a different way.

ME: How to confuse the cables, and connect them with others that were not, generating a short circuit.

I AM: Exactly. At the nuclear level, these modifications produced by the photons of light, rearrange certain data inside the cell, producing a hip reaction that will end up being a Mutation. If one of those data said that the cell is round, when the genetic code is modified it can become oval, since the gene determines the ordering of each cell in relation to the others, as the algebraic codes determine colors and shapes in computer programming.

ME: The binary data of 1 and 0 ordered in a specific way control that a color is red or blue on the screen, so if I change the order of them, I can change it to green or orange, or much more disparate colors ... Only with the rearrangement of the same numbers in different positions.

SOY: And sometimes only a small change is enough, just a number in a long sequence, to distort everything and completely change the sequence and therefore reality.

ME: It's amazing. That is to say, everything has to be done very perfectly so that everything always remains the same and there are no malformations every day ...

I AM: The wonderful genetic machinery works by resonance, and it knows how to order the structures perfectly as exact copies. The radiation of the Sun and its effect on matter is what produces effects in the nucleus that modify these codes, producing errors in the sequence. But those mistakes can make a difference, being the key to evolution.

ME: In what way?

SOY: Well, a cell that is exposed too much to sunlight and is affected by its ultraviolet rays, which produce a mutation in the nucleus, can develop a strange attribute such as changing color, and process melanin, retaining it in its walls. instead of deleting it. Suddenly, this cell has a better chance of subsistence in bright environments, while the others die. This mutation allows it to be the only one capable of reproducing itself in harsh environments, so all the following cells will have the same layer, the same error, which became its quality.

ME: Oh sure! Suddenly, what was a genetic error became a different quality that allows adaptability.

I AM: These processes take thousands or millions of years, trial and error, but as you have seen, they work, because it is this mechanism that allowed the appearance of each species on Earth.

ME: We are all Mutants ... every plant, every animal ... every human ...

I AM: And every virus and bacteria, especially. A complex being like a mammal requires thousands of years to have results in a mutation, since each of its cells has to integrate this change, however, unicellular organisms do not require more than a year to achieve it.

ME: That's why every year many get vaccinated for the flu, because every 6 months it evolves, it mutates.

I AM: Viruses and bacteria are excellent in the art of adaptation to the environment, and they know how to take advantage of resources to modify themselves. Within a living organism, the changes are constant, depending on what is consumed, the temperatures, the attacks of the immune system, while for a human the mutation can occur in a lifetime, because the cells must incorporate the cultural, emotional, contextual information that this being is living, recognizing itself. A virus recognizes the minimum of environmental changes, and they do something amazing: they inoculate themselves. They can absorb other dead viruses in the environment, incorporating genes that have undergone previous experience, and due to their high level of reproduction, they can generate thousands of themselves in a few hours.

ME: That's what you mean by "new strains."

I AM: No one can stop a virus, and there is no vaccine to stop it, but there are vaccines to lessen its effects; vaccines that over time have to be remade for new mutations. The same is true of bacteria. Physical bodies are used to this constant attack, and therefore the immune system has all the tools to counter these mutations, as long as it does not have other issues to deal with at the same time, which lowers immunity. The body has mutated to adapt to this for millions of years. A virus does in 6 months what humans do in 300,000 years, generate new strains, what we humanly call ethnicities, or what we colloquially refer to as races.

ME: The white, the black, the yellow, the red races ... are all mutations of the same human species ...

I AM: All humans with different attributes, adapted to each context. Mutations produced by mitosis are errors in the copying of information that we make every day, something that is seen in old age, in the mutation that the body undergoes as it grows and ages, and this type of mutations is the oldest of all. The mutations produced by meiosis were originated in the errors of data copying during the emergence of the sexual reproductive system. These copying errors give new individuals different qualities, qualities that can be qualified in various ways.

ME: In what way?

SOY: First of all, there are three main bases for defining mutations: Genetic, Chromosomal and Genomic. The Gene Mutation is one that affects only one Gene in the DNA chain. Chromosome is the one that affects a complete chromosome, producing visible and concrete changes. And Genomics is one that affects the entire genetic sequence of the complete DNA, modifying the general and global appearance of a being.

ME: So the first can be, for example, something that causes me to freckles, the second modifies the color of all my skin, and the third marks the formation of my ethnic group.

SOY: We could put it this way roughly, yes. From these mutations, we find many more diversified ones. There is the Somatic Mutation (which implies the reproduction of a genetic group within the zygote, which generates a multiplication of this gene, granting two different groups of information within the body in formation) and the Germinal Mutation (which occurs within the cells reproductive of the parents, which from the beginning will determine the genetic evolution of the gamete, without two parallel lines of formation, but a joint one). Also the

Morphological, which is denoted in the structural and physical change of a being. The Lethal and the Deleterious, those that affect the life mechanism leading it to prompt death or preventing its functionality even if they do not lead to its death. Also Conditional Mutations, these are key to adaptability, that show mutations that allow us to live in different spaces or that prevent us from living in those spaces, leading us to extinction. Biochemical mutations are produced by those things we eat. Others lead us to lose certain functions, while others lead us to gain new ones.

YO: So there are mutations that promote evolution, and others that generate diseases ...

I AM: Exactly. Ultraviolet light, the weather, errors in copies due to mitosis or meiosis, the food we eat, and even the culture we live in and the emotions we experience, and even the thoughts we have, are energy and vibration factors that they can reconfigure the order of genes. Like playing jenga, or scrabble, mutations give us new structures that make us stronger, or that make us fail. Those who have known how to use their genetic differences have survived.

I for example?

SOY: Bears are originally black, as they tend to hunt at night. This color was useful for them to hide from predators or not be seen by their prey. However, during ice ages, ice covered the bear forests, and black bears could no longer hide in the snow, so their prey saw them coming from far away. They died, and had to leave. But not so with albinos, bears that were born with genetic skin problems, causing the absence of melanin to make them white. This, which was very negative for a bear in a forest, was very positive for a white bear in the snow. Therefore, they were the only ones able to survive. Thus, they began to reproduce, being born only white bears.

ME: The polar bear!

SOY: A genetic error, it was the origin of a beautiful species from the boreal area. All the species that you know today were mutations, genome errors, useful to the environments, but few remember those that could not adapt, and perished, becoming extinct. Which were many. And they still are.

ME: Can we prevent the extinction of species?

SOY: No, for various reasons. One of them is because in this world there is no place for everyone, and each species plays a fundamental role. The reason we exist is because many others have disappeared, and had we not, many other species that we know today would not have thrived. What we can do as humanity is to try that, being a conscious species, we are not the ones who promote this extinction out of greed or unconsciousness.

ME: Sure ...

I AM: We cannot control the natural course of events, but we can be responsible for our own actions.

ME: What about diseases?

SOY: These are the mutations that test us in evolution. They are the errors of genomes, of genes that disrupt their real function to carry out irregular functions. Like cancer, a cellular mutation in which the cells themselves, instead of reproducing, consume each other.

ME: Can these mutations be prevented?

SOY: Yes, but not eradicated, as a new one will always appear. What you call disease are actually tests of nature that control stability and adaptability. It may seem cruel, but there is no one controlling this, it is natural, it is a process of natural selection. Diseases control populations.

YO: I once saw a documentary about ants in the Amazon, which talked about fungi that penetrate the nervous system of ants, turning them into zombies, until they die and eat them inside, emerging from their heads. This fungus exists in various forms, each one specializing in a species of insect. The interesting thing is that it could be said that this seems

terrible, and it has to be eradicated, but then they show you the upper image and you can see that if it were not for these fungi, the ant colonies would have ended up with vast areas of territory leaving many without food. other insects. So, the fungus works as a kind of population regulator, something that we do not take notion for being "moralistic".

SOY: That's right, everything has an order. A society that has greater control of its population, greater control of its diet, that lives with less stress and less exposure to chemicals, is a society less prone to disease. However, we will never be exempt from genetic errors, since they are what help us evolve. As bad as it may seem in some cases.

ME: But ... what about what they are doing now and trying to normalize, with assisted mutations, in which parents can choose the color of their baby's eyes, or skin, hair, height, health? ...? Isn't this immoral?

SOY: Immoral in what way?

ME: Shouldn't this be left to the mercy of nature?

SOY: Why are you getting dressed?

I eat?

SOY: Yes, why do you wear clothes, if it's hot and you can go naked, at the mercy of nature?

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

I AM: By culture. Morality is culture, it is religiosity. What makes it immoral to choose your baby's eye color but not choose his beliefs and way of thinking? What do you see as immoral in preventing genetic diseases, and why is it moral to fight for the health of these people when they are already ill?

ME: Ugh... I don't know, you just hit me on the head with this. Because, that is, I consider myself a naturalist, I consider that nature does things as they should be, and that humans are not ready to do this kind of thing, to mess with the genetics of a new being just for personal pleasure.

SOY: When you choose someone blonde to reproduce, you are making a genetic choice. When you are looking for someone like you, or someone you like to have a baby, you are making a genetic selection. When you feed your baby a vegetarian or omnivorous diet, you make a genetic choice. When you decide to go to live in a hot or cold place, you make a genetic choice. When you do artificial insemination, it is a genetic choice. When you cut your child's hair in one way or another, it is a genetic choice, when you choose one education over another, it is a genetic choice.

I understand...

SOY: You are moralizing something that you cannot morally fight. The human makes choices every day that modify his genome, and decides for others over his own. Natural selection is constructed from the subconscious, while the geneticist is chosen by the conscious. And like everything else, it will be trial and error, until humans see what the conflicts generated by these genetic decisions have been.

ME: So, like everything else, this will be more of a trial and error process.

I AM: Accepting abortion and denying the genetic modification of a gamete is contradictory. Life is an evolutionary constant, in which genes will inevitably change, and there will come a time when even adults themselves can choose what to modify. Do you know what the biggest problem is here?

ME: Which one?

I AM: Believe yourself conscious. There is nothing worse than confusing conscience with morality. Consciousness interprets and understands changes, and tries to take all innovation as a tool for its transcendence. Morals have a preconceived idea of how things should be, and they cling to it. If it had been about morality, polar bears would never have existed.

ME: So I must accept that mutation, for better or for worse, is part of our eternal nature ...

SOY: And knowing this, you must recognize what your mutations have been, and how they have been useful to you, and which ones you would modify if you had the possibility. Remember, mutations do not define who you are, they give you attributes to be.

ME: I am a Product of all circumstances ...

I AM: Cause and Effect. So you have no choice but to become the cause of all effects, by recognizing yourself as the effect of all causes. You are, and that will not change, but your forms will constantly change, and you cannot help it. Therefore, acknowledge it ...

ME: I am a Mutant.

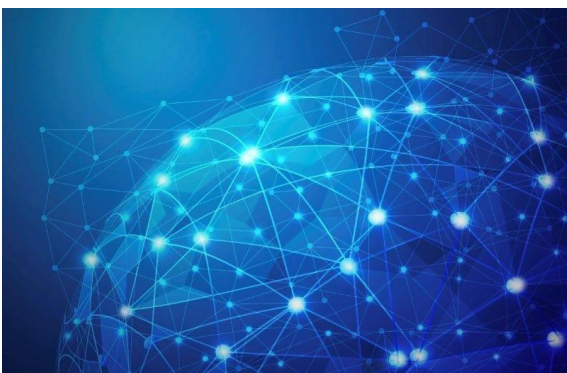
326. Networking (Sacral)

[June 25, 2021 Matías De Stefano](#)

Daily vibration: Ky

Statement: I Am Polarity's Product

Code: KOYR



ME: I kept thinking about what you told me about genetic modifications. The fact that Consciousness is not Morality. Does this justify all the horrible things that have been done since science?

I AM: Science is not Consciousness. Science is one aspect. Remember that the word comes from "scindere" which means "cut, discern", that is, it cuts to understand what is between the parts. But this can safely be the description of a psychopath dismembering a body. Consciousness is the ability to discern in the whole, in all aspects, from the

spiritual to the material, passing through each level in all its amplitudes and lengths. In this way, you can understand that what is done in the name of science will not always be conscious, much less moral.

ME: So the fact that cloning is done, or experiments with animals is not justified ...

SOY: No, but consciousness cannot judge those acts either.

I because?

I AM: Because in most cases they are done from the Unconscious, from not knowing other methods, believing that it is the only way, or not being able to relate emotionally with the subjects involved. Whoever appeals to be conscious will understand that judging unconsciousness is like criticizing a child who does something wrong because he does not know how to do it otherwise. Judging those who do it wrong does not make you a better person, but educating them and showing them other ways makes you a conscious being.

ME: Sure ... I understand. It is that, one of the things that I have read or have commented to me, are things that I myself believe, for example, the fact that these vaccines are not reliable. What to think

SOY: That you have every right to think that they are not trustworthy. As were all vaccines in the beginning. But it is important not to confuse "unreliable vaccine for being in testing phases", to "vaccines have extraterrestrial nanotechnology financed by the Illuminati to kill people with 5G." Do you think that if someone wanted to kill people, they would not do it in a much easier and more direct way than generating millions of unnecessary losses? The mistrust of some doctors who know that what is being done today is wrong has been used as a flag for conspiracy theories. And it is important to discern. In the year 666 this number was considered to mark the end of the world, because it was the number of the Beast. Many freethinkers were pursued based on brands they considered to be the Devil. Conspiracies in the Middle Ages were something recurrent, and led to the death of many, many people. Over the years, the end of the world never came, so the concept evolved, making the mark of the Beast always something new that seems the definitive. And let me explain something about this: There will always be marks of the Beast, there will always be the end of the world, there will always be the 7 Plagues, because in every age there is a crisis, an inevitable process of adaptation. And as you have seen, since 666 people have adapted, and their lives have gone on. Why? Because they evolved, they transcended the previous idea that seemed unique and undoubted, and they were able to move to the next level. What we are experiencing today will be an anecdote for those who live in the world 100 years from now, and they will have their own dilemmas.

I do...

SOY: It is not to take weight off the story, nor to detract from possible conspiracy theories, in fact, surely there are many things happening that we do not control and that are in the hands of the powerful, however, those powerful will die, like you. And new ways will come, new people. Nothing is eternal. Only Change. And therefore, it is necessary to build the future instead of getting lost in certain stories.

ME: What ... if the conspiracies are true? What if what they say is put in the vaccine is true?

SOY: You only have two options: find ways not to wear it, because you are free to fight for your privacy rights, or in the other case, adapt. Show the strength of your body, your evolutionary capacities. All this is a constant of evolution, and as I told you yesterday, in the great processes of change, many are those who are left behind so that others can advance, and those who advance have the responsibility of improving the world. Humans are a young species, it is in the process of development, still testing how to stop being an animal. You must take the time you live as such. For past generations, the control was in the fact that people had telephones, today they do not seem to care much about having a telephone, so new forms of control emerge, as in vaccines. Fears adapt to circumstances.

ME: This brings me to another question, related to the human. Because yesterday you said that genetic modifications should not be seen from the moral point of view, because we always make genetic choices. But what the human does

always goes wrong, that is, nature always has to correct what the human does because of his incapacity ... So, how to trust what the human does with the modifications?

SOY: Again, move away from the narrow vision of human morality. Get away from the world and contemplate history. For a human to appear as Homo Sapiens Sapiens 300,000 years ago, and as a human hominid 3 million years ago, the Earth performed genetic trial and error for more than 70 million years. The human, in a nutshell, was a genetic mistake.

ME: Oh... wow.

SOY: Like everything in life, they are divergent copies in DNA. Sometimes you cannot take the magnitude of understanding that the Earth does with Life the same thing that humans have done in recent centuries, and even more so in recent years. Tests. And the tests that manage to adapt are what you see today as a species. The reason why everything works in harmony is because the processes have lasted thousands, and even millions of years to occur, with which an optimal adaptation has been achieved. And do you know what is the other mistake you usually make?

ME: Which one?

I AM: Talk about Humans and Nature, as if they were separate things. Do you consider yourself to be so superior or different from Earth that every time you talk about this you separate? Don't you realize that you are a mechanism for the evolution of the Earth? You are the Earth! And what you do, you are yourself, it is the same Earth. There were periods when other species produced imbalances in the environment leading to mass extinctions. Excess or lack of oxygen, natural regulation by glaciations, plagues of certain creatures that devastate entire territories, and today, humans. Of course, Humanity is causing a great misalignment, but you do not stop being the Earth. And what you do is part of what the species that you are is capable of doing, a species proscribed by the Earth. You understand?

ME: Yes, that is, if we are still here, it is because in a way the Earth needs us here, or rather, we are the same Earth experiencing something new within millions of years of its constant mistakes and trials. For Earth our existence is just one more day on her calendar. It may be a very intense day.

SOY: A day not to forget. But, it is the Earth who has decided to live this day. Do not separate yourself from nature considering that you are not natural, because everything you do is part of nature on a different level. The big difference is your ability to be aware of what you do and how you affect the world you are a part of. For this reason, there is more responsibility in your actions than in those of other species, which gives you the feeling of human-nature separation.

ME: What about the extraterrestrial modifications we've been through?

I AM: There you go. Genes joined to create cells, cells joined creating tissues, and these organisms, and organisms created intelligence, and intelligence, culture and knowledge, and these created spirituality, techniques, art and science, capable of shaping genes. Dresses? They are the same genes looking for ways to modify themselves ... Your idea of separation does not allow you to see the Networks, and in Aquarius, it will be essential that you learn to see this.

ME: Redes... our new Time.

SOY: Red comes from the Latin "rete", from the Indo-European etymology "ere", meaning "separated, loose", and refers to fish meshes, woven woven together in such a way that they are flexible, appearing to be loose from each other. However, they are linked by nodes, something that in Latin we call "nox", and that comes from the concept "nexus", giving words like "netere" (to weave), from the verb "ned" (to tie), and that in our languages today we use as "nexus" or "connect". This word gives rise to the English "net", which derived to something beautiful, neat, like a precious and neat fabric, which in Latin languages like French gave the concept "clean" (net). This was what led to the Anglo-Saxon languages the idea that something bright and clean, in order, was known as "net." Towards the last centuries close to us, development led to the weaving of roads, paths, towns that had to be programmed in a perfect

order of communication, something that was called “clean work”, or “network”. Over time, the idea came to describe webs of things, interconnections, networks.

ME: Our mission is to create that network ...

I AM: You will understand that it is impossible for you to believe it if you continue to think that there is duality, bad and good. Networks cannot be polar, networks are networks in which all information is useful to someone. What is false and absurd for you, may be useful for the awakening of others, what you consider important for others may not be. What your morals say is bad, perhaps it is the only solution for others. As long as you live in duality, it will be impossible for you to see the network, because you will continue to judge existence from only two nodes: the prejudice from which you come, and the expectation from which you are going. Between both, you will find the lateral points that balance your being: the good and the bad, performing counterweights, thus, as long as you go a lot to one side, the other appears to compensate the balance of your path. The bad is the crisis that drives you forward, while the good is what reminds you of the stability and potential you have to achieve it. But if you see them as enemies, you will never understand that the network is much bigger and holds more potential for you and your development than if you only look at everything from your moral (remembering that moral means quality of inhabiting a specific place).

ME: I can't understand the network from a single point of view ...

I AM: Exactly, so you must broaden your vision, see beyond the good and bad characters, the upper or lower nodes.

ME: Today we call Networks to everything that connects us online ...

SOY: This idea comes from the networks that I explained to you: trains, roads, connecting stations and towns. Networks that were transferred to the concept of wiring, pipes, sewers within cities. Those who went down the roads carrying one or another product or message called themselves "parts or members of a network", which created the messaging network, the livestock network ... When the long-term information exchange network was created distance from the United States government for defense, known as ARPA (Advance Research Project Agency), the idea of Online Networks appeared, which a few years later would give rise to interconnected networks: the Internet. Starting in 1980, the Internet gave rise to the storage and dissemination of millions of data around the world, making that each individual computer could become a station. With the emergence of the first platforms that went beyond organizations, but enabled individuals to upload and download data, what we call Social Networks appeared. Do you know what is it?

Me what?

I AM: A practice of plasmas the Akashic Records in matter. The Internet and the Intranet are the visible and invisible concepts of the network of universal information records, which today are allowing humans to connect and learn what it means to be part of an organic network, something that has never happened before.

ME: We are just in our infancy in terms of connectivity, practicing getting in touch with each other.

SOY: That's right. They are unconscious networks.

ME: And how did we get to create Conscious Networks?

I AM: Expanding the ability to see each other's potentials without expecting everyone to be the same. The Consciousness Network is an arduous task of self-awareness, recognition of inner power and respect for the power of the other. It is the ability to connect freely with others, share what we have to create new transcendental projects. You must first make yourself aware of who you are, so that you can then share this with the world. The Consciousness Network is something free of preconceptions and judgments about what the other can contribute. And share it.

YO: When I usually say that we are working to create a Network of Consciousness, I think of two things: the fabric of the Planetary Network, the awareness that things are linked in networks even though we do not see them, and on the other hand, that we can recognize the number of people willing to work internally to create a new world. How do we proceed in each case to make it real?

SOY: How are you doing. Little by little, step by step, get to know the world you inhabit, from the internal to the external, becoming aware of everything that exists, that things are not separate. Knowing the origin, the history, questioning the existence, investigating the meaning of all things and the union of them ... When you make the path of weaving your own networks you begin to understand how the world is a great network of networks, which transcends personal organization, but you are willing to be an organic and flexible part of it, flow. Learn. Educate yourself. And on the other hand, knowing that there are as many as one, with different lives and thoughts, with the same intention, proposes us to carry out joint projects, in networks, that allow us to translate our ideas into the matter. This should not stay in a meditative meeting,

ME: I have spoken many times about the idea of creating a Network of Networks. What would that be?

I AM: The Network of Networks is the etheric, virtual or physical platform of many people with different projects that can contribute to the same end. It is something that does not belong to anyone, because it belongs to everyone, and that unifies many different currents in favor of change, of constant transformation. They are swarms of bees, flocks of hummingbirds, colonies of hormines and termites, bivouacs of butterflies, which find the same purpose in flowers, without coming into conflict with each other.

ME: Almost as if it were a nation, a country, that unites under the same flag, but each one performs its tasks and is part of internal networks

I AM: Exactly. The difference between a nation and a network is that there are no leaders or representatives, but projects, just as it is not necessary to be part of a common ideology or history, but one can fluctuate in the networks as required. There is no sense of belonging.

I understand.

I AM: Aquarius will bring this concept of social creation, in which everyone is everyone's friend without being one, in which everyone shares with everyone without being part of the same clan, it is the Gemini aspect of this new time.

ME: We're already noticing ...

SOY: You only have a few more years of unconscious practice until you know how to use it consciously. And then everything will work. Until the next step.

ME: The first step, then, is to recognize my own networks.

I AM: History, Biology, Family, Links, Philosophy, Interior, your own spirit, soul and body, are your closest networks. You are a Network of Networks. Show that you know how to live in it, and you can create an overcomer.

ME: I am a Network of Networks capable of creating the Network of Networks.

SOY: So... Connect!

327. Innovation (Root)

[June 26, 2021 Matías De Stefano](#)

Daily vibration: Ko

Statement: I Am Generation's Product

Code: KARIAN



ME: Mitosis, Meiosis, Mutation, Networks, everything leads us to a constant change, a constant transformation, when do you rest?

SOY: Huh?

ME: Yes ... I mean, rest. When does this process stop and do we stop changing?

I AM: When you die. And not even so.

ME: When I die, you mean, after I die?

SOY: No, I mean postmortem moments. When there is no cell movement. And yet you keep changing, because all your chemical elements begin to seek energy in the body's reserves, and they consume themselves releasing into the environment, starting an oxidation without recycling, which you call "decomposition".

ME: Ugh... well, but, I mean another break, you know? That which is said: rest after work, or stability after a hard crisis ... I don't know, something like that.

SOY: It is a very religious view of life, but yes, I understand what you mean. The idea of "Eternal Rest". It arises from something very basic, which is resting, sleeping after work, hunting or gathering. The body hurts after so much activity, and it needs to relax, sleep to regain strength. This, for thousands of years, made us think that life is like that arduous work that involves us striving every day, and that death was the well-deserved rest. That is why they turned death into an idea of an eternal vacation, where no one has to work, where everything is given. What is the goal of living if in eternity you have everything you need?

ME: I guess life is like a test of God or the Universe before reaching eternal life.

SOY: Test for what?

ME: That if we do things well, we will have good things ...

SOY: And why? Do what things well? To what end?

ME: I guess the idea is that the Universe, God, created all of this to find order and harmony, and if we can find that order and harmony, then we are worthy of living in eternity in a good way.

I AM: Then Paradise would be a reward within a system of punishment and reward. Not?

ME: Well ...

I AM: Karma and Dharma? Divine justice?

I suppose...

SOY: What for?

ME: I don't know ... I think there is a general idea that if we do things well in life we will experience good things in the afterlife.

I AM: Morality, again. I would like us to be able to differentiate the Moral of Consciousness again. Humans built the idea of reward and punishment because it is the way that individuals in a pack have rights in a group. Whoever is part of the daily work, will earn bread and rest. It is clear why, because if they do not work, it is not produced, there is no food. And therefore it dies. If you do things wrong and affect the integrity of a pack, you should be punished, as it shows others that what you have done is wrong, and that it can harm the strength of the group. Thus the idea is created that in the Universe it works in the same way. The heavenly "Patriarch" rewards or punishes with a paradise or a hell those who do well the moral task of living on Earth. But morale varies a lot.

ME: In what way?

SOY: According to history and traditions. For example, in ancient peoples incest was required to maintain a lineage, today incest is seen as something bad. In Greek schools, pedophilia was normal, as students and teachers were encouraged to create bonds in all bodies, just as their gods did. Image and likeness.

ME: Oh, sure ... On the other hand, the Christian God, who is unique, and who does not have relationships, encourages chastity.

I AM: Thus, for monotheistic Semitic peoples (Christians, Hebrews, Arabs), chastity until marriage is fundamental, since sex can only be seen as a reproductive method, while for Greco-Latin peoples, among others, sexuality from childhood it was required for an individual to know the power of his body and of creation. Christian morality was placed above the Greco-Latin, generating so many traumas and sexual repressions, which ended up emerging again as psychopathies. But beyond that, morality, the idea that something is right or wrong, emerges from a cultural idea, and not from cosmic truth. This means that the idea of Rest is related to monotheistic Semitic cultures that consider living in the world as a divine punishment,

ME: Again? There are many things I need to understand here ...

SOY: Yes. In the beginning all beings, souls, lived neat and enlightened with God, according to these traditions. When the first couple were created to have children, the Devil tempted them with his tricks, awakening evil on Earth, original sin. From there battles were fought between angels and demons, and many souls fell to Earth. Thus began to be born many of those warriors of light, and all from the lineage of this original couple. So they carried sin, denial of God, in their genes. This made them leave paradise to have to struggle to get food, and they began to work, to suffer. Since then, for having denied God, humanity suffers, works, must strive to get things, from sunrise to sunset. Therefore, the idea of rest is clouded with Paradise,

ME: Wow... you just broke a concept for me, something that, even I think, was instilled in my cells. The idea that everything I live is an exam to prove something to someone, and that if I do it well, I will be approved and I will be able to rest, have that vacation, when everything is fine ... I mean, it's not like that.

SOY: Of course not. It is culture, it is moral. Does a molecule rest? No. Does an organ rest? No. Always, in one way or another, they are in operation, doing something. Now, in nature there are two processes that we call Contraction and Distension. The Contraction process is the Action force, in which the polarities contract each other to generate energetic tension that gives rise to movement. Distension is the process of releasing that energy, in which the polarities relax after the action. These two processes are natural in all things, and mark their cycles, such as seasons, storms, earthquakes, birth, chemical bonds, everything. Naturally this produces wakefulness and sleep, states of Alertness or Relaxation of the nervous system. The Alert state is what puts us in Action, making the body react, producing different emotions and creating mental links that generate ideas or solutions to circumstances, effectively. This process requires a lot of energy, so eventually it will need to be recovered. For this reason the body itself and its networks go into relaxation, releasing all the energy, and leaving each part of the body distended, relaxed, which leads the body to "rest". Resting comes from the word "tire" from the Indo-European "kwet" and thus from the Latin "quassare" which means to shake, shake, hit, so adding the particle "Des-" tells us to stop shaking or hitting. In English, "Rest" comes from "restare" which means to stay in a place, as opposed to "tire-out" (to tire) which comes from "tiorian" and this one from "teu" which means "lack of something". That lack, it is energy. So, to generate that energetic agitation, it takes a moment of recharging. In the subconscious, this very basic idea of energetic functioning was creating the basic concepts of "we sleep at night", "at night you have to hide yourself", "you work from sunrise to sunset", "you rest when the work is finished", "You have to do things well to be able to rest". In work cultures, rest is seen as a reward or a defeat, since a good job done in the day deserves a good rest, and a bad job between which you decide to rest for a moment, is a defeat to survival. .

ME: Wow, but yes, it's true, even today I tell myself things like that, that sleeping during the day is like a defeat ...

SOY: When it doesn't make sense, then if you are tired it is because you lack energy and you must sleep to recover it. The lack of knowledge of the physical body created ideologies that kept the body at the limit of what it can give. Taking life and effort as divine punishment. Therefore, the concept was generated that life in its entirety was a test work to know if we were worthy of being part of the divine clan from which we were once expelled, and thus, in our death, what seemed to be a long rest, to be able to rest in paradise, being approved by God.

ME: Sure ... everything seen very from the human vision.

SOY: But the truth is much more different. Mitosis, Mutations, Networks ... and what you are looking for, I am sorry to say, does not exist.

ME: The rest after all this process?

I AM: Because the process is Eternal, and there is no "behind" or "before". It is a constant, of Contractions and Distensions. From Valles and Montes in a wave of vibration. For this reason, you must broaden your vision of things and recognize that only you are capable of determining how much and why you need rest. It is depending on how you decide to live your life that it will be one way or another. You understand? It does not depend on a punishment, or on anyone superior, but on your way of living the constant.

ME: And ... how do I live it harmoniously?

I AM: With Innovation. Surely you have heard this term referring to technology, because lately it is Technological Innovation that most modifies the world we live in. However, innovation goes further. Innovation is staying in a constant state of searching for the new. The human is an animal of habit, that when he finds something that does him good, he tries to hold it constantly. This wears out that something, causing it to deteriorate in use, and sooner or later it will end up being obsolete. And still, they continue to use you. Systems, beliefs, objects, spaces, ideas, relationships, and they fall over and over again in the same thing, increasingly deteriorated, broken. This always produces, cycle after cycle, the same conflicts and errors.

ME: "Better known bad than good to know," says a human saying.

SOY: And so it goes. This phrase sums up this idiosyncrasy very well. The fear of not knowing how to manage the new makes them cling to the old just to know its mechanisms. They question the new with fear, not because it does something wrong, but because they will be ridiculed by not feeling aware of it. They prefer to have known arguments about old and useless ideas in the current context, than to jump into the new and suffer from mediocrity. Therefore, it is important to accept change, and innovate. The daily practice of innovation helps us understand that nothing is fixed, nothing is static, that everything changes, and that it is necessary to readjust, learn new things in life, always look beyond habit.

ME: So you advise us to always try to do something new.

SOY: After a crisis the promised rest does not come, another crisis comes. Crisis is a time of transformation, and transformation is constant. You will always suffer crises if what you want is an eternal rest, saying: "how long will we have to do these conscientious work?", Because the truth is that this rest depends on your ability to innovate, to understand that each crisis is a opportunity, that in each conflict you learn something new. Whoever sees work as a punishment instead of a growth mechanism, will always long for a break that will never come, because something new will always come to manage.

ME: So, to those people who usually ask "how long", it is necessary to say: Always. And because of this, we must learn to turn the crisis into stability ...

I AM: A daily growing option. Removing the fear of not knowing, not knowing is good, because it invites us to learn something new. And if that new does not come, it will be necessary to invent it, create it, live it. It is good to feel like a child even if you are 90 years old, it is good not to know and ask, be surprised, learn something new every day if possible. Innovation enriches the being, nourishes it with thousands of new options. We are entering an Aquarian time in which the key is Innovation, things, objects, novel situations in every corner. For this reason, you cannot deny the obvious: there will always be something new to learn, and the only way to adapt to the new is "living in the new" ...

ME: That is to say: "innovate".

SOY: So ask yourself this: what are the things in your life that need a change? What are the things you've always wanted to do and haven't done? What are the things that you always repeat or do they have the same result every time? Become aware of this, and recognize that in you there is the power to innovate, to transform yourself into something new, and that no matter how minimal, what you learn will make a big difference in you.

ME: How to learn to make fried eggs, something that seems very easy, but that could make a difference one day in your life, when you are very hungry ...

I AM: Exactly. Therefore, human, recognize yourself as an eternal innovator, because there is no rest in life, life must be lived, and as long as you live it as a child, surprising yourself at every step, learning in each game, you will know that you already lived in Paradise. You just forgot what this one meant

ME: I am the generator of everything new ...

I AM: You are the product of that generation. You have been innovation, and you can be it again.

ME: To build a new world, I must be someone new.

I AM: Innóvate.

328. Story (Knees)

[June 27, 2021 Matias De Stefano](#)

Daily vibration: Ku

Statement: I Am Product of my History

Code: ISTHI



ME: I liked what you said, about that when we change our perspective of the world in which we stop living life as processes that must end in order to rest, and we begin to live it as a constant process of innovation, we can live Paradise here and now. . I think it is something important to recognize, because it empowers us with each act that we perform.

I AM: You have been projecting things outside for a long time, seeking harmony in later situations, in external, divine and intangible realities. It is time to start seeing reality from a less hopeful perspective.

ME: In what way?

I AM: Hope is the attribute of Waiting. It places expectations on what is alien, in the future, leaving it in the hands of alien forces that resolve the circumstances, almost as a kind of relegation to a supreme power that will decide our destinies. Hope is a useful code for Pisces reverie, but it is not practical for the innovation of air signs like Gemini and Aquarius. Hope is replaced by Realization, by Responsibility, that is, the ability to give an answer. Therefore, if you want something to happen, you must do it yourself.

ME: It is the key to the future that we are beginning to live, not to wait for the other to do what we want, but to do it for us. That is something necessary to work on it today, because in delegating responsibilities to others, we tend to fall into a lack of power. This is what I've been feeling lately.

I AM: Delegating is not bad, because it helps network tasks, the problem is to delegate your power and ability to the other completely. Societies have been ordered in such a way that, pretending to be that each one is responsible for their life, they end up not being so, but end up being selfish lives, of personal survival, where there is no coordinated delegation to sustain the whole. For this reason, working on responsibility is essential, recognizing that there is no escape route to evolution or the acceleration of a process to reach a specific place. There is no goal, the goal is to live, and every moment of stability is nothing more than a neutral point in an eternal wave. As we have said, innovation is living the constant of the new, and each step we take in life leads us to a new experience. Recognize this,

ME: Our history... what can we consider "history"? Is it the things that have happened?

SOY: Over time, the concept of History has been assigned to the past, to something that has already happened. But I would like us to change our point of view on this as well. And to understand it, we must resort to its etymology.

History, comes from the Greek "istoría", although the conformation of this term is much more complex. "Istoria" comes from the Indo-European verb "weid" which means "to see." The word see, implied an image, something observable, which could also occur in the mind through imagination, creating mental images. For this reason, "weid" not only described the verb "to see" of what was outside, but the ability to see what was inside, giving rise to the word "idea".

ME: See and Idea have the same origin ...

SOY: The concept of "seeing an idea" is summarized in the verb "oidó", which can be translated as "knowing". That is, if you have seen something, you now have the mental image of it, and therefore it is part of an idea.

ME: It makes sense.

SOY: The verb evolved to be a synonym for "to know." "Hearing" is "I know", and the concept of knowing is "hearing" (idea).

ME: "I just know that I don't know anything" ...

I AM: "En oida oti ouden oida", as Socrates said. To know, you have to observe, you have to witness the facts. Thus, a new concept was formed: the witness observer, the one who knows from experience. The subject particle in the Greek language is "-tor", as in farmer, builder, painter, conductor (which in English also derived to "-ter or -er" depending on the case), that is, the person who performs the action. Thus, "eyewitness of the facts" would be called "oidtor" that by a drag of consonants would become "oistor". This word would define two interesting concepts: the witness and the sage. Well, whoever observes, knows, knows the facts. Thus, the concept of the wise man, the attribute that defines the observer, connoisseur and wise man of the facts, would add the particle "-ía", which leaves us "oistoría". Over time,

ME:... History...

I AM: Exactly.

ME: Wow... I love it.

SOY: To your question about what history is, the answer is now simple: it is the attribute of the wise man who has witnessed the events, who has seen them.

YO: In other words, defining History as the narration of the past, or the measure of events, falls short of what it really means.

I AM: That's right, then, history is the result of wisdom. Each cell protects the history inside, everything you do, you know how to do, your gifts, abilities, are memories of the history alive in you in the form of wisdom.

ME: History lives in me ...

SOY: And it becomes History only when you assimilate knowledge. History does not exist without an observer who incorporates it as an idea, as wisdom. Without a reader, a researcher, an explorer, a questioner, there is no story. This will open your mind: History is not past as long as someone discovers it.

ME: Wow... wait... how?

SOY: You know what Roman history is because you have studied it, you know it, and for you it is history. But if I mention the word Annamite or Piriipkura to you, what can you tell me?

ME: More like nothing, absolutely nothing ...

SOY: So, for you, these two cultures of history are future, because you have not seen them, you do not know them, they are not past history, but new things to discover. In the relationship of Time and Space, you cannot call History what has happened, but what you have observed and known. Your story is defined by what you have lived, and History is defined by what you know has happened.

ME: This kind of breaks my head. But of course, I understand that I cannot call history what I do not know.

SOY: Therefore, you will always be innovating, even if you go back in time. There will always be something to learn, someone from whom to take advice, ideas. Reading books from the past, knowing what has happened, investigating the different events that transformed peoples, individuals and nations, give tools for the future, and they become novel practices if a conscious mind takes them and transforms them properly. History does not have a direction, although we can classify it.

YO: Can you make a historical line then?

SOY: Making "the historical line" is probably the challenge of every Historian, since history is not a line, but a tree. The conceptual error of the historical line is due to the fact that we observe reality as a constant of advance, and not of expansion. This orders time in a kind of linearity, from beginning to end. But so many facts overlap, that this line has no choice but to branch out, and eventually, you will get a tree.

ME: The Tree of History ...

I AM: The Tree of Life and Knowledge. What you call origin is the central trunk, which does not have an origin, since it has hundreds, coming from its roots. In this tree a common point is sought, but what makes it up is not common as central, but expansive. The historical roots spread because they get their data from the nutrients that fill the soils. And these nutrients come from the leaves of the same tree, or the changing environment. Thus, history is a cycle in which the future and the past (the top of the tree and its roots) interact, nurturing each other. What can be done is to define historical periods. Historians try to define these periods with names related to the notable and known facts of each experience, all of which is placed in "chronological" terms (from khronos = Greek god of time). The chronology of events is determined by two main agents: the carbon reading on earth, and the speed of light in space. The speed of Light helps us know how long ago certain stars were lit, which can help determine their distances and when they began to shine. In this way, by going to the background of space and the speed of the farthest light, it is possible to identify, although not exactly, the time that the light circulates in space. This defined that the visible Universe is approximately 13.7 billion years old.

ME: And the Earth?

SOY: Well, let's go to the Solar System, with about 4,570 million years, when the Sun appears, and a few 30 million years later, 4,540 million years ago, the Earth. The History of the Earth is divided into 4 great Aeons, or Eras, called Hadean, Archaic, Proterozoic and Eneozoic.

ME: What happened in each one?

SOY: In the Hadean (between 4,540 and 4,000 million years) something fundamental for life happened: the formation of the Moon. This brought a gravitational counterforce that led to the cooling of the planet and the formation of the oceans as well as volcanic currents. During the Archaic period, (around 4,000 to 2,500 million years ago) the chemical reactions of water and lava produced the development of microbes that gave rise to life, the appearance of cells, the carbon cycles and development. of photosynthesis. The first formation of the continental plates generated the first great ice age. The Proterozoic (between 2,500 and 500 million years ago), generate a catastrophe called the Iron and Oxygen Crisis, which leads to the reproduction of cyanobacteria that will produce the so-called Great Oxidation, something that will regulate the freezing and production of eukaryotic cells that will give rise to sexual reproduction and multicellular and complex organisms. The formation of the first supercontinent, Rodinia, produces a cooling that turns the Earth into a complete snowball. This begins the Phanerozoic period (from 541 million years until today, beginning with the Cambrian explosion, where life resurfaces in every corner of the planet, beginning to

fill the surface of the continents leaving the oceans. regulates the level of oxygen in the atmosphere when it is processed, and the carboniferous period arises, in which forests fill the world (leaving what will be today the coal and oil reserves). Around 250 million years ago, Pangea appears,

ME: The Dinosaurs!

I AM: Large Reptiles, which disappeared 65 million years ago due to the collision of an asteroid. This begins the Quaternary period in which mammals rule. Approximately 1.5 million years ago, Homo Erectus began to manipulate fire, and began a new diet that will generate hominids, which will populate the Earth from 750,000 years ago. The development of these species gave rise to Homo Sapiens, who 300,000 years ago began the so-called Paleolithic period, in which tools began to be used. Around 15,000 years ago, the Mesolithic, the beginning of agriculture and livestock, as well as the first formal cultures and civilizations, is recognized. 7,000 years ago, the Neolithic began with technological developments in different areas of the world, which take us to the Copper ages, Bronze and Iron, due to the materials that were handled in those periods. These three times define what you know as the Ancient Age, from about 6,000 to 1,000 years ago, when the first nations and states developed. And here, of course, the local histories of each continent and territory populated by humans begin, this entire period called the Holocene (from 15,000 years ago to the present day).

ME: Wow ...

SOY: And all this is nothing more than a schematic summary of an infinity of facts that we do not know. Other stars, galaxies, worlds, the interventions of said aliens in our world, the advance of human development superior to that thought of the Mesolithic period, and so many other data from each of the stories. To this day, events from recent histories such as World War II, and so many subsequent secrets, international conflicts, technological advances, so many things that escape us and that are being discovered of events that did not happen more than 50 years ago continue to be rewritten. Imagine what there is to discover of the entire journey of existence. It is something impossible to measure, to know in its completeness.

ME: "I just know that I don't know anything." But as long as I search ... I will see, I will know, I will know ... and I will discover the story.

SOY: Start with yours. Know yourself. Discover what has made you who you are. Find out in the history of your parents, the origin of your family. Ask yourself the historical context in which they have lived. Conduct research to find out what your cells have inside.

ME: That is interesting, following these contexts. For example, there was a time when my great-grandmother told me: "I remember that when Hipólito Yrigoyen was elected president..." and then I didn't listen any more, because, when I saw the name Yrigoyen, I could only think of the name of one of the streets in my city, and someone whom I saw very far away in the past, as impossible to relate to my life, but when my great-grandmother told me that she had seen him, since his presidency of Argentina was in 1928, it broke my head. And I began to discover that my great-grandmother was born around the time of the First World War, she was alive when the Titanic sank, and her parents, they were from the 1800s! In other words ... from the 19th century, it suddenly seemed so close ... I saw that my great-great-grandparents on my grandfather's side emigrated due to the War of Naples, in the Unification of Italy that is to say, not even Italy existed as such ... That is, they were still born with parents who were the Kingdom of Naples. All this brought me closer to my story, and I realized that all those events lived in me. The hunger for war, the uncertainty, migrating on a ship for 35 days without knowing where they were going, learning another language ... In turn, the Second World War, something so far away that I thought it was, came to me fully when I learned that my grandfather, with whom I lived until I was 9 years old, had grown up playing with the children of Nazi immigrants, exiled from Germany in 1945. Everything that seemed far away, from a movie, was so close.

SOY: And you can still inquire more into the past, knowing that your family was part of Magna Graecia, and that some of them have been immigrants from Mediterranean, Phoenician, and Hebrew peoples ... Knowing all this places us in a historical context that does not live in the events of the past, but in the cells that make up you in the present.

Knowing history is knowing your existence and the potentials that you contain in you, it makes you look empowered in the life of Earth, instead of believing you are a separate and weak individual.

ME: I am a Product of History ...

SOY: And because of that, you can build it in each act. Each step you take, builds history, each look at the past, present or future, leads you to discover a new reality, to innovate your world, to become wise through Time and Space.

ME: I am about to generate my own story with wisdom and awareness.

I AM: You are History, and therefore you are alive building the future.

329. Society (Ankles)

[June 28, 2021 Matías De Stefano](#)

Daily vibration: Kü

Statement: I Am Product of my Actions

Code: MIF



ME: When I started looking for history data, and I typed the word "History" in an internet search engine, the concept Universal History immediately appeared. Which gives a great sense, as integrative. However, when you start reading, Universal history is cataloged from the Paleolithic to the Contemporary Era (that is, between the last 300,000 years until today). That is to say, that the Universal history includes only the human one, the rest is called "History of the Earth" or "History of the Cosmos". This made me think about the importance we give to ourselves as a species, as something apart from the Earth or the rest of things, considering that the short 300,000 years of our existence are "Universal".

I AM: At first, humans considered themselves children of nature, part of this world, until something happened.

Me what?

SOY: "They" arrived.

ME: Aliens ...

SOY: There were many who came to this world, you remember it well.

ME: Yes ... Although I was not one of those who came to explore, I do remember when they started talking about this site. We called the Earth An Gi Lu Sa Ha, it could be said: Anglusahá. I have few memories of when I lived in the constellation of Orion, today I know that the world in which I lived was close to the system that today they call Rigel (leg, in Arabic). But I do know one thing, that there, I was in charge of project administration, as a kind of military man who does not wage wars, but rather a military man who manages farmers.

I AM: Farmers of Worlds.

ME: Yes. There were many like me. And many farmers. Its function was to find auspicious worlds where seeds adapted from other worlds were placed in nascent species. In this way, we ensured the continuity of information ...

I AM: In the same way that cells multiply, in the same way that many viruses and bacteria transfer their data from one body to another, from one cell to another, many beings carried out this same action with the function of keeping the inheritance alive in different sites. It is like the male that fertilizes various females to expand his territory, or the bees that pollinate various trees. Nature has looked for hundreds of ways to ensure the continuity of information through time, and certainly space. Some worlds have seen the need to visit and monitor developing planets incorporating data and information into their DNA, in order to keep the information alive.

ME: Why don't you interfere and allow us to self-destruct?

SOY: Because it would be like a bee intervening in the color of the flowers. There are things that must run their course. Your approach is paternalistic. The fact of believing that someone from outside has to come to save or fix what happens here. It's only 300,000 years of history, which is a brief development to really be aware of what you can do. It is as if you believe that you have to intervene in the life of a 5-year-old child because it cannot be that he does not know how to do complex algebra accounts. He's still learning the numbers... Humans are learning numbers like that 5-year-old boy, but despite that, this boy knows that he is capable of great things. Therefore, he focuses on himself, giving himself a universal importance.

ME:... Well, the Universe lives in your DNA...

I AM: Many of the Farmers of Worlds, sowers of DNA, left their universal imprint, something that accelerated the process of human evolution more than that of any other species. This made them see reality from another place, knowing that they could understand the Cosmos, understanding themselves as part of something greater, superior, guided by transcendental thought patterns to what this world is. This made them feel special, different, unique, direct children of "the gods."

ME: Sure ... it separated us from the Earth, and united us to the Universe ...

I AM: That is why they were considered Universal, complete, overcoming.

ME: What I don't understand is really why you did it. That is, from the point of view of aliens, why not intervene now if we decided to intervene in the past?

I AM: The Farmer who sows a seed knows that there is a process until the fruit ripens. It is not a good farmer to start stretching the shoot so that the plant grows faster. Patience, perseverance, acceptance are required. Humans are growing, sprouting as a species, there is still a long way to go to flourish, and much more to bear its fruits.

ME: So, we must continue ...

I AM: And therefore, from the heavens, the sowing is contemplated.

ME: Will our fruits be eaten?

SOY: Some do. Others will simply take new seeds to continue sowing.

ME: So we weren't all that aware ...

I AM: You confuse conscience with morals again.

YO: It's true, I think it's a great song that will take a while to assimilate ...

I AM: Go on, go on and on, that is the question of evolution, it is a continuous process of understanding, practices, tests. The sowing of a civilization does not occur in just one season. Remember, it is the consequence of cycles that have taught you about modifications.

ME: Like which ones?

I AM: None of the vegetables or fruits that you eat today were what they are thousands of years ago. When in the Mesolithic, 15,000 years ago, the development of Agriculture began, most of the vegetables and fruits were wild. The large maize that you know today were nothing more than small bushes with 4 seeds. Sunflowers were small flowers almost like dandelions, tomatoes were like berries, and carrots were long, thin, white and brown roots. The lettuce was like a weed, the bananas round and small like a finger. Each fruit, each vegetable, was very different, and even toxic for human consumption.

ME: And why do we use them?

SOY: Because toxins, in lower doses, are medicine. The wise men of the past, the women daughters of nature, interpreted the doses of each food, root, grain, fruit, to be used in purging the stomach, intestines, kidneys, to improve physical functions and moods. This made them stop looking for these plants in the mountains, and began to sow and cultivate them in the gardens, to have control of their population. The fertilizers used, being watered every day, made them grow bigger and bigger, and an innovative idea emerged: genetic modification.

ME: In the Paleolithic !?

SOY: Yes, already in the Paleolithic. This modification was based on grafts, a way of generating new species by joining the stems of various plants. The reason why this was done is thinking of creating a single fruit with two or more healing potentials. This generated modifications in the fruits that continued in the seeds. Playing with genetics, they were obtaining plants with a greater quantity of seeds, or a greater volume of their fruits and leaves.

ME: Wow, amazing.

I AM: Just as aliens were Farmers of our World, humans also became farmers. But this is not just a human quality. There are fungi, plants, insects, and other animals that they also plant and cultivate. In some species this is a natural quality. This quality of sowing has taught us that the products are regenerated, over and over again, in each season, and that they have a constant process. For this reason, sowing cannot be thought of as a short-term process, but something consecutive. Every year the sky begins again like the waves on the shore of the beach, repeating themselves. Sowing, cultivating, harvesting, producing, preparing the land and sowing again. Everything goes on. And for this reason, human cultivation also continues. Eternally.

ME: Creating cultures ...

I AM: Societies. Just as the word Culture originates from the concept of Cultivation (cult-ivo = "colere", collect: culture, united assimilation of things), the word Society comes from Follow. Its etymology leads us to "sekw", from the Indo-European "follow", which gave rise to "sokw": the one who follows, follower. This concept generated what in our languages we call "partner" (socius, being that in Latin the "c" is read with the "k" sound: sokius). A Partner is a partner who follows a project, something joint. Thus, the quality of following the same project is known as "Society".

ME: Used a lot for companies.

I AM: A company is an "enterprise", and societies are the groups of individuals who decide to undertake a joint project. Thus, a conflict, a need, an idea, an intention, a project, a love, a hatred, a philosophy, a common history, a language, all of this and more, can unite different beings to follow each other in the same direction. Sowing and harvesting, inevitably necessary, brought together individuals who created joint development projects, building partnerships. Societies are thus the crops and crops of humans. Every so many cycles, they regenerate, evolve, go through bad processes, or good years of productivity. Ideas, projects, intentions change, they develop, they mutate. Seeing societies evolve is seeing how a plant grows. At the beginning there is a lot of expectation, and all the intention is put. But after the first outbreaks, which are exciting, the next period is slow and everything seems to be the same. They can spend months without seeing big changes in general, until one of them begins to generate buds, and thus, to bloom after a few days. It takes light, consciousness, and through it, it begins to produce a fruit that will contain new seeds, and these will be the sustenance for a new cycle. Like the process of agriculture, societies are harvested, but instead of being an annual cycle, they are usually secular cycles, that is, of at least a century. A century is required, in which between 3 to 5 generations enter, to be able to make a complete generational change that modifies a society, because from the beginning to the end of a century, things can change abruptly, giving rise to a new worldview and projects. sets.

YO: By this you mean that, having started a new century in the year 2000, it takes at least 5 more generations to see the social results of what we are generating now?

SOY: That's right. It will not be until 2100 that you will be able to look back and understand all that has served as what you have started in 2020. And it is in 2020 that you can recognize the changes that have been taking place since 1920. The Society of 1920, the generation of the 20s, was the one that began the changes that during the next two generations, in 1940 and 1980, could end up manifesting in the transition process, making just generations like yours, living childhood in 1990, could really live in a new transcendental society to that before the World Wars.

ME: Wow... it's true... I owe it to the generation of the 20s that I was able to be free in a society of the 90s.

SOY: So think of it this way. You are the generation of the 20s making the change for the next 90s, those who will live the turn of the century, in a different society.

YO: For this reason we cannot think in the short term, or build civilizations or societies according to our contemporary thoughts, because what we live today and in the short term is destined to be the result of the actions of the two previous generations. And what we do in reality is the foundation of the next generations, not immediate ones, but 3 more in the future, my great-great-grandchildren.

I AM: This concept reminds you that Societies are a continuum of projects that follow each other, that continue, eternally. Like crops. For this reason, you cannot expect someone from outside to come to improve society or solve what they have done. For one thing is to sow a seed, another thing is what will germinate from it. And maybe that germination takes many millennia of development to really bear a nutritious fruit and stop being toxic.

ME: Clearly we are still toxic.

I AM: Human Societies are toxic, yes, like bacteria, destroying everything they touch. But it is only part of the process until it is a productive fruit. The evolution of social projects, of the ideas that unite us, are signs of development. No idea is forever, although all are integrated and transformed into a new one. Societies serve to unite diverse points of view and generate a transcendental one, resolving the conflicts of the moment so that they become an organic nature in the near future.

ME: With which, when I seek to create a new, more conscious society, it will depend on whether the mechanism to achieve it is flexible and adaptive to the times to come, it cannot be something rigid, structured or based on preconceived ideas, but open to receive the news. A New Society, a Conscious Society requires the freedom of expectation, but a good dose of impulse of intention.

SOY: One of the great mistakes of societies is to consider that joint projects are the only ones that must be carried out or the best that must overcome the others. Believe that the development of a society is valued in its economic achievements, or in its religious or ideological beliefs.

ME: What is it based on then?

SOY: In providing tools to solve problems of the moment. Recognize that problems are always different, and adapt to new spaces, so that no idea, religion or economy will last forever. Adaptability and evolution coupled with a great responsibility for realism in an order drawn through networks of individuals seeking harmony, or rather, homeostasis, are all the keys that you must understand to be a Conscious Society. A Society cannot always remain the same, because the basis of its word is Continuity, to keep moving forward.

ME: Take new steps towards the horizon of integration, where unity does not contract, but expands.

I AM: What you do, remember, you do not do it to be victorious today, but you do it to be the seed of the fruits of tomorrow.

ME: 5 generations, from today, to see results of our Consciousness tasks ...

I AM: It will depend on the circumstances they live, since there can always be external agents that modify the world, but beyond that, the seed will be in their hearts.

ME: For this reason, every time the aliens come in channeling, in some encounters we have had, they usually tell us: "We are your descendants." They are the future, they see what we will be, because the result is them, and we are in a way their past, and their guides help us understand the steps to follow to become an overcoming species, in the same way that we look at back to our ancestors to heal our history ...

I AM: You are the product of your actions, both from the past and from the future. What you do today will build you tomorrow. Sow with patience and perseverance, and one day you will be able to enjoy your fruits, in a new society.

ME: I am the product of my actions... And what I do will define who I am. And what we do together will define where we are going, will define Society.

SOY: Look up, look at the horizon, and take a first step. Where are you going? The whole way will depend on where your foot is pointing. Step firmly, and if your steps are stable, many will follow you, and cycle after cycle, you will become a Society.

ME: The Eternal Society... The constant path.

I AM: The Path to Flowering,

ME:... towards the fruit.

I AM: Towards the Transcendence ...

330. Transmutation (Toroid)

[June 29, 2021 Matias De Stefano](#)

Daily vibration: K-h

Statement: I Am Eternity's Product

Code: GABEN



ME: When speaking of which Society means “quality of Following”, the word “consequent” arises, something that defines who acts with coherence.

I AM: Who performs their actions in a consistent sequence associated with a social following.

ME: Good pun.

SOY: Thank you.

ME: So, could we say that societies today are not coherent?

I AM: To be consistent with actions is to maintain a linearity of thought and action. Someone consistent manifests in reality what he promulgates from the beginning. If throughout your life what you say changes completely according to the winds of the moment, then you will not be consistent, because you do not follow your objectives.

ME: But, I don't understand something. One of the things we said was that it is necessary to adapt, to change according to the times, to allow oneself to modify in relation to the environment, which is a key to evolution. So why are you now telling me that it is necessary to be consistent over time and not change with the winds?

I AM: You humans take too much pleasure in polar determinisms, don't you?

I eat?

I AM: That you are bipolar by nature and seem to please you, pleasure to oscillate between extremes. The Universe is relativistic, it is not deterministic. There will never be an absolute truth. I return to what was said: conscience is not moral. Morality is deterministic, it says one thing and applies it in such a way regardless of the context, while consciousness takes the tools of the context to fulfill its purpose. We are going to give graphic examples of this.

ME: Yes, please ...

SOY: Imagine that you live in Argentina and you have to travel to Cairo.

ME: Well... there's not much imagination there, it's almost real.

SOY: Actually you live in Cairo, and you would travel to Argentina.

ME: It's true ...

SOY: In any case, imagine that to travel from one place to another, you consider that the most handy tool you have to get from one place to another is a boat. Then your moral will have the shape of a ship, and you will say: "I will only get to my destination by boat, there is no other way." You deny the possibility of other routes, be it car, plane, on foot ... Or the most logical thing: to take all the transports. But your morality forbids it, because it is shaped like a boat. Now, you have a headwind, and you cannot advance. Or there are adverse currents, and the ship is moved to an opposite site. The context prevents you from using your morals. Then you have one option left.

ME: Discern ...

SOY: That's right, discern between the best ways. That is called grouping various options to discern between them, something you call Consciousness. Consciousness allows you to decide if you want to leave the ship and get on a plane, or travel by car or bicycle to a more optimal port on the Atlantic. Consciousness can also tell you: if you want to continue on the boat, at least learn to use the currents of the moment, the winds in your favor, because going against all those forces will not allow you to advance, but maybe if you use the currents with wisdom, you will arrive faster even if it seems a further road.

ME: Sure ... I understand.

I AM: The means of transport, the method you use, is your moral, but contexts can change, there may be unexpected stopovers, the weather may change, the currents change, passengers and companions may be different. And if you are fixed in your morale, you will never be able to adapt to changes. Now, there is something that was not changed ...

Me what?

I AM: The purpose, the idea, the essence of why you came out in the first place. When we talk about modifying, mutating, adapting to innovation, interacting with different visions, we are not referring to losing the internal north, to losing the essence. There are hundreds of species of cats, also tigers, lions, cheetahs, and many others, but they are all still felines. The essence is the feline, although travel has transformed them. Adapting to the environment is essential, which does not mean losing yourself. The original destiny is within, and finding oneself is what allows us not to lose ourselves in the thousands of mutant forms in the environment.

YO: That is to say that there is an inevitable need to mutate, adapt to the contexts of time and space in order to continue to exist, but maintaining internal coherence, our own north.

SOY: Like in that trip in which a thousand things can happen in between that will force you to have to adapt, but you know where you are going, and you advance to get there in the same way.

YO: As it happened to me in everything in life, and even more so with the YOSOY path, in which the content is the same, but the forms mutated 100%.

I AM: The entire process of moving towards a destination allowing yourself to adapt along the way is what we know as "Transmute".

ME: I have heard this concept a lot, when in therapies they talk to us about transmuting links, emotions, thoughts, beliefs. How is something transmuted?

I AM: The word "trans" means "from the other side", to go somewhere else. It usually accompanies a verb to define the direction in which it is carried out: transform, transmit, translocate, transcribe, transcend, upset, transfusion, transgress, and of course transmute, that is to say: modify further, to something else later on. This concept refers to the fact when a mutation takes you to another level, to a different place than the one you were previously.

ME: So I can mutate but stay in the same place, or transmute, which would be a change of environment.

SOY: In short, that is a simple understanding of what both concepts mean. For example: a person who considers himself weak, fearful, inferior to others, lacking in power and prone to depression, may psychologically choose to mutate to find these attributes in a different way, such as changing his clothes, colors you use, start using stronger colors, or even dye your hair colors like red, red or pink, colors that give security, strength, power. But this mutation is almost like the camouflage of an insect, a bird, or an easy prey, which is stained in strong colors, pretending something that it is not, mutating only to defend itself in the environment it lives, although its nature remains the same, of weakness and victim.

ME: What would it be like for that person to transmute?

I AM: First, go to the root, the cause of your weakness, perhaps projected onto one of your parents, or someone who abused this person in the family, school, whether verbally, physically, psychologically or emotionally. You must recognize the root of this emotional state, and understand that this context is different. She recognizes who the foci of her projections are, identifies the spaces in which she feels subjected, and from this she considers what new spaces she would need to travel, what links she needs to transform. Thus, he takes the reins, and instead of disguising himself in the same environment, he decides to get out of it, honoring his history, he decides to change his environment, move from it, change his links, recognizing the previous ones. Physically he positions himself in a new place, observing his life from a transcendental point of view, and therefore, has transmuted. It is not a camouflage, it is a new being, an improved version, aware of what has happened and why it is the way it is. He changes his morality, decides to adapt to new currents, not denying the previous one, but taking it as learning.

YO: So transmuting is not so easy, because it requires leaving the place where we are, moving to places that I have never visited before, and interacting with people that I never considered before.

I AM: Learning new tools, new arts for life.

ME: I have transmuted, I am sure of that... I recognize myself as very different from what I was before, and I have changed many spaces, many relationships of all kinds, I learned, and I moved on, I never went back. I recognize myself as a transmuter.

I AM: Your task is also to be a planetary transmuter, and therefore your presence removes the lives of others, giving them intense shocks in a short time to modify their lives.

ME: Sometimes I have found that it has been painful for many.

I AM: Transmuting hurts when one is attached to a moral, a place and way of doing and seeing things. There are people used to transmutation, but most cannot deal with real changes.

ME: I was once criticized for causing divorces. They said that the things I did was break families ...

SOY: Or replace pieces that were already broken.

ME: Yes, I mean, I was doing nothing, just that the energy tasks we were doing were so intense, that many individuals realized that they were oppressed in their potentials, and that their families, their relationships, did nothing but delay them. the process of being who you truly were. So, they parted ...

I AM: Separation, divorce is another form of transmutation. The breaking of emotional and family ties does not break the ties we have with others, but rather transforms them to allow freedom of being. Morality tells us that when you find a point of stability you have to hold on to it, for fear of not getting another one later. But the beginning of instability is the beginning of flexibility. It is the key that has allowed every being to advance, migrate, evolve. If we had held on to what we knew for sure in the beginning of humanity, we would still live in caves.

ME: You have to dare to change ...

SOY: To take the leap. Jump into the abyss, into the void of insecurity that gives us opportunities. The Universe never leaves anything to chance, all the particles, the parts, find their place when they allow themselves to fall, move, move. Transmutation implies the transmigration of the body, emotions and thoughts, the ability to change the point of view, something impossible to do while always in the same place. Change space, home, travel, move, do a new activity, surround yourself with new people, visit new places, dare to stop talking to someone to talk to someone new, take the step with courage to accept loneliness by transcending a relationship that does not bear fruit as being, allowing oneself to feel freedom of action, all this is transmuting.

ME: It is not just staying with the spiritual concept of transmuting an emotion, or belief. Because I have seen that there is talk of transmuting relationships and emotions only with therapies ...

SOY: A therapy is like calling a technician to fix the wiring in your house, and hope that only with the new cables, your house will be more orderly, brighter and you will feel happy. No. The new cables only enable you to have better energy flow so that you can buy new lights, put more clarity, perform a good fengshui, and live day to day from a different perspective.

ME: Sure ... a therapy doesn't make us transmute, it only gives us tools for us to do it.

SOY: It is a question of attitude, the ability to act. You live in the Third Dimension, therefore, you must be consistent with it.

ME: What about the idea that we will soon transmute to the Fifth Dimension?

SOY: Some will, yes.

ME: Some?

I AM: Those who are trained to live it. As an example we could take that 5D is like living in the Bolivian and Peruvian Altiplano, at an average height of 4000 meters, or in the Tibet massif, with an average height of 5000 meters. And we will take 3D as an average of 100 meters high, that is, people who live on the coasts, on the beaches and on the plains. If you want to go to 5D, you will have to prepare your physique, your diet, your exercise, your breathing. Everest will not come to the Cancun beach to change your life while sipping a mojito in the sun on the beach.

ME: lol I understand ...

I AM: Most likely, whoever is sitting meditating on the beach looking at the sea breathing large amounts of oxygen, if he suddenly appears on Everest, he will die, due to a lack of red blood cells that process the low level of oxygen, as well as low atmospheric pressure, temperatures below 0, and blood and brain pressure that occurs at high altitudes. It can bring micro heart attacks, lung failures, all this if you do not know how to breathe, if you have not progressively adapted to this transmutation. If your muscles have not been prepared for the gravitational pressure of high altitudes, your muscles will atrophy, and there will not be much blood or oxygen to nourish them, causing stroke, cramps and nausea.

ME: Wow, going to 5D does hurt ...

I AM: It hurts if you have been on the beach all your life scratching your navel meditating the "Om" without knowing what it means, praying that someone, an alien or ascended master, will throw Everest at you in the Caribbean ...

ME: hehehe very graphic ...

I AM: For this reason, 60% of the world's population lives below 1500 meters above sea level, that is, between level 0 of any beach in the world, up to a territory of 1500 meters like the desert. of Nevada in the United States. Within this 60%, only 10% live between 1000 and 1500 meters, with which, 50% of the world population lives below 1000 meters in height. One kilometer of altitude. Today, the Burj Khalifa building in the United Arab Emirates is the tallest building in the world, at 828 meters high, although soon a new building will take the place of the tallest in Dubai, at 1,300 meters high. I mean, this can give you an idea that half the human population could live on the floors of this building, and you would know how high we normally go. The other 40% is distributed between 1500 and 3000 meters in height, of which 22% live between Peru and Bolivia, and 17% in Africa, and 0.30% in Asia. This leaves us crumbs of a few thousand living above 4000 meters in height.

ME: It is a good example to understand why only a few perceive 5D ...

I AM: And that the transmutation is not from 5D to 3D but from 3D to 5D, that is to say: if you want to live 5D, you must climb the mountain, not wait for the mountain to come to you.

ME: "If the mountain does not go to Muhammad, Muhammad will go to the mountain." Not? Although sometimes I have heard it the other way around.

SOY: The reverse is simply a joke of words that does not make sense. Francis Bacon, in the year 1597, wrote in his book "Essays on Morality and Politics", this phrase that became popular. It tries to reflect the will to take the initiative for oneself to achieve the goals we seek in life. The mountain will not come to us, that is, things will not reach our garden no matter how hard we ask for them. It is necessary to move, take actions, be resourceful, look for the mountain, go further. There is really the glory of the prophet, the one who carries the message, the one who seeks the truth.

ME: As they told me once: "Turn Hope into Responsibility", stop waiting for the 5D, the new to come into our lives, and go out and look for it, and if I can't find it, create it myself.

SOY: Therefore, living in 3D, it is necessary to be realistic, and recognize that for everything there is a process, and that in this process we are required to adapt to the environment. Open ourselves to change places, to leave the comfort zone, to face what bothers us, to transform our relationships, to jump into the void, learn new things, interact with new and different people, nourish myself from unexpected experiences, see in every crisis an opportunity.

ME: Transmute, clearly not a simple idea ...

SOY: It is an attitude. The attitude of being yourself allowing yourself to be everything.

ME: This is how I honor the month of Gemini, who has taught me to transmute who I am, learning what I can be, being curious to know the world, understanding myself coherently in duality, expanding my relationships and friendships to nourish myself with existence.

I AM: Everything that exists manifests you.

ME: I am a product of the eternal.

I AM: Transmutation of the mundane and the divine.

END OF GEMINI