

Month of Leo 2020

Writings by Matias De Stefano

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1. I am the Tree of Life

[August 4, 2020 Matías De Stefano](#)



Today, August 4, 2020, at Potterne Field, Wiltshire, England, this beautiful Grow Circle appeared.

Circles are interdimensional messages that have been left for centuries by 4th and 5th dimensional entities. It is a form of communication between realities, through geometry. What is weird is that they use existing elements to trace their designs. Such as this tree.

However, this circle is special, especially for all of us who came following the beginning of this Path of the YOSOY.

From July 30 to August 3, 2020, our Out of Time days were given, representing each day an Element.

Tetrahedron the Fire, Cube being the Earth, Octahedron being the center, the Ether and universal seed, the Dodecahedron being the Water and the Icosahedron being the Air.

The 4 Basic Elements come together in the one that connects them to the eternity of time and space, to the ramification of existence, what we call the Tree of Life.



During the 5 Days of online meditations, not only did I speak, but other beings and potentialities manifested themselves speaking. Every day they gave us a message and made us work on ourselves and our way of seeing the Universe.

They all agreed on something: We are a Network, we are a Tree that must be firm among all the forces of creation, with firm roots, branches towards the heavens, supporting the cycles of time and space.

His messages prepared us for all this conscious year, a perfect 360 degree circle that seeks the Coherence of the Being, the balance between the forces of the 4 elements manifested throughout the year in the 12 zodiacal signs (4 groups of 3 related to each element).

For this reason, when today, the first day of this Year Out of Time, everything worked out was manifested, my whole being vibrated with joy and emotion when I saw the recognition, coherence, connection and resonance between the work with all beings of all the dimensions.

The images in this Circle are the perfect summary of everything lived in these 5 days that we share.

I invite you to re-listen to the messages and meditations of these past 5 days on the YouTube channel of the Arsayian Foundation ([here](#)), and to contemplate the message in these images, in the simplest possible code: the 4 elements holding the fifth, the Tree of the Life that We Are, that I Am.



Instagram 5th

[August 5, 2020 Matías De Stefano](#)



“Tic tac... Hour 12 is coming... Tic tac”.

On 02.02.2020, one of the many messages received spoke of how the hands of the Earth's clock were about to go from 11:59 a.m. to 12:00 p.m. That means the closing of the 12,000-year cycle. Noon for the Solar System. He spoke that the ticking of the clock hand would activate the machinery of the Earth Ship, shaking all the aspects or directions of the World in its 20 perspectives (Icosahedron) to inspire the 12 new information (dodecahedron). Religion, Politics, Education, Economy, Technology, Culture, Agriculture, Health, Earth. In Past and Future, aligned in the Present, they collapse.

What we see and are told are only the shadows and lights projected on the wall of Plato's cave. However, those shadows and lights come from a deeper change in the reality of the Quantum Machine that we call Mother Earth.

" Tick tock ... The needle will shake everyone who remains stagnant at Hour 11. Those who have made the leap and are flexible will not experience the break at the beginning of Hour 12."

Don't look at the lights and the shadows, ask yourself: from where do they both project?



Yes, it is the reflection of the sunlight on the window of the plane leaving Cairo, reflected in the curved lens of the phone camera that, depending on the angle, reveals a small part of the edge of the crystalline lens, which refracts the light in all ranges of rainbow colors ...

Yes, it is magic right? Normally we want to see magical things in photos, beings, lights, orbs, but maybe it's just reflections, or the flash on specks of dust, or a broken glass, or the double lens of your camera ... But, everything what exists is a reflection, our mere existence is also a projection... So... isn't it equally magical to see such beauty just by the reflection of a camera on refined sand? Magic exists in all things. Magic is the Science that we still do not know. Magic is the poetry that gives meaning to reality. Believe in Magic, and even if it is a reflection, it will tell you the most beautiful secrets of Creation.



HAPPY DAY [#SAGRADOFEMENINO](#)

Today I would like to remind you that the Universe is itself an enormous Matrix that generates existence, life and evolution unlimitedly and unconditionally. For the Universe is a Mother, it is Feminine and Creativity. □

The Feminine is the Creator, the Masculine the Purpose of Creation. Both are the same in universal eyes, an inevitable circle of balance.

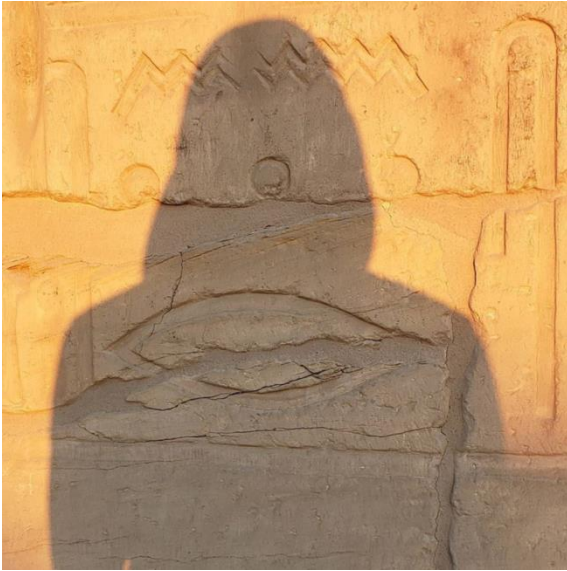
And at the moment of the manifestation, all the beings created in its Cosmic Matrix are first Feminine, that later

by a biological necessity some mutate in Masculine.

For this reason, let us remember that we not only came from the womb of a woman, but we were also one before the cells decided that we are a man.

Therefore, happy day to ALL, all of us who followed the path of the Mother, and all of us who are within ourselves.

[#HAPPYWOMAN](#)



May my mind flow and transform unceasingly like Water in the vast ocean of the Dream of Creation. May my Truth be Balanced, and find Coherence in my Thinking, my Feeling and my Action. May only my Heart speak, and only Harmony resound in its heartbeat, so that it is a pulse of expansion. May my shadow mark my steps, may my light show the direction. [#YOSOY](#)

2. I am power

[August 5, 2020 Matías De Stefano](#)



ME: Today I was wondering what Power is.

SOY: And did you come to any conclusion?

YO: Well, Power is the noun of the verb "to be *able to* do something." This means that having power is precisely having the ability to "I can", to recognize in one the ability to do things for oneself. However, on Earth, in society, it is not the same.

I AM: Power in societies is interpreted as being above others, having power over others.

ME: Yes, more than anything, it has a negative connotation, which speaks more about Control than about the ability to do something in itself.

I AM: Humans are the only animals that are aware of their gifts, their abilities. Therefore, they were able to manipulate tools that for other animals are simply a random or reactionary action. This meant that from that great discovery of what they were capable of, they had taken control of their potentialities, and therefore of their tools. So now they could do anything. Using a stick, a stone, a mortar, a plow, a hammer and nails, using chemistry, writing, architecture, music, art, science and technology, year after year the tools became more complex. The human saw that he could build new realities, because he had the potentiality, and the power over the tool. But the more the population grew, the tools did not give a vast, and a single human couldn't do all the work. Because of this, one of those wise men began to teach others how to use the tools, shared the knowledge, and transmitted the power. But the more people, the more hands, the more potentialities, and therefore, more creative capacity. So, the older ones saw other humans as tools. As workers, as warriors, as subjects, as slaves, and as employees. Then, people became tools with which things could be done, and therefore, over which one had Power. more creative capacity. So, the older ones saw other humans as tools. As workers, as warriors, as subjects, as slaves, and as employees. Then, people became tools with which things could be done, and therefore, over which one had Power. more creative capacity. So, the older ones saw other humans as tools. As workers, as warriors, as subjects, as slaves, and as employees. Then, people became tools with which things could be done, and therefore, over which one had Power.

ME: Using a person as a tool, like a hammer or a nail ...

SOY: That's right. In this way the sense of Power that we possess today was constituted. Being in Power does not make you powerful, much less capable or wise, it makes you only someone who knows how to use people as tools. Someone who "can" use people.

YO: Until people free themselves, they revolutionize, and they fight for their freedom, knowing that they can too.

SOY: And that's when they make the same mistake.

ME: Which one?

I AM: The moment the revolution occurs, and the chisel, the hammer, the nail, the gouge, the screwdriver, the compass, the leveler and the wrench manage to banish the builder, they all begin to fail, well now, one of them must come to power. Well, each of them was taught to be what they are, and they don't know how to be anything else, they don't know how to be a builder, and therefore, the battle will lead to chaos, until a new builder appears and gives them meaning and purpose. to exist. Do you get it?

ME: That is to say that the power struggle is constant ...?

SOY: The power struggle is constant if the power sought is the one possessed by the other. Kings and queens, emperors, rulers, all seek to have Power. The people were not educated to have power, but to be "under" power. Be a tool. A concept was externalized that should never have come from within each one. Considering another person a tool is not negative, the negative is considering that all tools are the same, that they are all hammers. If

the tools do not find their purpose, their true power, after each revolution, a new builder will come who will take power over them.

ME: Therefore, there are two types of Power, the one that lets us know what we are capable of doing with our inner potential, and the one that makes us want to use others as tools for our own ends.

SOY: And they are both the same. Two sides of the same coin. A society without power or search for power does not exist. Humanity needs different powers, but it needs to know what Power means. It is the capacity for fulfillment, to give others the sense that each one has a useful potential for the whole, that each one is unique, and from that consciousness, the builder builds an unmatched Power: the Creative Freedom of the Tools

YO: So tools stop being tools, to become makers, builders.

I AM: It's called "empowerment." Another misused concept. Empowerment is not taking the power of another to take what belongs to me. It is to awaken my ability to collaborate with the balance of the other. No need to be used or to use anyone. Real Power is built when being shows others that they are capable of awakening their own. Something you call "Leadership".

ME: And why would leadership be needed?

I AM: Because you are mammals. Simple. From the moment you are born, you are subordinate to mother and father as examples. One of the two will set the trend and direction of the group. The Family has a natural hierarchy, it can be anyone, but it does, something that does not exist in reptiles and birds or other kingdoms. Mammals, especially large mammals, have evolved to migrate, and in all migration, a guide is needed, someone to advance. Then they called him Father, or Shaman, or Leader, King, etc. Today, it is a Politician who has been awarded that Power. It's natural, and it's not bad.

ME: But hierarchical power hurts us.

SOY: So why haven't you changed it in these last 20,000 years?

ME: Because a new power always arises, or empire, or dictatorship, or any other system that submits again.

SOY: For a power to take effect, many must surrender that power. In other words, if a control system arises in the world, it is because its population does not know how to use its own power. The two factors add up: the irresponsibility or inability to awaken your own power, and the mammalian nature that flows in your blood needing someone to follow. In other words, there are no two separate things such as "those in town" and "those in power." You are all human. Humans with empowerment irresponsibility.

ME: How do you solve this cycle then?

I AM: Educating humans to awaken their inner power. Reminding them of what each of them is capable of. The Education that you have only gives them tools to become new tools. Knowledge and Wisdom cannot be surrendered, they can only be shown. It is only inner power that makes us seek knowledge and awaken wisdom. Learning what is taught today as a citizen is the next step to learning to be a person. Well, you are all individuals rather than a group. It ignites the potential of the individual, and it will be useful to the collective. And in 3 generations, you will all be powerful.

ME: And who will rule?

I AM: The knowers and the wise. Those who, having awakened their potential, put themselves at service as tools and guides, not as leaders.

ME: Transcending the mammalian phase, then.

I AM: Evolve. Taking Power from Unconsciousness is controlling the tools; To be the Power from Consciousness is to guide others to find their own tools.

ME: This is very difficult to do, it takes a long time.

SOY:... And what else do you have to do first?

ME: Well ... survive.

SOY: Ah, right, that detail. That is the greatest impediment to Empowerment: the biological need to survive: eat and sleep. Governments control populations through this, religions do it, and even families: *"Today you go to your room without dinner!"*. Punishment and Reward they call it. This need is the main reason why a Society exists, but not a Civilization. The main factors of the Society are the agglomeration of individuals and groups so that, through exchange, they can survive in harmony as long as possible. The main factors of a Civilization are the incentive to cultural and intellectual development, to the formation of a searching, philosophical and artistic spirit. It is evident that until you overcome the Social needs, you will not be able to build a Civilization. However, the paradox is that the only way to solve the social is through the civilized. Each one has its own concept of what Civilization means, but in reality, every people or being that has a consciousness of itself,

ME: I remember that 12,000 years ago, the rulers had to be very prepared in their inner being before coming to power, because they had to be a reflection to imitate, not to follow.

SOY: That is an empowered being. The goal of a coherent being, which reflects the internal balance in the external world, and is coherent both within and without. Today's world is based on the forms of power, but not on its essence. The great challenge is to get out of all concepts of power, both on the right and on the left, as a center, beyond ideologies, beyond economic or educational positions. Behind, or inside, all of this, there is a common factor: Humanity. Empower the Human concept in each individual, and you will have Humanity.

ME: therefore, those who awaken their inner power will be those who can help to transcend the social to reach the civilized, and thus evolve.

SOY: And for that you must empower yourself.

ME: I can.

I AM: I am Power.

Instagram 6th

[August 6, 2020 Matías De Stefano](#)



Messages that were left today from the teachers in [#Karnak](#) before sunrise: “Leave doubts for a moment, because it is with the spirit with whom you will speak. Doubt is the foundation of search and discovery, but certainty is the only thing that takes place in the Spirit ”.

"What is the strongest and clearest certainty that you have? It does not matter if it is nonsense, but make it a pillar, because it is the only thing that your spirit will be able to see of you ". "Look into my eyes (said the darkness), dare to see through me. I am the only one who can show you the true brilliance of the Light. " “Hold the Axis of the Ego, it is your personality. And when you say who you are, like an echo it will resonate in those who are united with it. I am, I am, I am ”.

“Take each step consciously, recognizing in them that they are the steps that evolution has taken so that you are here today. Walk your history and step firmly in the present ”.

Happy Reborn... Happy Sunrise...

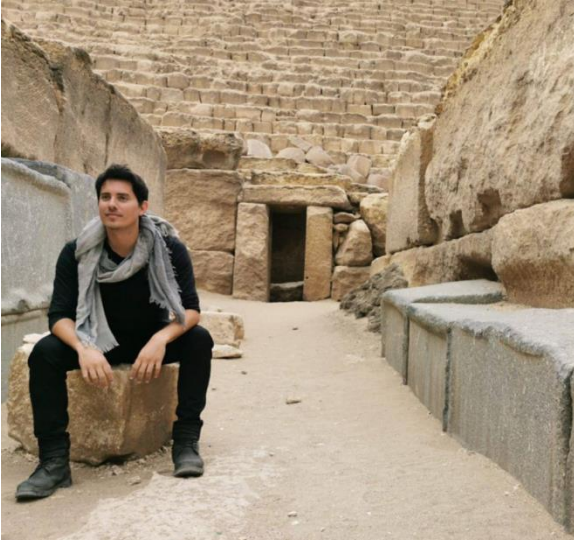


ATER TUMTI

Heaven on Earth. Our culture was founded on a belief that the Earth should ascend to the Heavens, and this shaped our idiosyncrasies, making us believe that to be successful we must rise in position and strive to touch the unattainable.

However, in ancient times, the idea was to bring that Heaven to Earth, that is, to rebuild the stars in our reality, and live among the divinities until we recognized one more of them. .

So, once again, I invite you to be part of this Plan, and make Heaven a constant and transforming reality here on Earth, honoring that we are [#HUMANS](#)



In the vacuum the mind arose, and its thoughts were waves that generated vibration, and those vibrations generated energy, and the energy organized patterns that made the wave a particle, and they created matter, and the vibration echoes moved matter making it evolve, until one day it exploded creating light, and light moved the cosmos creating sounds, and sounds diversity in matter, and matter could think ... So, we think today, and if we hear our voices, we can hear the first verbs of the universe, and become the creators of a new one....

Teachings received in these same corridors thousands of years ago.



The practice of silent contemplation of reality leads us to empty ourselves of the preconceived senses of it, until the moment when everything stops making sense. An abyss opens up inside us, and lets us see the meaninglessness of everything we do, and even what we feel, opening another void that leads us to lose the Sense of Reality, to lose our purpose, to see that nothing really exist. There I find the Nothing. And in that moment of total Void, I realize that I have only two options:

1) plunge into the depression of the existential crisis and try to survive in the reality that others created...
Or

2) give myself a whole new meaning and create my own reality from that moment...

That is true free will. It's up to you.

3. I am true

[August 6, 2020 Matías De Stefano](#)



ME: What is Truth?

SOY: What do you think is the Truth?

ME: Well, I think it comes from the Latin meaning "Verum", which means the exact thing. The concrete and completeness of a matter. Therefore, everything that is exact or concrete is true.

SOY: And tell me, what is exact and concrete?

ME: The things experienced, what we all, by common consensus and after having gone through the Cartesian Experimentation process, agree that it is an irrefutable truth.

SOY: Like what things for example?

ME: Well, what I see for example, is seen by everyone, therefore it exists.

SOY: And does everyone see them the same?

ME: Not exactly. There are nuances, perspectives.

SOY: And are those perspectives real?

ME: No. I mean, the object exists, but the perspectives are different, for example a tree is there, we see it, we touch it ...

I'm sure?

ME: Well, I see it... and I touch it.

SOY: I don't deny it. Of course. But... think about it a little more. The tree is green?

ME: Umm, well, not exactly. Chlorophyll is green, because it captures certain ranges of sunlight.

SOY: So you see the color by a distortion of the light. Not?

I do...

SOY: And ... depending on the eye capacity of each one, the color will vary. Now tell me ... the form: Do you touch the tree?

ME: Well, actually what I feel is the magnetic friction between the electrons trying not to touch ... Actually ... I've never touched anything ...

SOY: Exactly. Because on a scale of the microcosm, space is infinite, and the particles never touch each other. They generate the appearance of contact, but they are only energetic discharges. If I light the tree on fire ...

ME: It is reduced to ashes... it doesn't weigh... it doesn't exist.

I AM: Its carbon particles volatilize at high temperature, they disperse. Did the tree exist, does it exist or will it exist?

ME: It was just an idea... a concept.

I AM: An echo of Truth.

ME: ... an echo?

SOY: Todo lo que existe es un eco, un fractal. Y el eco es una vibración que surge de su propia intención y percepción. Cuanto más ecos se generen, más perspectivas de una misma cosa. Nada de lo que existe es Verdad pues, porque todas las verdades son convenciones colectivas construidas por billones de años ante la captación de la energía, la percepción de la luz, la sensación del tiempo, el movimiento en el espacio. Todo ello por billones de años generó una convención entre las especies de lo que es real. Pero todo analista, todo experimento, está basado desde uno de esos ecos, no desde la verdad. La mente científica sabe que nada es verdad, y por lo tanto debe basar su vida en la duda constante. La Duda es la única clave para descubrir la Verdad, pues en el instante en que aseguras saber la Verdad, te has esquematizado, te has vuelto dogmático, y comienzas a juzgar otras posibilidades, encerrando tu mente en una caja sin salida.

ME: Science was born to question, but now it is science itself that is afraid of being questioned.

SOY: The character became what he fears. Faith is the confidence that there is something more, Science is the doubt about that something else. Both become dogmas when they consider that something else belongs to them. The same happens in politics, in art, in music, in spirituality, in social matters. The facts are mere perspectives. And therefore, you have to accept that you will never be right no matter how hard you try.

ME: So what's the use of seeking the Truth?

I AM: Seeking Truth is knowing what you are capable of. It is discovering all your potentialities and secrets, what lies inside and outside of the cosmos. It is accepting others, understanding their point of view. To seek the Truth is to try to find a balanced consensus, in which everyone can live their truths in harmony.

ME: But there are many truths that hurt. For example, Humanity is a single species, and there are different human races. But in turn, this causes racism. So is racism a viable option?

SOY: What is your fear of diversity? Isn't it strange that humans, in the incessant search for respect for diversity, at the same time seek for everyone to be equal in the eyes of everyone? Think The concept of racism is the understanding that there are beings different from you, who are essentially the same, but they are different. Now, remember that the particles are all the same, but they try to hold on to their atoms and molecules trying not to collide with the others, making you feel the touch of your hand with the tree. In other words, you are all the same, you are the same particles arranged in a different way. The mistake would be that the particles in your hand force those of the tree to disappear, or to become a hand. The Universe does not judge racism, as they are different visions, but the Universe seeks harmony between races, because only in their harmonies and interactions does diversity grow. The main objective is the plurality of visions. You cannot force someone not to be a racist any more than you can force someone not to be a humanist. But you can educate them to awaken their best potential, respecting the potential of the other.

ME: The greatest search for Truth, then, leads us to total acceptance.

I AM: The unconditional. Truth is itself a paradox. For there is a truth for each vision, and one for each dimension. The broader your vision, the more acceptance there is of all truths, for they are only echoes of a single one.

ME: And what is that single?

SOY: That there is no truth. That truth is an idea, a perception, and therefore, truth is moldable, it is modifiable according to the evolution of the observers. Humans are very egocentric, and it is believed that the observers are only them with their two little eyes. But no, the observer is each atom, the minimal expression that has two

eyes: electron and proton. And yet, they are also a perspective of the quantum, of the strings, of the waves, of the resonance, of the echo ... of the universal mind.

ME: Therefore, it is impossible to create a parameter of truths on which to establish.

I AM: The only truth is the ability to transcendence, to evolve, to learn. You can never build a collective system based on Truths, but based on the acceptance of the different echoes of Truth. The eternal cycle in which you are involved without coherent evolution is due to the fact that you are still going around like a hamster in search of the Truth, but worse still, in the imposition of the Truth itself.

ME: In this sense, neither science nor spirituality should be taught for a conscious civilization.

I AM: The path to discovery and acceptance must be taught, with doubt as the only tool. Science and Spirituality cannot be taught, they can only be discovered by doubt. How do you feel when they doubt you?

ME: I feel weird, because, I don't care, but at the same time something in me bothers me. I feel like I always go out of my way to be as consistent as possible.

I AM: Because you seek to be accepted. Like all mammals. "If the pack does not accept me, I will die alone." It is an ancient thought. What you have to accept is that there is no way 8 billion people will accept you. Hopefully you'll get 2 or 3 to do it in your entire life. And this goes for everyone. Because there will always be nuances about which to doubt. When your being feels anger or frustration when they doubt your truth, it is because every atom of your body knows that you are truth, that you act and feel your truth, and that they doubt it, it is as if they disintegrated you. However, it is your truth, nothing more, and the doubts of others are the limit of your truth and the beginning of theirs.

ME: This makes it impossible for a society to advance.

SOY: What makes progress impossible is the imposition of a truth on the other, be it in whatever social system. This is your truth, and you share your truth, with the grace that you are able to doubt it.

ME: Yes, I doubt myself, what I do, always, but I still do it, because I know it is my truth.

I AM: As more people follow their truth and instead of seeing the Truth in you they see an example for their own truth, then there will be harmony, collaboration, and they will not need any ideology or social movement to transcend the current reality.

ME: The point again is education.

I AM: Going back to what was discussed, do not teach "Not to be Racist", teach "How to be Human". Change the concept. Do not teach what is wrong with others, teach about what humans are capable of doing with their infinite potential. Do not ask the elderly for their experience, ask the children for their illusion. Listen to the experience of the elderly as a record, but act on the imagination of the children. Humans want to teach new generations to correct the mistakes of the past to build a better future, without thinking that the answers to the future are not in the wrong truths of experience, but in the infinite possibilities of the imagination.

YO: It is important to acknowledge the events that happened, but not to take them as starting points to build the future.

SOY: If you do that, you are only building from the "Don't do what I did", instead of building from the "What would you do?" E-duco, education ... question, doubt, question.

ME: Truth, then, is the ability to accept the infinite potentialities of each being.

I AM: Of the being that I Am. Become the rock that when falling on the water generates the waves, the echoes of time and space.

ME: Therefore, there is no truth outside, only inside, because everything else is a projection, and therefore, it is the projections that must find balance. Science, Spirituality, Politics, Economy, Social, Educational, Natural, all have their truths, and if they allow themselves to doubt themselves, they will accept the infinite capacity to create in the search for new truths.

I AM: Truth is just a dogma. Look for art in science, art in spirituality, art in education and the natural. Art is the ability to reinvent itself by awakening the inner potential, from which all the echoes of truths arise.

ME: Discovering that the truth is in oneself.

I AM: Discover that I am Truth.

Instagram 7th

[August 7, 2020 Matías De Stefano](#)



Semi, næx idilu næxos sayu.

Shon yt-al: wass'amma tum'amma, hir'amma, phyr'amma.

Humans, become elements and you will become the world.

So say: I am water, I am earth, I am air, I am fire.

Thank you [#Tierra](#) for accompanying my steps, as well as for me it is an honor to accompany yours.



Today, at the home of Anna (Jesus' grandmother) where Mother Mary was born, a powerful energy was presented with anger and almost demonic pain. A witch, who caught me making me feel bad. His words were of rage against the mother of Christianity: "Do you know what her uterus has done to ours?" He instigated. Referring to the murdered women in the world under the banner of the church.

His anger turned to pain when he spoke to me. "We were the serpent women, the daughters of the Earth, and their feet trampled us until we drowned in the shadows, making our own children believe that we were hideous reptiles hidden in darkness." As she told me her name, I looked inside her, and I could understand the code.

I drew it in the church signature book. The Earth was full of internal wells filled with water under the rocks.

Sacred reservoirs reflecting octahedrons of etheric light. They floated, and their shape and halo resembled the Virgin and all her appearances, or mirages. The only thing that connected them to the nucleus with the sky and these octahedral bridges, was the spiral of the serpent of light, generating energy, which activates chakras (kundalini). But that snake and its priestesses were subdued and turned into the reptilian serpent demon.

"Free us and make us free," he told me. And I said: but how? If I say it, everyone will believe that I am a reptilian, they will believe that I open the doors to darkness! How can you understand this?

And he told me: "the Divine Mothers, virgins, all of them, obtain their strength from the serpent women, and the humans are our children, both of them. Your children will only be able to recognize their mothers for Unconditional Love. Let them feel our love, that they can take off the reptile mask that others put on us. "

With this love, I went to the Armenian monastery of the Apostle Saint Yago, where a ceremony made me feel the Kundalini of the Earth through my body. And when the serpent reached my crown, I remembered: Armenia is the 3rd Eye of the Planetary Serpent, and I saw it, and I saw the Mother. □

I leave it up to you to feel this message and to know from your Love what to connect with.

"Love will set you free"



Under this beautiful mosque are the foundations of the Temple of Solomon, and under it, the Sacred Rock where so many prophets spoke with God or became enlightened. The Temple Mount or the Dome of the Rock is the nerve center of both Muslim and Jewish Faith and Hope, being in turn a cornerstone for Christianity. This is one of the Centers of Power that combine geographic and social aspects. But above all, underneath, water runs that nourishes some wells in the area. Yesterday an Orthodox Jew told us at King David's tomb with great joy that the way God materialized Love and Wisdom so that we can all touch it was Water. Water is the means of connection between the physical and the etheric, which is why the mountains with internal water were sacred. Thus, from religion and science, we can agree that Water is the Divine Body that gives Life. The Water and the Rock of this mountain, in the tectonic fault between the Sea of Life and the Sea of Death, give strength to the illumination of those who can see and feel it.



“I was born from the Earth, my body was gestated in its minerals, I am water, salt, carbon and oxygen. My body is the child of mud, and my spirit is the lotus that blooms in its muddy texture. I was born from the Earth, but I AM THE EARTH. ”

There is a common pattern in origin legends shared by all ancient cultures: the first man was molded by the gods from clay and clay.

Adam, in fact, comes from the Hebrew words Adom, Adama, Adam, meaning Red, Clay / mud, Earth, and they give rise to the word Man. In Latin, the word Human comes from the word Humus, which means Humid Earth. Our consciousness, our spirit, our soul and our body are One on Earth, they are one with Earth, they are Earth. Do not be afraid to get muddy and bury yourself in this reality, that only leads us to return to being seeds in the mother's womb, and REBORN!

4. I am the pulse

[August 7, 2020 Matías De Stefano](#)



ME: Why do we always associate Love with the Heart?

SOY: Well, we should first identify what is Love and what is Heart.

ME: Heart, as I read once, comes from the Indo-European word "*krid*", which means "to jump." And from it derive the roots of all our most used languages, such as "kardio" in Greek and "cor" in Latin, and on the northern side of Europe the word "hrd", giving rise to the sounds "hërz", "hart", "heart" from the Saxon languages. I mean, I interpret that it is related to the beat, and how the heart seems to jump when it pumps the blood.

SOY: And love?

YO: Love comes from the Latin, "a-mors", which means "without death." That is to say, Eternal. That which never stops and is constant.

SOY: Therefore, life.

ME: Exactly.

I AM: In other words, life seems eternal as long as the heart beats, and therefore, life is the opposite of death, that is, the eternal to the finite. And the heart beats, incessantly, constantly, jumping for joy at life, seeking to be eternal.

ME: Does that mean that humans relate Love with the Heart because biologically the heart seeks the eternity of life, beating incessantly?

SOY: Well, that's a bit of an etymologically far-fetched view, and despite being very thinking animals, your lives are actually based on much simpler things. Tell me, what happens to your heart when I mention the name of a person who has done you a lot of harm?

ME: I feel like for a brief second it stops, an arrhythmia, and my chest contracts.

SOY: And what happens if I name the person with whom you are madly in love?

ME: It beats harder ... faster.

I AM: Emotion is vasodilator. When your mind identifies an idea, it is transmitted to the brain that processes the idea with the data available in its neurons. The brain interprets two fundamental things: survive or relax, that is: pain or pleasure. There is nothing else. The electrical pulses of the nervous system alert the endocrine system to prepare to be aware of pain or pleasure. This unloads an energetic reaction that contracts the main glands, triggering a chemical reaction that drives a large amount of hormones, either adrenaline or endorphin, while the electrical pulses are arranged to dilate or contract the veins to: o retain the blood in case loss due to external damage and injury, or in dilating them so that hormones reach all parts of the body faster through the bloodstream.

ME: And that seems less complex to you than I said?

I AM: Hehehe, I am not referring to the complexity of the system, but rather it is a complex thought. Not everyone knows Sanskrit or Indo-European culture. But everyone has a nervous system and a circulatory one. What I am going to do is that emotions are very simple, and they are all related to the pulses of blood circulation and the hormones that run through your body. Therefore, when we feel pleasure, the heart beats faster, to carry more endorphin and dopamine, and in certain cases adrenaline, to all organs and muscles. For this reason, when one falls in love, one feels that the heart is going to explode, and feels that it can do anything, that it has no limits, that this feeling can be eternal ... "a-mors" ... "love" ... In tongues Saxons, were much more precise in what they feel: "pleasure", "desire", a word that in Indo-European is said "*lubhyati* ", giving rise to the word "lufu ", " lieve ", " love ", being the root of " libido "and" lust ".

ME: So love is an energetic pulse that makes the glands react and dilate the veins to secrete hormones that produce sensations of pleasure or pain... right?

SOY: Yes! Isn't it fantastic !?

ME: Well ... not much ...

SOY: Why?

ME: Because, it makes us feel that everything we feel is frivolous, mechanical, and practically meaningless, reactionary ...

SOY: Well ... you asked me the relationship between Heart and Love ... not the meaning of it ... Ask the right question.

ME: What is Love?

I AM: Love is the human interpretation of cosmic pulses. Of the Universal Heartbeat. Everything is Love, the Universe is Love because it arises from the beats of the Cosmos. When in the beginning of all things, the Cosmos expressed itself by exhaling its inner potential, the echo resounded in waves that were eternally replicated to infinity. The idea became imagination, the imagination became intentions, the intentions resonated in vibrations, and they became energy; the energy took on patterns, and these gave rise to matter, which manifested itself in a matrix of creation. The matrix created the fabrics of the realities, and the realities were transformed through the vibrations, which were called rhythms, and these rhythms created the times, which

modified the realities in different melodies, all crossed by the same harmony: the eternal pulse of the original idea. And when you manage to see it, feel it, connect to the magnificence of this truth, all the pulses of your being harmonize finding pleasure, because when you see this idea, your whole body wants to feel it, and therefore, it dilates its veins so that the information of what the mind sees can be felt in the cell of your body. It's called "Ecstasy." When humans say: *God is Love* , they should refer to this.

ME: wow... So it's as if the universe itself had a heart, and the cosmic pulses are like those neural reactions in our bodies.

I AM: But the Universe does not have a single heart, but billions and billions! They are all like gears in a very complex clock. All beating perfectly, pulsing the energy of the Universe through time and space.

ME: So, when the human speaks that he feels Love in the Heart, he is not wrong, he is pulsing the energy of the Universe.

SOY: Exactly. For biology is only a cosmic expression, a replica, an echo. To understand the idea of love, it must be separated from the poetic romance that human cultures have placed in it. Do you want to disaggregate and demystify it?

ME: Of course ...

I AM: Love can be seen as a philosophical concept related to the Eternity of the Universe, something that goes beyond us, an energy or essence that unites us. Biologically it is related to Libido, that is, to the different levels of pleasure generated in our body when we feel the pulses. But they are both the same. Look, the transcendence of a being can occur in several ways, but in matter you basically have two that come together in the same concept: multiplication. You can multiply yourself, like a starfish or a bacteria or plant, or on the other hand you can reproduce. Both acts are painful, because they involve dividing, breaking something of me to create a new me. So biology found a way to solve the fear of multiplication: by generating hormones that turn pain into pleasure. So, there is a natural pulse in living beings that forces them internally to seek to multiply. The vessels dilate, the heart pumps harder, the reproductive organs grow, and your genitals are suddenly related to your heart more than ever. Thus, the Universe ensures that it continues to expand, transcend, multiply and create. Then, when a species has more cognitive development, it brings this impulse to culture, and from culture it makes it art, turns it into romanticism, and calls it falling in love.

ME: How then do you explain homosexual relationships that do not have a reproductive destiny?

I AM: When animals discover the amount of energy that a being possesses inside, and what it is capable of generating when this energy is felt, it has two ways: the discharge of this energy or its use in a common benefit. What I mean by this is that this energy is not always necessary for multiplication, but it in turn activates energetic mechanisms that make us multiply in other dimensions. It's not all about this third-dimensional world. Many animals use homosexuality as a natural process of energy symbiosis and survival, like certain birds and mammals. Others, like humans, use it in turn as transcendence and creative energy. To get to other dimensions, you need this pulse. The sexual energy, the heartbeat, they are linked to the higher spheres of consciousness, since the pulse is interdimensional. In other words, it does not matter with whom you feel this pulse, the important thing is what you do with it and if it is for an organic and common good, and not just as a search to satisfy the biological organism.

ME: So the universal pulse, the cosmic heartbeat, is reproduced both horizontally and vertically. How do I know if I am using this pulse well or not?

SOY: Well, it's easy: do you feel full or empty? That is the question you have to ask yourself, observe, contemplate the reaction of your body and psyche, and you will know.

ME: But if I feel love, that is, if I feel "infatuation", in a way it means that my energy is expanding and it is good. Not?

I AM: Falling in love is the first energetic and biological process of the expansion of being. Then comes Being In Love, which implies balance. And then comes Feeling Love, which implies unity. To later get to Amar, simply, which implies freedom in both agents who had fallen in love. And that is the concept that we have romanticized. We have turned a basic pulse of reproduction into a search for transcendence.

ME: Love then is an energy. Which is not in the heart, but in the whole body, at different levels, dense and subtle, but pulsating from the cardiac organ.

SOY: Sure, it is the energy engine that makes the machinery work, the clock of eternity. Of expansion. Everything you feel in your life, then, passes through the heart, and calibrating the energy source of your heart is essential for there to be balance in what you pulse towards your own universe.

ME: And this is in relation to emotions ...

SOY: No, it is in relation to the mind, well remember, it was an idea that made your heart contract or expand. Then you must become aware of what your thoughts and ideas are about reality. Name each person you meet, and feel the reaction of your circulatory system, it is the only way to know what you really think of someone without prejudice. Ideas shape the rhythm of your heart. Therefore you must clear your mind of prejudices and preconceptions to calibrate it. It is not enough to sit and feel butterflies and colored lights radiating from your heart. Now that you understand the machinery that generates the expansion pulse, you will know how conscious you must be to use it properly.

ME: Basically, if I am not the one pulsing from consciousness, I will be driven from Unconsciousness. The beating of my heart is what triggers or reacts by informing the rest of my cells about my ideas, my mind, what I perceive, is the filter that brings this knowledge to every part of my being.

I AM: By calibrating the momentum to convert it into a pulse, it aligns us to the cog of the cosmic clock. "*Tick ... tock ... tick ... tock ... it's time .*" Understanding this does not remove romanticism from the emotion of feeling love, it helps us to understand that love goes beyond a beautiful idea, it is science and technology, it is art and architecture, it is mechanism and energy, it is an interdimensional fuel. Generate the pulse, and you will align yourself with the Mind of the Universe that creates all realities.

ME: I am the Universal Heartbeat ...

I AM: I am the Cosmic Pulse ...

Instagram 8th

[August 8, 2020 Matías De Stefano](#)



Over millennia, thousands of people have toured the Land of Transcendence. (Judea, Israel, Palestine, Jordan). Many, unconsciously or consciously, were looking for Enlightenment here. The first, discovered the strength of this territory ... then, led others here. Then they became teachers ... wise ... prophets ... ascended ... messiahs ... enlightened.

All believing themselves important, all thinking that the voice of God had chosen them. And you know what? Yes, he had chosen them. Because deep inside reality, we all know that if we exist it is because biology chose us, because we play a role in the homeostatic balance of the Universe. Our interior knows that there is something else that will lead us to enlightenment. But many put that Something outside, far away, when it was always here. The Universe is Everything, everything is made up of the same particles. No matter where you are, you are the All. The Earth is a particle that joined billions of them creating a being. And in evolution, its vibration became energy, energy into matter, and thus life, us.

The minerals unite us all with the Universal Divinity, the atoms are the Divine Family and the Holy Trinity. Those who came here to Enlighten themselves, only did so because their atoms recognize the magnetic force of salts and minerals, rocks, mountains, and by feeling and reconnecting them in the Journey of Life, awakens their wisdom in us. Enlightenment is in discovering that we were always Light, and sharing it with all the atoms in our external and internal world.

"If Muhammad does not go to the Mountain, the Mountain goes to Muhammad"

So, close your eyes, and become the mountain.



6 years ago, on February 14, 2014, a track took me on an unforgettable and very personal journey that placed me in front of a couple playing a beautiful piano duet on Valentine's Day.

There I connected with a Love that gave me such a sweet responsibility that it gave meaning to my whole life. It seemed romantic, but it wasn't... I was hoping it was romantic, and it was much more than that.

The same loves that have moved me for millennia came together to give coherence to my human heart, and 6 years later, they give Meaning to my Being.

Today I sat down to have tea, and in front of me this beautiful panorama was set. Again on February 14, a couple doing a guitar duet, generating the vibration of love that only music can express, leaving two children perplexed who, hypnotized, could not help but contemplate in depth the beauty of sound.

I remembered again that I was looking for a form of Love, and life decided to show me LOVE.

This image sums without words what it feels like, what it is ... There, in that frame, was the true and more real Love that may have ever felt in my life ... [#amor](#) [#sanvalentin](#) [#music](#)



Believe me or not, every day I read all the comments on each post I make on both Instagram and Facebook. Everyone.

And I would love to be able to answer all of them and have the time and personality capable of doing it. But I will choose better to answer them every so often in general posts so that my answers are not lost between comments. In any case I want to clarify:

- 1) I am not a teacher or spiritual guide nor do I seek enlightenment or work for beings of light or darkness
- 2) I do not consider that I channel but rather that I allow the programs of the universe to they make up expressing themselves through my being today and here.
- 3) what I do I do because beyond mission or karma, it makes me happy, I do not seek anything more than to share my memories, or convince anyone or anything
- 4) I am not religious nor do I know science, I only know what I remember and what I feel. And I share it the way I feel it.
- 5) I really like to write, and the vibration behind the words, therefore, I write in prose or poetry, because sometimes it is the only way to convey profound things.
- 6) I love pedagogy, but it is difficult to answer all the questions in chats.

7) Despite being Leonino, I have a Capricorn rising and that makes me quite antisocial and not very conversational with those I don't know. Sorry if that makes you think I never answer.

8) I do not have all the answers, much less to waste energy in the debate.

9) I have already said most of the questions they ask me or in videos, workshops, previous posts, etc. What I am not answering is because either I already uploaded it or because I am hopeful they will read more carefully or use google. 10) my search is the YOSOY, so I do not follow teachers or currents although I trust all of them because they are part of me. Neutrality is my flag.

11) the real answers are in what vibrates inside and not in what another explains, therefore, I appeal to silence 99% of the time.

12) this solar revolution of my astral chart 2019 to 2020 I have an ascendant in Scorpio: sorry if I answer with irony or very sharply, in August I return to Capricorn and I will be more silent ☐
See you there My reflections !!

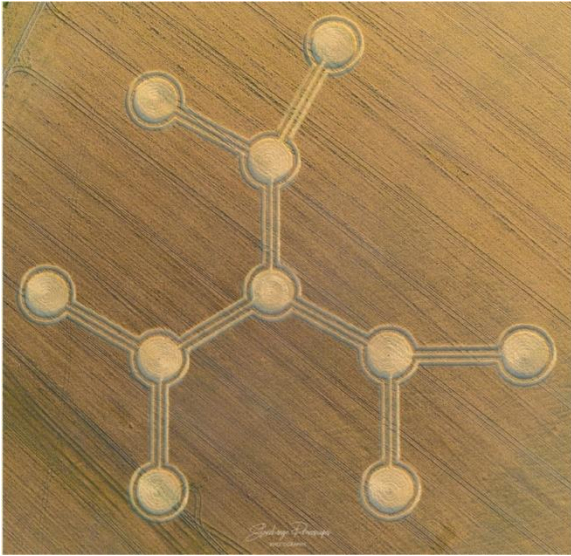


Connecting with the same pattern of the 12 and the center, here, in this precise place, the 12 apostles met with Jesus, in the house of Shimon (Peter). The 12 + 1 pattern is a code that is repeated in all universal patterns, as they are 3 tetrahedra (merkabah + the inner seed) which have 4 faces and 4 vertices (8 aspects of time) and the inner core of the void that sustains the whole and gives coherence to existence.

Therefore, this code does not come from Jesus and the apostles, but from the Universe itself, and they used it to strengthen its transcendence in the universal codes. For this reason, all of us who begin to connect with this loving machinery of the YOSOY discover the pattern of 12 + 1 to connect to all levels of CREATION.

5. I am the center

August 8, 2020 Matías De Stefano



Crop Circle 8.8.2020 - Patney Bridge, Wiltshire (England)

ME: Today I asked myself this question in the pyramid... Why should I be the center of all this?

SOY: And what conclusion did you come to?

ME: Well ... 5 years ago, right here, the teachers told me that I should work on the I Am, and I interpret that the best way to do it is from an I, that is, that many reflect on one.

I AM: Every circle has a center, every sphere has a nucleus.

YO: Yes, I know, all the edges converge in a node, all the stories have an origin ... However, there is something that I do not quite accept about this.

SOY: What?

ME: Be the center of attention... have everyone watch me.

I AM: But you chose to be born under the sign of Leo, to be a lion, the center, the king, to be able to bear it. What is the problem, then?

ME: Just that, the Ego. To get to the I AM one must first go through his ego, and all its aspects and edges. The same concept possesses the I, I am I, my personality. It is a great responsibility to speak of the I Am of each one but still be the one that everyone observes, as an example, perhaps ...

SOY: Do you know what your true fear is?

ME: Which...?

I AM: The Messianic Complex.

ME: Obviously it's part of it. In history, an envoy has always been sought, someone special to follow, in whom to trust and place the hopes of a better world. And as you said, being mammals, we seek that even by nature, we always need references. But in turn, the referents are destroyed, beaten with thousands of arguments, destroyed

by those who observe them. They make them martyrs. Humans have no middle ground. And I don't want to be that. It is a lot of expectation on me.

I AM: You cannot control what others project onto you. You can only control what you believe about yourself. What do you think of yourself? Have you been sent?

ME: I have been sent, yes, by myself, and by many aspects of me in different dimensions.

SOY: So, you are a messiah. If we go to the etymology of the word, Messiah means "Anointed", it comes from the tradition of blessing the new king with consecrated oil on his forehead and head. That is, it is a synonym of being Chosen, Designated. So it's just a semantic or linguistic question: If you chose yourself, you are your own Messiah.

YO: Yes, but it is not like that on a social and cultural level.

SOY: Do you know what is the great conflict of the social and the cultural? They always hope to be saved by someone, but when those options appear, they discredit them because they do not believe that someone can save them. A paradox, right? But it is a sacred paradox. For if someone really came to save them, no one would ever learn that they are capable of saving themselves. He would never discover that he has the power in himself to change his world. We are all the center of something, even those who think they are alone. We all have an environment in which we move, and an environment that moves for us. If we are all reflections of a center, then, by fractal law, we are all the center of our own universe, and if we call that projection of the center outwards a path, a journey, this means that deep within us, we were all sent down this road. That is, we were all "Sent". And if we were all sent, we all have within us the strength and ability to be the savior of our own world, of our day. We are all our own Messiah.

ME: Some then, have sent themselves to fulfill a mission that helps the whole world, others to a smaller world, others perhaps to their family, or friends, or perhaps some animal, or forest, or such. Once a relationship ... We are all "saviors" then.

I AM: We are all reflections, each one is the center of a new cosmos, is the alpha and omega of his own reality. Do you remember the message they gave you in the Ring of Brodgar?

ME: "Do not stand next to the other stones in the circle, because your place is the center, accept the place that corresponds to you."

I AM: Accept that this is your story, and that it is your responsibility. Be an example of being in the center. Of course you are a messiah, as everyone is, each person in this world is a messiah waiting to wake up, Christ lives in each one of them, of you, of all equally. The Sequoia is not more important than the Moss, both fulfill the same function, both bring light to matter, and both unconditionally deliver oxygen to living beings. The rest are just shapes. The redwood may have a much broader perspective of the forest, but the moss extends over much more territory than the redwood. The moss seeks to climb the sequoia, taking it as an axis, but does not consider that its life only passes through it, because it knows well that it is the light that gives it life. The moss that only believes in the redwood as a path to enlightenment, it is a moss that will dry up sooner or later. You understand?

I think so...

SOY: So the sequoia must stop being so to conform to the moss? Must the moss strive to be like the redwood?

ME: No, each one must be what it should be.

I AM: The forest works by exchange, by networks. The branches and roots are interconnected, the species unite and function as one organism, and yet each one is firm in itself. He is not afraid of being who he is, because he knows that he must exist for things to happen.

ME: It must be the center for there to be a circle.

I AM: If there is no center, the nodes disperse, it does not make sense, they do not find the reference to become their own circle, express their own creation. You only fear that they will hate you for who you are ... and you know well where it comes from ...

ME: Yes, I saw it yesterday ... while I was meditating, while I was guiding the alignment, the part of the body that I felt bothered me was the pancreas, the emotion that I felt in my hands was the emptiness of nonsense, and the idea that passed through me head was baldness. When I put them in front of my heart and said: "give it a meaning at 3", I immediately saw my grandfather, Hector. My grandfather was bald since he was almost 20 years old, and I was always afraid of being bald like him. Throughout his life, he lived in a senseless, and died at age 52 of diabetes ... pancreas. Over time I understood that diabetes was the lack of love that he had in his entire life. He was the survivor of about 5 forced abortions of his mother by my great grandfather. He never wanted it. The doctor saved his life. His only axis was his mother, who died at the age of 52.

SOY: And what made you understand this?

ME: That I am afraid of not being loved. To lose the meaning of my life, and that nothing is worth it.

SOY: And... tell me... does that emotion belong to you?

ME: ... well, it's an inheritance, from my grandfather ... But, it's his.

SOY: So ... if it's not yours, it's a projection of your past, of the circle. What if you decide to step out of the circle, and head downtown?

ME: It would be me, I would give meaning to my life and I would not live for others.

I AM: The plexus ... the pancreas. We all live in relationship and symbiosis with others. We are the forest, we are all interconnected, circles within circles, infinitely, each with a function, but all sharing the idea that we are not without the others. And that is true, but we have projected a lot of importance in mere projections. You put too great a weight on what others project onto you, when it is you who projects others. You use the emotion of your grandfather as a way to escape the responsibility of living. Losing your hair, an expression of being stressed, of losing your connection with life. You are very loved, but do you love yourself?

ME: Every day I learn to love myself more.

SOY: I'm glad. Because that is the greatest love you can receive. The love of others is just a reflection of your ability to love yourself. Give your grandfather the love that he could not give himself, and the way you will do it is by loving you as he failed to do with himself.

ME: Ego... go to myself. But doesn't that disconnect me from the others? It is exactly what everyone fears, what I fear, thinking only of myself, being self-centered for dedicating myself to me.

I AM: Others are mere reflections of you, if you love yourself, you will love others as if you were yourself. You cannot deliver a love you don't have. "Only Love will set you free." Remember? The idea of the Self and the Others does not really exist, since there is no separation. To be at the service of others without first being at

your own service, is to give nothing but emptiness. Loving others without loving yourself first is the most hypocritical thing you can do. You won't save anyone if you don't save yourself. And therefore, you will not awaken in others the ability to see themselves as Messiah if you do not accept yourself as such.

ME: The messianic complex ... takes on another meaning. Society seeks change, seeks to transform, but is afraid to do so, and when others launch themselves into it, they assign it an egoic and messianic role. But it is only because they cannot accept that the only way to transform the world is by transforming oneself, setting out to make one's own way, and that the only way to change the real world is believing that I can do it.

SOY: It is foolish to think that one can change the world without believing that one can do it before. The illusion, the madness, the will. What is the use of doing everything if I don't give it to you? How can I make a difference, if I am not different? How can I give a message without being a messenger? How can I make believe if I don't believe in myself?

YO: What you tell me is that, if everything is part of an idea, what difference does it make what they think of me, what others have projected on me, I must believe that I am capable of doing everything. If I believe that connecting the network will change the world, I must do it, if I remember being sent, I must act with the responsibility of having been, and free myself from the projections inherited by family and society.

I AM: A society that seeks to be different and criticizes what is different, is a sick society. A family that seeks love and does not give love is a sick family. A being that seeks to be and fears being is a sick being.

ME: I must transcend the fear of being who I chose to be, and love myself as I believe in me.

I AM: External projections only show you what you project yourself. Be consistent, and you will receive consistent. Now, love yourself, and free your grandfather from his sorrow, and your being from your disbelief.

ME: The message is, believe that you can be the center, that we are all sent, that we all came to save our little part of the world, and that only by positioning ourselves in our center will we achieve it.

SOY: Remember today the one who marks the path that everyone has to travel ...

Me today? Benjamín Parravicini, the Argentine prophet; It is his birthday, and it caught my attention that it is right on the YOSOY portal day.

SOY: It's time to walk... it's time to go to the silver beaches, where the new lighthouse will illuminate the world at 12 o'clock.

YO: We must believe, then, that we have all come together to a plan, to make a difference.

I AM: The circle begins to close ...

ME: And the YOSOY is the Center.



Instagram 9th

[August 9, 2020 Matías De Stefano](#)



“Observe yourself in the mirrors of Time, recognize that your being inhabits 12 spaces on Earth, living in 12 different Times, through the experience of 12 people. You unite them, and when you see them they will be able to see you, and by reminding them of the strings, and by stringing them you beat them in your heart, and in the beat they will resonate, and that same order will let you know that you are nothing more than the void that unites the Everything. I AM the Nothing that gives meaning to the All. That is the key to Unconditionality, the key to transformation: let yourself be by ceasing to be. Forget who you think you are, about being projected, and empty yourself of all perspective. There you will find the truth and the harmony that opens all doors. Ar Am As... Ir Im Is... I was, I am, I will be... We were, We are, We will be. " The message explained to me how to enter a neutrality capable of connecting with 36 aspects of myself through times and spaces, a method to be able to neutrally be in Eternity and from there be the key to the Doors of the Network of Consciousness. The goal: neutralize the prospects in the mind of [#Earth](#) in order to download a new system. [#ONTOCRACIA](#)

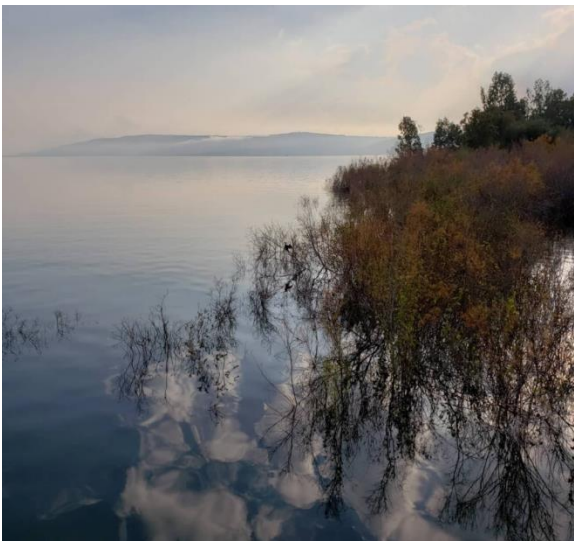
[#RujmElHiri](#)



“The 3 Times are the engine of the Spaces. They are gravitational pulses that rotate in different rates and directions. When the 3 align, 12 souls in 12 times in 12 spaces connect, opening doors between the data of the Universe. When you manage to align within yourself to the 36 factors of Time in all directions of Space, you will see the logic that we call "Reset the System". It is a coherent and loving heartbeat, capable of balancing all the pulses of Time. For this reason, whoever does it must remember their Past, Present and Future. Unite them in Love without limits or conditions, and from there radiate to the 12 directions.

This responsibility runs through your life. So, be responsible, be loving, be yourself, and recognize that you, as everyone will one day be, are the key to the machinery. Being ... " ancestors :) Thanks for

this [#RujmElHiri](#) [#Galilea](#) [#Tiempo](#) [#Espacio](#)



The Sea of Life ([#Galilea](#)), is the reflection of the Seed of Creation. At 600 meters below sea level, it anchors creation. “Express and Experience every aspect of yourself in Life, discover yourself as the Creator that you are and enjoy your creations, because when you arrive at the Sea of Death you must Integrate and Transcend them, letting them go to face the only thing that exists: your being. So reflect in its waters and enjoy every drop of ecstasy and emotion, and when you have done it, dare to see if you are able to walk on its waters, because they are all the emotions you felt, and you will only transcend them when you recognize that you are above them, you manage them. There you will be free and you will not drown. There you will be a teacher, and you will be able to walk on water ... ”



The first time I came to [#Tabor](#) a guardian teacher told me:

“The difference between I and I am is only a change of perspective. The Ego is the worm that must stuff itself with emotions and food until it explodes, reaches its limit of consumerism and becomes a Cocoon (idiot and pupa in a double sense), and there the crisis occurs, and everything that that worm ate, is transfigures, becomes a Butterfly. You cannot judge the Self for what it is, always contemplate the process it is in. By nature all larvae fly. Transmutation is something natural and inevitable. ” And today, the same voice told me:

“I see that you have become a good big Cocoon (irony of idiot and pupa), that shows me that you are ready to become Butterfly. Remember in doing so that your wings, colors and shapes are reflections and stories that others will see, fall in love with, be attracted to, resonate with, hate or fear, but your wings are a character. You will always be the worm that nobody sees in the middle between the wings, the axis that gives meaning to what others will see. Do not lose it, and stand on each Flower (planetary node) recognizing that your two wings and your center form the tripod of a Tetrahedron, and inside is the fire of your spirit. Accept that you are just a character, an I among so many I's, who will reflect the verb I AM on its wings. Go and fly... ”

6. I am the Matrix

[August 9, 2020 Matías De Stefano](#)



ME: Thinking about the Sacrum, and what its potential represents, I don't know why, despite this, the first word that comes to mind is "Frustration".

SOY: Why do you think that word defines this energy center?

ME: Well, the sacrum is the chakra located in the lower belly area, although its glandular power is related to the adrenal glands, which are much higher, the sacrum covers the entire digestive, purge and drainage area, and for thus the liquid and the emotional. Area in which the uterus is also located in women. So I suppose it has to do with it being a creative center, and if things don't go as expected, well, you get frustrated.

SOY: It seems logical, of course. This is a complex chakra, as its energy encompasses many realities. As you have said, it is part of the digestion system, as it is what gives the intestines energy to absorb all the necessary nutrients from food, which will pass into the bloodstream after being filtered. In the same way, the kidneys purge the waters, separating the pure elements from the heavy minerals, excreted into the bladder. And above, the creative womb, the uterus. Many functions, all related to water, and therefore to emotions. In the Universe, emotion is seen as energy, which can turn on a light that illuminates your darkness, or directly electrocute you. Energy is neither good nor bad, it only has positive and negative aspects that give it mobility through space. The great conductor of energy is water. And therefore, the electrical pulses in the water generate chemical reactions that give rise to cells, and thus to the mechanism of life, creation. To obtain this energy, it is necessary to transform or decompose a previous one. In biology this went from being photosynthetic to phagocytting, in other words: from inspiring light to eating it. Thus the matter, which is made up of photons, light particles, would be grouped into plants, which would then be eaten by herbivores, and then these by carnivores, and all of them by omnivores. Energy is processed in the intestines, generating calories, that is, heat, light, energy. This force or impulse produces a reaction that gives vitality to the body and will to the mind. Thus, depending on what you eat, you become creative. electrical pulses in water generate chemical reactions that give rise to cells, and thus to the mechanism of life, creation. To obtain this energy, it is necessary to transform or decompose a previous one. In biology this went from being photosynthetic to phagocytting, in other words: from inspiring light to eating it. Thus the matter, which is made up of photons, light particles, would be grouped into plants, which would then be eaten by herbivores, and then these by carnivores, and all of them by omnivores. Energy is processed in the intestines, generating calories, that is, heat, light, energy. This force or impulse produces a reaction that gives vitality to the body and will to the mind. Thus, depending on what you eat, you become creative. and thus to the mechanism of life, creation. To obtain this energy, it is necessary to transform or decompose a previous one. In biology this went from being photosynthetic to phagocytting, in other words: from inspiring light to eating it. Thus the matter, which is made up of photons, light particles, would be grouped into plants, which would then be eaten by herbivores, and then these by carnivores, and all of them by omnivores. Energy is processed in the intestines, generating calories, that is, heat, light, energy. This force or impulse produces a reaction that gives vitality to the body and will to the mind. Thus, depending on what you eat, you become creative. and thus to the mechanism of life, creation. To obtain this energy, it is necessary to transform or decompose a previous one. In biology this went from being photosynthetic to phagocytting, in other words: from inspiring light to eating it. Thus the matter, which is made up of photons, light particles, would be grouped into plants, which would then be eaten by herbivores, and then these by carnivores, and all of them by omnivores. Energy is processed in the intestines, generating calories, that is, heat, light, energy. This force or impulse produces a reaction that gives vitality to the body and will to the mind. Thus, depending on what you eat, you become creative. to inspire light to eat it. Thus the matter, which is made up of photons, light particles, would be grouped into plants, which would then be eaten by herbivores, and then these by carnivores, and all of them by omnivores. Energy is

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ME: And the kidneys?

SOY: It is the energy purifier. The large amount of this energy promotes the secretion of adrenaline, produced in the adrenal glands, that is, above the kidneys, and while one gives us the strength of the energetic will, the organs purify the impurities of our being. But if I do not stop providing impurities, it is inevitable that one day, the kidneys will exhaust themselves, and they will stop purging, getting dirty, filling the body with heavy minerals, and generating heavy energy that will consume adrenaline in trying to dissolve this conflict, instead to be willing to activate the will. Exhaustion. The feeling of loss of strength, of creative sense. There is no energy, and there is no creation. So, everything done so far seems to lose logic, because I'm just looking to burn fat. There is the frustration.

ME: What would those fats be?

SOY: Everything that I did not face before, what I did not prepare to work on myself, the things that "I left for later" or was afraid to look into the eyes. You call it karma. Karma means dust in Sanskrit, but we could actually refer to karma as all unnecessary burden.

ME: I define karma as the books that you take to school in your backpack, and that far from incorporating their knowledge, you repeat the course over and over again, always carrying the same books and now carrying new ones. Greater weight to go to class. It is not bad to carry a book, the bad thing is to carry it all your life without having understood what it says inside.

SOY: Well, fat is the same. Based on the biological aspect, the book of life, lipids are useful for accumulating useful liquids and minerals in times of scarcity. They are energy reserves. But if I don't know what to do with that energy, it continues to accumulate, it is not processed by my body due to lack of will, and it accumulates, generating weight. That weight is called biological frustration. Although the opposite can also arise: the senseless waste of energy, which consumes the entire reserve until it runs out of anything, which results in the same emotion: frustration, because now you do not know what to do, because you have run out of energy .

ME: So you tell me that frustration has nothing to do with the perception of having done things and that later they don't work, but it simply has to do with my ability to manage my vital energy... is that it?

SOY: Exactly. I know that you humans put all your evils in the external world, by the grace and misfortune of having two eyes that look out. It is easier to think that external circumstances are the ones that determine my state of mind, emotional state, or that condition my success in action. But the truth is that failure is not synonymous with frustration, failure is synonymous with "trying again." If in the attempt you do not spend all your energy, or in the intention to do so you do not stay still in the world of ideas and hopes, then a failure is a new opportunity. Think of it in terms of waves. Imagine a wave of vibration, or the waves in the sea. The reason the curve drops is not because everything is going wrong, but because it is taking a clean and jerk to launch itself more strongly upward. A natural catapult in the form of vibration waves. It is this system that gives speed to sound and light. Not the rising straight lines, but the undulating spirals.

ME: Culturally it is what we would call success and failure, crisis and opportunity. It is our own energy management that leads us to create. And there is the strength of the uterus. The biological manifestation of creation from trial and error after millions of years, what we call Evolution.

I AM: It is precisely the evolutionary mechanism that gives us the power to understand that what we have achieved was not because of our successes but because of our conflicts, because only in the face of crisis do we awaken new overcoming options. Nature, in general, has as a fundamental key the reserve and administration of energy to transcend through time and space. Therefore, frustration is only a personal perception of the inability to manage one's own energy. Now tell me: What frustrates you?

ME: ... well, honestly it frustrates me to think that everything I do is useless.

SOY: What a useless thought, right?

I eat?

SOY: Possessing a frustration in an idea with projection to the future, is basically unreal. It is wasting time.

ME: Well, yes, I know, but in a way I work to build the future, and every step I take, I take it thinking about whether or not it is useful for that future.

SOY: Well, there is your mistake. You don't have energy for the future now. Perhaps, in 5 years, your body processes an amount of energy that you have never experienced before, and you launch yourself with such force that in 2 months you will achieve everything that you have not done in 30 years. Isn't it then absurd to project your current capacity into the future? Imagine yourself at the age of 5, learning the letters, frustrated because you don't know how to write this dialogue due to the lack of vocabulary, frustrated because you don't know how to get to the world, since the internet had not even been made public, or frustrated because you can't speak English and then you would never get to other countries. Isn't that ridiculous?

ME: Seen like this... yes it is.

SOY: So tell me really, what is it that makes you feel frustrated?

ME: That many of the things that I have done have not gone ahead, that is, that all the strength and energy that I put into my projects always end up being something totally different and easy. The YOSOY project itself was going to be a super documentary journey around the world, in an adventure like no other, where we would interview children and the elderly about planetary consciousness, about a new society. And also, the movie we were going to make, the friends with whom I was going to do it. It frustrates me that all of that suddenly falls over, disappears, and ends up doing all of that too easily, sitting in one place. I feel like everything I did and arranged was useless.

SOY: Therefore, do you consider that what you are doing now is wrong or does not work?

ME: No, I'm not saying that, but now everything is perfect, everything works out wonderfully and makes too much sense, but even so, the last 5 years have been spending energy, ideas, friends, family, money, resources... everything. For what? If in the end it came out in another way that I did not manage. Which makes me wonder ... What is the point of making plans for the future and creating projects if in the end two months before the universe orders everything and it comes out perfectly but exactly the opposite expected ...

SOY: Tell me, how does the Universe work? For energy right?

ME: Yes, use available energy to manifest.

SOY: And do you think that 5 years ago you had the right and just energy available to do what you are doing now?

ME: Clearly not ...

SOY: These 5 years you have been eating at a banquet like no other. You swallowed a lot of food in the last 12 months that you were also digesting. The last 6 months your spiritual intestines separated the nutrients from the heavy minerals. And in the last 3 months, the adrenaline started to flow through your veins. And two weeks ago, you took the will, and took action.

ME: I wonder then when will I send the shit ...

I AM: hahaha, that will inevitably come. But you will know how to turn it into compost. A good compost for what is to come. To sow a seed, watch the plant grow, and reap its fruits. Eat the product that came from your own shit.

ME: I understand ... everything I did is part of the creative process, of ingesting energy, processing it, creating, absorbing what is useful.

SOY: Everything is part of a process. And when that energy is ready, then you can be a Father ...

I father? ... I know... it's something that I know is close...

I AM: It is the natural process. All that creative energy manifests itself in the sacral gestation. But before being a father, you must be a Mother, activate the uterus, the womb: the Planetary Network.

ME: Many awakening people call the Matrix the Matrix, and give it a negative connotation. They say that it is a network that keeps us prisoners in this world and reality, and they refer to it as a prison. They say that the gods or the universe is like a video game that uses us as its characters creating realities in order to consume and devour them. As if everything were part of a macabre design, although some conspiracies already go a little further saying that even politicians and NASA have to do with this ...

I AM: Matrix is the Latin word for Uterus, maternal womb. You can, then, think that what is lived today with the persecution of the Matrix is the "New Age" version of the Inquisition's witch hunt: considering the female aspect as the culprit of all our ills. The truth is that the Universe is a creative womb, and yes, we are its creations, generating energies for it to regenerate. We are in God's digestive system, in a way. Creating energy, realities. The Matrix is the network that connects all visions, energies, patterns, vibrations, all the bases of creation, evolution. It is not a trap, it is a tool, it is a mother. But it is normal for children to want to emancipate themselves from their parents. It is the crisis of the adolescent, who first denies the mandate or order of her father, the Patron and takes refuge in the arms of his mother, the Matrix, until suddenly he realizes that the mother was the one who wove the webs of his reality, and decides to escape from her arms. She denies her parents and ancestors, seeking to be someone different, until, without waiting, one day she becomes a father or mother.

ME: And there he has to make the decision of whether to do the same as his parents now with their children, or to be a different father or mother.

I AM: When you begin to manage your own energy, you become the creator of your own reality, the gestator and gestator of your world. It is easy as a teenager to judge parents without having been, but we all grow up, we

understand. It is important for evolution to transcend parents, but it is just as important to honor them, because among their energetic capacities, they have given what they could best and had of themselves so that we can be what we are, although sometimes it is not what our expectations would like. . The cosmos is a creative mother, which protects us until we become creative mothers ourselves. The Matrix will continue to be a prison for those who irresponsibly do not have the ability to create their own world and manage their own energy.

ME: So, to get out of the feeling of frustration, I must use my own energy correctly, understanding that everything I have done so far is part of the digestive process that gives me the energy to later develop my reality, being the mother and father of this new world that I am capable of generating.

I AM: All belief patterns are compost for this seed, all your patterns are what determine what you feel. Use them properly, without judgment, they are just tools. Become the parents of your reality. Take charge of your own energy. Tell me what you eat, and I'll tell you who you are.

ME: I am the generator of my own energy ...

I AM: I am the Matrix.

Instagram 10th

[August 10, 2020 Matías De Stefano](#)



Bello find this beautiful maze in front of Mary's house where [# Jesus](#) spent his childhood in [#Nazareth](#)



The labyrinth is the symbolism of the Spiritual Path. Not a place to get lost, but to find yourself. When entering, one walks in meditation the steps that one takes towards her goals, when leaving, one walks the steps towards the liberation of the being before these objectives.

Around it are the symbols of the 4 Elements: Tetrahedron (Fire) - Cube (Earth) - Icosahedron (Air) - Dodecahedron (Water).

In the center, the Seed of Life, the Octahedron (Ether) represented by Mother Mary, Christian incarnation of the

Sacred Feminine Creator of Existence. Perfect summary of the Matrix. MOTHER comes from Mater (matter), Matrix (uterus), Matrix (network)

FATHER comes from Pater (pattern - boss), Patrone (patterns, structures)

This means that the divine Mother is the creative network of all things, while the divine Padre are the paths to follow within that network. Both Sacred aspects are embodied in thousands of Codes in history, which from being a fact became history, from there legend and then myth, but the truth of its code transcends times, characters and spaces.



When I was a child, my grandfather Kalak told me the story of the Ater Tumti, the plan to bring Heaven to Earth. When I started my studies, Sobek taught me the importance of going beyond and transcending limits. When I was an adult, he and my sons Usr and Bathr taught me Love.

Along with my sister, Sobek and her brother, I learned what it was like to be an Idilien, priests of the 4 Elements. And alongside the Azul family, what it was like to be an Arsayian.

Before the Sphinx I learned about my mission and creation.

In all my life, I understood much of what today I know and explain humanly about history and the universe. But what truly reminded me of everything I know was that love, that peace that I felt when hugging my children and partner. There was every memory, every sense, the essence and coherence of everything. And it was this love that kept my spirit and soul alive for so long following the path, the one that kept me on the axis, the one that opened the doors to what I know.

When my guides told me to draw what made the most sense to all my memory, I did not hesitate to make these two drawings. There he found harmony.

So I understood, that beyond the great cosmic epiphanies or divine awakenings that we have, there is a common agent in the divine equation: the magnetism that makes the proton, neutron and electron remain united.

We humans call it Love... Everything is Love... I AM LOVE.



... a wave spread through the Cosmos, and its vibration awakened the creative power. The wave became a particle, and collapsed with another. A spark, generated light, the vibration of the mind, generated energy ... emotion.

And in the echoes of the waves of time, they search and find each other. One is a neutron, another is a proton. One is the Matrix of the Cosmic Fabric, the Web. The other is Purpose and direction.

And from time to time, the particles cross in space, remembering that the mind is one, that energy is the loving reflection of observing oneself without forms, and that forms are simple tools to find ways to reconnect, to feel again the first flash of the first atom that formed us.

In the mirror of Time, that proton and that neutron met, and more than ever I understood, that our story is not about souls or lives, but about coordinates and codes that lovingly guide us to reencounter with the essence that [#YOSOY](#)

Love unconditional is the magnetism that gives freedom to creation. □

TO KEEP EXPANDING THE CREATION INSIDE!

[#NOSAMO](#) [#YOSOY](#)



Just as the Tissue of the Mental Network expands from the Great Pyramid today called Cheops, the Tissue of the Network of the Soul, of the Heart, expands from Osirion in Abydos, being its embodiment in Matter in the Biological and Physical Network that is anchored in the islands of Aswan, in Philae.

Even knowing that the Universal Truth is a pulse of divine thought, all arising from the Cosmic Mind, it is precisely the pulse that allows its expansion, the beat, the echo that we anchor in the Heart. And its waves create shapes and patterns that are lived in lives and their different bodies.

They are the three ONE, being any of the 3 possible to take as the axis of the way towards the center: the spiritual mind, the heartbeat of the soul, or the patterns of matter. The three are the Holy Family, the Divine Trinity, and one without the other loses its logic.

For this reason, I feel honored to be able to connect with the 3 networks in me, and represent in the Planetary Network all those who live in the mental path of the spirit, the emotional path of the soul and the physical path of the body.

7. I am vitality

[August 10, 2020 Matías De Stefano](#)



ME: Today is the day corresponding to the Mind of the Root chakra, and I was thinking, how difficult it is for most spiritual people to accept the importance of this chakra in enlightenment.

SOY: Well, it is clear that in the last 2 millennia the function of this power center has been misinterpreted and seen only in its negative aspect. This has clearly generated a particular vision of it that by habit has made it something “taboo” that should not be talked about.

ME: It is because of that constant search to go to the heavens, believing that everything earthly traps us and is bad.

I AM: forgetting that the shape of the cosmos is toroidal, and the higher you go, the closer you are to returning to the lower base.

ME: What is it that we should understand about this chakra?

I AM: Basically, it is the center of Vitality. If in the sacrum you created the energy, this is where it settles and takes strength to ignite. The spark of the serpent of light: the kundalini. The energy circuit is a closed process

with positive and negative axes. To understand it, you have to understand the following: what happens when you light a fire? Does the heat go up or down?

ME: Go up, because the electrons dissipate, right?

SOY: And the cold air?

ME: Come down, that's why the stoves go down and the air conditioners up

I AM: Cold air weighs more, and warm air weighs less. Thus, we can see the snow falling from the skies, and the fire flaming up into the air. This helps us to understand that the Spirit, the cosmic Mind, is a fresh, platinum energy that seeks to descend to matter, to become water, to life. As long as the body is hot, it emits energy, ignites its fire by evaporating the water, making it return to its heavenly state, consuming all anchorage to matter to ashes. Both generate the cycle of life, the engine of the positive and the negative. And observe the great mistake: the negative is what descends, and the positive rises, that is, the spirit is the negative aspect, and the body is the positive, not the other way around. Therefore it is the densest part of the being that seeks ascension, enlightenment, while the enlightened one seeks density, to be born, to live. The great conflict is believing that the spirit wants to rise to the light when it already inhabits the light and consciousness. A spirit is an adventurer, an artist, it needs to be inspired, to live, to experiment, to get down and dirty to be nourished by the grace of creation. Instead, the body seeks transcendence, constant liberation, seeks to expand and regain clarity, leaving what weighs on it to feel at peace.

ME: So all this time we've been doing it wrong, denying the lower body, is denying ascension. The transmutation of being.

I AM: Denying your legs and your genitals on the path of spirituality to find enlightenment is like wanting to look for water in the rain and instead of using a barrel or bucket, you try to accumulate it by opening your mouth and pointing to the sky. You will die of thirst. And you will feel only the aroma of the spirit, but it will not satiate you.

ME: The source of the spiritual connection, is it then in the genitals?

SOY: As strange as it may seem, it is. The fundamental key to understanding this is that spirits don't want to die, they want to be born. The universe seeks to create life. And life arises from the potential of reproduction or multiplication. A kind of energetic ecstasy that leads the spirit to unite with the patterns of matter. In a way, it is the spiritual mind that constantly thinks about sex, since the spirit gives vitality to the bodies, and for the spirit to descend, it needs cell multiplication and combination of genomes, that is, information. The crown chakra is the door of the spirit to matter, and its physical source is anchored in the pituitary gland, a tiny brain gland in charge of the homeostasis of the body, that is, of balance. It is what drives the hormonal functioning of the whole body, who gives orders to the rest of the chakras, the glands. The most distant glands to which this information reaches, is the one of the genitals: testicles and ovaries. The impulse of the spirit on these glands is to generate the cells of life, and therefore, vitality. To do this, it sends a large number of electrical pulses that expand the genital area, generating heat, which seeks to expand. This flash is the heats of sexuality. "Being hot" they say, right? which seeks to expand. This flash is the heats of sexuality. "Being hot" they say, right? which seeks to expand. This flash is the heats of sexuality. "Being hot" they say, right?

ME: Yes ... it makes sense ...

SOY: Thus, the energy begins to rise, transmuting the fire of the body, ascending. The cold energy of the spirit is converted into hot energy of the body, and they complete a perfect life energy creation circle. Now, this circuit is perfect at an energy level, and it becomes complex at a biological level. The biological basis is multiplication, mitosis, meiosis, and the creation in turn of these two positive and negative aspects in two types

of genetic genders: male and female. The first will be driven by heat to sow the genetic seed, and the second to retain said seed by attaching it to its own. Normally, in the biological world, the male will have to fertilize as many females as possible to ensure genetic territory, and expansion. The female takes much longer to gestate the seed until it is born and fends for itself, and that is why the male cannot waste time. However, depending on the climatological or geographical context, this symbiosis adapts, such as generating a long-term communion with the aim of protecting the fruit of said union. Every kingdom, species and race has found its way. But the human added another: the cultural one. Culture is another way of ensuring the transcendence of a group and genetics, and puts an artistic, spiritual and moral weight on the reproductive act. Every kingdom, species and race has found its way. But the human added another: the cultural one. Culture is another way of ensuring the transcendence of a group and genetics, and puts an artistic, spiritual and moral weight on the reproductive act. Every kingdom, species and race has found its way. But the human added another: the cultural one. Culture is another way of ensuring the transcendence of a group and genetics, and puts an artistic, spiritual and moral weight on the reproductive act.

ME: The way you put it is as if there is no love between couples, as if everything is worth simply reproducing.

SOY: It is so. Whether it is your body, your soul or your mind, an individual or the universe itself, the only thing they seek is to expand, to have the ability to discover what they are capable of with their potential. From the biological, it is reproduction, from the emotional it is the ability to feel, from the mental it is the ability to learn, from the cosmic it is the ability to create. It is a matter of semantics. Your problem is that you are so immersed in the emotional concept of love that you do not see that love is energy, it is not culture. You are the only species that calls energy "love", and you think you are different or beautiful because of it. Well, no. Energy is already beautiful, the combination of positive and negative, of the ability to create, to seek to multiply, to see in the other the complement for transcendence, everything that sounds mechanical to you, is love, It is beauty, it is creation, it is falling in love. De-romanticize your moral idea of what it is to join another, because that way you will only think that the only way to feel love is for what another makes me feel, or for the utopian idea of reaching a place where we all love each other with hugs and the kisses.

ME: So I understand that for the spirit, everything is one, and reproduction and birth are potentials of manifestation, of loving, of interconnecting energies that expand.

SOY: Exactly. Now, like all energy, it can also stagnate. We go to the animal kingdom, where you belong. You may have noticed that the reproductive season of a human begins around 12 or 13 years of age, and for a decade or so, everything gets out of control. The hormones generate a lot of heat, with the intention of making the body grow, especially to position it in an aspect worthy of reproduction, and this excess heat generates a period in which controlling the internal fire is almost impossible. And when there is a lot of energy in the same place looking to get out ... we all know what happens ...

ME: ... Explodes ...

I AM: That energy is called rage, anger, hatred and all those low emotions that generate discords, struggles, fights. But is this human?

ME: No... it happens in all animal kingdoms.

SOY: And in others too. It is the fight for reproductive territory. The energy of the mammal makes it fight with other males or females to obtain territory or the greatest number of agents with which to reproduce. This makes them intolerant, and activates the fauna. Do you remember what was done in Khem, 12,000 years ago, with young people between 12 and 18 years old?

ME: We were taught to handle sexual energy. We were told that this stage was the best to learn to connect with the spirit if we learned to channel this potential, if we took advantage of this fuel. We were taught to have conscious sex, which today would be tantra and kamasutra.

SOY: Sure. Today that energy is repressed with morals, with taboo, with religion, with shame, with "that is not spoken", "that is not done." The more this energy is blocked, the stronger it explodes. A few thousand years ago, this luscious and luscious period was credited with our animal past. In the quest to be heavenly and holy, celibacy was spoken of. Rage and anger were understood to be attitudes of the devil, and should be punished. The rage came from hysteria, from the Greek "hysteria", which means "uterus", which linked women directly to the devil. To calm their emotional disorder, they were described as almost animals, belongings of men that had to be controlled and that only served for reproduction. And the man was told that sex was only to reproduce and that they should do it only with a woman in the eyes of God. In turn, the man closest to the Godhead was considered, and therefore, large numbers of people were forced to leave earthly pleasures for heavenly glory. But, dear friend ME, the body was still an animal and denying it would not make it disappear, but enrage even more. It is like having a power plant in a dam, where more water arrives every day, and therefore more energy is generated, but it is not being used for anything, not even lighting a town. Sooner or later, that non-flow of energy, that denial of love, the lack of affection, the denial of the genitals, treating them as the impure part, all this leads to the explosion, which destroys everything around them. Call it rape depravity, pederasty, is the misuse of sexuality for the simple fact of having denied it. You cannot deny the source of your vitality.

ME: Is the sexual violence we are experiencing now a reflection of this?

SOY: Now? haha, now you have internet, it's the only thing that has changed. The positive energy that the seed, the masculine side, delivers with its fire burns, devastates, naturally penetrates the celestial energy. If that energy was not well worked from childhood, if she did not receive the corresponding loving balance, if she did not learn to respect the energies of others and to manage her own, then she will use her vital energy to try to dominate others. And the longer the trauma of repression lasted, the worse the outcome, as in rape. The same happens with the celestial feminine energy, which descends and receives said fire, that is, it can trap you, control you, manipulate you to mold the other at your mercy. Many of those who wanted to feel sexuality freely, they were forced to abandon him, turning them into celibate priests and nuns, who have only found in the repression of others, rage and anger as an escape from their energy, and some, in the most vulnerable, children; and they do it, because they too are wounded children. The violence of humanity comes from not being able to manage its life force.

ME: A humorist once said that if humans had more sex there would be no wars.

SOY: Was he a humorist or a scientist? Look ... The vital energy is the key to the expansion of life, if I cannot expand myself, I will seek to expand on others, imposing my energy, seeking to dominate them. All anger I feel is the accumulation, retention of energy that I am not using correctly.

YO: What I notice between the lines is that sex is essential for balance.

I AM: Not sex, sex is to reproduce or satisfy a momentary energy. Sexuality is the key to enlightenment. All the power centers that ignite the divine fire of kundalini are located between the anus and the perineum. The testicles and ovaries, in the penis and vagina, in the clitoris and prostate. There is the force that ignites life, there are generated the cells and nutrients that create humans! What greater force of creation, then, do you have in your body capable of allowing you to create without limits?

ME: And... How do I use it?

SOY: Well there are many ways. First of all, stop thinking about what society has explained to you about these parts. Forget what you have learned or believed from it. Clear all prejudice of this energetic engine. Second, find out. It is part of you, analyze, observe, touch, discover. To know how to use it, you must learn by doing.

ME: It seems silly, but yeah, most people don't really know where their tender points are. And it is not just a question of masturbation, but of the sensation, simply.

I AM: There is the third step: the two ways. The first way is to discover the point of greatest pleasure and allow the biological fire to be released until all the muscles relax. The second way is to send that fire towards the head, without needing to release the tension, that is, ejaculate. The first path helps us to know our limits, and to discover the power, as well as "to keep the circuits active and clean". The second path ignites the fire of the chakras towards the crown, connecting us with the sacredness of sexuality. And all this must be done alone, in the first instance, because this is the discovery of oneself. The time will come to achieve this with the other.

ME: This would allow us in the first place not to accumulate energies, make them flow, and secondly, it would help us to better connect with our spirit. True?

I AM: Enlightenment feels like a great orgasm, ecstasy, if you don't know what orgasm feels like, you will never know if you have enlightened.

ME: Good point ...

I AM: The energy that runs through your entire body is infinite, misused it destroys and generates horrible emotions of hatred, rage, control, anger, manipulation, violence. Learn to discharge the tension throughout the body of the base chakra, and you will be able to use the vital energy to ascend, connect with the infinite creative power, with your higher self and manifest it here and now.

ME: The big task is to free the idea of what we believe about sexuality.

I AM: That is why we are in the Mind. Surely many have "dirty minds", and it is normal, it is due to the inability to have released the occult ideas about sex. This is the chakra that keeps humanity trapped, no other, all its evils pass through here, the source of its power, of its energy. They cannot pretend to be enlightened without electricity, they cannot pretend to feel heat without fire, they cannot pretend to see light without an energy source. They cannot think that the way to illuminate is by accumulating light and energy, as they will only result in an explosion. The repression of this chakra has repressed all the others: the fear of creating from the sacrum, the fear of being oneself from the plexus, the fear of loving from the heart, the fear of speaking my truth from the laryngeal, the fear of thinking differently from the 3rd eye, the fear of believing different from the crown.

ME: Eggs, ovaries, guts, courage ...

I AM: Put your energy into it, because you are your own energy.

ME: I am Vitality.

In the YOSOY Path Time Portal, we will expand the nodes of the Planetary Network. Day in which each one will join from wherever they are, in resonance.

LOCATION: We will publish the map of the Network with the energy lines to find the important connection points. By being on one of those lines or in a nearby temple / mountain / park, we will join the flow. Search the map for the closest places!

RECOMMENDATIONS

Meditate: incorporate Mind, Soul and Body; Sound, Energy and Matter.

Example: "The 4 Keys", link in highlighted

Then and above all, FLOW. Let yourself go through the energy of the network.

Listen: 12 AMMA Mantras and the Song of the YOSOY that we will share.

PREPARATION: 26.01 to 01.02

MIND: Take a few minutes to sit on the ground and gaze. Think about the negative things you have thought, done, seen or felt in the day and drop it to the ground until you empty your mind.

EMOTION: Take the time and meditate on the following questions. Write the answers. Let it go.

_CORONA

Do I own my thoughts or do my thoughts control my life?

_THIRD EYE

Are my life goals really mine? Where am I going, where do I want to go?

_LARYNGEUS

Am I consistent between what I think, say, feel and do?

_CORAZÓN

Do I accept myself as I am and accept others as they are?

_PLEXUS

Are all the relationships I have with other people balanced? Do I have dependencies on them?

_SACRO

Do I have the willpower to do everything I propose?

_ROOT

Do I really live in my present? Do I hope to be someone different or am I a constant result of my past?

_KNEES

What is my relationship with my mother? With my father? To what extent do they control my life? What do I need to let go of them? What do I need to accept from them?

_ANKLES

Am I the owner of my destiny? Take a step deciding to change something in him. Can you really take that step?

BODY

No meat. If you eat, meditate before and / or after.

Not sodas, if natural juices or water. Less coffee, yes tea. No smoking or as little as possible. Minimal Sexual Relationships: perform an alignment meditation before / during / after if you have one.

_Movement.

Walk 30 min / day. Stretch.

THANK YOU!

8. I am the tree

[August 11, 2020 Matías De Stefano](#)



ME: If my base chakra is life energy, why is it also called the root chakra?

I AM: Because it is the point from which the connection with the earth is born, which is where much of the energy of this chakra comes from. The physical expression of the roots are your legs, and the nodes that accumulate nutrients are your knees.

ME: So the knees are constituted as one more chakra.

I AM: The eighth chakra from the point of view of heaven, the second from the point of view of earth. This means that for the etheric, spiritual plane, the path to life manifests itself in taking an idea (crown) that I turn into a purpose (third eye) for which I must learn and develop in the experience (laryngeal), share myself and expand my limits (heart), to strengthen the personality that is my tool (plexus), and thus create the necessary energy (sacral) to manifest my ideas (root). Born, and begin to trace my path on earth (knees). However, for those who seek to get out of the paths of life to return to the spirit, they go the opposite way. It seeks to free itself from the roots in matter (knees) in order to transmute its energy (root) and become the creator of a new reality (sacral),

ME: What information do the knees connect with?

I AM: With the story and your ability to adapt to it. The legs are the tools of the physical body that hold the greatest amount of weight of your material, they are the ones that exert the greatest amount of pressure, the ones that generate the greatest force and power, and the ones that allow you to move forward or backward. Your knees are the centers of flexibility on this path, the ones that allow you to lean, protect yourself, perform strength and hitch when climbing an uphill, they are the ones that exert the necessary pressure on a descent. But above all, they are the ones that remind you that the path is forward or upward, as they are designed to help you walk, move in the environment, and be agile when running, escaping. The idea of the knees is to strengthen your presence here and now, and to help you advance on the path you are traveling.

ME: This is why they are related to history, because they mark the path of our body.

SOY: And not just your own, but everyone's. By cellular memory, each step you have taken has been recorded in your knees, and through the sympathetic and parasympathetic pulses of the nervous system, these data are

recorded for future reactions. You can think of your knees as a kind of gps that records all the steps you have taken. But when your phone dies, this information goes through the cloud, and is downloaded to a new phone, perhaps with better applications and operating system, but the steps are there, in the gps. This lets you see that each step taken by your ancestors is recorded in the nerve pulses that have inscribed it in the DNA. The reason is the provision of information in the event of similar circumstances. For example, climbing a ladder for the first time is difficult, until your body has experienced it, and then, it will no longer be necessary to think about it, because the mechanism of how to do it will be in each cell, and they will act by reaction when seeing a staircase. Today you no longer think how to raise or lower it, it just happens. You do it and that's it. Well now imagine the same with every decision that has been made. Where have you gone, what have you done, to travel or not to travel, what you eat, what you feel, the attitudes and aptitudes, the skills developed, the unsurpassed traumas, the beliefs, denials, repressions, pains, dangers, loves, sensations, intentions, everything, everything you can think of that has involved a decision-making and has led to an action, all of that has been recorded as a pulse that, if it had to be done several times, has been mechanized. The more times it has been repeated,

ME: That is, taking into account that the sympathetic nervous system refers to everything that we do voluntarily, such as speaking, moving my hands to write, every action and attitude that leads us to do something at will, is ingested from mechanically by the parasympathetic system by repeating itself over and over again, that is, as breathing, heartbeat, digestion.

I AM: Exactly, everything that you shouldn't think to make it happen is the result of a sympathetic action that, mechanized, became parasympathetic. And so, it is inherited, from generation to generation, like the very beat of the heart. That is why we resemble our ancestors, that is why we have attitudes of grandparents, great-grandparents, parents, even without knowing them. Therefore we repeat the same mistakes or awaken the same attributes.

ME: Does this mean that we must free ourselves from those attitudes to be ourselves?

I AM: Error. Who are you without those attitudes? What are you yourself? Think ...

ME: I am the end result of all this ... that is, my existence, my personality, what I think I am, is the complete product of all that mechanical action. My personality, my self, is practically an inheritance seen from that point of view.

SOY: Very well, you cannot get rid of what you are, because you would cease to be. Imagine a tree that believes that to be a good tree it must first cut its roots. Does the tree that thinks that have a future?

I do not...

I AM: Because a tree with deep roots grows stronger, because it is firmly anchored in its present. The human moves, unlike the tree, which has given it a connotation of "fleeing", "escaping" from its point of origin. Get away from your past by going into the future. Entanto for a vegetable the future is up and down, for an animal the future is ahead, where it is going. This has created the feeling that the only way forward is to leave the past behind. However, everything in life is a cycle, and inevitably, we go back to where it all began. For this reason, each story that you read, write, observe or live, is normally a circle, in which the "hero" moves away from his home, and after passing hundreds of feats and transformative adventures, returns to his home. Thus, you were just a tree that walks in circles. But tree at last. That is why each one of us goes back to where we started, the alpha and the omega, the beginning and the end, is ourselves, and everything that life gave us is the tool to make the journey. Your family, your culture, your race, your species, are your roots. They all have something to offer you. The first cell gave you the heartbeat, she dedicated herself to thinking about how to generate the circulation system, so that now you don't have to think about it. The nerves had to find a thousand ways to find the correct way to transmit information, and it is thanks to these cells that today you don't have to strain to feel. It is thanks to the conjunction of cells and bacteria that today you can digest without thinking. It is thanks to the first

complex organisms that you can breathe and move without thinking, thanks to your hominid ancestors you know what a home is, a family, It is thanks to the dangers that you have learned to feel fear, and today you know how to defend yourself. All your innate abilities are thanks to those homo-erectus and homo-habilis who set out to investigate the sticks and stones. It is thanks to all your direct ancestors that you feel what you feel, that you think as you think, that you have the capabilities that you have, the characteristics that make you who you are. And each step you take is an electrical pulse that charges your DNA with information for your children, grandchildren, and all future generations. that you have the capabilities that you have, the characteristics that make you who you are. And each step you take is an electrical pulse that charges your DNA with information for your children, grandchildren, and all future generations. that you have the capabilities that you have, the characteristics that make you who you are. And each step you take is an electrical pulse that charges your DNA with information for your children, grandchildren, and all future generations.

ME: What if I don't have children?

SOY: Well, your friends, nephews, or others. Well, attitudes are shared and transmitted by pulses, and sharing is a pulse too.

ME: In other words, I cannot clean the karma that does not correspond to me, nor eliminate the history of others, because that history is me ...

I AM: You can't.

ME: But... what about all those karmic cleansing therapies and clearing past memories?

SOY: If you think about it, the only thing they bring you is clarity. Thus, you accept your story, you acknowledge it, and you accept yourself. The idea or thought that these therapies lead to is to recognize that I am taking a weight off my shoulders that is foreign, but all I am doing is giving it its rightful place. If the goal is really to eliminate the past in order to build a future, it is literally to believe that I will obtain better fruits by cutting down the trees.

ME: Sure... it's impossible.

SOY: It is difficult for me to see running a historic marathon in a wheelchair. Perhaps the chair is motorized and you will beat those who are running, but it will not have been a fair race, because your body did not find the inner potential, but used the external one. You become invalid not when you cannot use your body, but when you devalue it by depositing it on something external that assures you that it will make your life easier. That is to be "invalid", which means "worthless."

ME: Therefore, everything that my family has lived, is what I am ...

SOY: Tell me, what has your family experienced?

ME: Well as far as I know my family comes from Potenza, Italy, well it was actually the Kingdom of Naples, and they emigrated during the war of unification. Hunger led them to leave, to emigrate to Argentina in search of a peaceful home where they could produce. There they had children, they multiplied. It was a very macho and old-fashioned family, but I recently discovered that the men in the family, all their women had been cheated on with other men. In fact my great-great-grandmother ran away with another and abandoned them. It was even thought that my great-grandmother had also been forced by my great-grandfather to have relations with her, with her father-in-law, and we even have the doubt whether my grandfather is the son of her grandfather, and not. My grandmother also had her loves, although my grandfather did not seem to care at all, maybe for that very reason. My mother had me when she was 17, the product of a weekend meeting. My father denied me, until I was 27 years old, when I looked for my brothers. And for his part, his family had also escaped from the

French Basque country, going to live in the Argentine countryside, tough and rude people, in which the women of the family also escaped from their men.

SOY: Escape ... And how do you feel, escaping?

ME: Well ... sometimes I feel like that.

I AM: In a macho and repressive environment, in which the man is abandoned by the woman, you decided to look for men who do not abandon you like them, trying to break that repression, being born homosexual as a reaction to the trauma of your family. But you knew well in your cells that women had gradually protected themselves from the indifference and dominance of the male, so you created an environment without men present, where women could direct their own lives. Although, you never felt at home, because they always had to leave to be safe. Thus, your mother and you, needed to move, every two or three years, feeling the security in the move. Your trips are the reaction to escaping from what can imprison you in the family. The non-recognition of your physical father, makes you not recognize your heavenly parents, or find your own limits, so you always seek to transcend them without waiting to finish what you started. The purposelessness of the men in your family created nonsense in your heart. Escape from you

ME:... Seen like this... of course...

SOY: But my question is, have you decided that this is wrong? Have you wanted to erase this story? Or did you decide to use this same tool for a positive purpose?

ME: I think so, that I haven't denied that story, and that I set out to make the best of it.

SOY: Well, take a good look, you have turned male repression into your creative freedom and sexuality, without fear of sharing what you feel. You have converted the energy of escape in your mission, in traveling, moving, showing the world, remembering that there is no other home than planet Earth. You have transformed controlling machismo into a life in which women have the last word in your decisions and advice, they are your guides. You have made your father the Universe, and you turned the parternos limits into the infinite expansion of the Cosmos, which allowed you to return to your father and your brothers with freedom. You took the possible concept that your birth was your mother's mistake, and you turned her into the grace of having her more as a companion and sister on the road than as a matriarchal mandate. You have taken your grandfather's lack of purpose into silence and given him the greatest of purposes that you share with thousands. Tell me now, do you think that with this you have disgraced or deleted your story?

ME: No, I have resignified it. I used their potential, their ways, to turn them into something superior.

SOY: So, you didn't have to cut down trees, you had to contemplate them, understand them, accept them, know part of it, and instead of removing roots, you removed the earth, oxygenated it, put compost and some worms and minerals. You revitalized the roots, resignifying the strength of sustenance.

ME: So, what each one of us must do to find harmony, is what as a network, together, we must do with humanity, with wars, politics, hunger, conflicts, racism, patriarchy, matriarchy, oppression, all of this, it must not be cleaned or eliminated, it must be redefined.

SOY: There are no bad or good, and even dead roots serve as fertilizer for new ones. Everything is recyclable, nothing can be disposed of on Earth. You cannot eliminate your past, because a people or individual without a past is a people without meaning, without the strength to build a future. What you must do is stop living in the past, resignify it in your present, and thus create a future.

ME: How do I resignify it?

I AM: With attitudes, actions. It generates a new action, a new attitude and aptitude before the daily circumstances. Contemplate your common reaction in life, look for the origin of this attitude, and you will find the mechanism. Acknowledge it, and you will find its purpose. So, you give it a new meaning, a new meaning and utility, and you put it into practice through acting differently: if you used to shout, now strive to speak softly in the same circumstances. Educating the body until it becomes a new habit is like exercising, it takes time to see the expected results, but one day, it will become mechanical, and you will not have to think more or waste sympathetic neurons, because your parasympathetic system will be in charge.

ME: Instead of reacting, I must act.

I AM: And recognize that everything you have done in other lives and in this one, what your ancestors have done, all of it, is you today, here and now. Resign yourself, honor your father and mother, all your ancestors, all your roots ...

ME: Well, I am the Tree.

Instagram 11th

[August 12, 2020 Matías De Stefano](#)



Before I thought that my life 12000 years ago was the one that brought me over and over again to look for the same people and to relive the same circumstances and places over and over again. He called it karma. However, today something changed.

In the connection that since yesterday we began to prepare to make our activation in [#Osirión](#) , I could see that just as there are karmic relationships, many of them also involve an essence that dictates the pulse of our expansion from the origin. And when we see that initial spark in the other, we call him Love, Fall in love, join. However, freedom is the key that allows that magnetic Love to generate energy and transform evolving, therefore when you find Unconditional Love you can feel the echoes of Time, of the first beat, and by reliving

the same circumstances you are only aligning with that beat.

Therefore each encounter is only based on 2 particles collapsing and creating new waves, shapes, modes, missions, and we just follow that echo. That heartbeat. Suddenly, being in love took on a new meaning, it is reencountering the spark that arose in my first heartbeat, it is reencountering oneself.

I fall in love with myself, I am the Network and I am the weaver, I Love Me, well [#YOSOY](#) .



Today I lived one of the most beautiful experiences that I could ever feel. The verticality of the Spirit together with the horizontality of the Soul, calibrating the 4 aspects of Time and the 4 directions of Space. The Matrix of the Web and the Pattern of Purpose came together to give birth to the Light of Consciousness. The code of Mother, Father and Children, of so many sacred trinities, was integrated for the Path. While the 2 guardians of Orion delivered the seeds of the new humanity to the Mother, firmly holding the Father's strength, the terrestrial Uterus anchored the feminine in the masculine aspects. A lullaby expanded the Light leaving the most ancient code of all sown at each end of the world: Love without conditions. It will take days for me to tell you what I experienced ... just say that it is PERFECT.




In the Universe there are two energies that generate all things: positive and negative.

Negative is not bad, it is the Interior. Positive is not good, it is the Exterior.

The first expands, goes out, traces a path and a search, a purpose and objectives. Her path is that of Enlightenment, and it is reflected in all the stars in Heaven. We call her the Divine Cosmic Father.

The reason: the first geometric figure to expand and grow, multiply and fractalize, is the Octahedron, in the heart of Being. Also called Universal Seed, Divine Seed, or in biology: Penis and Sperm. The second contracts, goes inwards, traces a network and discovery, an eternal and cyclical essence, a being and being. Its path is

Unity, and it is reflected in all existing things. We call her the Divine Cosmic Mother.

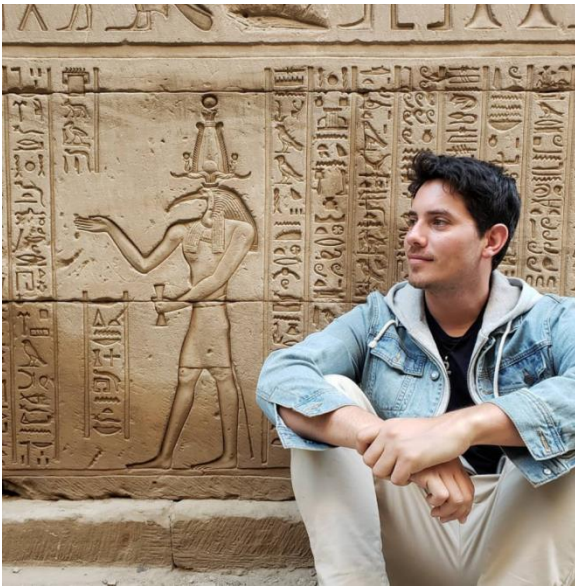
The reason: the first geometric figure that connects all possible paths and points is a Sphere,  in the matrix of Being. Also called VesicaPiscis, Flower of Life, Tree of Life, Matrix, or in biology: Uterus and Ovule . Humans call them Woman and Man (both coexist inside each living being).

The culture calls them Feminine and Masculine (also coexisting in each individual)

Religion calls them Goddess and God.

Spirituality calls you Divine Mother and Divine Father.

Science knows them in several ways: proton and neutron, ovules and sperm. And you? What do you want to call them? When you feel them, you will know that they are parts of the universe that have always been in you, and listening to their voice is like hearing the voices of the cosmos. THANK YOU MOTHER, THANK YOU FATHER, because from both geometries the fractal bases arise that are replicated by millions creating our energy and bodies. Therefore, we are all her SONS and DAUGHTERS, and at the same time, we are mothers and fathers of new fractals, in the Tree of Life, generating more Divine Seeds. Born and expanding over and over again through Time and Space. □



In the Initiatory school of the MahatKai they taught us that there is only one Law in the Universe: "Everything is Mind."

It was said that the pulse of creation is a wave of thought that creates ideas and these beliefs. At the 3rd dimensional level, we call thoughts vibrating pulses, ideas energy, light, and beliefs patterns or physical structures.

Thus, if one succeeds in deciphering the interconnection between all things, unraveling reality, he will find the origin of the pulse, and he will see that it is only a reflection of a thought that unites all things. The Mind is the I AM.

Our human mind shapes how we see the world, how we understand it, shapes it, and the larger mind is the one that shapes the realities we live among dimensions.

When one discovers, assimilates, the power of the mind, one begins to discover the mechanisms by which it acts. Thus arise the following 6 laws of Creation: Correspondence, Vibration, Rhythm, Cause-Effect, Polarity and Generation.

When you manage to integrate them, you become a reflection in Creation itself, which helps others to meet.

"He who sees the other as a teacher or avatar, has forgotten that he only observes a mirror, and that only the day he closes his eyes, will it be when he sees him inside.

9. I am the path

[August 12, 2020 Matías De Stefano](#)



ME: I am here, sitting in Giza, supposedly making my way. We all talk about the importance of the Paths: the Initiatic, the Spiritual, the Destiny ... And I feel that I am making my path, but what is the path really?

I AM: The path is a perception, something forced to emerge in order to create the appearance of movement.

ME: So the path doesn't really exist?

SOY: Well, it exists, but not from the appearance in which you perceive the path. Every path you know, a road, a path, all of this is a mere projection of something much more essential and simple: geometry. First try to understand what a path is for you, and I mean the physical, not the inner world.

ME: Well ... it's a path or the material space in which I move from point A to point B.

I AM: Therefore you have created the road considering which is A and which is B. The same happens on a social level, naming the roads, and generalizing their use to get from one place to another. Streamlining mobility between common or personal destinations. The same thing happens in physical bodies with nerves: information paths. Or with the veins: paths of blood. The rivers in nature, the trails made by ants in the forests, the roots of a tree. Everything seeks to expand or connect a point A with a point B. In other words, every space has an Origin and a Destination that it seeks to reach and become the new Origin, a support point for another new destination. Now tell me, your soul, what is your point of view?

ME: Well, the path of the soul is to go through many experiences, going from one life to another, trying to fulfill what it could not.

SOY: Well, in a way, we could say that the soul bases its path on Mission and Purpose. Point A is the mission, that is, the force by which it is driven, and point B would be the Purpose, which is what it claims to achieve. In the middle, then, are the links that lead to its conclusion.

ME: Step by step.

I AM: Simplified at the level of the mind, Point A is 0 and point B is 1. At point 0 I find myself static, with the potential to expand, and then when I visualize point 1 it projects out of itself, tracing a line. Thus, the concept of the path is simple: it is the set of potentialities that generate a wave of positive and negative curves that drive the void to become full. From Nothing to Everything. In geometry you see it as two vertices connected by an edge. The path is the edge that joins the energy centers, it is the framework that shows the connecting network between things. But there is nothing in universal reality that only consists of a pinpong of two vertices and an edge, since all geometry is a complete body, composed of a minimum of 4 vertices connected by 6 edges creating 4 triangular faces. That is, a Tetrahedron. In this figure you can understand that every point A is equal to every point B, since the circuit is closed, and that all paths lead to all points. Thus, there is not just one path, but there are many, and they all come back again, again and again, like echoes, reflections ... "déjà vu".

ME: In other words, every path we take is cyclical and in reality we are never moving forward or upward when fulfilling missions and purposes, but we are retracing our steps. Is that?

SOY: That's right, dear friend. The universal path system is a closed gear, a dead end circuit.

ME: This is what people call the Matrix then. It is like a spider web that traps us, that no matter what we do or where we go, we will always be in the same place, subordinate to a system.

SOY: Here I will ask you some questions. First: do you know the system well?

I do not...

SOY: Then why do you judge him from ignorance? If you don't have a better proposition, try to study and recognize the system first. And Second: Do you know what is after the system?

I do not...

SOY: So why do you think he's catching you if you don't know what's behind him? Whoever seeks to be free is because he knows that there is a freedom beyond. But do you know that there is a freedom?

I do not...

SOY: What if the freedom you profess is part of the same system?

ME: Good point.

I AM: The only fact that makes the concept of freedom exist is because there is the counterpart, which is the deprivation of said freedom. Thus, if you do not know what destiny that freedom implies, you cannot guarantee that it exists, since all the freedoms that you have known and on which you rely are mere projections of the same closed-circuit system.

ME: So, I want to understand.

SOY: Good. It will take you all this life and others to understand it, but I will try to sketch it from the most human perspective possible. The point 0 or A of the origin, needs to be projected in its dual to be able to create options of itself. Thus it is polarized projecting itself at point 1 or B, where it is contemplated. The echo of this creation generates the first path, of positive and negative waves. But projection is unfeasible for evolution, because it is an infinite round-trip game without growth, equitable. For there to be growth, there must be understanding and improvement, leaving the circuit and generating an opening of imperfection or contemplation, which allows error or observation of it. Thus, from 0 and 1 a new 1 arises, called 2, which is the

observer of the process. We could imagine this as a game of tennis in which two players constantly pass the ball, and each one sees his point of view, his reflection, however, by adding a third member, that is, the judge or referee, who observes impartially. play, this composes a triad, the trinity. The observer will make a difference, changing roles, warning the times, projecting his version of events. But there is a superior observer, one who looks at everything from every possible perspective. Here, it would be the audience in the upper tiers, one vertex above the three. This concept makes us understand that each point of view is valid, that the 4 have their position, their point of view, their energy and projection on the fact. The 4 vertices are destination and the 4 are origin. The same happens in nature: the 4 vertices are earth, air, fire and water. Each of them has its own origin, and is in turn the destination of the other. In space, they are the 4 directions: up, down, right and left, or the cardinal points, north, south, east and west. In the universal processes, you know them as expression, experimentation, integration and transcendence, which in your temporal life are being born, growing, producing and dying. Thus, each of these 4 depend on the other. The tetrahedron is the most powerful firm structure that allows all things to exist and manifest. Now, for these 4 to connect, they must travel 6 paths, 6 edges that connect them. At the subtle level, we call the 6 "Attributes": Wisdom, Will, Love, Mind, Emotion and Action. Recognize the shape of the tetrahedron, and look at its faces. and it is also the destiny of the other. In space, they are the 4 directions: up, down, right and left, or the cardinal points, north, south, east and west. In the universal processes, you know them as expression, experimentation, integration and transcendence, which in your temporal life are being born, growing, producing and dying. Thus, each of these 4 depend on the other. The tetrahedron is the most powerful firm structure that allows all things to exist and manifest. Now, for these 4 to connect, they must travel 6 paths, 6 edges that connect them. At the subtle level, we call the 6 "Attributes": Wisdom, Will, Love, Mind, Emotion and Action. Recognize the shape of the tetrahedron, and look at its faces. and it is also the destiny of the other. In space, they are the 4 directions: up, down, right and left, or the cardinal points, north, south, east and west. In the universal processes, you know them as expression, experimentation, integration and transcendence, which in your temporal life are being born, growing, producing and dying. Thus, each of these 4 depend on the other. The tetrahedron is the most powerful firm structure that allows all things to exist and manifest. Now, for these 4 to connect, they must travel 6 paths, 6 edges that connect them. At the subtle level, we call the 6 "Attributes": Wisdom, Will, Love, Mind, Emotion and Action. Recognize the shape of the tetrahedron, and look at its faces. East and West. In the universal processes, you know them as expression, experimentation, integration and transcendence, which in your temporal life are being born, growing, producing and dying. Thus, each of these 4 depend on the other. The tetrahedron is the most powerful firm structure that allows all things to exist and manifest. Now, for these 4 to connect, they must travel 6 paths, 6 edges that connect them. At the subtle level, we call the 6 "Attributes": Wisdom, Will, Love, Mind, Emotion and Action. Recognize the shape of the tetrahedron, and look at its faces. East and West. In the universal processes, you know them as expression, experimentation, integration and transcendence, which in your temporal life are being born, growing, producing and dying. Thus, each of these 4 depend on the other. The tetrahedron is the most powerful firm structure that allows all things to exist and manifest. Now, for these 4 to connect, they must travel 6 paths, 6 edges that connect them. At the subtle level, we call the 6 "Attributes": Wisdom, Will, Love, Mind, Emotion and Action. Recognize the shape of the tetrahedron, and look at its faces. The tetrahedron is the most powerful firm structure that allows all things to exist and manifest. Now, for these 4 to connect, they must travel 6 paths, 6 edges that connect them. At the subtle level, we call the 6 "Attributes": Wisdom, Will, Love, Mind, Emotion and Action. Recognize the shape of the tetrahedron, and look at its faces. The tetrahedron is the most powerful firm structure that allows all things to exist and manifest. Now, for these 4 to connect, they must travel 6 paths, 6 edges that connect them. At the subtle level, we call the 6 "Attributes": Wisdom, Will, Love, Mind, Emotion and Action. Recognize the shape of the tetrahedron, and look at its faces.

ME: 4 triangular faces.

I AM: Therefore, 4 trinities that make up the complete path. If each one is an element, it means that to be integrated, to fulfill the purpose, the being must travel 4 paths: the path of water, that of fire, that of air and that of earth. These 4 roads will have 3 origins and 3 destinations in themselves, one going and one return, completing a circuit. From the point of view of the human path, you call these trinities: Aries, Leo and Sagittarius for fire and integration; Taurus, Virgo and Capricorn for earth and experimentation; Gemini, Libra

and Aquarius for air and transcendence; Cancer, Scorpio and Pisces for water and expression. The 12 paths live within you, they are part of your personality, and you must go through all 12, one by one to integrate them. Now, if each one of them is origin and destiny of itself, it means that the 12 must make their way back and forth through the 6 attributes. In a first instance traveling the path of Mind, Emotion and Action, and in a second instance the path of Wisdom, Love and Will, the edges of consciousness. So 24 paths in total, 12 positive and 12 negative.

ME: Wait, so basically the design of the tetrahedron is the diagram of our inner world, of everything that we must go through within ourselves.

SOY: And this gets a little more complicated, I'm afraid to say. Well, once you do all this from the perspective of Aries, then when you die, you must be born and do it from the perspective of Leo, and then Sagittarius, and then Taurus, and so on, weaving everything together 12 times.

ME: How many times must I be born and die to complete the circuit?

I AM: 12 times 12, that is, 144.

ME: 144 LIVES !?

SOY: Is it a lot? Ah... it always seemed little to me. Obviously this considering that you have done well.

ME: And what is good?

SOY: Without wanting to run away from yourself. To seek that absurd external freedom.

ME: So... the system, the Matrix, it's basically me... it's my being, my own construction...

SOY: Very good! Do you see how ridiculous it sounds to break free from a system that doesn't really exist because you are yourself? Of course, each tetrahedron is inside another larger one, and we can thus go towards infinity: a cell in an organ, an organ in a body, a body is human, a human in a family, the family in a society, which is in a culture, in a country, that is on a continent, that lives on a planet, that is in a solar system, within a stellar cluster, within a galactic arm that is within a galaxy that is fractal of a cluster galactic within a cosmic arm within this reality that is within a dimension, which is within a dimensional cluster of time ... etc. This gives the feeling that there are systems above us that control us.

ME: Tide... and it seems endless.

SOY: And yes, that's why you must take care of yourself, because you are a fractal of that. The more you get to the limit of space, you find time, and there you go to nothing, and you meet the subatomic level, and back to yourself. It is a closed circuit, but you are that circuit. What you do over and over again is improve your perception and skills on the circuit. You cannot escape yourself, the universal consciousness is one, it is the Mind.

ME: When I ask myself what my destiny is, then, the answer is always "I".

I AM: Every aspect of myself. Knowing each other is an arduous task, because we only believe that we know ourselves, we believe that we know who we are and what we are capable of doing. But you have already seen, with simple 6 lines and 4 points we have built 144 complex realities in which we must perceive ourselves from different points of view, taking others as mirrors to remind us.

ME: So what are the paths we take in our life?

I AM: They are the will that drives us to seek Love to acquire Wisdom, nurturing the Mind and awakening the Emotion that leads us to Transformative Action. Without edges there is no path, without path, without walking, there is no geometry.

ME: "Walker there is no path, the path is made by walking"

I AM: Walker there is no destination, only love ...

ME: Accept that there is no destiny, that there is no purpose, and that it does not matter if I do not know what my destiny, mission or purpose in life is, the important thing is to discover myself, what I can do only as long as I do my roads.

SOY: Geometry will inevitably lead me to fulfill my purpose, but if instead of walking for him I wait for him in uncertainty and consume myself in expectation, I will never walk or discover him. That is why so many have told you "the destination does not matter but the path", because the points alone do not form geometry, they do not have logic, the stars do not have a soul without giving them the shape of a constellation. Join the dots, and you will see the shape. Do not seek to reach the destination, seek to understand the map. The map is the same for all the destinations you want.

ME: Respect the step by step without despairing of getting there.

SOY: I know that it is something that eats away at you and corrodes you inside: creating a purpose, a destiny, having a mission, always. It seems that if you don't have something to run to, your life falls apart. But it is not because it exists, but because your design asks for it. You are Leonino, you need to have a purpose that enlarges your soul. You have a moon in Sagittarius, you will always have the grace of living in moving to a new destination. Your ascendant, Capricorn, will keep you from believing that you've done well and that you can always do better. Your destiny, as you can see, does not exist outside, it is imposed on you, on your design.

ME: And with this, what do you want to tell me, that I relax and that it does not matter what I do?

SOY: Oh, no, of course not ... what I'm telling you is not to put a burden on yourself in the outside world that only you have imposed on yourself. The Universe does not impose missions or destinations, do not feel the weight of the cosmos on you, because this weight is your own prison. Resignify your destiny, stop looking at it as karma, and turn it into an attribute, a grace, a gift, your choice. This is how you get out of the Matrix, becoming it. This is how you fulfill your purpose, becoming it.

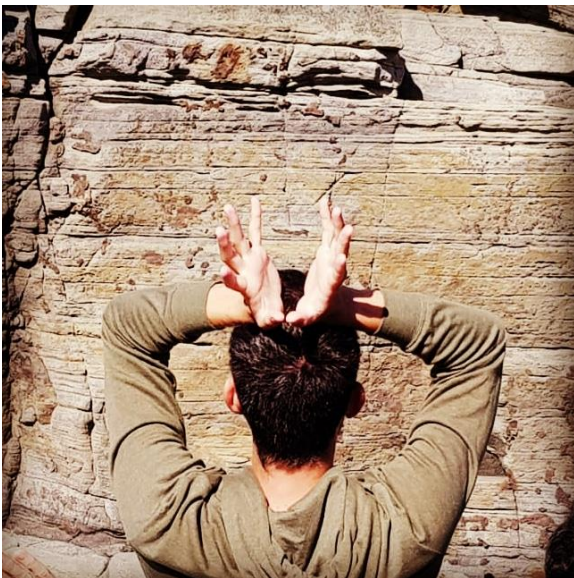
ME: I understand ... no one expects me to change the world, no one expects me to remember and transform society, if tomorrow I want to leave and not continue with all this, another will come, or in a few days or months everyone will continue with their lives ... That is, that I have only built this for myself, and therefore it cannot be a weight for my body or my soul or spirit.

SOY: Well, you build your own destiny.

ME: Because I am the Way.

10. I am mind

[August 13, 2020 Matías De Stefano](#)



ME: The first law of the Universe is that everything is Mind. In other words, everything that exists is only a mental perception. But then what is the mind?

SOY: Well, humans consider the mind to be the ability to think, it is the cognitive act, and they separate it from the heart as if it were the opposite of it. And this creates a false image of what Mind is. The mind contains within itself the act of thinking, developing an idea, or establishing cognitive practice, but it doesn't just adjust to those issues. The mind is broad, and represents the information pulses, which are throughout the body. Think biologically: why does the heart beat, why do the kidneys work, why do you breathe, why are your testicles activated?

ME: By nervous pulses... by parasympathetic action of the nervous system.

I AM: The central nervous system is based on the brain, yes, but it incorporates the cerebellum, the medulla, and all the nerves of the body that are extensive neurons that branch out like the roots of a tree to every corner of your body. The electrical pulses of your nerves are information processed by your neurons. The highest percentage of mental activity is not cognitive, it is sensory, and it is in your whole body, not in your head. Your heart works by the electrical pulses of the mind, of the neurons. The emotions you feel come from the chemical reactions produced by the glands that are managed by the pituitary, in the center of your brain. Thus, everything

you perceive in your skin, the heat, the cold, everything you see with your eyes, be it the colors, the depth; the air you breathe through your lungs, digestion, the 5 senses through which you perceive the reality that surrounds you, all of this is a mere electromagnetic perception of the nervous system. Thus, it is your brain that feels, that acts, that thinks, that loves, that creates, projects and assimilates. But even more, it is the data that flows in the neurons, since they are only tools that process data, the neurons are cables through which the electricity passes, which contains the data, the internet. This information connects everything, beyond you, your body, and the nervous system is in charge of processing and storing it, giving it the character of feeling, emotion, sensation, action, mechanism, thought, or whatever is necessary. the one who acts, the one who thinks, the one who loves, the one who creates, projects and assimilates. But even more, it is the data that flows in the neurons, since they are only tools that process data, the neurons are cables through which the electricity passes, which contains the data, the internet. This information connects everything, beyond you, your body, and the nervous system is in charge of processing and storing it, giving it the character of feeling, emotion, sensation, action, mechanism, thought, or whatever is necessary. the one who acts, the one who thinks, the one who loves, the one who creates, projects and assimilates. But even more, it is the data that flows in the neurons, since they are only tools that process data, the neurons are cables through which the electricity passes, which contains the data, the internet. This information connects everything, beyond you, your body, and the nervous system is in charge of processing and storing it, giving it the character of feeling, emotion, sensation, action, mechanism, thought, or whatever is necessary.

ME: So everything we perceive is not outside, but in the mind. But how, then, is it explained that others can see or feel like me, or even see the same as me? If it is just a perception of the mind, then we should all see different things.

SOY: And isn't it?

ME: Well, obviously there are perspectives and nuances, we don't always see exactly the same thing, but if I point to the table in front of me, 99.9% of humans will see it and can describe me practically the same thing that I see, with nuances, but they will see.

SOY: And why do you think that happens?

ME: Well, because there has to be something in common, in reality, that constitutes a fact or object in such a way that we can perceive it the same.

SOY: Think a little bigger ... Is the table the common denominator, or is the mind?

I eat...?

I AM: Do you know the sunflower plant?

YO: Yes, of course, it is that huge flower that contains hundreds of seeds inside it, and it rotates looking at the sun, following its course through the sky.

SOY: Do you think it was always this big?

ME: Surely not, surely it has undergone genetic modifications after its use in the last 4000 years.

I AM: A sunflower used to have no more than 4 seeds, and today it can produce hundreds of seeds in a single flower, that is, hundreds of new sunflowers are going to come out of it. And some may vary, have even more seeds, more potential, or grow taller, or have some variation that alters the product, for better or for worse. But there is something that will not change: they will all rotate looking at the sun as it travels through the sky.

ME: You mean that, despite the differences, we all see the same thing.

I AM: A sunflower plantation can have thousands and thousands of plants, each one with its flower, full of new potential plants that generate thousands and millions of new flowers in new crops, and even so, they are planted where they are sown in the world, all will look at the Sun, they will know inside, that they must grow, how to grow, and how to follow the light. That is the collective mind. Humans believe that each one is unique and separate from the other, but the truth is that everyone, absolutely everyone comes from very few seeds. Maybe 2, maybe 4, maybe 8, but very few. and the almost 8 billion that you are today, at some point, were only 3 brothers and sisters who had children, and created families, tribes, societies, civilizations, empires, nations, republics, and today it gives you the feeling of being so different one from the other that you think you are separated. But no. You are a sunflower, in the middle of a plantation of 8 billion. All looking at the same Sun. The mind is a strange and capricious reality, made up of electromagnetic pulses that in the first instance united the protons with the electrons, and some of them housed neutrons inside. These positive, negative and neutral charges established a communication pattern that records data, creating a code to follow, of interpretation of the medium. Thus, atoms, molecules, chromosomes, cells, organs, bodies, all are nothing more than interpretation over interpretation of electromagnetic pulses and resonance waves, which give rise to what you call 5 Senses: touch, sight, smell, hearing and taste. All born out of the need to survive. And the most subtle senses, those that help to perceive these waves, where data and memories move, where the interconnectivity between everything lies. Your body is only a biological result born of the need to interpret those pulses, you are a processor of the only thing that exists: the mind. Therefore, you have the appearance of separation, but you are all the same. One body.

ME: Therefore I cannot speak of the individual mind. True?

SOY: Are you wondering about the famous Free Will?

ME: Yes ... does it exist?

SOY: Oh, of course not. Free will is a folkloric and romantic creation of the sense of freedom of action. But let's be clear: you can't escape your biological patterns and family heritages in the same way that you can't jump out the window and fly like a bird. All your emotional, thought, and philosophical construction, everything is conditioned by these pulses that reach your microscopic spectrum. You cannot decide anything freely, for you are just a drop in the ocean.

ME: So... I don't understand... what do I do? Why do what you do?

SOY: Ah... good question. Look, the Universe contains everything in itself, in the same way that Mind contains everything that you perceive in itself. Therefore, the equation is easy: Mind = Universe. That said, we can understand that the Universe moves by two forces: the Positive and the Negative, which in the Mind is equal to Logic and Illogic. The Universe is ordered in Triune aspects: Wide, High and Deep for space, and Past, Present and Future for the vision of Time. In Mind, we call this Subconscious, Unconscious and Conscious. If the Universe is like the Mind, and everything is in it, and you are a simple drop inside it, then we can interpret that Mental-Universe = Ocean. The Ocean is the Subconscious, where everything lies, without judgment, water, animals and plants, everything lives there, encompasses everything, surrounds the continents, contains life. Inside, there are ocean currents, one warm and the other cold, which move the waters creating storms, generating energy, wind, humidity, helping migrations. We call these currents that carry us Unconscious, the force that drives us through the uncontrollable oceanic Subconscious. And inside, some minimal unicellular organisms, which managed to enclose a drop of water in a salty mineral membrane, storing information, carried by currents, that organism or cellular drop, is the Conscious. Small, right? the force that propels us through the uncontrollable oceanic Subconscious. And inside, some minimal unicellular organisms, which managed to enclose a drop of water in a salty mineral membrane, storing information, carried by currents, that organism or cellular drop, is the Conscious. Small, right? the force that propels us through the uncontrollable oceanic

Subconscious. And inside, some minimal unicellular organisms, which managed to enclose a drop of water in a salty mineral membrane, storing information, carried by currents, that organism or cellular drop, is the Conscious. Small, right?

Me too much...

SOY: Ah, but, powerful. Well, alone it can take the heat from the sun, warm up, and start a chain reaction that changes the polarity of others until it generates heat, and changes the ocean current. He can in turn join by resonance with others like him, create a complex organism, evolve, seek to use the force of the unconscious at his mercy, and... swim.

I swim?

I AM: To have the appearance of freedom, the famous free will, is to become aware of yourself, discover the potential of your drop of water, create necessary tools to awaken the inner strength, and instead of letting yourself go with the flow, use it to your benefit. Now you can move through the Ocean, in the direction you feel. But you will still be in the ocean, being a crill, a fish or a whale.

ME: And what about the one that evolved going to the coasts, becoming a reptile, a mammal, walking across continents, even deserts.

SOY: Ah, very well ... they have achieved something impressive: They became the ocean, because they carry it inside. In its inland waters, lies the memory of the entire ocean. They are not free from it, they became it, transcending a new mental ocean: the Atmosphere.

ME: Now I depend on another type of ocean ...

SOY: Exactly ... until you get out of the atmosphere and navigate through space. And then Space will be your new ocean, until you come to the surface of Time. And one day you will want to leave the ocean of time, to enter a new one, in another dimension. And then, to another Universe ... and one day you will close your eyes, and you will see that the Imagination was the only infinite ocean capable of housing all the others ... And by then, you will know that all that ever existed was the Mind.

ME:... And knowing this, what good is it to me?

SOY: You have asked the question... tell me, what do you think it is useful for...? Perhaps you should now rephrase it.

ME: If all that exists is part of the mind that we make up together, then, and no matter how aware we are of our environment, we will always seek to transcend it and find another, perhaps what we are doing wrong is trying to escape from the ocean. Basically what we are doing right now is like going on vacation to the beach and being afraid of the sea.

SOY: Exactly. You must transcend the fear of the eternal in this circuit, and go above all of it, recognize that everything is Imagination, the ocean of the great imaginative mind that creates with its thoughts, with its pulses. But you can modify all that thought, because you are a cell, a drop that became conscious. But he still believes that to be conscious you have to leave unconsciousness or eradicate it from the equation. It is as if the body says: "Now that I know the spirit I no longer need the soul as a bridge." Ridiculous. The Subconscious and the Unconscious are the means and tools of the Conscious. The drop cannot eliminate the current or the ocean, it can evaporate, yes, fly and go to a cloud, and then be snow, and ice, stream, river, lake and wetland, but inevitably, it will one day return to the sea, and it will be the ocean again. You cannot escape the circuit, because there is nothing but the circuit. Those who feel trapped in it are the ones who focus only on the fact that

they are being carried away by the current. Those who cannot control their lives, who do not know how to use the medium they have created, who do not allow themselves to imagine, and are only conditioned by the imagination of others.

ME: So if the path is me, if I am my own story, my own destiny, I am my own purpose, my own love, if I am my own belief, my own projection and truth, it means that all that I am, is just an idea conditioned by one mind, and that if I become the conscious aspect of that mind, I can use the cycle itself to create a different one.

I AM: Free will lies only in the awareness that I am conditioned by everything, to the point that I myself am my own condition, because by believing myself trapped I create the trap, and by believing myself free I create the search for constant freedom. The key to Mind is: don't believe in anything. Just be the Mind. Imagine endless possibilities, without judgment, and dare to be yourself all of it.

ME: "Welcome to life ... believe everything, but do not believe anything", that was what an angel told me at the time I was about to incarnate in this life, I remember her sweet face smiling and pronouncing those words. Now I understand...

SOY: They only had to spend 33 years and a week of inner work with me. Hehehe

ME: The key is in the imagination. Imagination will make us free, because there we are everything. Limitations are not a prison, they are tools of the imagination.

SOY: And this is how you expand, this is how you free yourself, this is when you realize that ...

ME:... I am the Mind...

11. The projections

[August 14, 2020 Matías De Stefano](#)



ME: After having listened to the mind, in a certain way all doubts are dispelled, it is as if nothing makes sense anymore, because everything makes too much sense.

SOY: Explain ...

ME: Well ... it's like when you're watching a series, of about 9 seasons, very complex, in which at first you don't understand anything, then you fall in love with the story of a character, and he dies ... Then you cling to the story of another to understand the plot, and when you have esteem for him, he dies ... But there is always a new one, and you discover things that amaze you, and suddenly, for the third season, the writer of the series comes, sits next to you, You ask him a simple question, and he tells you the ending, the denouement and the intentional idea of the plot.

SOY: And how does it feel to be made such a "spoiler"?

ME: It's weird ... on the one hand, it's liberating, because now you understand that everything that happened had a purpose, and you understand the logic, so everything that comes from this moment will be easy to assimilate, I already have tools to manage surprises and conflicts. But on the other hand ... it is as if there is no emotion, there is no surprise. As if understanding the mechanism of the story, destroyed the magic of it.

I AM: That is, knowing the truth, or at least a part of it, makes you feel a dichotomy in the way you assimilate the reality that surrounds you: it frees you and at the same time cancels the feeling of being free.

ME: Exactly, that's the feeling. In a certain way, we are all attracted to movies, books, series, stories, because in some way we identify with the characters, we want to solve problems, and seeing them solve it makes us feel that we have achieved it ourselves. There is a search for resolution, there is a search to be free from conflict, to find calm, the state of peace after the storm, and then, when someone explains to us that neither the storm nor freedom exist, it was all simple imagination and perception. , the story stops making sense. I instantly free myself from any type of problem, conflict, sensation, perception, I am so, so free from all the entanglements of existence, that suddenly that innate need to resolve conflicts, to seek freedom, is also lost. What is the point of your search now if you know that you have never been trapped except in your beliefs? What is the point of history, living, experiencing? Well, when you know the general map, there is no more adventure ... There is no emotion.

I AM: The paradigm of the Sage. The Universe is a wise mental Being, who recognizes that all possibilities lie in its imagination. He draws the maps of his mind at all times, he creates all the projected realities within him, but he does not know which way to go, because he knows them all. He must start somewhere to experience what he expresses, but he does not have the will to walk the path yet, because he has nothing in his being to move him. He is a wise man, he knows everything, he understands the map of existence, but he does not know how to launch himself into the unknown, because he knows everything. There is only one way to be free from what you know ...

ME:... Forgetting that he knows.

SOY: Exactly. And to forget, you have to let go, let go of the control of the mind that knows everything. Forget comes from the word "Oblivion", which in turn, arises from the Indo-European words "ob" (to be against) and "livis" (dark) and "leiv" (viscous, smooth), in a certain way forgetting simply means "Slip and fall." It is the first act of clumsiness of the wise man, to fall into oblivion, to slip into the slimy depths of his memory, to err in his daily task of drawing the map of thousands of paths. What do you feel immediately when you slip and fall?

ME: An enormous heat, which comes from the acceleration of the heart preparing for the fall.

SOY: I mean, the heartbeat. Pum pum... pum pum... pum pum... the origin of the heartbeat is the first "error" of the Universe, the one that generated the most spectacular wonder: Creation. And don't get me wrong. Error is the verb of the word "errant", that is, one who wanders, who wanders the world without apparent direction. Whoever forgets wanders, dizzy from having lost his axis. But thanks to this, he finds himself in the labyrinth of the map he created, but this time, inside, on one of his paths, to which he fell, and he can no longer see the whole map from above. So, desolate, he has only one possible tool to use to guide himself, something that marks a starting point and a destination ... within, and without ...

ME: Pum... pum... the beat.

SOY: You call it a hunch. The sensation of perception, a kind of inner compass that guides the being through the resonance of the echo of said heartbeat. The beats of each heart are a "pacemaker", indicating the steps to follow for those who are lost. Thus, the heart, blindly, will guide us in the shadows of the labyrinth, resounding with each beat, guiding itself like a bat, like a dolphin, a whale, by the sonar of its vibration and the echoes in the endless corridors. This awakens the other attribute of the Universe ...

ME:... Love.

I AM: Love is the positive energy, the first beat out, and the negative energy, the second beat in. The resonance energy generates an invisible trace of the map, which is not seen with the eyes or analyzed with the brain, but is perceived, felt in the heart. You still do not know how the story ends, it is the heartbeat that will mark your steps. Resonance energy is energy in motion: e-motion, the emotion that floods us, that generates us, that surrounds us and arises from us, the eternal ability to create vibration, heat, constant energy from love. Thus, resonance helps us to find others who vibrate like us, in the same tune, helping us to weave the path, guiding us on the map ...

ME:... And we fell in love... we feel love for others, as they are reflections of that echo in the labyrinth of existence.

I AM: Emotion becomes the compass, a guide, and the heart marks the compass of my path. When I meet my other parts along the way, I begin to weave an invisible web, to understand the panorama, and the beats get stronger and stronger, because more paths, more strings, more sound, and I can hear the melody. Like Ariadne's golden tailpiece in the Minotaur's labyrinth, the strings begin to weave their way back, and are linked together out of love, what I call resonance. There the word "Remember" was born, that is, to re-cord the paths, rejoin all the parts of my being, "Remembrance", unite the members that make up my being, lost, wandering, in the labyrinth, as in English "remember". All this, to return to the original beat, the first that originated the echo of my path, Return to the Heart,

ME: To love, to feel love, to fall in love, to be guided by the heartbeat, to recognize in the heartbeat the resonance of the universe itself, all this is the fundamental key to remembering the path again, to understanding history.

I AM: It is the heartbeat that prompts me to activate the Will. The third attribute. Well, it is love that leads me to action, in search of finding the paths. And in every corner I will feel love, for my parents, brothers, friends, couples, romances, animals, plants, the world, life, the universe, divinity ... for oneself. The more you start to weave the web of Love, the closer you are to feeling all the beats as one, and then you realize, that they all vibrate in unison, and therefore, all were always in you, and loving yourself, Reminding yourself, you would be loving many more than you think you are capable of loving today. On your way you will find some, in your heartbeat, you will feel them all.

ME: Love is the key not to get lost in oblivion ...

I AM: But in turn, Love is born from Oblivion, since it is the capacity of the mind to project itself onto the other, to feel the polarities, to recognize itself in neutrality after experience and integration. Thus, Being a wanderer is the most beautiful thing in creation, since it is what makes the cartographer an adventurer, the architect a builder, the farmer a cook, the connoisseur is made wise, the apprentice a teacher and the lover makes love. Forgetting is a gift, getting lost is a grace, falling in love is a mystery, living is magic.

ME: So, the emotions are the artist's brushes and oils, the builder's compass and square, the student's pencil and book, the farmer's plow and shovel, the cartographer's compass and sextant ...

I AM: The mind will teach you what the Beginning, the Knot and the End of a story mean, it will teach you the Archetypes of the Hero and crucial characters that go through all the stories; It will teach you the letters, vocabulary and expressions with which you have to write it, the spelling and calligraphy, the semantics and syntax, the reading interpretation, the types of texts be it novels, poetry, theater ... All this information will explain the modalities, the schemes, the map's guidelines, but even if the scheme is the same, it is your ability to create the story, love the characters, excitement in the adventures, what makes that story unique and unrepeatable.

ME: The sense, then, is the projection of my heartbeat, no matter what the truth of the mind is, the rules of the game, because the reason why I have created this path is for the emotion of living it, something that the mind does not have.

I AM: Everything is a projection of emotion, because as much as the electrical pulses are the ones that promote the beat of your heart, there would be no such pulses without the beat that pumps blood to the brain to power the nervous system. The pulses and beats of the mind and heart are a closed and inevitable circuit with each other.

ME: They are reflections of each other ... Thought and Emotion.

I AM: They are Projections, and projection comes from the word Project, from the Latin "pro-iectus", which means "to launch forward", that is, to move, to take momentum, to go from negative to positive, from origin to destination, from mind to heart.

ME: So, it is not bad to feel lost, it is not bad to rely on emotions, follow hunches, resonate without understanding ...

SOY: Nothing is wrong, because the only mistake is to believe that wrong is wrong. The only way to know the potentiality that your mind has projected in your heart is to wander, wander, be a vagabond in the emotional labyrinth, knowing your potentialities, erratically wandering to be the wanderer of your own history.

ME: To err is human ...

SOY: To err is divine ...

I: I am the wanderer of the heart

I AM: I am the wanderer of consciousness

I: I am the projection of the Mind

I AM: I am the projection of the Heart.

12. The expectations

[August 15, 2020 Matías De Stefano](#)



SOY: I can tell that you are a bit irritable today ...

ME: Yes, I have not woken up with the best humor really. But, the strange thing is that there is no reason whatsoever to feel the way I do.

SOY: Many things are moving, and it is normal.

ME: Yes, I think that because of everything that we are doing, there is a kind of purging of the physical, emotional and mental bodies, and this emotion arises.

SOY: Can you identify her?

ME: Well, it's like that feeling of reluctance, that everything bothers me, like all I want to do is have stayed the whole day. I went to the pyramid, and even in there it was the first day I wanted to get out and leave. A feeling of: "bah, I'm wasting my time and I'm bored."

SOY: What makes you feel wasted time?

ME: Well... I think it's the fact that each day looks like the other. It is a feeling that I move in circles, and nothing new happens.

SOY: You are used to your life changing completely, hour after hour.

ME: Yes, my daily goals are not one, they are usually several.

SOY: And that keeps your mind and emotion entertained.

ME: Yes, the feeling is that things are always happening, and that there is always something to tell.

SOY: Well, you live in the rhythm of a series, with adventures and magic around every corner.

ME: Yes, all those who have traveled with me, friends, family, others, feel that times are relativized and that very crazy and inexplicable things happen.

SOY: Because you embark on an adventure, without limitations. You have no limits of imagination, territory, time, and that breaks the structures, and being able to manage all that energy, magical things happen, which in reality, is not magic, it is simply having left the routine and seeing the truth of what happens when moving through the world, through reality.

ME: That's what happens ... everyone who knows me knows that I live like in a constant movie, where there are always many things to do and live ... And I think that despite how well I have taken the monotony since the quarantine began On March 15th, upon arriving in Egypt, and starting this daily structure, many things have started to move. But me...

SOY: Because it was your task: to be the Hub, remember?

ME: Yes, and it is counterproductive for someone who lives traveling and changing every hour, to ask him to be fixed in one place, going to the same place every day, as if he were a monk in a closed temple.

SOY: What did you expect from this?

ME: I don't know ... nothing, really ...

SOY: Honestly... tell me.

ME: I was expecting two things: one that it would be a journey through the 32 nodes of the Earth so I would have to run and adapt to something new every day. And on the other hand, I thought that this would be something much bigger, with more movement, with more diffusion ... And in the end, it is being something very homemade, very much from among friends, in the same place doing exactly the same thing every day.

SOY: Well ... and what emotions do you feel because of this?

ME: Well... a bit of everything, although lately I have literally not felt anything, empty, but today I began to realize that I feel a bit of a strange disgust at my situation, as it is not what I expect of myself. It is not frustration, because I feel that everything is going very well, but it is more, like the feeling that when you are going to bite an apparently delicious and juicy apple, and when you dig in your teeth, it is sandy and without flavor or juice, dry. That feeling, I don't recognize her name ...

SOY: Disappointment... no?

ME: I think so, that. When things, even though they are good and working, do not go as planned and you are left with a strange feeling of disappointment, restlessness, discomfort. Like being in Paradise but alone.

SOY: This is because of the expectation you put on things. "Ex spectare", from the Latin "to expect something from outside." This is common to all humans, who project a destination or objective on the horizon, but before reaching it, the idea of it arrives, since we all move in one direction with the "hope" of finding what we imagine. It is like one who wanders through the desert following mirages, seeing water in a sea of sand. And yet it advances, trying to find that oasis at last, although it hardly does. The mirages are real, it is the heat evading the environment, generating a distortion in the light that gives the sensation of waves, of platinum liquid. But it is our mind that drew the water, the palm trees, the animals and the grass. The emnte is so fast that it even reaches the destination before we can even figure out which direction it is. And what we see in our mind usually always surpasses what I subsequently experience in reality. Thus, I will never be able to enjoy what I find, what

I am and where I am, because I am always waiting for something from the outside, something that I cannot be, because it is only a projection.

ME: So you say that my mind tries too hard to live magic in something that it doesn't have. Not?

I AM: When you wait a year to go to the Pyramid and activate it with friends, entering it becomes an act of discovery, innovation, summit, culmination and completion of a journey on your way. A mission is accomplished, a conflict is resolved, there is a denouement, the body becomes excessively tense, and in an instant it becomes excessively relaxed. A certain sensation of ecstasy fills the body due to the adrenaline, endorphin and dopamine secreted in the effort to make everything go perfect. So in ecstasy, you live the magic. The roads join, the networks combine, suddenly you understand things, you connect the information with others, and in the face of the unknown, the wonder of discovering yourself, understanding, seeing the signs arises, and joy gives meaning to the act.

Me but...

SOY: But, when entering the Pyramid becomes routine, greet the same vendor every day, the same guards, see that they already know you, going the same way, going up the same stairs, suddenly the King's chamber loses magic, and becomes a cavern of carved rocks. Or even worse: your work office. And the excitement of going to work every day is commonly known, especially for someone with the Moon in Sagittarius.

ME: Yes, it slowly destroys my emotional body ...

SOY: And this is because the expectations you set can go in two directions: either create a pre-established idea of what should happen, or on the other hand, create the idea that something must happen even though I don't know what, something that surprise.

ME: I am more of that second option. Before it did project the idyllic of how it should be. However, for a year, I am more of the second type: I flow, I let myself go, and I prefer to surprise myself without preconceived ideas.

SOY: And yet, you fall into the despair and desolation of nonsense. You start believing that it is not worth it, that this is not changing anything or anyone, what is the logic of going to the pyramid every day to sing, if no one sees it, if the pyramid will not fly through the air ... AND However, behind it there is something that you are not seeing. And the thing is that behind this uneasiness, there is perseverance, doctrine, routine, pulse. The heart is the transmitter of all possible emotions, and yet its pulse is the same, constantly, its routine makes magic possible. Sometimes, it is necessary to understand that great things are achieved with small steps, that the greatest magic lies in the simplest acts, that a mechanical and doctrinal act in unconsciousness becomes a trap, but from consciousness it becomes a pulse, a heartbeat, that the longer you press, the further your rhythm will go. The noise of hundreds of stones falling on the surface of a lake generates a lot of distortion, but a lot of disorder; a simple drop falling on the pond, marks a mantric rhythm that connects the entire lake in harmony. The mind that wants to see the lake move, feels that the drop is weak, slow, desperate. Quiet your mind, inspire, and observe your daily acts, and instead of turning them into routine, turn them into doctrine, and make doctrine a conscience, and the constant act will become constancy. For a plant to bear fruit, it must grow at a patient pace, concentrated in every millimeter of its here and now. A plant that as soon as it emerges from the seed hopes to become a fruit, expends all its energy and will die before it even sees it bloom. the further your rhythm will go. The noise of hundreds of stones falling on the surface of a lake generates a lot of distortion, but a lot of disorder; a simple drop falling on the pond, marks a mantric rhythm that connects the entire lake in harmony. The mind that wants to see the lake move, feels that the drop is weak, slow, desperate. Quiet your mind, inspire, and observe your daily acts, and instead of turning them into routine, turn them into doctrine, and make doctrine a conscience, and the constant act will become constancy. For a plant to bear fruit, it must grow at a patient pace, concentrated in every millimeter of its here and now. A plant that as soon as it emerges from the seed hopes to become a fruit, expends all its energy and will die before it even sees it bloom. the further your rhythm

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ME: Patience ...

SOY: No ... it is not a question of patience, because patience implies expectation, it implies doing what I do by hoping that one day something happens to change my state. What you need is Here and Now. To honor your well-trodden path and build a fruitful future, you need to practice the Here and Now. One day at a time, one step at a time, with no expectations of what is to come. The future is built with the acts of the present. Stop looking at the horizon, and contemplate the axis that you are. Become aware of the minimum acts that are repeated in your day to day, and recognize them as the pulse of your heart. Now, do them knowing that every time you get up to go and enter the pyramid it is the first Bang of the heart, and when you leave, return and write, it is the next Bang, and every doctrinal act.

ME: The word doctrine is very strong, it is almost religious ...

SOY: Because you have messed up the concept. Doctrine arises from the words "docere" "tor" and "ina" which mean respectively "teach", "agent", "relative to". That is, everything related to teaching, science, the search for wisdom. Wisdom is not found in the epiphanies of seconds, but in the constant practice of minimal and insignificant daily acts, which build an understanding of the Universe that surrounds and composes me at the cellular level. If you become aware of these acts, you will become a sage, without the expectation of this epiphany that will already live in you every day.

ME: That is to say, that all of us, in our lives, if we make the repetitive acts of our daily life conscious as the heartbeat of our being expanding in the world, we will be like that drop that can harmonize the whole lake.

I AM: The "tick, tock" of time ... The "bang, bang" of space ...

ME: It's true, my big mistake is expecting more than I live on a daily basis.

SOY: Oh no, remember it was your mistakes that got you here. Thanks to wandering, you are finding the only thing you should hope to find: yourself. The rest will come alone.

ME: Go from Expectation to Action.

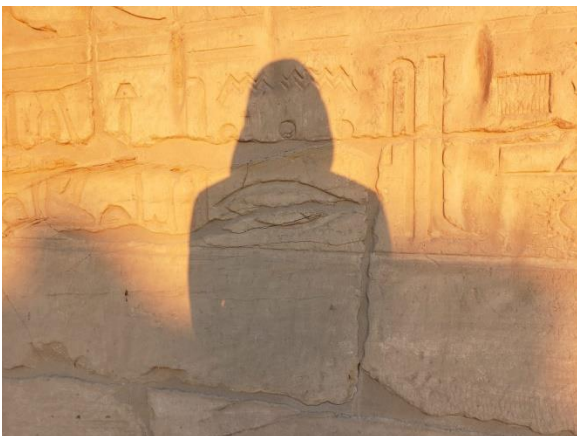
I AM: Close your two eyes, those that look outside, and you will see that everything you imagine finding outside was a product of your interior, and they already live in you. Don't expect to be tomorrow what you can be today.

ME: Thanks for being ...

SOY: Thank you for being ...

13. Consistency

[August 16, 2020 Matías De Stefano](#)



ME: Today I was thinking... What is coherence really?

SOY: And did you come to a “coherent” conclusion?

I do not know. Coherence comes from the concept "Shared Heritage", being the meaning of "Haerentia" in Latin: "United, adhered, connected"; It therefore means that it is what unites us all, what connects the parts. A grandfather with the father, the father with the son, united as a family, what passes from one to the other through this connection is the “haerentia”, that is, the famous family inheritance, be it genetic, idiological, as well as materials or goods. Therefore, being consistent is having the ability to share that connection with others, understanding that everyone is united and connected.

SOY: Very good. Coherence has many ways of being interpreted depending on your cultural, philosophical, spiritual or intellectual background. The common denominator in the collective unconscious interprets coherence as a social duty that demands "to pretend what one is": if you do not do what is established by common consensus, they make you directly into a hypocrite. "Express clearly in the word what lies in the mind": if the receiver does not understand what you say, you are rambling or illogical. Consistency became a weapon to judge the other, and not a tool to connect with the other.

ME: And how do I use it as a tool?

SOY: Well, before thinking about whether others see you as coherent or not, you must use the most important coherence of all: the balance between what “I believe, feel and do”. The grandfather or grandmother, the father or mother, the son or daughter, inside you are called Mind, Emotion and Action, or Spirit, Soul and Body. And these three are connected, united by a strong bond that makes them function as the Holy Trinity. The one without the other lose meaning, and the three transfer data, information, useful energy for development and learning. What your spirit knows becomes an idea capable of thinking, imagining, designing, and all that it projects, generates vibration, and thus energy, passing to the soul, who gives it power, impulse, vitality, shapes ideas in the form of emotion, which will fuel the body's engine, who will be in charge of manifesting this idea through emotion through action. And thus, the action gives experience, which is registered in the body, reacting to its energy, mobilizing new data, new emotions, which become information that nourishes the mind with new perspectives, enriching the ability to imagine, giving wisdom to the spirit. This circuit is constant, and functional in both directions.

YO: A simple example then, would be learning to ride a bicycle: the idea of moving faster comes up, of experiencing a new form of mobility. Emotion is what motivates me to get on for the first time, and through action, I fall, I get up, I advance, and all emotions such as euphoria, joy, frustration, anger, stability, all of them are the reactions of my actions, until I move forward, successfully ride the bike, and this satisfaction is registered in my soul, giving wisdom to the spirit, which will give it the basic notion of how to drive new ideas, such as a motorcycle, a car ...

I AM: And so on, the being is nourished, in this connection. But the truth is that in society, people are so busy observing how others perceive us, how they judge us in our actions, that many miss learning to ride a bicycle for fear of laughter or the judgments of those who they contemplate the first falls. Falling today is interpreted as incoherence, and not as learning, and this accumulates many emotions in our bodies, of all those things that our spirit wanted to take into action, but that our souls were deprived of going down to the body for fear of being judged. This generates a disconnection between the body and the spirit, separating the sky from the earth, repressing the soul, which is the bridge between the two. Thus creating the "Incoherence", that is: the disconnection and separation of the parties.

ME: And why is it the soul that is repressed?

I AM: Because the soul is energy in motion, it is the one who transfers negative and positive data from heaven to earth and from earth to heaven, it is the polarity that allows ideas to become realities, it is the fuel of action. We can interpret that you are that person who has decided to take a trip to an unknown destination in his new

car. You, the person, are the Spirit, and the vehicle is the Body. For the body to function, it needs fuel, that is, energy, that is, the Soul. But imagine that you are very happy with a full tank, and you have already traveled about 300 km, so you decide to stop to refuel at a gas station, but when you get off, everyone who is there laughs because your car is not the best of all. They also judge you by how you dress, because you are different, and maybe they don't understand you because you speak in another language or dialect, so nobody wants to help you. Depressed, you get in the car, but you only have 100 km more fuel left, so you stop every 15 km, trying to find a place where you feel comfortable, but in all of them they judge you or tell you how you should behave. So, you only have two options: either stop your trip because you have run out of fuel because you do not have the courage to carry yourself alone in front of those who judge you, or dress like them, try to imitate them, and ask for a little bit of fuel at each station, where they decide to collaborate with you. but in all of them they judge you or tell you how you should behave. So, you only have two options: either stop your trip because you have run out of fuel because you do not have the courage to carry yourself alone in front of those who judge you, or dress like them, try to imitate them, and ask for a little bit of fuel at each station, where they decide to collaborate with you.

ME: So I become like them, and my long journey turns into endless short stops that delay my true goal.

I AM: All this to worry about "external coherence".

ME: So there are two types of coherence, internal and external ...

SOY: As I said, there are many, but let's talk about these two. The internal one is what you must achieve by uniting your spirit, soul and body as a single organism, in which you use what your complete being needs and expresses, without feeling the judgment, you focus on yourself, and you must achieve the unity and the organic sense between what you think, what you feel and what you do. External coherence is one that makes you stop said internal functioning with a sense of mere survival, in which you put all your attention on thinking like others, feeling like others, and acting like others. It is also coherence, but we would say that in this case it is horizontal, not vertical. A kind of hereditary communism. But, thinking, feeling and doing by and for others without first having coherence, unity, between my own being, turns me into an automaton, in a mechanical being that reacts by the currents of the unconscious. Thus, getting out of that circuit to be coherent with my own Being, my I Am, implies letting go of the notion of the collective, to become an individual in the search for coherence, instead of being taught, I am educated, instead of receiving, I give, instead of being controlled, I manage.

ME: But, this would seem to be that to be consistent with myself, I must be selfish, think only of myself, and disconnect from others.

SOY: This is the first stage, the stage of the crisis. The great crisis is breaking ranks, realizing that everything I think, feel and do does not belong to me, but is a reaction of external impulses. My fear of being judged makes me seek the comfort of the group, and by acting as the group, I ensure survival. It usually happens in all mammals, and in humans it can be seen in art, in music, in religions, in political parties, in science, in philosophies, in spirituality... How many have you heard say: "I am from this or another group, team ... I am this or that profession ... Do I follow this or that person? "

ME: Yes ... it's very normal, the sense and need to belong.

I AM: And of acceptance and recognition. Humans strongly need to be recognized by a pack, and especially by the leader of a pack, causing them to leave their own self to fit in and be accepted. And the groups, policies and religions have taken it upon themselves to ensure that this is so by destroying the Ego. Ego comes from Latin

and Greek, and it means "I". No one can exist without the I, if you do not build a strong "I", you will never find the potential of the "I am". For this reason, the first crisis is individualism, separation from the group, the recognition that group thinking, feeling and action do not represent me. In this crisis, there is emptiness, a sense of deception, a perception of control and hierarchy, and a strange reaction of "for himself who can". Thus, the ego acts, and becomes an I in Motion, which in Greek is said: "egoism". The Ego tries to survive by itself, acting according to what it feels, and thus it becomes the center of itself, regardless of anything else, what in Latin we call "egocentrism". The Self is now developing in all its aspects of the personality, as it begins to be controlled by its own emotions and to act for its own benefits. And here allow me to limit something: the one who leaves the group and lives his life without caring about others is so selfish and self-centered, as is the one who leaves the group believing himself superior or spiritual and who tries to force the others in the group to follow his Same way. For in both cases, he considers that his own self-reference is the only coherent truth. and thus he becomes the center of himself, regardless of anything else, what in Latin we call "egocentrism". The Self is now developing in all its aspects of the personality, as it begins to be controlled by its own emotions and to act for its own benefits. And here allow me to limit something: the one who leaves the group and lives his life without caring about others is so selfish and self-centered, as is the one who leaves the group believing himself superior or spiritual and who tries to force the others in the group to follow his Same way. For in both cases, he considers that his own self-reference is the only coherent truth. and thus he becomes the center of himself, regardless of anything else, what in Latin we call "egocentrism". The Self is now developing in all its aspects of the personality, as it begins to be controlled by its own emotions and to act for its own benefits. And here allow me to limit something: the one who leaves the group and lives his life without caring about others is so selfish and self-centered, as is the one who leaves the group believing himself superior or spiritual and who tries to force the others in the group to follow his Same way. For in both cases, he considers that his own self-reference is the only coherent truth. And here allow me to limit something: the one who leaves the group and lives his life without caring about others is so selfish and self-centered, as is the one who leaves the group believing himself superior or spiritual and who tries to force the others in the group to follow his Same way. For in both cases, he considers that his own self-reference is the only coherent truth. And here allow me to limit something: the one who leaves the group and lives his life without caring about others is so selfish and self-centered, as is the one who leaves the group believing himself superior or spiritual and who tries to force the others in the group to follow his Same way. For in both cases, he considers that his own self-reference is the only coherent truth. And here allow me to limit something: the one who leaves the group and lives his life without caring about others is so selfish and self-centered, as is the one who leaves the group believing himself superior or spiritual and who tries to force the others in the group to follow his Same way. For in both cases, he considers that his own self-reference is the only coherent truth.

ME: So sometimes the most loving and spiritual people also act selfishly considering that it is necessary to remove others from their group status and judge those who do not see the truth of unconditional love ... right?

SOY: Exactly. For they only see the truth through their eyes. So, the first crisis is to realize that you must get out, and the second crisis is to get out, because the ties are so strong due to the years of adjustment, that the moment you step outside the group, the eyes begin to judge: the different, the crazy, the weird, the strange, the fool, the fagot, the know-it-all, the conspiratorial, the conceited, the phony, the selfish, the deserter, the heretic, the traitor ... How many more? The currently famous "bulling" is experienced, in all social strata and ages, because you start to be different and the group makes it noticeable. Here we can fall into an emotional crisis that leads to depression, anger, or indifference. If we manage to transcend this stage, the path of the Self begins, in which the development of the Personality begins. So as you asked, yeah This path is a path of the Ego in search of the I am. He discovers, the ego, everything he is capable of and what he feels, until he experiences a new crisis: this does not fill him, because he is alone, and he has discovered many things to share that are within himself. Then, inevitably he searches for the meaning of things, and begins to ask himself the key questions towards the I am: "why, what for, what, who, how, where, when ..." He begins his search, and sooner or later, one day, his body makes the right path, and his emotion feels that necessary, unlimited expansion that allows him to feel the spirit, and there, when "the lamp turns on", "the light turns on", "Eureka!" ... I am. The last crisis. When encountering the vertical truths that unify mind, emotion, and action, he realizes that he was never right, but rather that he in himself was his own reason, that nothing existed, that he in himself was his own existence, that the mind is consciousness, emotion an energy and the body a medium. Everything loses meaning, because now it does, because the meaning you gave it before was related to the expectations and impulses of the group. You realize that the whole personal search had been nothing more than the polarized

force of the group, trying to escape, to be against, to free yourself, but you were polarized, dual. In the I Am, both paths come together, and if you transcend the existential crisis, you return to the world walking in real Coherence, in which without effort or need to appear or seek to be understood, you act in relation to what you feel, and feel in relation to what you think. But no longer in opposition to others, but in their service. You do not seek to change them, but to provide them with tools when they ask or need it. You don't want to belong, and you can still share with them. You do not follow a belief, and you can freely converse about all its truths. You do not have to escape from their systems, because you got the greatest of freedoms, your own and internal.

ME: So, you are coherent inside and outside, in both coherence.

I AM: When you complete the I with the I am, you realize that reality is not vertical or horizontal, that it is not right or left, inside or outside, up or down, but that all polarities are Correspondences, they are united, connected between them, they are two sides of a coin, two ends of the same string. Extend your arms to the sides, like a cross, and you will see in your head the attribute of thought, in your genitals the potential of action, in your left hand the ability to receive, and in your right the ability to give, and in the center of this cross, the heart with the attribute of feeling.

ME: Being coherent then is basically being in balance with what I feel and resonate with me, what beats inside me, what pulses me from the heart to give and receive, to think and act.

I AM: Thus you will be useful to yourself, and useful to others. And tell me ... are you consistent?

ME: Sometimes I feel that I care a lot about what they think of me, and I am very concerned about how I explain things, if I am understood, if it is "coherent". Sometimes I feel like I've wasted a lot of time trying to do the things that I did in the ways that I did just to make others happy, to please others more than doing what I was really supposed to do.

SOY: What does that make you feel?

ME: That much of the potential that I could have used to expand my being, I used to please others. Many times I feel that the things I do for others I do to be accepted and loved more than for the fact that they should be done. This is the first year, 2020, that I am not doing that, that everything I do is because I feel it. However, there is still that feeling that I could give more of myself if I did not think so much about what others will say or think.

SOY: What scares you of what others think?

ME: Just not being consistent. Many believe that I do this for money, or that I am a sham. I know that this is not the case, because I know myself and those who know me know it, however, these visions make me rethink whether later, when I have to work in the social sphere, everything I have done so far will not play against, such as If someone could say: "Now you come to take care of society when in 34 years you dedicated yourself to meditating and not doing anything practical for the people?"

SOY: And do you think that those who say that were born being the best Samaritans and were already manifesting their potential from their first year of life?

ME: No ... of course not.

SOY: So... everyone has a different time and preparation, a different path. Judging the ways of others does not make you a better person, it makes you incoherent, because you are only pretending that everyone is as good as you or as you think they should be good from your vision.

ME: I know that I put a very heavy weight on my shoulders, maybe my ascendant in Capricorn makes me very anxious to improve, that nothing is enough, and that whatever I do can be taken as incoherent. Sometimes even working is scary because it is almost taken as an ostentation to earn money and not be spiritual for it.

SOY: So the poor are spiritual and the rich aren't?

ME: Well... Christian beliefs inherited from the Middle Ages.

I AM: Inheritances... inheritances... Did you come to be consistent with those inheritances? Or did you come to remember that we must be consistent with ourselves?

ME: I came to try to show in me the coherence of being Myself, and to inspire that each one, recognizing their own I Am, can activate their potential and change the world from their own power.

SOY: So... are you consistent?

ME: No... I am in crisis seeking to be, on the way to discovering the potential of my I Am.

I AM: So, here I will be waiting for you, because I am Coherence.

14. The loves

[August 17, 2020 Matías De Stefano](#)



ME: If Love means "without death" in Latin, that is, it is something eternal, and we all know that the eternal is energy because it is constantly transformed without ending, then, love is an energy, the energy that eternally crosses it and builds everything, therefore love has many forms, and one can love in various ways, right?

I AM: Clearly, love is that eternal energy that originates and shapes everything. From the first pulse of the Universe, it is the eternal energy that is transformed over and over again: from waves to strings, from strings to

quantum, from quantum to particles, and these into atoms, and thus into molecules, and these into chemical elements, and the elements in acids that make up the genetic codes, and are protected in the plasma of a cell, which multiplies until it is an organ, then an organism, a body, then an entity, and from there to a being. That is, everything is Love, since everything is eternal energy. And the energy vibrates, like music, in different tunes. The strings of time that build the basis of the entire energetic connection are like the strings of a piano, guitar or harp, which depending on their thickness, tension or length will sound more acute or bass, generating the energetic variety that you hear as music when all are combined. For a beautiful song to have the expected effect, it needs rhythms, time signature, moments of tension and resolution, this leads us to understand that the song we call Love will have different notes, some low and dense, and others subtle and high. This scale, in humans, is found throughout the body, as if you were a guitar with strings that go through your entire body from head to toe, and the string tensioners are found in each of the chakras, like this, the shorter and thicker the string is, the lower and denser it will sound, generating low emotions. And the longer and higher it sounds, the higher your emotions will be. But they all make up the song. For a beautiful song to have the expected effect, it needs rhythms, time signature, moments of tension and resolution, this leads us to understand that the song we call Love will have different notes, some low and dense, and others subtle and high. This scale, in humans, is found throughout the body, as if you were a guitar with strings that go through your entire body from head to toe, and the string tensioners are found in each of the chakras, like this, the shorter and thicker the string is, the lower and denser it will sound, generating low emotions. And the longer and higher it sounds, the higher your emotions will be. But they all make up the song. For a beautiful song to have the expected effect, it needs rhythms, time signature, moments of tension and resolution, this leads us to understand that the song we call Love will have different notes, some low and dense, and others subtle and high. This scale, in humans, is found throughout the body, as if you were a guitar with strings that go through your entire body from head to toe, and the string tensioners are found in each of the chakras, like this, the shorter and thicker the string is, the lower and denser it will sound, generating low emotions. And the longer and higher it sounds, the higher your emotions will be. But they all make up the song. some deep and deep, and others subtle and sharp. This scale, in humans, is found throughout the body, as if you were a guitar with strings that go through your entire body from head to toe, and the string tensioners are found in each of the chakras, like this, the shorter and thicker the string is, the lower and denser it will sound, generating low emotions. And the longer and higher it sounds, the higher your emotions will be. But they all make up the song. some deep and deep, and others subtle and sharp. This scale, in humans, is found throughout the body, as if you were a guitar with strings that go through your entire body from head to toe, and the string tensioners are found in each of the chakras, like this, the shorter and thicker the string is, the lower and denser it will sound, generating low emotions. And the longer and higher it sounds, the higher your emotions will be. But they all make up the song. generating low emotions. And the longer and higher it sounds, the higher your emotions will be. But they all make up the song. generating low emotions. And the longer and higher it sounds, the higher your emotions will be. But they all make up the song.

YO: So, it could be understood that Hate is not the opposite of Love, but one of its many notes, the most serious of all.

SOY: When you listen to a song, the low notes are the ones that take you inside, to see what has not been worked on, to the tension that lives in you. Hate is one of those tensions, and Happiness is the resolution of this musical tension. But they both create the song. Therefore, the only thing that allows you to enjoy and hear the beautiful melody is Unconditional Love, because you can see the logic and beauty in each process, in each note without judging it.

ME: This would justify all kinds of love, that is: is obsessive love okay? Jealousy? Or the typical "I hit you because I love you" of machismo?

SOY: It is not a question of what is right and what is wrong. It's a matter of tuning the strings. An instrument out of tune, only generates noise, disharmony. The mistake is to think that happiness is right, believing that then sadness is wrong. No. There is no emotion in the universe that is bad, nor any form of love that is correct, there are only out of tune instruments that need an adjustment on the strings. Hatred is very useful when it is

channeled, as it generates the necessary tension that drives an energetic discharge that seeks the release of said tension. The hatred of oppression seeks freedom as a result; hatred of war seeks peace as a result. However, in the human vocabulary, you have polarized emotions as if they were concepts and not energies.

ME: I get the point. Both, negative and positive, are useful for lighting, the problem is not knowing how to tune it, adjust it, and that implies how I use the chakras ... which are the motors or the pins of a guitar ...

I AM: Adjusting your chakras like the strings of a guitar, that is, ordering the energy in them, making them rotate correctly and in harmony with the others, you will be able to make the negative strings sound to be useful in your love melody. Unconditional means "without conditions", and sometimes, people tend not to realize what this means, and believe that Unconditional is something very idyllic in which the negative is rejected and lives in a world of peace, brotherhood and utopia. However, it is very different, it implies precisely recognizing the usefulness of even negative and dark things, and lovingly understanding that whoever is out of tune is because they have not been able to adjust their chakras, their strings, not because they are bad. Perhaps, in your life, you have experienced situations that have misaligned the pegs, and for this reason your way of love is out of tune,

ME: So, the proposal is to help adjust the inner world so that that love is useful.

I AM: All existing emotions are useful, all of them, and all of them arise from eternal energy, that is: Love. Do you understand why it is said that "God is Love", and that "the Universe is Love" or "only Love will set you free", or "All you need is Love"?

ME: Yes, because love does not mean being in love, but being eternal, unlimited. And in fact, it is what it feels like when one falls in love, it feels like there are no limits, that one can do everything.

SOY: Because all emotions coexist there. The most important are those that have been recorded in each cell as survival mechanisms on earth: Joy, Anger, Fear, Sadness, Surprise, Disgust, Trust, Interest. And then, from them, come Shame, Guilt, Embarrassment, Satisfaction, Contempt, Enthusiasm, Complacency, Pride, Pleasure. And all of the above go from being reactions to constant states, something you call "Feelings", such as Generosity, Joy, Affection, Jubilation, Compassion, Hope, Freedom, Appreciation, Acceptance, Accompaniment, Kindness, Admiration, Compassion, Kindness, Relief, Empathy, Integrity, Harmony, Attachment, Approval, Honesty, Humility, Concentration, Temperance, Tolerance, Motivation, Happiness, Strength, Autonomy, Serenity, Optimism, Satisfaction, Security and the same Love.

ME: And ... then, I must ensure that all of this coexists in me harmoniously, without judgments ... because Unconditional Love contains you and needs everyone to create its melody.

I AM: They are the different loves that coexist in your heart, which is the Guitar Rosette, where the great resonance occurs, where the bass and tensions, the treble and the resolutions, are combined.

ME: Is this why we tend to fall deeply in love with things that cause us conflict? That is to say, the great love stories are usually the ones that must overcome all kinds of obstacles and conflicts ... "Romeo and Juliet" for example, although it is applicable to almost all stories.

SOY: Exactly. All this coexists in you, all those sensations are there, they are your strings, but you are the guitar, the piano, the harp. The musician is usually the other one, the one who appears in your life, and touches your strings, that person, that being, is the one who will make you see what sounds in you and the adjustments or misalignments in your strings. Humans usually think that one or such emotion is felt by the grace or guilt of another person, however, that emotion lives in me, and is out of tune or in tune in me, the other only played the string, making it sound, and showing me how i sound. But the one that sounds bad is me, not the other one. The resounding reaction is in me, not in the other.

ME: Well, although the other also has to know where to play ... For something he chose to play that string and not another ...

SOY: Resonance is everything. What the other plays in me only makes sound what is in me, but at the same time, it makes sound what the other needed to hear and was not hearing in himself. The musician does not play the song with deaf ears, but waiting to get something out of it. It is an energetic symbiosis, which through relationships, seeks to improve, feel harmony, find unconditional love, and for this first, both the musician and the instrument must recognize all their sounds, their emotions, and the amount of melodies that they are capable of creating. But above all, free yourself from the role, since many people believe that they are other people's instruments, and many believe that they are the musicians who use the instruments at their mercy. They are both instruments and musicians at the same time.

ME: And how do I become a good musician?

SOY: Playing your own instrument and feeling its resonance in your heart. The music that you can make of yourself. It is much easier to blame others, those who play the strings, than to see that one can provoke the same emotions in oneself. Looking in the mirror, recognizing that everything I don't like is just the music that emerges from me and filters what I hear from the world; It is not something easy, it implies accepting yourself as the generator of your own conflicts. What does not resonate, what is out of tune, what goes out of tune, is in my being, it is my music, and no musician wants to discover that the problem of the orchestra was its own instrument. That is why we cast the good and the bad on others.

ME: That's why we say things like “without that person I am nothing”, or, “I need him”, “I hate him”, “my problems would disappear if he or she disappeared from my life...”. All those things that we project onto the other are nothing more than our own imbalances, which the other only allows us to hear.

I AM: The belief that we need the other to be who we are, the belief that it is the other who produces this or that emotion in me, and that it is only for the other that I can feel complete or empty.

ME: What is it to fall in love then? I mean that sensation we feel in our hearts, as if it were going to explode.

I AM: This happens when an external agent, be it a situation, a person, an epiphany or revelation, makes all our emotions sound at the same moment, and everything, from the lowest to the highest of your being, sounds in unison . This generates a reaction that neutralizes everything that was separate, and makes it unified, but at the same time, nothing can be felt, because everything is felt at the same time. But falling in love is only an instant, because then the strings begin to sound in resonance to others, generating conflicts and tensions and then culminating in resolutions. Love is like a sea, full of waves with peaks and depths, ups and downs. It's the only way things can be eternal: if they transform. Think now of all the people you have managed to love, in every way, those you have loved deeply,

ME:... No... it has always been modified; turned into hatred, or betrayal, or disappointment, or anguish ... Or from love to friendship, from passion to relationship, from friendship to lover ... it never remains static.

SOY: By the wave. You cannot go against the sea, but you can learn to swim in it. Wanting to dominate the sea is selfish, learning to swim is Unconditional Love. For a sea without waves does not carry any ship to its destination. Knowing that the forms of love will always change, you cannot cling to any of them, since they will all inevitably transform, with which, you only have to accept it as it is. And by accepting it, you know that the waves do not rise and then descend and never rise again, but they return, they return to the surface. When instead of seeing a rise and fall you see the horizon of the sea and the millions of waves in it, you will be able to understand what acceptance, empathy, unconditionality means, understanding that love is water.

ME: In a way, it is liberating, then, it allows us to see everything with love, that our heart can resonate without expectations, without wanting to get attached to the sensation ...

SOY: And yet... you are.

I eat?

I AM: Attached... to an expectation. That cough you have, it doesn't come from your throat, does it?

ME:... No... it's true... it comes from the heart, from the High Heart.

SOY: You feel the pressure in your chest ...

ME: It's as if all the strings were knotted there and they couldn't sound as expected.

SOY: Tell me ... Who was the musician that broke your heart?

ME: You know the story. When Merlin, in Avebury, England, told me that I could only fulfill my mission and purpose if I could abandon both for love, allowing myself to fall in love with nothingness, with emptiness. He told me that he would do it only by going to the Heart, to Switzerland. And so it was, after 2 weeks I went to Switzerland, and when I arrived I met him, or rather, I reminded him. Seeing us was like finding that other part of me, we both felt it. I've never felt like this before ... When I saw him, I felt the sensation of saying "thank you for showing up, I'm glad you're here again." Later, that same day, he told me that he was in love with me, but that he knew that I could never feel anything for him, because he was nothing, nobody, he was empty. And then his words were Merlin's, and something in me made me understand what he was feeling. I have never fallen in love with anyone like this. The next day, I had to go to Stockholm to present an Ontocracy project in a Foundation, my life purpose ... And at the airport I decided not to get on the plane, to leave the airport and stay with him, there, in Geneva, in Switzerland, the heart of Europe, which is the heart of the world, activating my own heart next to his, in a town in the center of CERN, the particle accelerator. But that same week, his family went from loving me to hating me, and they forbade us to be together, they turned him against me by making him believe lies, and I could never see him again. He disappeared from my life. Over time I understood that his love, his presence, embodied all that love that I should feel for myself. However, since then, 2 years ago, I have felt that which I never believed was true: a thorn in my heart ... I had to go to Stockholm to present an Ontocracy project in a Foundation, my life purpose ... And already at the airport I decided not to get on the plane, to leave the airport and stay with him, there, in Geneva, in Switzerland, the heart of Europe, which is the heart of the world, activating my own heart next to yours, in a town in the center of CERN, the particle accelerator. But that same week, his family went from loving me to hating me, and they forbade us to be together, they turned him against me by making him believe lies, and I could never see him again. He disappeared from my life. Over time I understood that his love, his presence, embodied all that love that I should feel for myself. However, since then, 2 years ago, I have felt that which I never believed was true: a thorn in my heart ... my life purpose... And already at the airport I decided not to get on the plane, to leave the airport and stay with him, there, in Geneva, in Switzerland, the heart of Europe, which is the heart of the world, activating my own heart next to yours, in a town in the center of CERN, the particle accelerator. But that same week, his family went from loving me to hating me, and they forbade us to be together, they turned him against me by making him believe lies, and I could never see him

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SOY: Tell me how you feel ...

ME: It is as if nothing made sense, as if all the emotions in my life led me to him, because with him I felt all, absolutely all the emotions that I could feel with someone from the lowest to the highest. And like the Nothing itself that it claimed to be, it disappeared without even saying goodbye.

SOY: Your heart was in the state of tension, unable to reach resolution. But you know well that every person in the external world is only a projection of the internal world. Without him you would not have discovered love as you did, you would not have known that you were capable of freeing yourself from your history and your mission, you realized that you are really free, and then you have made it a conscious choice rather than a duty and a to weigh. You have allowed yourself to love all people without limits, and you have understood the strength of pain, transforming it into teaching. His love did not disappear, it lives in you, he showed you what you are capable of when you love, of the melody of your heart.

ME: Still, my heart needs to close this story, which is the most open of all that is in me today. It still hurts, and it's the words I couldn't say to him that make me cough from my high heart.

I AM: First you must be able to say them to yourself, and then you will find him to say them to him. For every great path of love does not begin with the surrender of one to the other, but the surrender itself, allowing oneself to hear one's own melody.

ME: I don't know how to do it. My projection of what we could have been together is so great that my heart continues to beat on an idea that no longer exists ...

SOY: And you continue to hope that talking about him will let him know one day that you are still waiting for his return. And the truth is, dear friend, it won't. Well, who do you expect to return, lives in your memories and your expectations of what it could be, and not what it is. What you hope to return, already lives within you. And

as long as your song sounds like "what could have been", it will never be what "is". Therefore, in Love, we should not expect anything from anyone, but to Be what we hope to receive. Love yourself, and you will only receive love.

ME: I'll do what is in my power to make my strings ring again ...

SOY: There is not much you have to do, it is simply to love him, because the idea you have of him does not live in him, but within you. All humans project onto others what lives inside of you, and cry at the inability of the other to give them what was always in their internal worlds. Learn to give yourself what you expect from others, and then you will receive the coherence of others towards you, freely, without expectations, ideas or conditions. Attachment to the idea of what could be is one of the fundamental keys to let go of in order to love, since the sea is a free spirit that cannot be locked in a chest.

ME: I will only say that the love that he woke me up, helped me to realize that I had that love inside me, a love capable of going from nothing to everything in an instant, and back to nothing ...

I AM:... to return to the Whole again.

ME: I honor what I feel, without judgment, because even today in his absence, he continues to remind me of the strength of love in my heart. I just have to feel it free and expanded. Free myself from attachment ...

SOY: And for that, you must allow yourself to love yourself as much as you love him. Let go of the expectation of your mission and your purpose, fall in love with Nothingness, fall in love with the Void that it has left in you, because its Love lives in you, because you ...

ME:... I... I am Love, and I bring you in me.

15. The ego

[August 18, 2020 Matías De Stefano](#)



ME: When we spoke of coherence, you mentioned that Ego means I, and that without the I you cannot reach the I am. You also said that selfishness is the movement of the self, and selfishness is the belief that one is the center of everything. But tell me, what really is the I?

I AM: The I is several things, but one of them is the construction of all external factors. The Self is the result of data, information accumulated through your biological history, both of the species that have made you live today and of your own family tree. The Self is in turn a cultural construction, which has shaped the way you speak, think, feel, act to live in harmony with the environment that surrounds you. It is in turn the result of all your experiences, and the final product of the Astros that determine your personality. It is all your attributes and your weaknesses, your mistakes and your successes. It is the construction of the person. Who you say you are, how you present yourself, how the world knows you. And it is the center from which all your relationships and ties with others are generated,

ME: So I am almost an anchor, a mirror, I am the result of external factors. It is like when you explained to me that the tree is not green, but the refraction of the ranges of light that are divided in the photosynthesis process carried out by chlorophyll, and our eyes see this color by our ability to perceive said range of light, but it does not mean that the trees are green, but that it is the color that I can see of the tree. The Self would be like that color, which is the result of many mechanisms that make it who it is, even if it is not real.

SOY: Exactly. All external factors refer to every force that has shaped who I am, whether from the biological to the experientially self, including the climate, the territory in which I am born, culture and religion, how my parents have treated me, or if I did not have them, all the factors of the world that surround us, modify and mold the Self.

ME: And why the stars?

I AM: Because everything is connected, and yet in society it is believed that things are separated by distance, in the microcosm distance does not exist. The stars that are hundreds or thousands of light years away, for the universe is light that you see and perceive, like the green of the tree. They are and they are not, they exist and they do not exist, but they modify our internal world when we see them, even if what we see is the past. All light that you see in the sky does not live in the present, but is the past of each star, the time it takes for the light to reach you; So, in the same way, this relativity makes the particles that make up those stars the same ones that make up you, and when you are born, it's as if your light combines with theirs. Thus, you occupy a new individual space in creation, and you receive the seal of the stars that observe you. Think about the closest: how do you feel in spring, in summer, in autumn and winter?

ME: I am different, I act different, in spring one is more cheerful and eager to do things, when in winter one is more inward, thoughtful, in autumn there may be more depression, and in summer everything is altered.

SOY: Well, if the seasons change your I every 3 months, think now about the Moon and the Sun. Day and night influence your state of mind, the way you are in life. The Moon, with its gravity, drives the tides in the oceans, creating the waves, moving the waters of the world, and you, human, are 70% water and emotion. For this reason it influences creativity, emotionally, in the menstrual cycle. Then you have Venus, and Mars, and the further you go, the more subtle the modification or effect on you. If the Sun shows what you are during the day to others, the Moon will show what you are inside you, at night. Venus, Mercury and Mars will influence your daily attitudes in relation to communication, love and the will to action. While Jupiter and Saturn, mark something more distant, your purposes, challenges and missions, something that is not everyday, but is far on the horizon. And then, the imperceptible, your subconscious and unconscious, the search for inner truth, the spiritual path of Uranus and Neptune, to find death on Pluto at the end of the road. And the constellations that surround all the planets are the character, essence, with which you will face each of these levels. Thus, astronomy and astrology are one, one more factor that modifies your being. But perhaps for many this is very far, then, you must go to the center of your own solar system: Your plexus. And the constellations that surround

all the planets are the character, essence, with which you will face each of these levels. Thus, astronomy and astrology are one, one more factor that modifies your being. But perhaps for many this is very far, then, you must go to the center of your own solar system: Your plexus. And the constellations that surround all the planets are the character, essence, with which you will face each of these levels. Thus, astronomy and astrology are one, one more factor that modifies your being. But perhaps for many this is very far, then, you must go to the center of your own solar system: Your plexus.

ME: The solar plexus, the pit of my stomach ...

SOY: Tell me, where do you nourish yourself before being born?

ME: Because of... the umbilical cord?

SOY: Of which today only your navel remains as a seal. Your first contact with the reception of external information is the cord that goes to the plexus, to nurture your being. This cord not only carries food, nutrients, but also emotions, sensations, thoughts, which come to you through the first being to which you are linked ...

ME:... my Mother.

I AM: You, then, are the Earth, the center of your life system, but everything that comes to you, you owe to your mother, the first closest star you have in your life: the Moon. Here begins the real construction of your personality. The internal world that nourishes your being is the information of the water that moves your Mother, just like the Moon in the heavens. In the dark, she's the only one you can trust until you see the light of day. When you leave the cave, the night of creation, the waters and the emotion, you see the light, and with this light, the face of the Father, the Sun. Thus, your life begins to use both forces: father and mom, the sun and the moon. Your life revolves around both, and day by day you live closer to one and sometimes to the other, expressing yourself, experimenting in the game, integrating learning, and transcending the unnecessary, that is, you live your spring, summer, fall and winter. So, throughout life, you awaken the force of play, of friends, of conflicts between your parents, brothers and friends, the struggle to grow up, and you see Mars in their faces. Until your emotion awakens for the beauty of life, and you fall in love, awakening in adolescence the force of Venus. Growing up in the experience of Venus and Mars, begins the search to find himself in learning and sharing with others, the presence of Mercury. And at the end of adolescence, school, you put on a long-term life project, your purpose, what I want to be as an adult and in what I want to be successful, our profession is Jupiter, who lives in the faces of our idols and examples to follow; But to achieve what we seek we must go through the harsh trials of life, the professors, teachers, bosses with the face of Saturn. And one day, you realize that all that you were looking for does not fill you, and you start looking for answers that are beyond you, you look for the path of truth, the answers that you will find in the spiritual or philosophical, and in the teachers of life you will see the face of Uranus, until you realize that everything that others can teach you, lies within you, in the vast oceans of your internal world, where you find in the subconscious the most hidden answers and you see yourself as Neptune. Thus you realize that the only way to emerge as a new human, a new I, is to let the old die, the crisis of being and existence, which you will see with the face of Pluto. and you start looking for answers that are beyond you, you look for the path of truth, the answers that you will find in the spiritual or philosophical, and in the teachers of life you will see the face of Uranus, until you realize that everything that others can teach you, lies within you, in the vast oceans of your internal world, where you find in the subconscious the most hidden answers and you see yourself as Neptune. Thus you realize that the only way to emerge as a new human, a new I, is to let the old die, the crisis of being and existence, which you will see with the face of Pluto. and you start looking for answers that are beyond you, you look for the path of truth, the answers that you will find in the spiritual or philosophical, and in the teachers of life you will see the face of Uranus, until you realize that everything that others can teach you, lies within you, in the vast oceans of your internal world, where you find in the subconscious the most hidden answers and you see yourself as Neptune. Thus you realize that the only way to emerge as a new human, a new I, is to let the old die, the crisis of being and existence, which you will see with the face of Pluto. it lies within you, in the vast oceans of your internal

world, where you find in the subconscious the most hidden answers and you see yourself as Neptune. Thus you realize that the only way to emerge as a new human, a new I, is to let the old die, the crisis of being and existence, which you will see with the face of Pluto. It lies within you, in the vast oceans of your internal world, where you find in the subconscious the most hidden answers and you see yourself as Neptune. Thus you realize that the only way to emerge as a new human, a new I, is to let the old die, the crisis of being and existence, which you will see with the face of Pluto.

ME: My life is almost a path through the cosmos ...

I AM: And everyone you meet, in your family, friends, loves, teachers, enemies, all of them are the planets of your own solar system.

ME: What if I haven't had a father, or a mother ... or friends ... or brothers or loves?

SOY: That you don't see them doesn't mean you don't have them. Tell me, don't you have a father?

ME: Now yeah... well, I always had him actually, but I didn't meet him until I was 27 years old.

SOY: And who was your Sun?

ME: For a while I thought it was my grandfather ... although he was not very present, I did not recognize him as a father. My mother was both Sol and Luna. Although, I do know that since I was born, I could see the light of those who were in another dimension. Kuen, my guide was there from the first moment.

I AM: That is to say that your father, in your subconscious, was not of this dimension, and your Sun was not visible, but etheric.

ME: Yes, from psychology it could be interpreted that I made an emotional transfer. In other words, since I didn't have a father, I imagined one to make up for that absence.

SOY: However, he is a father. Not?

I do...

I AM: The conflict of psychology is that it remains in the trauma of absence and does not strengthen the capacity of the being to fill in the empty spaces. The physical absence of your father made your solar system not have a center, and therefore, there are no limits, because in an etheric Sun, time and space are eternal. Thus, your Universe was not limited, and you were able to hear me, remember all your history, remember the Cosmos that is your Father, and amplify your family to Humanity.

ME: So my I was freed from limitations ... thanks to not having had a father ...

SOY: The greatest gift your father gave you in this life was not being present since you were born. Sometimes we think that to be a perfect being we need all the correct agents of a family: "mom, dad, brother, sister, grandfather, grandmother, uncle, aunt, cousin, cousin...", as if that were normal. Normal comes from the word "Natural", that is, Norma in Latin, which is usual or frequent. However, what is repetitive is not evolutionary, since what evolves is precisely what makes the difference. The I must get out of the normative to discover its potentials and not repeat the same cycles. Absences, crises, breaks in ties make us grow.

ME: Yes, I have noticed that. In a way, inside me, there is an imperative need that we are all in perfection, that the family should always be in its best state, that no one quarrel, that we can all always be friends, etc, but it is

very complicated ... I have lived it, the fact of losing the relationship with part of my family and with friends, in these last two years there have been instances in my life that have destroyed the old Matías, but that have allowed a new, transcendental one to emerge, which feel free, without any weight, deeply loving all the people that in these two years I lost as family and friends, or at least that I lost in the way I hoped to have them.

SOY: Exactly. You have not lost anyone, you have gained a new perspective. The voids that other people leave in our life, modify our solar system, to allow new worlds to enter, and that does not eliminate the previous ones, because you carry them within you, and if you love them in their presence and in their absence, you will have understood that changes only make us move forward, that a crisis is always an opportunity for both.

ME: Last year, my Ego felt hurt in many ways, many people I loved very much disappeared from my life, and above all, it was by my own choice. I felt that the circumstances in which we were interacting were not the best for me or for them.

SOY: What aspects of your personality caused your own solar system to go haywire?

ME: I am a communicator, but I am very afraid to talk to those I love the most. I close myself off from the slightest conflict, I lose my words, and a defense mechanism is activated that prevents me from solving any kind of problem. I do not tolerate discussion, I do not know how to fight or impose a vision on the other. So instead of speaking, I quietly walk away. This has made many people walk away or believe me as a child throwing tantrums. And the truth is that I always felt like a child, even today, I live life as a child. With the same illusion, and sometimes that destroys. I saw in my environment that some people used me, and others that they expected much more from me than I could give. Of course there were mistakes on his parts, but it was also a mistake on my part not knowing how to manage it ahead of time. And in the last instance,

SOY: And how does that make you feel?

ME: Like a failure. I don't feel bad or sad, something that always used to happen to me, no longer, what's more, I feel liberated, as having understood that it was necessary to leave a space between some family members and some friends. But I see it as a failure to the Unit.

I AM: Unity does not mean being Together. The planets have a lot of space between them, otherwise, they could collide. That is what happens when instead of each one following its orbit, they try to get closer by intersecting the orbit of the others. Planets collide. The Ego is that which tries to keep everyone in their orbits, in themselves.

ME: And it is also that which makes us look only from our point of view, and fight for mere perspectives, which do not exist ...

SOY: Ah, but that I do not know.

ME: And who knows?

I AM: I know it, the AM. The I am is the one who possesses all the perspectives, the one who understands the logic of all the different I's that make up the solar system. The I am is gravity, it is the space between the planets. It's what you don't see if you don't pay attention. If you count the stars in the sky you will see separate lights consuming themselves, if you count the space you will see the meaning they make up between them, you will see the constellation and you will be able to tell its story. The stars and planets are moving away from each other, they consume their own energy, but still they are part of the constellation. No one from whom you separate ceases to exist, because you can bring many people together in the same place without them feeling united, but you can feel the unity between many people who are separated. It all depends on the ability of your Self to accept those worlds and stars that surround you. The Earth rotates on itself, and when seeing the sun, it

does not see the stars, that does not mean that they are not there. In the process of translation, sooner or later, you will see them. But if you do not move for fear that your Ego loses its axis, then you will hardly change your point of view around the Sun. The Ego is an axis in your rotation, it is your north pole and south pole, it has its negative and positive aspects. , and it is not perfect, because it is his imperfection that allows him to change his looks.

I: Evolution depends on I, then, and not on I am. Is that?

I AM: Evolution is the adaptation to change, the I am cannot see the change, because it is everything here and now, only the I can transform itself in the journey, it can be nourished by other worlds or people, from different landscapes, crises , conflicts, joys, voids and plenitudes. The Self is the result of constant change. It is the history traveled and the will to continue doing it. Don't take failure as defeat, but as an urge to find a better way to do it. Well that's your nature. Your personality uses your ability to adapt to mistakes.

ME:... All the paths or spiritual teachers and guides who say that the I is that part that must be dominated and controlled by the spiritual Consciousness, that the Ego is the confusion and takes us away from the clarity of the spirit, what do you have to tell me of it?

SOY: Tell me, who is the best artist: Rafael, Monet or Picasso?

ME: Well... it depends on what kind of art you like.

SOY: So, can you judge the Ego by its art?

YO: You say that the Ego, beyond an egoic concept, is an artist... no?

SOY: Each Ego is itself an artist who has discovered a different way of making art. That is, to perceive the World. They are all painters, they all make up Art as a whole, which is the I am, however, it is the Ego that has given originality, the one that became an artist within art. If all artists had clarity of spirit, all the canvases and walls of history would be white. For the divine Consciousness can only see that all potentialities coexist in the same particle, and the maximum possible clarity is to contemplate that particle radiating the essential energy. The beauty that you see in the world, in creation, in art, in music, in architecture, in religion, in science, in education, in sports, in everything you can think of, is thanks to the perspectives of the Ego. Stop wanting to fight to control the artist that lives in you! Every person you meet, every emotion that links you to them, every relationship, trauma, conflict, experience, separation, infatuation, joy, fun and resolution that you have experienced is what makes you original, evolutionary, capable of showing different forms. Why would divinity have created all this just to discover what it already knows?

ME: Awakening the potential of the Ego ...

I AM: The potential of the Ego is what nurtures the I am, because when the Ego, the I, realizes what it is capable of, it raises its head and understands what It is. Thus, it joins me, the I am, and creativity becomes Creation, and separation becomes Unity.

ME: All the emotions that live in me from everything that I lived, is what makes me see the colors, the shapes, the facts, the purposes in specific, unique ways, the construction of my personality from external facts, it is what allows me to discover my inner capacity ...

I AM: The I am lives in you, you just have to discover it, and the only way to do it in life is through the I. Live, then, being yourself, feel without fear of letting go, losing or gaining ties. Remember that you are the center of your solar system, and that no matter how far away others are, the force of gravity, which you will call Love, will inevitably unite them. Sometimes moving away is simply preventing the planets from colliding, creating

the total destruction of both celestial bodies. Find your Axis, awaken the artist in you, stop fighting with the only force that moves you in life, be yourself once and for all, and there you will feel me.

ME: I am who I am.

16. Darkness

[August 19, 2020 Matías De Stefano](#)



ME: Why is it so difficult for everyone to accept our shadows?

SOY: Because your whole life has been based on seeking the light and escaping from the darkness.

ME: In what way?

I AM: In all. The first unicellular organism on the planet that emerged to the surface did so by escaping from the dark and cold bottoms of the oceanic abyss to seek the heat of the sun and carry out photosynthesis. From algae, and other organisms that ate algae, they found in the development of the eyes a way to identify light, find it and identify targets, basically food. From there, they spread across the land. Trees looking for sunlight, reptiles needing its warmth, mammals living according to daylight hours. The human discovers how to master fire, and takes possession of the Sun in his hands, carrying the light that guides the night. The sun on the horizon marks the paths, purposes, life, destiny, and then the stories, worldviews, religions, they all become decorations around sunlight. The Sun becomes a symbol of kings, of God, of everything that is right, because light gives security. When a child is born, it emerges from the dark caverns of the uterus seeking the light where it finds freedom and expansion. The Light and the Sun are the great protectors from the attacks of predators, larger mammals, which at night can attack and kill. Thus, the Light of the Sun becomes the symbol of the fight against darkness, and it is believed in the subconscious that it is at night where the evil, the dark, what bothers me, the enemy, is found. The antagonist of our adventure, which shows us our weaknesses. Thus, everything bad, what makes us weak, what we hate, what we do not accept or recognize in others as well as in ourselves, are placed in the shadows. So,

ME: One of the keys to racism ...

SOY: Precisely. On an emotional level, everything that I feel sinful, that is not worthy of normality, negative thoughts, things that are forbidden, the secret world of our thoughts and desires, what we do not like about ourselves, what we want to hide from the others, what makes us weak, all of this, is placed in the shadows, hidden from the light by the shame that implies having it in oneself. Like a garbage dump, the shadows become the garbage dump of the being, where bugs, insects, bacteria, viruses that feed on this garbage grow. But just like in your society, the garbage, what you don't want to see, is thrown into the backyard, where it pollutes, poisons the water, generates gases, generates the greenhouse effect, and everything returns to our lives, damaging us even more.

ME: So, everything bad that happens to us is nothing more than the boomerang effect of what we ourselves have thrown into the shadows ...

I AM: Who is to blame for planetary pollution: the businessman who made the factory or the people who buy the product?

ME: It's a symbiosis ... both generate the conflict.

SOY: Therefore, hating the darkness, not accepting it, is precisely the irresponsibility of not knowing how to manage your own garbage and waste. If we learned to reuse that energy giving it a new purpose, perhaps, garbage dumps would cease to exist at night.

ME: In other words, the shadows, the ones we have set as enemies, only feed on what we give them... right?

SOY: First of all, considering darkness as the enemy of light is typical of a planet located in the vital orbit of a small star like the sun. The fact that there are 12 hours of light and 12 hours of average darkness, generates in the subconscious an idea that assigns attributes to each one based on experience. It is normal to think that the night is where evil moves, if from the beginning of your species it was during the night that the attacks of predatory animals were received. Just as it is normal for a person who has been abused by his father to have some suspicion or fear of all the men he meets. Generalization is an act of survival that attributes to the environment the attributes of the fact that it lived in such a context. You well know that on planets with more than one sun where the night does not influence, their beings do not have a subconscious overloaded with fear and prejudice. Just like a world with distant suns in which life has flourished, the shadow and the night will be the natural spaces of comfort and harmony. It all depends on the perspective, the experience obtained in one environment or another.

ME: And what is the origin of that darkness that we fear so much on a divine level ... the devil, and those things? That is, many consider that everything we live is a trap of a higher entity, or of the systems of darkness, they give it many names.

I AM: All are summed up in the word "Irresponsibility". The word responsibility comes from the Latin "responder", that is to say, having the "ability to respond" to an adverse circumstance. Blaming a being or system for your own inability to manage them and trigger a response to conflict that is productive and transcendental to it, makes you irresponsible. To believe that the evils in your life are due to a demon or enemy is not being able to cope with the inner power that goes above all of it. The darkness arose next to the light, because at the moment when the initial explosion generated matter, all the light that emerged cast shadows on the particles. Darkness is simply the absence of light. Light is the only one capable of causing shadow.

ME: But then why is space dark, black?

SOY: Because your eyes cannot see the distant light in the confines. Your ocular capacity is limited to the solar system you are in, and star dust, gas clouds limit your vision, as well as the distance, which makes the radiation waves of light and energy not perceptible.

ME: So everything is Light or absence of Light ...

SOY: Exactly. Said in this way, there is nothing and no one against the Light ...

ME: But... I myself have experienced darkness in my life, I have felt demons, I have had to deal with them. Where do these systems of density, of "darkness" and shadows come from?

I AM: In the beginning, the pure light expands, creating energy. Energy generates atoms, molecules, complex structures, chemical elements. They collide, refracting the light in different vibration waves. At higher waves, the light is distorted on its journey through space, creating what your eyes perceive as colors. These colorful ranges continue to diversify depending on the imperfections of the matter, which refracts the light more and more, creating more dissonance in the waves, creating different frequencies. The more the light expands and refracts, the more colors, which when divided by billions, give the appearance of darkness. So who has created the darkness?

ME:... the forms... the matter, which arises from the same energy.

I AM: The same light that has created energy generates the appearance of matter, and it is matter which creates patterns, which limits the travel of light, which distorts its own path. It is like taking a smooth and flat surface through which the light expands and you decide to wrinkle that surface, in which you will get mirages, reflections, that the more wrinkles, the more colors you will see, and in the cracks of these undulations, shadows will be projected, absence of light. Now, raise a very high mountain in the middle of the surface, and you will see that the light, as if it were wind, disperses in all directions, since its apparent straight line begins to be expanded through the deformation of the ground, no longer a straight path, but everywhere. It is space that is the product of light, and it is space itself that modifies light, changing your senses. "God created the Human so that they could create Him." So, the same light begins to chase itself, crossing over its own paths, modifying itself in so many thousands of ways that it creates parallel universes, a labyrinth that you call reality, a web that you call the Web. And the more the fabric intertwines, the greater the limitation, deforming the pure concept of light to colors, from colors to shadows, modifying your observation of geometry, turning the tetrahedron into fire, the cube into salt, the octahedron into seed, the dodecahedron into a drop of water, to the icosahedron on a planet. Each with its own address. So tell me: does every human have the same purpose on the road? Does every animal follow the same path? Is a child the same as a lion and a spider? Is the bat and the butterfly the same? "God created the Human so that they could create Him." So, the same light begins to chase itself, crossing over its own paths, modifying itself in so many thousands of ways that it creates parallel universes, a labyrinth that you call reality, a web that you call the Web. And the more the fabric intertwines, the greater the limitation, deforming the pure concept of light to colors, from colors to shadows, modifying your observation of geometry, turning the tetrahedron into fire, the cube into salt, the octahedron into seed, the dodecahedron into a drop of water, to the icosahedron on a planet. Each with its own address. So tell me: does every human have the same purpose on the road? Does every animal follow the same path? Is a child the same as a lion and a spider? Is the bat and the butterfly the same? "God created the Human so that they could create Him." So, the same light begins to chase itself, crossing over its own paths, modifying itself in so many thousands of ways that it creates parallel universes, a labyrinth that you call reality, a web that you call the Web. And the more the fabric intertwines, the greater the limitation, deforming the pure concept of light to colors, from colors to shadows, modifying your observation of geometry, turning the tetrahedron into fire, the cube into salt, the octahedron into seed, the dodecahedron into a drop of water, to the icosahedron on a planet. Each with its own address. So tell me: does every human have the same purpose on the road? Does every animal follow the same path? Is a child the same as a lion and a spider? Is the bat and the butterfly the same?

ME: No ... I mean, they have the same essence, but they are not the same, they are unique.

I AM: So, just as there are species in this dimension and world, there are species in other dimensions, and within each species, there are individuals, each with their own path. The demons are other of the many creatures that exist in the diverse ways.

ME: I remember that we called darkness "builders of realities"

I AM: They are like ants or bees, who build their own world by devouring the external one, and they will not hesitate to sting if you get in their way. Ah, now that I think about it, doesn't this sound very human to you too? What if humans are demons to the beings you call demons?

ME: Good point... It would be like thinking that for cows and chickens and pigs, all humans are murderers, genocidal.

I AM: Depending on where you stand, one aspect of the light will always appear to have shadows and to be darkness. When you see that the builders of realities are no more distorters of light in order to build their own worlds, in the same way that you cut down a tree to make a table, kill an animal or plant to eat, break one. mountain to build a house, you free yourself from the idea that there is a superior force that dominates you, because you realize that you do the same with other forces that you consider inferior. The darkness, which you call so vilely, is nothing more than another being trying to create its life, like you. You are darkness, for you were born from the distortion of light. It is not spirituality, this is logic.

ME: The first step to accept our shadows, then, is to recognize that they arise from the light, and that by accepting it as part of a natural system of evolution, I can recycle it to improve my personal evolution.

I AM: The struggle between light and darkness exists only in the human subconscious, which, when taken to the human unconscious, generates an eternal battle between the absurd concept of "good and bad". No one is good or bad, there are only beings more distorted than others. But they are all light. When you can see the light in the darkest places, you will recognize the truth, that all was only One.

ME: So, the I is the darkness, and the I am is the light. The I is the distortion of the light with all its colors and chakras and emotions, while the I am is the essential light that connects everything, that gives it meaning.

I AM: The great conflict of being in the shadows is that you can get lost in the labyrinth, and due to the infinite capacity of creation of the Ego, your ways can take you further and further away from the general idea. But I tell you again, to me, the Am, it doesn't matter how far you go. Unlike your ideas of the gods, I do not care if you distance yourself from me, I do not have attachment to your being, I do not need you to be on the right path of the spirit, I do not seek your praise nor do I expect you to honor me or never deny, nor do I forbid you to worship false idols or prophets, because the Soy knows that it inhabits everything, and that no matter where you go, I'll be there, no matter if you get lost, because for me there is no labyrinth ...

ME: So what do you expect from me?

SOY: Take a map with you. The journey is long, and millions of things can happen, you can take thousands of roads that take you through light and shadow, but if you know the map, our map, then you can travel them without getting lost, knowing where you are, being responsible for the path you choose.

ME: I understand... it is not a question of following the light or the shadow, it is not a question of escaping, it is a question of knowing all the paths, of walking them without fear.

I AM: The map of creation is full of conflicts, and your emotions, your experiences, are the tools. On a long trip like this, you will need a Swiss army knife, the kind that have many options for use. That is your emotional

level. Everything you consume on your way will become your fuel. If you know the map, you know where to go, and you will know how to use the tools.

ME: So... how do I face my shadows?

I AM: Recognizing that they are part of your light, of your path. That if you recycle them, they will be useful to you. Fears, desires, everything that is hidden within you, is power, is strength. Your weaknesses are what make you great, your mistakes are what make you wise, your desires are what drive you, your negative thoughts are what build your reality. Give them a purpose, write them down, speak them up, let them out. The road becomes heavier carrying a garbage bag, which you can easily use to compost, harvest and thus nourish yourself. Darkness is that tool that you have at your disposal to find the path of light, because darkness is nothing more than light scattered over hundreds of paths.

ME: So when I deny my darkness, I am blocking part of my map, and I do it thinking that denying those paths will lead me to the straight path of enlightenment.

I AM: It is a serious mistake for humans to think that the Sun lives in the east because it sees it rise there. The more you travel to the east to see the house of the sun, you will find yourself in the west, where you thought it was setting, where you thought it was sunset and the defeat of light. For the Light is always there, for the light is the very map. Do not be afraid to walk its ways. Go inside yourself. Can you see your shadows?

I do...

SOY: And what do you see?

ME: Tyranny, control... is the first thing I see.

I AM: You hide your power to guide and direct for fear of awakening a tyrant in you. Take the energy of the tyrant, look firmly at your horizon, say to yourself: "all this is mine", let your tyrant feel like emperor of his inner world, and make him the ruler of your shadows. Give it a purpose, and it will order your map. That aspect of you, it just hopes you give it a sense of being. You will not become a tyrant if you give him a task, because he will be spending his energy on something productive inside you, putting order in your life.

ME: There's also... Manipulation...

SOY: Oh, that is a very common one... all humans manipulate, it is a useful reaction to survive in a hostile environment. From the word, from the emotion. It is not necessary to manipulate with aggression, you can also do it with a cry, right?

ME: Crying is found in my shadows as a way to maintain my integrity. But I have recognized him.

SOY: And have you given it a meaning?

ME: I have turned it into something artistic, in writing, in telling stories of my sorrows, which may be useful to others.

SOY: Very good, and... tell me about your sexuality.

ME: For fear of sharing what I feel and am, I have hidden many of the things that I would have liked to share ahead of time, things that made me waste energy unnecessarily.

SOY: Well, the fear of taboo, what they will say, makes us do worse things about ourselves, until the moment we take the courage to say them, bring them to light, and by doing so, you have received more love than you expected.

I do...

SOY: Because our shadows are children with fear, children we lock in a dark room, we mistreat. Our internal demons are emotions that arise in our intestines and kidneys, we have denied as waste and treated without love, with disgust, when they are the ones who absorb the nutrients so that we can live. They just need a hug of unconditional love. Every enemy is a friend who has not received our love. Every illness is the reaction of a lack of attention. All conflict is the product of resistance to give and open up. All war is due to the lack of balance between all parties. Every demon is a frightened angel. All anger is a repressed child. All anger is the lack of a caress. All struggle is the lack of listening. There is no evil, because evil is born from the denial of good,

ME: I must love my shadow, that hurt child who has reacted badly for not being cared for from the beginning ...

I AM: Remember, in the sacrum is the engine of all emotion, materialized in the digestive system composed of the gallbladder, intestines, kidneys and bladder, they take all the nutrients, and no matter how much their visible result is the waste of your body, pee and poop, which will be used as compost by nature, also the invisible result is your blood, your strength, your vitality and all your emotions.

ME: All the emotion that comes from me is the final product of my shadows and lights... And in this game, I am the Darkness...

I AM: And I am the Light.

17. The fear

[August 20, 2020 Matías De Stefano](#)



ME: I kept thinking about yesterday ... There are several things to meditate and work on. The Sacrum is the generator of all our emotions, and for this same reason, it is also where there is the greatest distortion, where the greatest amount of low emotions accumulate, which we usually hide in the shadows for fear of facing them. I recognized, then, that these emotions are our filter to perceive the world, which due to this polarity that we have in the sacrum, we contemplate it in duality: good and bad, black and white, night and day, light and shadows ... And also, I understood that the shadows are the product of light, that the negative and positive aspects are actually projections of the same thing. Thus, understanding that both forces are useful for creation and transformation helps us to free ourselves from the struggle, both internal and external. But still, I see the

injustices of the world, the evils of some humans over others, and I don't know how to put that love into practice. How to forgive or love those who voluntarily cause so much pain in others?

SOY: Because, again, what you see is the damage it does, and not the damaged child inside it. A violent person is the product of a violent environment, an abuser is the product of abuse, a pedophile is the product of repression, a tyrant is the product of a lack of inner power, a conflictive is the product of a conflict. What you do is judge the fruit of the tree when it is the soil that was lacking in nutrients. Every time you tell a child what is right and what is wrong, you create in him a scale of values that represses a part of him in favor of a vision imposed by the external world. Try to survive by imitating. Sometimes we do not realize how much damage we cause someone by saying: "what you say is wrong, shut up, you are wrong, you are useless, do not be silly, You do it wrong..." A frustrated artist can end up creating genocide. A starving child can create a tribal war that creates more hunger. A child without love can wage a revolution of hate. A child who felt cheated can become corrupt. I do not ask you to forgive the atrocities that they have carried out, I ask you to hug that child, to heal his pain, to look into the eyes of those who do the most damage, and with a smile on your face, caress the cheek of that suffering child that is inside him, a child repressed in stagnant emotions that, due to his inability to express, hurts everyone around him.

ME: And what happens when you've already done the damage?

I AM: Darkness is the distortion of light. It is the dissonance of the harmonic vibration. It is the breaking of the patterns, and the knots in the matrix network. All arise from the expression of the internal (negative) towards the external (positive). They both create polarities that express themselves in thousands of ways, but at times, they alter, overload, collapse and explode, creating chaos. Thus, you understand that each person is like a battery with enormous potential to illuminate their environment, but if that battery generates a lot of energy and never has the possibility of expressing that light, all its power will seek an outlet, and without measuring the consequences, it will create chaos. and destruction. Those people who do so much harm to humanity are children with great potential that has not been channeled correctly. In other words, that released energy created destruction, and the task of those around them is to bring them back to Balance, balance their positive and negative, and the way it is done is by "adjusting" the polarities. Adjust comes from the word "Fair", which gives rise to the word and concept of "Justice".

ME: So, on the one hand, we cannot judge them but accept them with unconditional love, but on the other you tell me that if they destroy, justice is needed ... How do you understand?

SOY: What do you think justice is?

YO: Well ... the judicial system is the one that tries to put order and punish those who do things outside of what is established by law.

SOY: Interesting... And who decides the laws and the punishment?

ME: They should be fair people ... who know about laws, who seek equity.

SOY: There is a problem here ... And it is that what you call equity and law changes according to the culture and the moment, the interpretation of the environment. Slavery was legal ... Having a woman as property was legal ... For a black man to enter a common bathroom was illegal ... For children to work in factories and mines was legal ... Homosexuality was illegal ... Marrying minors was legal ... AND even in several countries all this has not changed. Who defines what is fair?

ME: Morality ...

SOY: And morality is not a product of culture? You, to begin with, are an example of immorality in all aspects of your life for all religions and some moralists.

ME: It's true ...

SOY: So what moral is correct?

ME: Well, there are things that almost all of us can agree on, which is the freedom of the other, not to kill, harm or abuse others.

SOY: That is a human communion, yes: defending life. So ... abortion is wrong.

ME: Well ... it depends ...

I AM: If it "depends", then it is no longer a communion. Do you understand now that what is right and what is wrong always "depends"? Those who are attacked by evil, would not hesitate to attack their enemies, respond with battle. Everything we do and prosecute is measured by the yardstick of my own perspective. What you consider immoral or unnatural, for others is natural. Let's go to history: in various periods of history, at least from AD 34 to AD 1900, Christians continued to fight in wars where it was considered that heretics had to be killed in the name of God. Even thinking that the natives had no soul. During the Viking period, the Norse believed that the only way to get to Valhalla with Odin was in battle, fighting and killing. Islamic terrorists believe that by committing an act of terror, Allah will await them with many virgins in heaven as a reward for their bravery. And you think that punishing the one who did something wrong makes you just, because you have made the one who made suffer suffer ... Doesn't that make you someone who hurts?

ME: Yes ... sure ...

SOY: For this reason, speaking of Justice as an act of reward and punishment will always depend on the perspective in which you find yourself. Therefore, the proposal is "Adjust". Re-correct the positive and negative in those people.

ME: How is that done?

SOY: There are several steps, but the first thing is to do it with yourself. Judge yourself. look in the mirror, think about all the bad things you have done in your life, since you were almost a baby. I'm sure you've done things that you shouldn't according to your current morals. Now think about whether you would do those same things again today. If the answer is No, it means that you have learned, which implies that you can change, transform, transcend. And if I ask you how you have learned it, you will surely tell me that because they have made you see it, they have caught your attention. You may have even been punished. There is a reaction there where you interpret that what you have done is wrong. But inside you, a resentment remains: why is it wrong? That question is the only one that really frees you from regret. Punishment shows you what is commonly wrong, but questioning yourself leads you to understanding, which makes you leave the idea that it was wrong to enter the concept of: "I did not know it was not fair." People who act maliciously know no other ways. Educating them in the other ways is essential. Your punishment system does not work, as it only generates repression and separates the waters between brothers who do not understand each other.

YO: So the way to do justice to human evils is by educating instead of punishing.

I AM: The judgment that humans have implies pointing out and separating: "That one does it wrong", therefore, "I do it well." If what you seek is to generate peace, harmony and transcend this distorted system in which you live, then look for other tools, do not use the same ones. You cannot change the world with the same methods that have created the one that you dislike. Education and service are the keys. The way to do justice is by

adjusting the negative and the positive, like this: the one who has killed must help bring life and find the smile when he is born, the one who has imprisoned must help free others and feel the expansion in the smile of the free, the one who has stolen must help build and find satisfaction in a job well done, the one who has abused must take care of others and feel useful and loved, The one who has controlled must carry out team tasks and find joy in the group; the one who has caused hunger must cook for others and receive every grace from those who receive the plate from their hands. The only way to transform a useless is to make them useful. It is adjusting your conflict in favor of common service. Nobody gives back to society what they have taken from them by being locked in a cage as punishment. Everything we stop doing only accumulates what there is. The energy of your will channeled towards the construction is the only thing that corrects, adjusts, the vital energy. But as long as at home parents make siblings compete, while in schools teachers make students compete, at work bosses make workers compete, and in society leaders must compete for power,

ME: Why is Fear the injustice?

I AM: Because the human judges what he fears. What you feel can kill you, create conflicts for you, what you cannot control, what you do not understand, what escapes your hands, what can turn against you, what is chaotic for you, what confronts you with his need to survive, all this is Fear, and therefore he must limit it through the idea of morality and justice. This can be seen on a social level, but it is even worse in each of us. Culturally, humans were castrated, their genitals were imprisoned, repressing all energy of potentiality, limiting it through fear, bathing the engine of life and transformation with moralities. Most human conflicts stem from your own injustice with the energy of your genitals.

ME: In the genitals is the potential to create, as well as the strength to defend ourselves, the will to move forward and remain firm in the world, in our life.

I AM: The fruit of your life comes from the energy of the genitals, imprisoned in morality, it becomes fear. For all struggle and survival force comes from the testosterone produced in the testes and ovaries, as in animals, which fight for territory to mate; every power struggle is born from the fear of losing, of dying, of not transcending. Society tried to control this through sexual and moral repression, causing this conflict to pass to the higher chakras, invading the mind, heart and plexus, turning the struggle of internal potency into a social struggle of one against the other, of ideas and intentions. When testosterone does not fulfill its free genital function, it rises to the head, turning a genius into a despot.

ME: So the basis of all our actions is based on fear?

I AM: As long as your actions are from the unconscious, yes.

ME: And how do I know if I do it from the unconscious?

I AM: The Unconscious Reacts, the Conscious Acts. The difference is that the former takes action and energy as an external and opposing force impels it to move. It has no force of its own, it is the environment that tells it what to do, what to think, what to believe, what to fear. Fear is the first emotion of nature, the one that shapes our entire scale of values, it is the foundation of our culture and civilization. It is the one that tells us what is right and what is wrong. Fear, then, is useful, since thanks to it we do not jump into an abyss knowing that we will kill ourselves, and it is also thanks to it that we do not push anyone into the abyss for fear of the consequences of the act. Fear is a perfect mechanism for survival and order, for this very reason those who become distorted and misaligned use fear to control others. Well, it's the easiest, the handy tool for anyone. Creating visible or invisible enemies places them in a place of safety, creating conspiracies places them in a place of irresponsibility.

ME: And how do I get rid of fear?

SOY: Oh no, you don't have to free yourself from fear. No. Fear is very useful. Fear makes you who you are, it has built you in every cell of your being, you owe everything to fear.

ME: So... I don't understand, how do I do?

I AM: You should only live your fear from the Consciousness, and stop living it from the Unconscious. Fear is a useful emotion that helps you to continue, to move forward, that shows you the safe ways to fulfill your purposes. When you are unconscious, fear is what keeps you alive: "the fear of fire helps me not to burn myself." But watch your reaction when there is fire near your hand: without thinking your whole body will "react" by protecting itself. Well, to make your fear conscious is to identify what hurts the common, what is distorted, what causes me fear and disagreement, and instead of reacting with anger, judgment, and pointing out or punishing, I am about to educate, to give them a purpose, to design a "just" system where the common useless becomes useful for everyone, especially for himself.

ME: Give a purpose to what we were afraid of ...

I AM: Darkness is the creator of life, because it has designed through emotions the basis of all that we are. For this reason, the dark ones, the devil and all the entities in which you decide to believe, bad aliens, reptilians, all, live on your unconscious fear, thus very easily controlling the universal matrix that feeds on this fear. Well remember, fear is the energy of your genitals, which with testosterone is capable of creating life, that is, the dark ones only think about continuing to create forms, worlds, realities, and they need fear to do so. For this reason our normal reaction is to judge them, it is to want to eliminate them, because in reality we are afraid of them, since we consider them a threat to our security. But if you become conscious, you use this fear to create solutions instead of punishments,

ME: I remember that in Bali, Indonesia, people put fruits and flowers on the doors of houses and temples, and when I asked who they were for, they told me: "They are offerings for the demons, so they feel honored and respected, and we don't they hurt ". I interpreted that this was the most coherent thing I had heard in my life ...

SOY: Well, what is a demon or evil person if not more than a being trying to attract attention? Every person who uses fear to dominate others uses it because it is the only tool they know, and therefore fear is what they feel most in their guts. He is a child with fear. Learn to control your fear, and you will be able to bring justice to the world. Now tell me ... what is your fear?

ME:... when I close my eyes, one of my biggest fears in life is that none of this is real, I am afraid of dying and that there is nothing, of eternal loneliness, nonsense, oblivion ...

SOY: And perhaps because of this, you have taken that fear and given a meaning to existence with the purpose of remembering that we are not alone ...

ME: I've never thought about it like this ...

SOY: I will spare you the fear: nothing exists. Everything is in your imagination. Which is so powerful, that it is capable of creating wonderful realities. What is a madman if not more than an artist? The Universe is nothing more than a child with an infinite capacity for imagination. When you die, there will be no more than that. Do not be afraid to imagine, do not fear what is real and what is not, because your ability to manifest lies in your infinite capacity to imagine.

ME: So I must use my own fear to create. Like my genitals ...

SOY: You are afraid of what they will think of you, of not being understood, of being rejected, of being forgotten ...

I do...

SOY: Well, use that fear to expand your ability to think, your ability to explain, your ability to feel full with yourself, your ability to remember what you are capable of. Adjust your own energy. The fears of the world live in you, use them, balance them, become aware of them because they have created you, and find within yourself the infinite possibility of educating the "unjust".

ME: The only real justice is the education of being ...

SOY: Well, every being carries within it a child with fear and out of adjustment.

ME: So I put my intention to be fair and educate what is in me.

I AM: Face your fears and weaknesses, and you will find your potentialities.

ME: I am the Potential, I am the fruit of fear that has created my life. I am Balance seeking to be Fair.

I AM: And in me you will find Divine Justice.

18. The Ancestors

[August 21, 2020 Matías De Stefano](#)



ME: The other day, in one of the messages inside the pyramid, they told me: "what you do, you do not do for yourself or your peers, but for your descendants, those who will come in the future." And sometimes this vision is just something very poetic, but not practical. In other words, starting with the fact that everything we do we do for our own good. If you ask most people why they do what they do, they usually answer: to live well, or to be happy. Everything is based on oneself, on feeling good, free, harmonious, happy, at peace. But there are very few who do everything for those who will come. So how do you educate yourself on the conception that none of us will see the fruit of our action?

SOY: I know you don't understand much about cars, but tell me: does the steering wheel see the wheels?

I eat? You messed me up ... hehe

SOY: When you get into a car, tell me everything you do, describe it.

ME: Well... first, I sit down. I put on my seat belt. I look in the rearview mirror, adjust the side mirrors. I start the car, and depending on whether it is mechanical or automatic, I press the corresponding pedals, changing gears, to first or reverse, moving the steering wheel so that the wheels turn and go in the direction I am looking to go by pressing the accelerator.

I AM: So all those parts, so unique, separated from each other, which are never seen, all work for the same purpose. Well, it is rare that a wheel manages to be in the presence of the steering wheel or the rear-view mirror, or that the pedal knows that it is the gear lever for which it is working, in order to run the engine, which takes power from a fuel or electricity that is in the back hidden in a deposit. A normal car has up to 90,000 parts, all with one goal: "to generate mobility." They do not need to know each other, to know what the other is doing, all together, each one in its role, they make the car move forward and take you to a goal. Some parts of the car are essential, or older, and others are later adhesions, new accessories that improve the common performance.

ME: I think I understand now where you are going ...

SOY: I'm glad... Now, then, imagine that the car is actually your family tree. You have a mother and a father, and they both had a mother and a father, so you have 4 grandparents. But these, in turn, have mom and dad, that is, you have 8 great-grandparents. But they have their own, so you have 16 great-great-grandparents. Continue with this simple multiplication, and you will have noticed that for the Colonization of America in 1492, there were about 90,000 people scattered around the world who are your ancestors. Only 528 years ago. Of course, the calculation is not perfect, since many of your ancestors were not from different families, but brothers and cousins to each other. But let yourself imagine... 90,000 human pieces just so you can be who you are today. Think about it.

ME: Yes... I don't know how to take it, if as an honor, a burden or a responsibility.

SOY: Well ... let's say you are the car. The 90,000 people in your history have lived their lives, with their own wishes, desires, conflicts, intentions, objectives, emotions, that is to say that they are unique, and all of this was embodied in their cells as an experience, as a mechanism. When you have a goal and you repeat an act with intention day after day, this is mechanized and registered in the cells, remaining as a naturalized act. It is itself a summary or agreement of intentions at the cellular level that you call "Heritage." That information is transmitted at the time of sex, unified to the mechanized intention of the other person. Both cells, when joined, form a new goal and purpose. It is like saying: assemble a wheel and the steering wheel, so now the steering wheel can direct the direction and the wheel move to it, they both need each other. When the two come together they generate a new purpose: a son or daughter, who will now know how to use the steering wheel and the wheel. Thus, with each generation, accessories are added to this car that is being assembled by the biological factory. And in each generation, a new piece is added to this car.

ME:... It's like, in reality, everyone is alive...

SOY: Well ... The question would be what is a person?

I eat?

SOY: Sure ... what defines what a person is? For example ... what defines you?

ME: Well, my humor defines me, my purpose, my way of communicating, my way of being with my friends, I don't know, it's difficult to describe oneself.

I AM: It is, yes, because we usually describe the person for what we are in relation to others, not to oneself. Person comes from the Greek word "Prosopón", which means "Mask", that is, "that is put in front of the face". In addition, it reminds us of a Latin sensation: "Per-Sonare", that is to say "to sound", which is what masks

were used for in the theater. A sad, a happy and an angry one, visually helped not only to see the emotion of the actor and actress from afar, but also to make their voices echo and sound louder to be heard perfectly from the last tier. For this reason, when we speak of personalities, we can only refer to aspects of external perception.

ME: And how should I define myself?

SOY: For what you seek beyond the people around you. And it is usually the same common factor in all: "to be happy", "to be loved", "to feel good". In a way, they are emotions and intentions towards oneself that do not influence others. In other words, what sums up a person are perceptions, intentions and emotions, the rest is a cluster of cells and molecules. When the body dies, the energy contained in its cells and molecules, that is, its emotions and intentions, are transferred to the next living body: the children.

ME: What you're saying is that actually, a part of those people lives in us, never died.

I AM: In the same way that you will never die, only your body will disintegrate, but your intentions and emotions will live within your descendants. As more generations pass, that intention and emotion will be fractalized with that of the others who join, and some will dissolve into a dream of the subconscious. But it will continue there, inside every living person.

ME: So, the car that I am now, contains the information of everyone I was.

SOY: It is easy to see what we inherited from the last 4 generations, even our great-great-grandparents, because it is likely that, if you have not met the latter, some story about them will come to you from your great-grandparents. Sometimes we don't even have the information of our own parents, being orphans. But they live in you, in every emotion, intention, purpose, and conflict that you possess. Thus, your future generations will only come to improve the car, to perfect it, to add accessories. Spirits are those engineers who seek to perfect. Typically, some parts get damaged, rust, stop working, and create a problem with the car. Most people keep walking, unaware of what is happening to them. Perhaps a little rust, or lack of oil, can destroy the engine and ruin all the machinery. So,

ME: In the human case it would be like going to a therapist or a biodecoder when we have a physical problem, who tells us: "the problem is not your knees, it is your grandparents", and you begin to heal the bond with them and things there. that were not released.

I AM: When a part of the car rusts, the car stops, and it stops working. Normally it will need special care, water, oil, to get the gear moving again. You call it "Sick", which comes from the Latin "In fermare" that is to say: stop. If the function of the car is to move and move forward, stopping will prevent you from reaching your destination. The cause of all illness is a piece that is not cared for, not attended to, a piece that needs attention, affection, to be heard, to be observed. For the desires, longings, conflicts, emotions, intentions and purposes of your ancestors create your destiny today.

ME: Therefore, to believe that what happens to me is only mine, and that what happened to the ancestors is their problem, is totally wrong. Even the fact that when they appear in my life, I try to heal it to eliminate it, to leave it behind, is like saying: the steering wheel is rusty so I will clean it, take it out and leave it in the next town, and then I will continue alone.

SOY: It would be a fatal fate not to be able to turn at the next curve, right?

ME: I think so ... So, what I have to understand is that we are all going in the same direction, or at least today I have the control of the car and I direct it to a destination, for which everyone must collaborate, although some parts not ready to do it.

SOY: This is as if you have a story of high society nobles who have managed to build a convertible Mustang, and you decide to take it to the top of a mountain by way of dirt and rock.

ME: Well actually I did it once... I had rented a car in Hawaii during the Harwitum Trail, and the agent saw me young and in Hawaii and changed the one I ordered for a Mustang to go to the beach and party. And the first thing I did was climb the volcano, scratching the entire bottom and breaking the convertible roof because of the Kilauea wind. Hehehe

SOY: Clearly you have come to break the car of yours. That's why everyone asked you for a lot of attention. Because your goal was so big, you were dragging them. You needed a spaceship, not a car. That is why so many obstacles came your way, conflicts, betrayals, mistrust, loss of resources, modifications in your ways. Because the different parts of your car were breaking, rusting, out of adjustment due to the intensity of your trips.

ME:... wow... I understand.

SOY: When did everything start to go well in your life?

ME: When we bought the house ...

SOY: Tell me, what emotions were there?

ME: It all goes back to the fact that my grandfather Hector, the youngest of the family, had acquired the house where my mother and I were born as a loan from his brothers. But we did not know that until he died and his brothers claimed the house wanting to kick us out of it. The Destéfano were very macho, and my mother was the only one who dealt with this issue. The other women in the family left her alone in front of all her uncles and cousins, fighting for the papers of the house, who discredited her for being a woman and denied her the papers and even sold her to her for not being married. My mother reflected there the impotence of all the Destéfano women, who were either despised or ended up abandoning them. Always abandoning or losing a home in the next generation. I remember that on that day of the discussion a rabbit died, and I cried all day, and now I know it was a reflection of what was happening. I felt guilty on behalf of all men, unable to release power, drawing attention, I felt responsible for not being able to be the one to return the house, because I felt the same as my grandfather, denying the obvious, abandoning my mother and the other women for fear of older brothers. Then, the cello of Family Clan Non-Recognition appeared in my mother and in me. My grandfather denied us, as did his brothers. But my father, who did not want to take responsibility at such a young age, also denied us. I could see with time and perspective, that the Non-Recognition of the Clan is something common in all humans, and surely it is because, thinking about the multiplication of people in the past, if a thousand years ago the world population was 100 million , And that's the same number of people needed in about 26 generations for me to exist, so all humans are family, and we all have the same traumas. Our home, the one we lost, is the Earth, the father who denied it to us is Religion, the patriarchal mandate that told us that the Kingdom of Heaven belongs to the poor, or that being one of the poor castes in this life is a blessing because in the next you will be rich. All the loss of prestige by being part, by casting him out of the clan if he is different, by having his own, by using his inner power, by being recognized, we all have the same roots, it was not a matter only of my family. the father who denied it to us is Religion, the patriarchal mandate that told us that the Kingdom of Heaven belongs to the poor, or that being from the poor castes in this life is a blessing because in the next life you will be rich. All the loss of prestige by being part, by casting him out of the clan if he is different, by having his own, by using his inner power, by being recognized, we all have the same roots, it was not a matter only of my family. the father who denied it to us is Religion, the patriarchal mandate that told us that the Kingdom of Heaven belongs to the poor, or that being from the poor castes in this life is a blessing because in the next life you will be rich. All the loss of prestige by being part, by casting him out of the clan if he is different, by having his own, by using his inner power, by being recognized, we all have the same roots, it was not a matter only of my family.

SOY: And what did you do to break the car?

ME: I made the World my Home, and Humanity my Family.

SOY: And what was the result?

ME: A disaster ...

SOY: Why?

ME: Because I wanted to take care of all the cars in the world, when I couldn't even drive my own.

SOY: You understood that knowing how to drive doesn't make you own all the cars in the world... right?

ME: Yes, I can't change everything or innovate the world's cars without first fixing mine. So, we decided with my mother to heal my ancestors. Unite the first unrecognized of our clan, my great-great-grandfather. We changed the surname to the original, from Destéfano to De Stefano, since the change of the surname had been precisely because of the hatred that my great-grandfather had for his own father. Thus we unite the past with our present. We honor the dead trying to fulfill the things that had been left pending in them. And on behalf of all of them I put everything we had to buy a house before 2020, to start the YOSOY Path by fixing my tree. That also meant that some pieces were fired, and part of my family got separated in the process.

SOY: There are pieces that are not ready for change ...

ME: However, we barely set foot inside the house, everything started to work ... And after years of denial from our Italian branch, the nationality documents arrived on my 33rd birthday here in Egypt.

I AM: The recognition of all the parts of your car... of your Tree.

ME: The same thing happened the day I looked for my father. I just wanted to find my brothers, but in turn, heal the other part of my tree. I told my mother that I felt like I was only walking on one leg, and needed the other to move forward. When I sat in front of my father, he accepted that he was not willing to recognize me, but I told him that I was not looking for his recognition, but that I was seeking to recognize him. He didn't understand it, but over time and without looking for it, he recognized me. And one day, looking for the house we wanted to buy, we saw that it was his real estate agency that was selling it. So it was my father who made it easier for us to have a house, which we all celebrate together at the holidays starting in 2020. My paternal and maternal family, together, in the new house. The roads joined, my two knees firmed. And I could understand... De Stefano comes from the Greek "from stephané", that is to say: "De la Victoria", and Bide, my paternal surname, comes from the Basque: "Camino". The Path of Victory. So I know that all the intentions of our ancestors live in us, that we are the summary. That healing the past is not letting go, it is integrating it, that our goals in life are the sum of the failures and intentions of our ancestors.

I AM: The only thing that will give you freedom on the path of life is the union of all the parts. You cannot leave any piece out of your being, you only have to attend to them with love, recognize them, take care of them, and they will work for your destiny.

ME: I am my ancestors, and only in this way, from this consciousness, I can build my present and my future, which belongs to the generations to come, of which I will be a fundamental piece.

SOY: Now you understand how to educate us to do what we do for the generations that we will not see ... Well, what you do fully in your here and now, each step you take, each step you climb, each destination you reach,

each time you you bow to defeat, every time you jump for joy, everything you did, do and do, will be imprinted on your knees, in your cells, in your mind, in your emotion, and it will live eternally through time, of generations. Make your best version of yourself, focus on being happy as you want, on living well, in balance, and what your person resonates will reach the last tier of the theater of life.

ME: I am my family, I am the tree, I am the destiny of all who live in me.

SOY: And I am the last destination ...

19. The ways

[August 22, 2020 Matías De Stefano](#)



ME: Yesterday we talked about how all the paths traveled by the ancestors are united in me as destiny, who will draw a new destiny. You said that you are the last Destiny. What do you mean with that?

I AM: Basically, that all Paths lead to me, no matter how many there are or how far away from each other, they will all return to the center, because everyone, in their infinite outer search, will one day reach the inner search, and the only The answer to all your questions will be "I am." "All roads lead to Rome", "all roads lead to God." All I's lead from the Am. For this, I am the last destination.

ME: The information of my destinations is on my feet... why?

I AM: "Jesus washed the feet of his disciples", this ancient tradition is not of the Messiah, but something much earlier, in which students, unlike now, were not received from their priesthood studies or doctrines and doctorates through a diploma, but through the Washing of the feet of their teachers. This meant that during his life they had gone through a long journey of tests and learning, and that all of them had been passed. Therefore, the master was preparing to clean the feet of all that was traveled and lived, so that they could now walk a path of wisdom. In a way, it was the way the students went on the path of mestry, a symbol of starting a new path: Initiation.

ME: So in the feet lie all the things that we have lived, those that we as individuals have done ...

SOY: As we talked about yesterday, there are two ways by which you inherit everything that makes you who you are today: one through biology and the other through energy. The path of biology is that of the Family Tree. Thousands and thousands of fine and distant roots absorb the nutrients that are uniting in increasingly thick roots until they reach the last two that generate the trunk, which is you, and from you arise the branches that

will be your children or projects, the which will continue to branch until the farthest and small twigs where you will find the leaves. The image of the tree shows very well the biological path in which those of the past deliver the nutrients that you will balance in order to deliver them to your future generations as tools. And these tools will allow those of the future in the leaves to absorb the light and return this light to the roots in the form of clarity. The future gives consciousness to the voices of the past, and the past gives tools to the eyes of the future. You are the nexus. Thus, you will understand one thing. Neither the trunk nor the roots nor the branches are separate beings, they are the same living being that expands in time and space, changing its forms, fulfilling different roles. That said, you can understand that your ancestors and descendants are not other people, but are yourself in different expressions. We call this Biological Past and Future Lives. Their memories live in you, everything you are and the potentiality of what you will be. Thus, a conflict in your roots is in turn a conflict for the whole tree. Fixing it doesn't remove the root, nor does it free you from your grief, solving the griefs of the past is functional to the present and the future in a practical way, because it gives you tools to walk your way. Its information is recorded in the DNA through mechanical, repetitive actions, emotions, intentions, that each person performs and feels, and passes as nutrients to the next generations. So everyone lives in you.

ME: And the path of energy?

SOY: That is what you usually call the "path of the soul." Alma comes from the Latin word "anima" which means "to move", that is, an animated object. Thus was born the concept of the Animal kingdom, that is, of creatures that move. It is therefore considered that everything that is in motion and that is capable of controlling its own movement, is a being with Soul. And the truth is that movement is produced by a reaction and electrical pulses generated by positive and negative energy. Thus, the Soul is actually energy. And energy is eternal, it transforms, and passes from one body to another, to the environment, between dimensions, since energy is generated by electrons, and they can behave as a particle or as a wave, moving without time and without space. Thus, there is also the other path that crosses your tree because it is also part of the forest, of the biosphere, of everything that exists, that is, light. The tree is light because it feeds on it. Animals are light because they feed on energy produced by light. Thus, light lives and crosses all things, energy changes kingdoms, mineral, vegetable, animal, human ... It changes family trees, because it crosses all trees of all species equally, and in it, well, it is record the history of each family and group or species. You call this information Past and Future Lives of Energy. That is, what everyone usually knows from Past Lives. But if you look at nature you will understand that both are symbiotic, because the two paths are your own Life, the Eternal Life that many long for, already exists, but you have such a narrow gaze at your egocentric existential world that you cannot see it. You are like that cell inside a kidney that thinks itself unique in the world, and cannot see the kidney, much less understand that it is part of a body. And even less of a world. And cells die quickly, but their energy is reabsorbed by the system, nourishing new cells that are born day by day as well. That energy, that consciousness, never left, was never lost, was reintegrated, in a new form. You are already eternal, but your ego does not see it, because it wants to be, and the ego is only one of all those that exist in the I am. When you understand the truth of your being, the ego ceases to be the eyes with which you judge existence, and becomes the tool with which you develop in this stage of it. And cells die quickly, but their energy is reabsorbed by the system, nourishing new cells that are born day by day as well. That energy, that consciousness, never left, was never lost, was reintegrated, in a new form. You are already eternal, but your ego does not see it, because it wants to be, and the ego is only one of all those that exist in the I am. When you understand the truth of your being, the ego ceases to be the eyes with which you judge existence, and becomes the tool with which you develop in this stage of it. and the ego is only one of all that exist in the I am. When you understand the truth of your being, the ego ceases to be the eyes with which you judge existence, and becomes the tool with which you develop in this stage of it. and the ego is only one of all that exist in the I am. When you understand the truth of your being, the ego ceases to be the eyes with which you judge existence, and becomes the tool with which you develop in this stage of it.

ME: So ... where is your own path, what we call life mission?

I AM: A cell, a human, a being, must fulfill different stages of existence before beginning to fulfill its mission, and then with its purpose. We will understand the steps of your path. First of all, we are going to understand something essential, which is the key to everything you must understand later: "There is no purpose."

ME: I've heard this several times ... but it's hard to assimilate.

I AM: Humans live a linear life in their minds that takes them from birth to death and things happen in between. This has designed a psychological path in which you put a starting point and a goal. You call the objective purpose, because the purpose gives meaning to everything that happens. Tell me, wouldn't it be horrible to think of an existence without purpose? Why do you do everything you do?

ME: You basically just destroyed it ... so I can see what it feels like ...

SOY: You have a very strong emotional dependence on purpose, not just you, everyone. To reach the Purpose, in the middle, in that "things happen", we set short-term goals, which we call "Missions." Our mind, then, designs life in goals, and as we fulfill them, a new one begins, that is, we start on a new path of life, but with a new mission. Being born is the first goal or mission, then walking, then talking, then having friends, then finishing kindergarten, then the first year of study, then elementary school, then high school, then university ... each one has their own ways, but This vision of humanity makes them always live in the future instead of the present. Wondering what they will do next at the end of this cycle.

ME: Yes, it happens to me constantly ... The "why", "where", "what's next" ...

SOY: All that searching comes from impulse. the first stage is reactionary, that is, the first path is a quest to find food. The second is to fight for it, the third is to survive, the fourth is to adapt to new environments, the fifth is to multiply. And these 5 steps are repeated over and over again in the impulse and reaction system. Until Culture arises in the human species. At that moment, the impulse becomes a pulse, and the reaction becomes an action. The first step stops being looking for food and begins to be nurturing the spirit and the soul. The second step is no longer struggling to become integrating, the third step is no longer surviving to become in search of enlightenment, the fourth is no longer adapting to become creative, and the fifth frees us from multiplication to seek transcendence. Thus, being cultural, converts needs into missions, and objectives into purposes. Now, an intelligent animal and human being have 3 ways of seeing reality: from the subconscious, the unconscious and the conscious. Thus, the purpose of the subconscious encompasses the need of an entire species. That of the unconscious encompasses the search for an entire group within the species. And the Conscious contemplates the search for an individual within the group. This individual, in his walk, has in turn the ability to change the destiny of the other two unconscious and subconscious groups. This individual no longer seeks the resolution of earthly missions or the fulfillment of global purposes, but instead immerses himself on the path of Spirituality,

ME: It seems complex, it's a lot ...

SOY: It is, but you don't have to. It is a choice, and there is the path of which you ask me.

ME: In the election?

SOY: Exactly. As long as you move by the needs of your species or those of a group, your missions and purposes will be moved by reaction and momentum. But as long as you decide to stop and contemplate from consciousness, you have the ability to get out of this pendulum movement, and become a creator, to be the one who pulses and operates in a new direction.

ME: If I misunderstood, then... all we call mission and purpose of our paths are mere fractals and echoes of a basic impulse which is positive and negative energy pulsing. And when we become conscious creators, we are able to create our own purpose and missions ...

I AM: "What came first: the chicken or the egg?" ... Or are we going to make it more complex: "What came first: God or the human?"

ME: From my point of view, the first thing was the human, because it is the human who designed the idea of God.

SOY: Exactly. God does not exist. Even if...

ME:... It exists if I believe it...

I AM: So, you are part of the Creator... creating itself. In the same way that a child is born and does not know who he is until the environment and experience give him tools to recognize himself and say "I", pronounce his name and occupy a conscious space in life, the Universe sees itself doing exactly the same . You don't know what God is until your neurons develop and you can look in the mirror and say, "Oh, I am God."

ME: It is a strong concept... Accepting that we are the eyes of God recognizing who He is...

SOY: The mirror is half irregular, that's why there are so many visions of God, he is still trying to recognize himself. And that is why those who look at themselves and realize that it is nothing real, but that it is oneself knowing themselves, recognizing who they are, must realize that now that they know it, they can create. There is no purpose, just as there is no God. But you, in your infinite creativity, can build a purpose, and create an idea of God that guides you on that path. Until you are able to create your own path in your image and likeness, you will see the world through the eyes of your ancestors and you will walk the steps guided by their gazes.

ME: Like the hamster that turns in the same wheel over and over again ...

I AM: The karma chakra: the "wheel of action", literally transcribed from Sanskrit. Although in this case, the action is nothing more than a reaction. The wheel turns at such a speed that we have no choice but to naturally accept what will come, over and over again, repeating and observing the same thing, life after life. Because jumping off the wheel implies a risk, you can get damaged, go into crisis. It is like that body that decides to exercise to lose weight but does not stop eating flour on a daily basis. No matter how much exercise you do each morning, if you eat 5 chocolate croissants at the end, you will never see the change.

I understand. It is not a question of meeting the objectives, it is a question of changing habits.

I AM: Building your own path is to recognize the paths that were built for you and to redefine them. But for this, you must release the emotional tension from your feet: the belief that "this is my destiny" ... When it is not.

ME: The strong words of "there is no purpose", "there is no destiny", "God does not exist", leaves us a void from which the only viable option is to create God, design a destiny and intend our purpose.

I AM: All the people who have asked you "how do I find my purpose, how do I discover my mission?", Must first attend the funeral of their belief about it.

I: "God is dead", as Nietzsche said, not alluding to the fact that he does not exist, but to the concept of Him. Or She ...

I AM: To find your purpose, you must build it in actions and intentions, using the tools of your tree and resignifying them. Go to the funeral of your beliefs and expectations, and dare to be the creator and creator of this path. The first thing is to face the emotion that nonsense produces in us.

ME: When I was first told there was no purpose, I felt like my world was falling apart. Everything I do is for a purpose, which was so clear to me that when I heard those words I felt that I was dying, I felt such a great emptiness that it took me months to recover. I even thought about suicide, although it didn't make any sense either. Why advance something that would come anyway? At least in life I could have fun and change my reality ... But that nonsense made me believe that nothing was worth it. That it didn't matter what he did.

SOY: And there you realized what the phrase “nothing was worthwhile” means... For whom do you do what you do or did you pretend to do it?

ME: For humanity ...

SOY: Oh no, dear friend... you are not doing it for humanity. You do it for the recognition of humanity. All we seek to do for others is to obtain recognition for what we do, because in a herd of mammals, being part is everything, feeling useful makes the difference. The vision of our purposes is merely "Paternalistic", that is, with the unconscious and reactionary intention to make our father and mother proud. It is linear, because if there is no one who tells you when you die: "you have done well", or if at the end of the purpose you turn around and there is no one to say "thank you for what you have done" ... or if when you speak With your Higher Self, as you are now doing with me, in the middle of a planetary task like yours, it tells you that "There is no plan, and there never was" ... the question you will ask yourself is: would I have done it the same?

YO: It's been a year since we had this same talk, and after months of inner struggle, you know well that now I do what I do because I chose it, and not because someone asked me to.

SOY: We have worked for about 23 years with this, and now you see that everything is working perfectly, because you no longer have expectations in your way. Because now you are the creator of your own destiny.

ME: Stop looking for purpose, and create your own, that's what is making me fulfill the purpose of my entire tree.

SOY: That is what the Camino builds. So, go and wash your feet ... but this time, fully aware that what you are doing is Initiating yourself in the highest recognition: your own. You are the owner of your destiny. Step by Step. Let go of the emotion that you put on your feet, looking for them to lead you to fulfill a divine plan that was out of your power. Wash your feet and let them cry at the wake of your old Self. And when you have shed the tears of your beliefs, begin to trace your path.

ME: Only I am the one who designs and chooses the steps if I become aware, otherwise from unconsciousness I will allow everyone else to guide me in their intentions.

I AM: Take power from your steps, and build your new path.

ME: I am the Way.

20. The Emotional Shield

[23 August, 2020 Matías De Stefano](#)



ME: Everything we do implies an emotion, everything we intend implies an emotion, what others do affects us emotionally, what we do affects others emotionally, everything good awakens an emotion, the bad awakens an emotion, and basically Despite the fact that the ideas are clear or irrefutable, emotion makes the same event be seen in many ways, generating emotional conflicts. Basically, everything ends up creating an emotional conflict. So, the most logical thing is to think that if we eliminated emotions, we could move forward and grow more harmonious. So what is the purpose of so much emotion?

SOY: I understand the regret, but your look is still very human. Here we must clearly position ourselves on the site from which we want to understand things. There is an answer for every level of understanding. How would you explain international relations between nations economically to a 5-year-old?

ME: Well, clearly I would try to turn a country into a person, a single individual, and use the comparison of how two people or children live together, play and borrow things that must then be returned.

SOY: The child, then, for a long time will believe that this person is real, not a concept. For a long time in his life he will not erase the idea that those "nations" you speak of were Peter and John. One day, you will see that Pedro and Juan are made up of millions of people, administered in a specific territory. Your idea will change, and those two characters will have disappeared. Emotions are a way of perceiving information according to the cognitive ability you have to understand it. And that cognitive ability is not in your mind, but in your emotion.

ME: My way of feeling is my way of assimilating information ...

I AM: Let's go back to the origin of everything. In the beginning, out of the void arose the wave, what you call "cosmic breath." The wave created many vibrations, which when collapsing bend, folding and wrinkling, generating concave and convex aspects, giving rise to polarity. Thus, the vibration moves in high and low frequency waves, which at a higher speed become particles, which end up creating positive and negative energy. Thus, this energy becomes a kind of transmitter of data, information arising from the pulses of the wave, like a heartbeat. The greater the number of folds, the greater the energy, the more space bending, the more time bending, creating closed circuits. More energy circulating faster through these circuits, generate more distortion of light, and thus more energy chaos. When collapsing, They create the famous Big Bang, and all the particles and waves are grouped into atoms, then molecules, creating chemical elements. All of them, made up of the same vibration and energy, which suddenly became creative energies. Through the energetic circuits of polarity, the energy continues to diversify its vibration levels, creating more and more ways to exchange data, leading to Biological Evolution. And as more capacities to assimilate data are expressed in these energetic connections, greater capacity to assimilate data, greater capacity to recognize, to the point where the accumulation is so great that it is normalized, and the innate capacity to interpret the information becomes normal. linear, that is, to understand the operation of the circuit, to "read between the lines", something that in

Latin is said "Intelligence". And there are many types of intelligence, since they involve different capacities to read energy pulses. The most important of all is emotional intelligence, since it is the one that directly interprets the source of the information: energy.

ME: Energy equals Emotion ...

SOY: Emotion, then, is the way to interpret data intelligently and in a circular and spiral way, not linear. You don't add 1 plus 1 plus 1 plus 1 to say 4, but you can add 1 plus 3, 2 plus 2, or 5 minus 1... And you'll see the same result. What I am going to do is that after millions and millions of years of development, each piece of data has been linked to a specific energy, and therefore, each cell in your body is shaped as the result of an interpretation of the environment according to the ability to your being to manage said information. This is why you cannot escape the emotional vision or even a factual fact, since you are made up of emotional information.

ME: So, no matter what you write or communicate, it will always generate peace in some and conflict in others. It doesn't matter what I do.

SOY: Doesn't that make you feel free?

ME:... It should, but I don't know why, it doesn't...

SOY: Because you have the soul of an educator, and you hope that everyone understands everything, just as you hope to understand everything too. And the general conflict is that the emotions that compose us all, the energy pulses, have created a structural pattern of perception of reality that we call "belief."

ME: The belief patterns... The hardest thing to transcend.

SOY: Because you believe that beliefs are in the mind, and it is not like that. Beliefs are in the skin, in the muscles, in the organs, in the cells. The brain is just a processor of belief, it is the CPU and the Screen where you see the results of algebra and the bits of information that travel through the internet, as well as the light of electricity that is everywhere. But let's go back to the same idea. When you look at your computer screen, at this moment, what do you see?

ME: Words, in my language, a bright white background ...

SOY: And what is the reality?

ME: There are no words or white. But a layer of minerals such as tin, indium oxide, palladium crystal, an LED plate of diodes, light emitters that receive signals to show one or another information or bits ... Unless you read it in a book, where will it be? vegetable cellulose pulp with mineral ink ...

SOY: And what does the person who is reading what you write perceive of all this?

ME: The... emotion that what I write awakens in him. Not?

SOY: And is it the LED, the tin or the cellulose that transmits that emotion?

ME: None... It is the individual interpretation of what I see from the outside world.

SOY: And do you think that the emotion with which you write is the same that reaches the reader?

ME: A part, maybe ...

SOY: And why?

ME: Well... because, I think, that the way of using the words, the words chosen to tell it, the spaces, the intention in how the dialogue is shown, all this carries a transferable emotional weight.

I AM: You transfer a series of data that summarizes your perception, but the emotion is non-transferable. The only way an emotion can be transferred is by sharing it in the same instant. And still, it won't be faithful. There are people who cry in sad moments in the movies, and others who laugh. Why?

ME: Because everything I perceive is a function of the energy permeability of my body, of how I have built my ability to receive external data.

SOY: Emotion, at the beginning of creation, is the fundamental motor to generate, to create. Without emotion, the will to do something cannot be manifested, it cannot be captured, nor can it be activated. Emotion is the key to creation at all possible levels of consciousness. However, there is a moment when energy ceases to be creative and becomes creation. The consciousness passes from being the Dreamer to being the Dream. And this happens when the energy circuit begins to twist into a constant cycle that results in a pattern of movement. This energy pattern only allows entry into its pattern of everything that rotates the same, which is capable of being at its own pace and following the pulse. There it becomes a Belief. A repetitive act that uses the same energy and therefore the same information over and over again. Taking over, appropriating one perspective as the only one. Thus, everything that comes from outside, now, will be perceived by this energetic pattern, and in the same way as an ovum, it will reject those unwanted sperm, and will allow only a chosen one to enter through its shield.

ME: It's an emotional shield ...

SOY: You all have it. It's natural. It is the skin at an energy level. If your skin is that organ that covers all tissues, protecting them, helping you purify and breathe, protecting yourself from the hostile environment, because what you call the electromagnetic field, the torus around you, radiating the energy that many see as the Aura, is that skin that protects you from all external data. Depending on what you have experienced throughout your life, whether at this time or others, as well as the experiences of all your ancestors, this shield will be more rigid or more flexible. Rigidity generates energetic obstacles, knots that we usually know as "traumas", where the information is entangled on a closed circuit, trying to protect itself from an external event, such as a snail or a turtle. Others have an energy field similar to a spider's web, that is, sticky, people who do not have a filter, and anything in the environment sticks to them, so they are weak to receive criticism, or accept without judgment what others impose on them. Others live it like a sea, like waves where you can swim, and that, marking a horizon, allows new things to enter and submerge in it. But others have built walls of this energy, preventing anything from entering. This shield can go from protecting us to harming us. Because it makes everything new from the outside seem like an attack on the integrity of your being. Thus, the emotion responds by defending itself, judging, separating, becoming depressed, getting angry, crying ... There is nothing more horrible than something external to you breaks everything you believed about yourself. so they are weak to receive criticism, or accept without judgment what others impose on themselves. Others live it like a sea, like waves where you can swim, and that, marking a horizon, allows new things to enter and submerge in it. But others have built walls of this energy, preventing anything from entering. This shield can go from protecting us to harming us. Because it makes everything new from the outside seem like an attack on the integrity of your being. Thus, the emotion responds by defending itself, judging, separating, becoming depressed, getting angry, crying ... There is nothing more horrible than something external to you breaks everything you believed about yourself. so they are weak to receive criticism, or accept without judgment what others impose on themselves. Others live it like a sea, like waves where you can swim, and that, marking a horizon, allows new things to enter and submerge in it. But others have built walls of this energy, preventing anything from entering. This shield can go from protecting us to harming us. Because it makes everything new from the outside seem like an attack on the integrity of your being. Thus, the emotion responds by defending itself, judging, separating, becoming depressed, getting angry, crying ... There is nothing more horrible than something external to you breaks

everything you believed about yourself. it allows new things to come in anyway, to immerse themselves in it. But others have built walls of this energy, preventing anything from entering. This shield can go from protecting us to harming us. Because it makes everything new from the outside seem like an attack on the integrity of your being. Thus, the emotion responds by defending itself, judging, separating, becoming depressed, getting angry, crying ... There is nothing more horrible than something external to you breaks everything you believed about yourself. it allows new things to come in anyway, to immerse themselves in it. But others have built walls of this energy, preventing anything from entering. This shield can go from protecting us to harming us. Because it makes everything new from the outside seem like an attack on the integrity of your being. Thus, the emotion responds by defending itself, judging, separating, becoming depressed, getting angry, crying ... There is nothing more horrible than something external to you breaks everything you believed about yourself.

ME: I know, it's very hard, I've been through it. But it is also true that when you allow yourself to break everything, there is no other choice but to rebuild yourself, and that is very nutritious. In my case, when I lost the sense of everything, and what I had built as an emotion around me, what made me who I was, was destroyed before the consciousness of universal reality, there came a moment when I realized that It is not that what I believed before no longer had a place in me, but now what I believed and felt in me was much broader.

SOY: Like that child who believed in Pedro and Juan and suddenly one day realized that they were countries ...

YO: Yes, those two characters did not cease to exist, they just expanded on a larger scale, a broader understanding.

SOY: It is important, then, to understand that there are two very different ways of perceiving the external world: in Beliefs and in Resonances. When you believe in something, your pattern is closed, and it will protect itself from the external that questions that belief. When you resonate, you do not have to believe, you simply find there an aspect that will make you look for more details to expand what you feel in yourself.

ME: I saw, for example, that what you said: "God does not exist", was very strong for many people, coming to believe that then everything they felt was not true ... when what you wanted to convey was that the God in whom You believe it does not exist, but everything you feel does exist, because it is part of you.

SOY: Years of repetition of the same pattern make it real. A lie repeated many times becomes a truth. Or rather, it becomes a Belief. And a Belief is not the same as a Resonance.

ME: I, for example, do not believe in any God, and yet I see the divinity in all things ... Knowing that God does not exist did not make me an atheist, but rather opened my mind to all possible forms of divinity .

I AM: That is amplifying your emotional shield so that it becomes a wide and permeable energy field.

ME: But even so, I realize that I still have that shield in other aspects of my life. I still have the need to defend myself when I am not understood, I still close myself when there are things that I do not like ...

SOY: And that is something that you will not be able to escape in life, because until the day of your death you will have that shield in the same way that you will have skin. The Emotional Shield is not a bad thing, but it is something that you have to know how to use and take care of. Not everything that is outside is your enemy, not all criticism is destructive. You must maintain your integrity and axis in you, and that is what this energy field means. Everything you feel, the emotion of each chakra, makes you who you are and perceive the world as you are. Until you transform your idea of who you are, you will not change the emotional shield. When, being yourself on your axis, you recognize that you are everything, your Shield will hold you steady, but at the same time it will understand that every battle you are about to fight is the one you have chosen, step by step. That everything that comes to you is to nurture and expand the idea of you.

ME: So all that energy just needs to be mobilized, made flexible, permeable to free itself from traumas and shields, and turn it into a soft skin that allows us to breathe and assimilate the nutrients from the environment in harmony.

I AM: Expand... there is no way to escape the emotion, because you exist because of the emotion. Enjoy it, feel it, acknowledge it, and become aware that it is the universal tool for learning, to nourish ourselves with new information that makes us expand, and not the other way around.

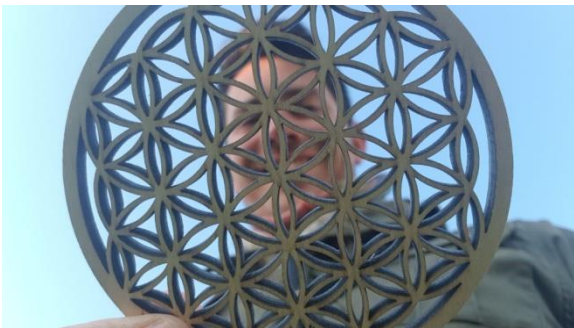
ME: Thus, I must begin to release those energetic tensions that are accumulated in each part of my body, in order to see beyond ... Knowing that it is not to eliminate my way of seeing, but to expand my capacity for contemplation.

I AM: Recognize this beautiful shield and emotional skin, and thus you can free your body from its ideological prison. That is, do not seek to be Free of Emotion ...

ME: ... but to be Emotion in Freedom ...

21. Head

[August 24, 2020 Matías De Stefano](#)



ME: Today I woke up dizzy, without strength and with a slight headache ...

ME: Today I woke up dizzy, without strength and with a slight headache ...

SOY: Probably lining up with the task for the day.

YO: Yes, it is the safest, since I have been living the process day by day aligned with what we must work on. Yesterday I understood something very strong for me, and that culminates my week of emotional work, and perhaps that is what makes me feel that way today.

SOY: What was the process understood?

ME: Well... after working with what I feel, with my ancestors, and others, I realized that I chose to learn to play the piano this week, just ending the 10 days of the emotional. This February 2020 we bought a piano for Guille to play on trips, but I had never really realized that the piano was mine, in my head I had bought it for Guille. The point is that the piano stayed in Egypt for all the following trips, and I decided that I would learn to play it if I returned here. Since I will be a year, I had no excuses, so I brought it in and started a few days ago. But it wasn't until yesterday, when we closed the emotional torus, that I realized why it is difficult for me to play the piano and it makes me so nervous as well as frustrating. Since I was born, nothing other than classical music was heard in my house. My grandfather was a fan and had a huge collection of CDs. I listened to everything with him, every day, while he cleaned his collection of coins, since he loved numismatics, I would sit close to draw, and in silence we both heard Chopin, Mozart, Holst ... And because of this I wanted to learn piano . My mother, for my 8 years, gave me a small piano, an organ, and I started with my classes. I wanted to play classical, but the teacher I had was horrible. She made me play "the Cockroach" and "Happy Birthday", and she kept me writing down the DO note on one page, the RE on another, and so on. In addition, she smoked by my side while she "taught" me. I never learned anything from her. When I came home, I would try to play by myself, "Para Elisa", "Claro de Luna", and many others. One day, I made my own melody, and I achieved something that seemed impossible to me: playing with both hands. I perfected the song, and practiced it every week. At the age of 9, my grandfather was dying, although none of us knew it, only him, because he had chosen to let himself die by not using insulin for his diabetes. One day, when I was older, my grandmother told me that when my grandfather heard the complete song I wrote, he started to cry, something very unusual for him. My grandmother asked him what was wrong with him, and he replied: "It's my Requiem" (song or prayer that is made to the dead). He always liked to joke that he had a heart attack, but a few months after that, the real one hit him. The song I wrote was his Requiem, and since his death, I have never played it again, and shortly after, I never played the piano again. Yesterday I realized that it is the left hand, that of the heart, the one that I cannot move easily, and I recognized the emotional trauma that my subconscious has in relation to the piano. My body was reacting to something that I had never related to. And it seemed very symbolic to me that by healing all this I decided to learn to play it again.

I AM: It is normal that when the emotional process is understood or allowed to feel, it passes into the physical body as a reaction. In the beginning everything is an idea, which is moved by energy, is processed in emotion and is materialized in action. Thus, everything you think or perceive, you will feel it as an emotion within you, which will pass to your organs. For this reason, the reaction in our body, which we call "symptoms", can occur in two senses: one, that you have never paid attention to the emotional process, then it draws attention through the disease and the physical problem. And another, that when working on it and starting to become conscious, the body tries to process and balance it, feeling exhausted, dizzy, and certain pain.

ME: So it doesn't matter if it's good or bad, it will hurt the same, hehehe.

SOY: Well, it's like when you sit all day in front of the computer in a bad posture and then everything hurts, or at the same time when you go to the gym and everything hurts but you feel better.

I understand.

I AM: The body works by pulses, reactions to external events that modify the internal, therefore, many times the body does not know how to interpret between pleasure and pain, both are mixed. One of the fundamental keys to understand is that for the body, they are only pulses, it is your ability to manage those electrical pulses that will awaken adrenaline or dopamine.

ME:... Wait a minute. Something has just come to my mind now with what you just said ... Yesterday we talked about emotion being key as a way of assimilating information, and it is the most important intelligence; But when I heard you describe this, I just realized that all emotions are not external energies, but are produced by hormones. A hormone or a mixture of them produces each of the physical reactions that we know as emotions ... So, all the emotions that we feel do not arise first as a symptom, but rather are a reaction to the symptom ...

SOY: And this is how you open the layers of the onion. Emotions, as we spoke well yesterday, are electromagnetic, energetic, positive and negative pulses. But you, like many humans, are designed to analyze the parts, and instinctively when we said this, you separated the physical body as if it were something else, when the physical body is the manifestation of those pulses. Sooner or later religious, spiritual and spiritualists will see that there is no division between mental, emotional and physical, but that all three are reactions between aspects of the same being or thing. As we speak, just as Water has a solid, liquid and gaseous state, the Being has a mental, emotional and physical state. And someday, well, atheists, scientists and scientists will understand that spirit and divinity were part of the matter they studied so much, until understanding the spirituality that lies in it. Like a uroborus, the pulse of the cosmic vibration generates energy, that energy generates matter, and matter generates hormones, which allow, through electrical pulses, to generate emotions that interpret those energies, and which are processed by the mind as information data.

ME: I understand, that is, it is like a cycle, it is the same being, that through its own creation manifests itself and then is interpreted in said creation.

I AM: Thus, you are the manifested spirit; the body, biology, matter is the embodiment of spiritual consciousness, it is the projection of cosmic energy. Now, you have started studying piano, right?

I do...

SOY: Well, let me explain something about their music. There are no different sounds or notes in the universe, but a constant wave of vibration that changes its frequencies, like a single ocean with a lot of waves. Now imagine yourself on a small raft in that huge ocean, for example, in the middle of the Pacific Ocean. How far do you think you can see waves on the horizon with your human eyes?

ME: Mmmm I don't know well ...

SOY: About 5 kilometers with a good, clean horizon. Now the Pacific Ocean is about 18,500 by 14,500 kilometers wide. That is to say that you will only see 5 kilometers around the waves, which the further away they are the more difficult to perceive they will be. Now close your eyes, and imagine that you can only hear the waves in those 5km. But the farthest ones will be covered by the noise of the waves closest to you. Well, imagine hearing the waves that are 10,000km away from you ...

ME: Impossible ...

SOY: Which doesn't mean they don't exist. Then, the human schematized the ocean, dividing it into regions, seas, ocean currents, delimiting the waves to be able to mark distances and spaces or reference points. In music, you call that Notes. In reality, they do not exist, they are random, and they only delimit the spaces that you can see. The notes you know are the same throughout your life, they are the ones that go into the 5km that you can see and hear. This is how your brain works. It separates, limits, divides, with the intention of being able to perceive something impossible to control. And that is why energy, that vast ocean, needs notes in order to be understood. When the waves reach 5km, the cycle will begin again, but in another overcoming instance, which creates what you call "scales", that is, an octave of vibration more, repeating the cycle until it disappears before your inability to perceive it. Look at the keyboard of your piano, and you will see that in the middle you find yourself in front of 12 main notes, 7 major and 5 minor tones. Those 12 are the main ones you will have to play for any song you want to play, and sometimes, you can slide 12 notes lower, lower to the left, or 12 notes higher, higher to the right. But the center is you. You are a continuum of vibrations that have been divided into aspects that you can perceive, of which the central 12 are your body. Thus, at 12 o'clock, you see the 7 major tones that you call glands, each one alive through its energy wheels (chakras), that is, the pituitary, pineal, thyroid, thymus, pancreas, adrenals and genitals. And then, you have the 5 minor tones: knees, ankles, lower center or ground connection, higher center or connection to the Higher Self, and the Skin connected to the Heart. Within the immensity of the eternal vibration, the being divided into hundreds of groupings of 12 notes,

and one of them is you, here and now. On a lower scale your organs vibrate, on a more medium scale your emotions sound, and on a higher your ideas. But the scale continues, towards the Higher Self, towards the other dimensions, to Mastery, Divinity on the one hand, to nature and darkness on the other. A gigantic being of which you are only 12 notes joined to a major scale and a lower one, that is, 36 notes that make up your mental, emotional and physical being. the being was divided into hundreds of groupings of 12 notes, and one of them is you, here and now. On a lower scale your organs vibrate, on a more medium scale your emotions sound, and on a higher your ideas. But the scale continues, towards the Higher Self, towards the other dimensions, to Mastery, Divinity on the one hand, to nature and darkness on the other. A gigantic being of which you are only 12 notes joined to a major scale and a lower one, that is, 36 notes that make up your mental, emotional and physical being. the being was divided into hundreds of groupings of 12 notes, and one of them is you, here and now. On a lower scale your organs vibrate, on a more medium scale your emotions sound, and on a higher your ideas. But the scale continues, towards the Higher Self, towards the other dimensions, to Mastery, Divinity on the one hand, to nature and darkness on the other. A gigantic being of which you are only 12 notes joined to a major scale and a lower one, that is, 36 notes that make up your mental, emotional and physical being. to nature and darkness on the other. A gigantic being of which you are only 12 notes joined to a major scale and a lower one, that is, 36 notes that make up your mental, emotional and physical being. to nature and darkness on the other. A gigantic being of which you are only 12 notes joined to a major scale and a lower one, that is, 36 notes that make up your mental, emotional and physical being.

ME: Wow... yeah, I think I can visualize it.

SOY: So, your balance uses the harmonics between these notes.

ME: The Chords.

I AM: Chords are groups of 3 notes each, that is, an organ or gland next to an energy or emotion, connected to an idea or belief. When you manage to connect a physical chord with an emotional or mental one, the music sounds harmonic, that is, if you play the C chord in a medium scale at the same time as a C chord in a low scale, it will sound somewhat melodic, But if you play the C chord with a RE (D) chord, it will sound dissonant.

ME: An example ... please ...

SOY: Let's visualize the C Chord in your body: suppose that of the 12 notes the DO (C) is your lower center under your feet. Thus, we would have DO # (C #) in the ankles, RE (D) in the Knees, RE # (D #) in the Genitals, MI (E) in the Sacrum, FA (F) in the Plexus, FA # (F #) in the Heart, SOL (G) in the Upper Heart, SOL # (G #) in the Laryngeal, LA (A) in the Third Eye, LA # (A #) in the Crown and SI (B) in the upper center on the head.

ME: The chord of DO (C) would be: Lower Center, Sacred and High Heart, which would more or less mean that it is the chord related to "Infinite and Unconditional Love of Mother Earth Creator of Life".

SOY: Exactly. Now imagine that my body is related to the Earth and its creative potential, but all my emotion is in the chord of DO # (C #), that is to say DO #, FA, SOL #, or from the Ankles, Plexus and Laryngeal chakras, which would basically mean "Performing the Own Path towards the search for my Truth".

ME: Of course, my physical being would be in dissonance with my emotional will, and a conflict would be created, because I would never achieve my goal.

I AM: When we are misaligned, there is no harmony, if there is no harmony, there is dissonance, and that generates noise, chaos, frustration, disgust, depression ... Now think that each note is only a vibration, it does not have an emotional weight, it is only a code, but you can only identify the emotion that it awakens in you

when you hear it sound in conjunction with the melody that your body and spirit create. All together, in the song that is you.

ME: Now I can see more clearly the mechanism of the three bodies, as one, it is like a song. Each note composes me, but they are neutral sounds chosen from the sea of sounds. Clear! It's not until I live them all together that I don't feel the emotion. In the same way that we get excited when we hear a good song and we get shocked when someone plays notes out of place.

SOY: This is how data with no apparent relationship to each other, make up what you think you feel. An emotion is one more perspective, an interpretation of the energy that vibrates in the notes that make you up. Your organs, your energies and your beliefs are the notes that, combined, generate a song. If what you think, what you feel and what you do each have a different purpose or need, this sound reaction will create a dissonant noise that will produce hormones that will make you feel that energetic dissonance, warning your conscious that there is something wrong. You call that hatred, anger, frustration. Your whole being is a being in formation.

ME:... And the head, what does it have to do with all this?

SOY: That's right ... you are in a great training process. A being that is developing is accumulating a lot of data in the form of experience. Which is interpreted and accumulated in the head. In Latin, the process of being in formation is known as "information." Erroneously, humans believe that having information, sharing information, delivering information, is only a mental process, useless for the emotional and the physical. At the same time, when you can't bear the new, you tend to say phrases like "it doesn't give me my head", "it breaks my head", "I'm losing my mind", and the list goes on. But we go back to the same thing, you keep separating things. Information is the act or ability to enter the process of training as a person, to understand the data that make me up and create melody from harmony. Your headache is showing you that you are in a process of too much "in-formation", in which your notes are trying to line up on the correct chords. Do not force the process of accumulating data, because information implies that same, a process of training.

ME: The head represents the I Am, where all the data of the different I are, which are the ones that are trying to unite in me right now.

SOY: For this very reason ... stop thinking, and allow yourself to be traversed by the process of the formation of your I. The rearrangement of your inner music. Play the Requiem of who you thought you were, so that a new melody can sound, the Song of your new Self.

ME: And without the body... without its hormones, I will never be able to feel the process that I am living.

I AM: Blessed be matter, it is the miracle of the spirit.

ME:... Inspire...

I AM:... I exhale...

ME: My head receives through 4 of the 5 senses all the data that make me perceive the world: hearing, sight, smell and taste... My 4 different I's, all trying to find balance.

I AM: But music, you hear it by ear, because it is this sense in your head that finds the balance, the balance, the homeostasis of your being. For this reason, music is the language of the spirit, since hearing is the sense of the Crown chakra, of the Hypophysis, of those who seek balance. If you get dizzy, it's because your inner ear is looking for balance. That is why in awakening "you hear the voices of the spirit in your head." That is why you call it "you hear voices", "hear messages". Not only are they beings from other dimensions, in 99% of cases,

they are your lowest or highest notes trying to align with the middle that are in you, which sound like external voices, because I am still dissonant. Relax, lie back, listen to the silence, and then renew your song.

ME: Enough information for my head ...

SOY: It will never be enough, because you are infinite ...

ME: I am balance, harmony, melody ...

I AM: I am the consciousness in the song of creation.

22. The vision

[August 25, 2020 Matías De Stefano](#)



SOY: Tell me ... what do you see?

ME: I see ... what my eyes allow me to see ...

SOY: And are your eyes trustworthy?

ME: No... they are just tools that try to do their best to capture the light.

SOY: And depending on the needs of the environment, each eye has evolved to capture light in a different way. An insect, a fish, a cat, a human, a bird, they all see differently, yet they observe the same thing. What we sometimes take for granted is that the things we see are really as we see them, and we ignore this truth, that they are only how we are capable of seeing them. Throughout millions of years of evolution, each organism has used the light capture tool as a way to identify the space in which it moves. The eye is a cluster of photosensitive cells that convert light into electrical pulses through the nerves, which carry this data to the brain, which processes the image. Depending on the capacity and amplitude of capture of the light ranges that each individual or species possesses, the light will be fragmented and certain waves can be captured, either faster or slower, short or long, allowing one color to be seen more than another. This makes an animal that moves at night, has greater light uptake, seeing many more nuances than a diurnal animal.

ME: Basically, we all see what our ability allows us to observe.

I AM: Reality is relative to the observer. Everything you see in the world, then, will depend directly on your ability to perceive it. The more limited is your ability to look at the world, limited by your beliefs, by your ideological positions, by your experience, the way of seeing the world will be very basic and reduced, limited to the things you know, bringing everything to comparison. But if you expand your world, if you open yourself to new realities, to new experiences, to other ways of thinking, to other ways of acting, then your vision will be much broader, allowing you to integrate a much greater conception of the world, full of possibilities. .

ME: And how do I see the Truth in all of it?

I AM: Truth cannot be seen. For no eye can see everything.

ME: Well... everyone says that the One Eye that sees everything is God's.

SOY: Exactly. If it were not because that God who looks does not have one eye, but so many that he is capable of seeing everything.

ME:... What would that be like?

I AM: When the Vibration began to expand in the Universe, it was seeking the limits of its space. In the same way that that organism sought the space in which it moved. Then, through the appearance of energy, she was able to create light, and thus the light-generating vibration saw the directions of space. Depending on whether its resonant wave is short or long, the light would show one color or another, like a rainbow. The branching of the colors created a Tree of possibilities, and each end of this tree began to search for the Light. So, imagine that you are a single being who seeks to see everything, but only one eye would prevent you from really seeing all perspectives. Then that single Eye of Consciousness, first divided into two, one looking towards the Light and the other towards the Shadows. Thus the balance was created. This balance made it possible to focus a neutral path in the center, allowing beings to be able to build an accurate image from the image of the polarities. And these in turn continued to multiply, up to billions, each leaf of the tree being one more eye. In this way, the great Eye could see more and more. The paradox is that the more perspectives, the better the understanding of the Truth.

ME: It seems counterproductive, because, there are more conflicts between the visions. How does the Great Eye see what is real?

SOY: Because the eyes that look outwards expand their vision, but they do not integrate it. To integrate it, the eyes must close and contemplate the reflection within.

ME: The Pineal gland ... the Third Eye, the trinity of vision.

I AM: The two eyes that represent duality focus light and darkness, logic and illogic, free art and exact sciences, the feminine and the masculine, thus seeking the constant creation of new looks. But behind both, in the center, the triune image of the essence is formed. In the first place, you must understand what has been said: everything that your two eyes see is a perception of the external, and what is absorbed by the photosensitive cells and transmitted by the ocular nerves to the brain, are simple data, like algebra, like morce code or the bits or LEDs of the screen you are looking at. The sent image is processed by the brain in a mirrored way in all its senses. The image is assembled inside as an opposite, almost like a photo negative, and said negative is assimilated by neurons based on the previous data, quickly comparing this new information with everything previously processed. This generates a selective view, in which the highest percentage of what is received is discarded, since it is considered unnecessary information, since it is considered to already exist in the brain data library. And among those precise existing data, there are the emotional pulses due to experiences previously lived, something we call "preconception", that is, a previous concept, a previous fact or circumstance that determines all the following. In this way, our brain evaluates what it receives through its eyes, something we call

“prejudice”, that is, something that has been considered “fair” before. In this way, the brain assembles its interpretation of what it sees, so nothing you observe will ever really be the Truth. Thus, the third vision, the internal one, is that of the concept, that of the idea.

YO: That third concept, managed by the Pineal, then it is not as many believe, the inner truth, but it is precisely the idea that one has from the outside ...

SOY: It is very poetic to describe the internal gaze as the real one, but the truth is that the Pineal is in charge of regulating the Idea, not the Truth. For this reason, Unity is only possible from the Trinity, from 3 points of view. For this reason, the Great Eye is always placed in the middle of a triangle or pyramid.

ME: It is the symbol of God... but also of the basic concept of the philosophies that they call Masonry and Enlightenment... right?

SOY: Let's save this topic for another time, as it will take us away from today's concept. We will talk about it later.

I am fine...

I AM: The Great Eye, then, is the one who generates the pulse of existence through the triune aspect: vibration, energy and matter, which will originate the attributes of love, wisdom and will, which will manifest sounds, lights and forms, which will then be observed by your right eye, left eye and the pineal. This gland embodies the ideas of the spirit, of the universal mind, descending Consciousness to matter. But just as you open and close your eyes, this Third Eye does the same, closes and opens. Hormonally, this gland is responsible for generating the chemical reaction that makes us sleepy and the one that makes us wake up. Biologically, we can see that waking up is inevitable, and it is what drives us to seek the light of day, to move in life and carry out our daily activities; while on the other side, the same gland tells us when it has been enough, and we must go to sleep. It warns us through tiredness, exhaustion, our eyes being forcibly closed, that it is necessary to sleep. Well, nobody can live their entire life awake, since, surely you did not know, it is during sleep, while you sleep, that all the energy you have used during the day is assimilated by your body, nourishing each cell. It is the time when you do not use cellular energy, and therefore, they can eat. Your body regenerates, it is nourished while you sleep. that all the energy that you have used in the day, is assimilated by your body, nourishing each cell. It is the time when you do not use cellular energy, and therefore, they can eat. Your body regenerates, it is nourished while you sleep. that all the energy that you have used in the day, is assimilated by your body, nourishing each cell. It is the time when you do not use cellular energy, and therefore, they can eat. Your body regenerates, it is nourished while you sleep.

ME: And on the level of the soul, the emotional ... how do you live?

I AM: We call it the Dream of the Unconscious, and the Awakening of Consciousness. Also regulated by the same gland and its hormones. Pineal comes from the concept "pineapple", due to the shape that this gland has in relation to the pine seed. The symbol of this seed represents an ascending and toroidal spiral that opens all the possibilities of the soul. Being a tree that points to the heavens, and therefore, related to the divine connection. Therefore, it was interpreted in history that this power center is the one that allows us to connect to the other planes and the divinity. And in a way it does, making us dream in the world of ideas, or lower our dreams to reality. But let's get to the basics: sleep and wake up. As in biology, the soul also needs its waking and sleeping time. You also need to sleep. The periods of unconsciousness are for the soul a kind of dream in which it is loaded with experiences through mistakes and successes, living dreams and nightmares; thus, at the moment of awakening, the power of all that experience is integrated giving strength to face the transformation of life. No one is fully conscious their entire life, and what's more, nature does not seek you to be, nor does divinity seek you to be. Sometimes you need to sleep ... You shouldn't judge yourself for being sleepy or waking up. It's natural. You cannot judge others for being asleep while you wake up ... the power of all that experience is

integrated giving strength to face the transformation of life. No one is fully conscious their entire life, and what's more, nature does not seek you to be, nor does divinity seek you to be. Sometimes you need to sleep ... You shouldn't judge yourself for being sleepy or waking up. It's natural. You cannot judge others for being asleep while you wake up ... the power of all that experience is integrated giving strength to face the transformation of life. No one is fully conscious their entire life, and what's more, nature does not seek you to be, nor does divinity seek you to be. Sometimes you need to sleep ... You shouldn't judge yourself for being sleepy or waking up. It's natural. You cannot judge others for being asleep while you wake up ...

ME: I always said that those of us who woke up earlier have the responsibility and the loving service of preparing breakfast for those who are still trying to open their eyes ...

SOY: And sometimes, many of you are making breakfast half sleepwalking. Well, many of you walk awake still living the dream.... "With the pillow stuck to the face."

ME: It's true ... it happens to me many times.

SOY: It's normal. In a process as long as life, opening your eyes takes years. Every day your physical eyes prepare you for that moment. Until one day, you open the eyes of the Soul.

ME: The soul lives a very long life through many bodies... Is that why we say that our eyes are the windows of the Soul?

SOY: Well, it's poetically accurate. The soul has seen and registered in its energy everything it has experienced, translating it into you in emotion mode. This makes our appreciation of truths from the point of view of the soul, which we could contemplate in the eyes.

ME: So, in short: I can't see the Truth, I can only see a part of it, little one. Also, being asleep in consciousness is not as bad as it sounds. It seems that everything we have been told is some kind of hasty lie ...

SOY: In reality, humanity is experiencing an awakening, and those who wake up earlier and see that it is a beautiful day, do not want to miss a minute of that magnificent sun, and they want everyone to wake up to enjoy that sun together. What they do not know is that in 12 hours, or less, the sun will disappear again at sunset, returning to night, sleep ... And again it will dawn.

ME: It's constant ...

SOY: It is a big problem to fight for something that is circular to be linear instead of learning to move with the rhythm of the universe. The need to wake up and be always awake in consciousness is the same as thinking about waking up today and never going back to sleep ... If humans enjoy sleeping so much, why can't they enjoy their period of unconsciousness?

ME: Today I was telling my friends that something strange is happening to me that has never happened to me before, and that is that when I go to sleep, I hug the pillow and smile very hard, almost even with a giggle, with happiness. It never happened to me.

I AM: Because you are learning to embrace your shadow, to live here and now. You always used to live in the future, what your eyes cannot see. It is the first time in your life that you appreciate the present, and therefore, closing your eyes does not hurt, because going to sleep implies being full in the present. Now, I propose something to you ... stand in front of the mirror and gaze into your eyes, your pupils. Let your perception and preconception show you how your vision of yourself is distorted, until you lose the sense of your shape, where only your eyes remain. Lose the notion of shapes, and ask yourself: What do I see in myself? Can I smile at what I see When I look in the mirror, do I accept what I see? What are the distortions that I do not accept in

myself? They are only in my mind, and what I cannot accept in what I see, are the preconceptions and prejudices that I have in what I see. My ideas of how the world should be, not how it is.

ME: Many times, when I look at myself, I don't accept many things from my body. My hair and my belly are the two things that are most difficult for me to accept from him.

SOY: And why?

ME: Before it was an aesthetic issue ... but now, being more aware, I understand that I deny so much of what I have in my mind, what I know, what I think, about "what I have in my head", always hoping that be better, to be able to do it in the best way, judging what I do as useless, that I have projected all that in my hair ... And on the other hand, I see emotions as an impediment, despite manifesting myself very mentally, I am too emotional, and I have not managed to manage much the things I feel, release them ... Which sums up my vision of the belly.

SOY: In other words, your brain sees these two aspects as negative because there is a preconception of never being what is expected, of always looking for something better, and you see emotion as an impediment to achieving it.

I do...

SOY: Now that you have seen him, you make him aware, and every time you touch your hair, you tell him about your awakening of consciousness, about your ability to live in the present. And when you caress your tummy, you tell it that emotions are all the tools you will use, you are just trying to understand how and the usefulness of each one. Talk to your body. Your body is not real, it is what your eyes see of it. Change your inner vision, and what you see will change.

ME: It is a long way to awaken consciousness, it is to accept that the alarm clock has sounded. We all have a hard time getting out of bed ...

SOY: Nobody demands that you get up. The spirit is only showing you that it is a beautiful day outside, and that breakfast is already served.

ME: I open my eyes, and I see the Sun ... I project a New Vision on the day that begins.

SOY: So have a very good day.

23. The development

[August 26, 2020 Matías De Stefano](#)



ME: I know that we normally associate the throat with the voice, the truth, and that it is in a way the potential of the laryngeal chakra: express, say, speak, communicate. However, when we talk about the place where this chakra is physically manifested, it is the Thyroid gland, which has nothing to do with the voice no matter how much it is in the neck area. Why?

I AM: Because the potential of this gland is much more related to the true meaning of the laryngeal chakra than the word and the truth.

ME: And what would that be?

I AM: "First was the Word, and God said: let there be Light ... And the Word became Flesh." In one way or another, all cultures recognize that the first thing to emerge was Vibration. The waves that give rise to everything else. When we speak of a verb, we are speaking of a vibration that refers to the concept of an action. And then, because of this verb it is that God can Say, express; and this expression of vibration is energy, which makes what was once the conceptual verb, become physical matter, reality. Manifest the idea from the word. But think well. The Universe does not work in separate stages or delimited phases, but everything is a continuum. Therefore, there is information inherent to what is described in the first sentence ... What connects the 3 moments of creation?

ME: The process ... the path that is carried out so that everything manifests as a triggering of actions.

SOY: Exactly. It is that capacity to evolve, to manifest, to create from what has been created, life itself, which from reality is not divided into years or stages as we have conceptually done, such as childhood, adolescence, adulthood and old age, but rather it's actually a continuum... a constant development.

ME: Development... of course. The Thyroid gland is responsible for the development, growth of the body, which regulates the size of our limbs, organs, bones ...

I AM: That during the first stage of life, just like in the Universe. The development period requires this gland to generate hormones that encourage organs and different parts of the body to grow, expand, and become stronger. And later, throughout life, they seek the balance of all parts, regulating the functioning of the organs and the secretion of other glands. And this development is regulated by the Hypophysis, which sets limits or drives, as necessary, this laryngeal gland.

ME: An excess of control over this gland could cause hypothyroidism, for example, which makes the body stagnate instead of developing, causing it to decline, gain weight, stop or slow down both biologically and cognitively. Otherwise, an overstimulation would generate hyperthyroidism, which would lead to stress, nervousness, to waste energy reserves, losing weight and losing the axis.

I AM: As you will see, this gland performs the same thing as vibration, as sound, at the origin of the Cosmos: the development of balance between the parts, expansion, the creation of the universal body. For this reason, you can relate the location of this gland involving the trachea and the vocal cords, since since the beginning of time, vibration is understood as the origin of development. Now, the vibration generates the wave with its concave curvature and its convex curvature. That is, it tries to regulate the balance, find harmony in what is expressed. The faster the wave vibrates, the shorter the frequency with which it vibrates. Frequency is not the sound itself, but the time it takes for the wave curve to repeat itself. A high frequency means that the wave vibrates so fast that the frequency between the high peaks of the vibration occurs very successively. On the other hand, a low frequency wave means that the vibration peaks take longer to repeat themselves, which gives a feeling of slowness. We could therefore interpret Hypervibration with a fast energy that expends a lot of energy, and Hypovibration as slowed energy that stops development. As for the body, Hiccups and Hyper thyroidism. and Hypovibration as the slowed down energy that stops development. As for the body, Hiccups

and Hyper thyroidism. and Hypovibration as the slowed down energy that stops development. As for the body, Hiccups and Hyper thyroidism.

ME: So, it can be understood in this way that Hypothyroidism is the product of a low frequency, a slow, stopped vibration, therefore of someone who lives stuck in the past, with the weight of history on their shoulders, that he cannot float up and sinks in the curves of the vibration wave, trapped in the preconceptions of the past, in the unexpressed vibration.

SOY: This is how you understand the relationship between development and speech. People who constantly live in the past, usually express themselves by speaking with the verb conjugation of the simple or compound past, for example of the verb "go": "I went, I went." This makes them only talk about what was or could have been, while they think about all the things that they have not said, that have been saved, that they have kept quiet and put in a trunk that they threw to the bottom of the ocean of their subconscious. . Her development has practically stopped, she has stopped expressing herself, carrying a depressive weight that makes her live in the structures of what she has previously experienced. This developmental arrest was the product of silenced, repressed, unexpressed vibration. On the contrary, a person who wastes her energy living in the future, conjugating her verbs in said tense: "I will, I will, I will",. he never lives in the present, and he can never anchor anything that he idealizes. She spends all her present energy trying to reach the fast curves of the high frequency wave. That leads precisely to the opposite, to volatilize everything, and it wears out the being in saying more than it should, verbally and carelessly loses the strength and power of the word by saying that it will do more than it is capable of doing.

ME: Like a politician ...

SOY: We will go to them in due time ... If you look at the relationship between word and development, a name comes to mind that is obvious.

ME: School.

I AM: Yes, education or teaching, it depends on the system you find yourself in, it undoubtedly seeks the development of an individual, both physically and cognitively, and it does so through the word. The verb transmits tools for learning, and leads people to grow, to expand their capabilities.

ME: But this development can also occur from the vision of hyper or hypo thyroidism, the Teaching being the pressure to accumulate more data and retain more concepts in the mind, which leads to depression and weight, and on the other hand Education being the concept that implies taking out what is inside me and growing from my own discovery quickly in experimentation.

SOY: This is why you have heard that the laryngeal chakra is also known as the Third Ear: it is what allows us to hear our own truth. Everything you find in yourself, what you deduce in your life, in your development, you will express through words, and by saying it, you will listen to yourself. You will hear your truth, what you are, what you believe, the frequency in which you live ... If you speak properly, you will know how to hear the process in which your being is. People who speak without listening to what they say, who speak "without thinking," tend to expend a lot of energy in their lives, inquiring while waiting to receive more than they are capable of assimilating. People who are silent when communicating, those who reserve their energy even so they are required, can fall to the bottom of perdition, of never listening to themselves, and not knowing what their truth is ...

ME: So... I must find balance in the ability I have to express what is within me.

I AM: The key to Thyroid is Learning. Am I willing to learn something new and find balance between my parts? Or do I prefer to close myself to my own truth even if it leads me to be against others?

ME: I think it's a great topic... because we've been forced all our lives to learn other people's truths and deny our own. And today, that is reacting in its opposite. Nobody believes in anything anymore, only in what each one believes. From the spiritual point of view, the phrase "believe in yourself" can be very motivating, but at the same time it can lead us to the idea of "the rest does not matter", losing the balance with the other.

SOY: Because humans are reactionary rather than stock-based. Your entire life, the development of who you are as individuals, has been contingent on what others tell you to be the truth. As if you were the Thyroid that receives the hormones from the Hypophysis, pushing for you to retain information as much as possible, without being able to express any of your opinions, no thyroid hormone. This builds up tension, makes the truth project out, and makes the gland sick, accumulating potential. Thus generating the disease. The conflict, then, is now the denial of everything that others teach us, and only the inner truth is sought, because the pressure of others can no longer be trusted. There comes the spiritual truth that reminds us that the truth is not outside, but inside, and therefore their own vision is sought over that of others, saying "I no longer believe in anything they tell me, only in myself." Overinformation overloads this gland, blocking it to the point of being unable to develop due to closing off any external data. This is where reactionary or conspiratorial spirituality goes wrong. We must not seek extremes and oppose ourselves as enemies, but find the balance, balance in development, in which external information makes us think, and without judging it, invites us to improve such perspectives through research, education, learning . This is where reactionary or conspiratorial spirituality goes wrong. We must not seek extremes and oppose ourselves as enemies, but find the balance, balance in development, in which external information makes us think, and without judging it, invites us to improve such perspectives through research, education, learning . This is where reactionary or conspiratorial spirituality goes wrong. We must not seek extremes and oppose ourselves as enemies, but find the balance, balance in development, in which external information makes us think, and without judging it, invites us to improve such perspectives through research, education, learning .

ME: It is a great challenge, to listen to oneself but without detracting from others in the attempt ...

SOY: And you... what state are you in?

ME: Well ... as in all of them it must be strange to identify it. All I do is my own voice. My own vision. What I share is what I have inside, and I think that many times, if not in most cases, I close myself off from others. Honestly, I have a hard time working with many people like others do. But I also know that each person is different, I know that it is not something that I must change, but rather that I must learn to use. For example, being more alone than ever I am now sharing with more people than ever ...

SOY: Learning to take advantage of what is seen as weakness.

ME: Yes, many times I see that there is a need of others for one to be as others expect, and both towards me and for any other person, I have seen many comments such as: "You should do this or that; don't talk that way; I think it would be better if you do it this way..." I mean, many times I feel as if instead of suggestions they are expectations. And most likely it is because of my personality. I am from Leo with Ascendant in Capricorn, clearly any advice I will take as an imposition.

SOY: And you must work on that ... detach yourself from what others expect of you, and develop what you can be, taking what is necessary from others. Everything is a symbiosis ...

ME: Clearly, if I were from Gemini, I would be doing this with 20 other people right now, but that is not the case ... And on the one hand I know that I must open myself to change things about myself, always, but on the other I know that I must develop in tranquility of my loneliness. Now, for example, I decided to start my inner development by opening myself up to other people to teach me things that I had never started before. Guille is teaching me piano, Tina is teaching me biology. I am studying Arabic and practicing French. All that makes me feel that I am looking to develop my interior by opening myself to different tools.

I AM: What your body needs, your Thyroid gland, is precisely that, allowing itself to open up to the possibility of nourishing itself with new things that allow development, but a development capable of bringing out what was inside each one, or calming what keeps going out. Find a hobby, or something new to learn, be it drawing, knitting, learning a language, something that amplifies your ability to expand your horizons. As minimal as it may be, it will help you balance your being. Learning is the key to the door to expression.

ME: And I understand well, that that repeated cough is that anchor that I have in the past of unspoken things, unexpressed emotions ... This stagnates many energies there ... in the throat.

I AM: There are two ways in the throat that define the human: those who speak for others, and those who are too quiet. It is essential that those who speak for others find the truth in silence so that they can hear their own words carefully, and what others have to say. The third ear is based on knowing how to listen and listen to oneself. Those who talk a lot tend to drown what they feel in verbiage. Only silence shows them what they hide. And on the other hand, those who remain silent must take the liberty of expressing what is hidden, their most distressing and painful secrets. Even if they don't tell those who should say it, just by speaking it in the solitude of the home, shouting, singing, cursing, even with bad words, releasing and spitting the most murky secrets, you free your throat. Sometimes, what our body needs to express does not correlate with our mind, with our conscience or moral and ethics, however, it is stagnant as a thorn that prevents our development simply because we decide to "swallow our own words". Vomit them without fear, let it out, shout them, it is only energy, and like all energy, when moving, it will regenerate.

I understand. Freedom. In order to learn, develop in harmony, I must be able to let go and listen carefully. Something that I noticed in this last time, is the amount of people who write to me saying "Thank you for your courage in saying all this and telling your life." The word Courage catches my attention, because I did not understand why you had to be brave to talk about personal things. But today I understood how difficult it is for many people to talk about these things, or how difficult it is to express weaknesses, or internal conflicts ...

SOY: Many have been forced to keep quiet, and have been brought up in fear of the concept of "what will they say". It is one of the great evils anchored in the neck. Historically, whoever said the wrong thing had his neck cut off, his tongue, his teeth pulled out, or hung around his neck. In the Collective Subconscious, telling the truth remains the same as heresy, persecution, and guillotine. The neck is the symbol of the Bridge between the Heart and the Brain, the Emotion and the Mind, and in a society based on emotions, or one based on beliefs or the mind, the Bridge loses its logic, collapses, or is forcibly collapsed, and generation after generation, such communication is nullified, making everyone feel that trying to rebuild this bridge is an act of bravery in the eyes of both sides looking with judgment and displeasure.

ME: I understand... In any case, for me it is not Courage, it is being myself, although I encourage all those who need it to have the Courage to build this bridge.

I AM: The Universe was created only by the desire and the desire to develop this bridge, seeking to learn about itself without judging anything that is outside or inside, since everything nurtures experience and growth.

ME: Therefore, I must be like the universe, if I want to create my own reality, I must learn how, and to know how I must let go of the old ways and open myself to the new ones ...

SOY: Development comes from the words "un-" and "-develop", a modification of "wrap", "svolvere" "envelope", which literally means "unwrap", that is, discover something new that was covered by something else . Thus, this implies having the ability to discover what is hidden in us, and that using external tools, I can do this much faster. Free yourself, then, from the wrappers of beliefs and concepts you have learned about what you are, free yourself from the wrappers of old paper in which you have covered yourself to protect yourself from the outside, and discover the gift that is inside. Educate yourself, that is, go out, open yourself to the world, learn something new from it and from you.

ME: And through the word I create my new reality. I develop myself, to be a better Me. "And God spoke the word, and the Light was made."

24. The defense

[August 27, 2020 Matias De Stefano](#)



ME: Yesterday, when we started to release what was hidden in our throats, the unsaid, I could recognize that there was a lot of hatred trapped in me. Many people with whom I could not speak or close the communication, people by whom I felt betrayed, and those who surely felt betrayed by me. But because I always consult with you or my guides, who make me see the purpose in everything, the logic and the forgiveness, the letting go, I never said what I felt. It was as if, when I became aware, I was led to silence, and even so I was aware, the energy was still accumulating, generating hatred.

I AM: Because in an effort to moralize and spiritualize consciousness, you forget that it is not human. Consciousness cannot be measured by ethical parameters, but by energetic parameters. Consciousness does not conform to your beliefs of what it is, but you adjust to what Consciousness drives. You must think of consciousness as a kind of compass that guides you in a chaotic world. When the currents of the Unconscious make you lose your way in the gigantic ocean of the Subconscious, it is Consciousness that guides you... And a compass is very simple: it has a positive magnetic charge and a negative one. The positive will align with the positive charge of the north pole, so you will not get lost, you will always know where you are. And knowing where you are going has nothing to do with how many things you carry in the boat you are in. Perhaps, The weight that is there, makes your trip very slow, and even risks submerging yourself. Having a clear gaze on the destination does not mean that you cannot sink in the attempt to reach it.

ME: I understand... So I can be perfectly aware of things, even if I don't know how to manage them. Maybe I should throw some things that weigh me down to the bottom of the ocean ...

SOY: Hehe, very graphic, so graphic that it's very bad.

I because?

I AM: Because you are a navigator who carries merchandise, be it seeds, goods, gold, to a destination. The weight you carry with you will mean the speed at which you move through the current. The higher the load, the lower the speed, the lower the load, the higher the speed. So, what does having lost the north have to do with the weight you carry?

ME: None ...

SOY: Then why do you think that to find him you have to throw something to the bottom of the ocean? Throwing merchandise into the ocean to get there faster is what most people usually do: hide the weight they can't manage in the subconscious, so you can move faster and reach a successful port as soon as possible. The problem here will be that you will arrive light, yes, but without resources. You will arrive poor. And here you will see the great human error: believing that being aware is making the process faster. And no, it is not. Being aware is going slower but knowing where I am going. To be unconscious is to have lost the north, and even to believe that to escape faster from the current, you have to throw things that weigh overboard.

ME: Sure... it happens to all of us now that I think about it. The despair of being conscious becomes like a kind of comparative race to see who is more conscious, and it is considered that whoever heals more things from the past or leaves them behind, will arrive faster.

I AM: The point is that when a merchant of consciousness arrives at the port with nothing to sell, he must once again navigate the same path, where he will meet the same routes, the same raw material ports, the same people. "Hey, you here again?" They will tell you ... Repeating history. What is it that keeps you coming back to the old harbors instead of growing up in your own?

ME: Having left a lot of things unworked along the way.

SOY: So, it wasn't a question of getting there fast, but of redistributing the weight inside the boat. Because what for you now is a burden, will be the basis of what will enrich you when you reach your destination. Like when after a crisis you find the solution, and the joy of having overcome it is greater than your natural state would be without having gone through it.

YO: For example, if I had not gone through all these years of failures of the Yo Soy project, today I would not be able to do it as I should and in balance with myself.

SOY: Exactly. You had to pass it, you just had to reorder what you brought with you. And maybe, some of those things that you bring with you, are a weight that you cannot tolerate. Like the one that hurts in your chest and seeks to come out of your throat.

ME: It is always related to the same regret ... That love so strong and great that I felt, frustrated in such a short time by third parties. And by understanding what was happening from consciousness, I could never truly express what my body needed to say. And it accumulated as pain, which became hatred.

SOY: That weight, then, is an energy that you must transform, but not deny for a moral question. This does not mean that you carry hatred against certain people, but that you have accumulated energy in yourself that you no longer need. Hate is in you, and it's called "lack of love." So, this long navigation process should serve you to meditate on the loads that you carry on your ship, and when you arrive at the port where your conscience guides you, use that merchandise for a purpose, letting it go, enriching you in the process of its delivery.

ME: And for this I must release in myself the belief that this weight is the one that does not allow me to reach the port of Consciousness. It is a matter of patience.

SOY: Oh yeah, sure ... As long as no pirates appear ...

ME: Uff... more stuff !?

I am always. On your journey as a navigator, you will come across many boats, and the normal thing is to be alert to everything that will appear, especially those who want to live off the resources that you have obtained. That is what you feel in your chest.

ME: The pain I feel ... that pressure ...

SOY: It's your ship protecting itself. When you opened your heart that time, you opened it like you never had before, wide open, letting yourself be, free, sensitive, without measuring the consequences, and in that state, you received the worst attack. The most precious treasure that you had found in your travels, and that you hoped to share with everyone when you reached your destination, was unexpectedly taken from you in the middle of the celebration of having found it. This robbery, theft, left you defenseless. Vulnerable, I have suddenly made your whole body begin to protect itself. Thus, the sternum tightened, pressing on the Thymus gland, and with it, also the Heart. All the people who throughout their lives live emotional robberies, invasions in their lives, the attack of intruders, strangers, or the corruption of those close to them, unexpected betrayals, all this puts more and more tension on the bow of the boat, which in your body is the chest, the sternum. This bone in the center of your chest is the one that opens the way, the one that breaks the waves as you walk, and the side beams that make up the port and starboard side of your boat are the ribs. The treasures are in your Heart, Lungs and Thymus. There is the sigh of the wind, the Candle, and the treasures and riches, whether they be nutrients, globules, blood, are found in the sacred chest of your heart. And on the chest, the protective bags that cover it from the eyes of thieves, and from the rain and all external damage: the Thymus. and the side beams that make up the port and starboard sides of your boat are the ribs. The treasures are in your Heart, Lungs and Thymus. There is the sigh of the wind, the Candle, and the treasures and riches, whether they be nutrients, globules, blood, are found in the sacred chest of your heart. And on the chest, the protective bags that cover it from the eyes of thieves, and from the rain and all external damage: the Thymus. and the side beams that make up the port and starboard sides of your boat are the ribs. The treasures are in your Heart, Lungs and Thymus. There is the sigh of the wind, the Candle, and the treasures and riches, whether they be nutrients, globules, blood, are found in the sacred chest of your heart. And on the chest, the protective bags that cover it from the eyes of thieves, and from the rain and all external damage: the Thymus.

ME: The Thymus gland, is it the one that defends my treasure?

I AM: When the sacred that lives in you is threatened by external conflicts, the body itself opts for a natural and unconscious posture that leads you to protect your chest. You have noticed?

ME: Yeah, snuggle up, cross your arms over your chest.

I AM: This position is natural, because the brain, and each cell, seeks to protect the Heart, since it is thanks to which blood, blood cells, nutrients and oxygen circulate and everything works. The same happens inside. The Thymus is that gland that protects and surrounds the heart, taking care of the entire body. And it does so by generating hormones and cells that give life to the Immune System. From before birth to adolescence, the thymus fulfills a primary function in your body: defend it from all external threats, viruses, bacteria, diseased cells. It is the body's center of ultimate defense, making all other organs feel safe and stable. It is the Shield and Sword of battle.

ME: So, if biologically this gland defends me from what threatens the balance of my body, energetically it is also the gland that defends me from emotional threats, interpreting that those who betray me, steal, corrupt, damage, are those viruses, bacteria and cancer cells.

SOY: That's right. The pirates of your ship are those who threaten the safety of your treasure in the slow journey towards Consciousness. When these pirates get on board, the ship stops, weighs more, and the battle is fought. This weight is equivalent to the vacuum they will leave when they leave. A nonsense that makes you lose the logic of reaching the port. And it makes you go backwards, damaged. That weight of disaster that they leave on you can turn into hatred if you are not able to put order. You decided to carry that load and risk having your ship attacked.

ME: But, I don't understand ... Why does everyone talk about this center, the Thymus, as the seat of the energy of Unconditional Love? Shouldn't it be a chakra that expands rather than closes me?

I AM: The immune system does not destroy viruses at first. It integrates them. What it does is absorb and interpret them. By integrating them, it turns them into antibodies, and uses its same genetic base to attack them. It is the same as vaccines are made. Vaccines are not made of magic solutions against viruses, they are made of the same virus, what they do is that your immune system recognizes the virus, so, when it comes, it will not affect me ...

ME: I think I know where you're going ...

SOY: What I am referring to is that the Thymus does not close against threats, on the contrary it incorporates them, recognizes them, assimilates them, so that later, they are a tool. It is not necessary to destroy or defend against anything, I simply used the same force of the enemy to turn it into my potential, without defeating the enemy. Like one of those insects that dress in strong colors, black and red, announcing "careful, I can be poisonous", they do not kill anyone, they accept that others live their lives, and they protect themselves equally recognizing the other. Unconditionality implies not imposing myself on others, not becoming a pirate, it implies being and letting be. But to learn to let be, I must first learn to be, to value myself. Thus, I understand that I transform freely, surpassing myself. That's called love. Damage to the immune system is a lack of personal respect, it is a lack of self-love, of respecting the inner power by giving vitality to the other. When you get sick, it is often said "have low defenses", the same as we say when we seek to let ourselves be loved "lower defenses". The biological body seeks to defend itself to fend for itself. Those who do not have self-love, look for it in others, at the same time that they protect themselves by others, leading to immune conflicts.

ME: How can I open my heart to unconditional love and still protect myself without falling into protectionism?

I AM: Look at your posture. As you feel? There are two extreme postures: he who puts his chest out by pulling his shoulders back is always ready to fight and defend himself from everything around him. He who bends his back, letting his shoulders fall towards his chest, is afraid, he protects himself from the world by denying the world, hurt by the attacks and the weight of it. Educating the body's posture changes the way in which the organs act, and modifies their hormonal functioning, thus generating a range of different emotions. Try to think about how you feel, and try to put your back straight, shoulders naturally to the sides, firm chest but not out, but high. This will help you loosen the sternum, taking pressure off the Thymus, and thus releasing the Heart.

ME: Defense and unconditional love, well, they are related in a very strange... symbiotic way.

SOY: The only way to find peace is having recognized the war, the battles you have fought. You will not know what it is to forgive without first being attacked. You will not know what it is to be unconditional without first having experienced the conditions. You will not recognize freedom without having felt oppression. And to take the first step, stop putting pressure on your chest. Stretch it, rattle it, crunch it, take a deep breath filling your lungs like never before, hold the air for as long as you can, and exhale very gently until you are completely deflated. Remember, Consciousness is the compass, but the weight you carry depends on you. Do not rush, recognize each of the precious goods that you carry on your boat, distribute the weight. Keep the most valuable things wisely, and when you see the pirates, you will know how to act.

ME: Therefore, I must first stop believing that consciousness is the goal, when it is only the compass. Second, I must admit that I should not be in a hurry to get there, because by going step by step I can better recognize the riches that I have in myself. And, I must not defend myself from the world, but strengthen myself to go through the world, accepting the destinies of each one.

SOY: Thus, free your heart from your sorrow, release the unspoken words, recognizing that you do not have to lose strength defending yourself from the attacks you have received, but that you must become stronger, look ahead and firmly, recognizing that your The greatest shield is Love, and your sword is Unconditionality.

ME: I open my arms ... I release myself from the tension, I honor my Thymus for protecting me all this time, and now I allow him to shine, showing him that instead of defending myself in a biological or emotional battle, I must expand and be more than viruses and bacteria

SOY: Many panemies have lived this humanity, and this year, more than ever, several of them have joined you. Your Immune System is alert, trying to defend you from a virus, but also from a social, political, ideological, spiritual virus. Pandemic comes from the word "pandemonium", which translates to "all demons." When evils are released, the Thymus has two ways of acting: from the Unconscious, it will seek to defend itself by counterattacking, fighting, fighting. Or from the Conscience it will seek to put itself above evils, radiating, transcending, seeing beyond the conflict, and assimilating learning.

ME: I will opt for the second way ...

SOY: Then, dare to see beyond the love and hate that you have felt, put yourself above the actors and actresses of this theater of the heart, and contemplate the logic. The real problem of this humanity is not the pandemic that haunts it, but the inability to rise above it, and to open its heart. Open your heart.

ME: I am ready to strengthen myself, and my greatest strength is Love.

25. The Willing

[August 28, 2020 Matías De Stefano](#)



ME: I went to bed thinking about unconditional, and if I am really unconditional or not. In a way, I think that for a human it is very difficult to be unconditional, because we were born and nurtured from a totally conditioned environment. Basically, we are the result of conditions, and no matter how hard we try, our being will always have a need for something, which will be conditioned.

I AM: The main condition of all is not emotional ... It is to find the balance to spend the least amount of energy possible. You learned something about it yesterday ... in your molecular biology class.

ME: Oh yeah, basically all of life is ordered with the goal of resting as much energy as possible: resting. That is, this happens at the atomic level, in which an atom orders its particles, be it neutron, proton and electron in a harmonic way in which it does not need much force to move, and when it joins another atom forming a bond, the An atom with a greater negative charge, that is, with a greater number of electrons, will take or share the electrons of the other atom, and thus the molecules are arranged, trying to occupy all the spaces. The most

comfortable way and that uses less energy is the structure of the Tetrahedron, that is why the bases of life, such as Water and Carbon, are arranged in this way, thus they have greater rest.

I AM: So not only are you looking for comfort, but they do it to every one of your atoms in your body and around you.

ME: Yes, in a way, in order to find that order and accommodate comfortably, the atoms share electrons, forming molecular structures. Thus, if one has 7 electrons and feels unbalanced, another atom with 3 electrons will give him the one that is left over, thus leaving two atoms of 8 and 2 electrons respectively. Balance.

I AM: Give and Receive. This fundamental exchange of nature is conditioned.

ME: What?

SOY: To the lack of something or the excess of something. It is conditioned to the search for balance. Even atoms know that to find balance, one has to give something to the other or be open to receive something from the other. The imbalance is found when this exchange is forced, breaking atoms and leaving protons loose around with nothing ... alone.

ME: Oh yeah, that's what I learned. An atom needs at least one proton and one electron, the positively charged proton and the negative electron. The latter revolves around the proton like a planet around the Sun. Hydrogen, for example, has a proton and an electron, and it is normal for it to be attached to other atoms since it only has one thing to give. But if the other atom, instead of sharing, rips it off, the proton remains alone ...

SOY: And what would happen?

ME: Well, the more protons released, the compound becomes more acidic. And the more acidic it becomes, the more harmful it is to life, causing death. Tina explained to me that this is what is called the "pH" of a compound, food, or cell.

I AM: Now then... Think that the Hydrogen atom and the Carbon atom are people, and we will call them María and José. María has a beautiful sensitive heart, and an attribute that is her voice, she has a beautiful voice and a perfect eloquence when communicating (1 electron), which when José heard her speak, he immediately fell in love with her. Because José does not have a powerful voice, but he does have other attributes, which attract María. José is intelligent, strong, protective, enterprising, studious and a good reader (6 electrons), but he has a very conflictive heart, because he cannot find what he really wants in life. María sees in José someone who can protect her sensitive heart, and who gives interesting content to her ability to communicate. And José sees in Mary that ability to eloquently share, something that he needs, because everything he knows is hidden behind his complexes, shyness and disorganization. Thus, separately, they feel lost, desperate in a stressful search. Until suddenly, the spark occurs, and they fall in love, feel the attraction of their attributes, and the potentials and needs of each come together to create Life. From their union, a project or a child will emerge, the basis of organic life, and they will encourage everyone else to fall in love, also creating a huge life-creating society. This story is the same for two humans as it is for two atoms. They both have something to give and something they need, and when those needs are met, they come together. Now ... it's not always like that. It may happen that instead of Joseph falling in love with Mary and seeking to join him,. simply choose to take advantage of your ability and use it to your advantage. Taking in this way her ability to communicate, making it her own, and abandoning the sensitive heart of Maria, who, devastated, finds herself alone and without a voice, entering a deep depression that leads her to live a toxic life.

ME: So when we talk about couples or toxic relationships, it is the same as talking about atoms that steal capacities, electrons, stealing potentials from each other, using others, destroying them to the point that the "pH" goes through the roof. , acidifying the relationship, the environment.

SOY: People are just an agglomeration of atoms ... Why would they act differently? By becoming more complex, we have turned the energy of electrons into emotion, we have converted the positive and negative charges of the particles into potentials and art, we have turned the exchange of electrons between molecules into a social economy and romanticism. We have turned the concept of molecular chain into a society, we have transformed the atomic balance into ethics and morality, we have turned the search for electrons into the search for happiness and stability, and we have converted the atomic charge into needs and wills. Thus, the union between the atoms, we call it love.

ME: Wow... it's both incredible and frivolous to see it like this...

SOY: It is not frivolous, not at all, that is an emotional and romantic vision from the paternalistic or matriarchal human perspective. Actually, it is beautiful, it is the beauty that unites the logic of the micro and the macro cosmos. What I am going to with this explanation is that from the base of life, in the atoms and their particles, the conditions exist. It is not a human invention, it is a process of nature. We all look for something in others that we don't have, and we all have something that others need. Here, the unconscious will seek to appropriate that which it seeks and which is in others, while the conscious will seek to share in balance respecting that what the other gives me is a loan, not a property. When beings fall in love, they seek to appropriate the other, since they consider that said potential that the other possesses is what completes me: "without the other I am nothing",

I do...

SOY: And if the lack of the other implies a void in me, then when it disappears I will look for things that fill that void that it has left. And there are several ways. The normal thing is to look for other Hydrogen atoms ...

ME: What would that be like?

SOY: Have you not noticed that when a person leaves a relationship with someone, they tend to look for people very similar to the previous one to relate to?

ME: Ah yes, the typical thing to repeat the same story, over and over with the same characters ...

SOY: Well, here is a simpler answer than the operation of "karma." The answer is that you are an atom with 6 negative charges (attributes), joined to 4 hydrogen atoms, 4 very dear individuals in your life, who give you 4 more attributes, but one of them leaves, and that emptiness, he makes one look for someone like him to take his place. This is a constant chain in life.

ME: But... seen this way, we all depend on everyone, we are all conditioned to others.

SOY: And what did you want?

ME: I don't know... being oneself... being free...

SOY: From what?

ME: From the condition ... to depend on others ...

SOY: And why do you depend?

ME: From what you just said ... I mean ... the other's need, what makes me love the other, is it just a matter of filling in spaces? What is the use then of all that we talk and learn about being oneself, about finding inner potential ...

SOY: Tell me... a carbon atom that is alone, can it create Life?

I do not...

SOY: So ... being you alone, do you think you will get anywhere?

ME: No ... I need all the potentials of life ...

SOY: Because here is something you must understand and discern. I ask, the freedom you seek and the development potential of your being, is it based on whose theories? Is your vision of spirituality based on freedom from the ideals of the French Revolution? Or are they more of Plato's "Myth of the Cave" type? Or maybe they relate more to Adam Smith and his capitalist economic freedom? Are you an anthropocentrist like Ptolemy or a heliocentrist like Copernicus?

ME: Uff, what questions... I don't know. That is to say, now that you put it like that, of course, we usually base spirituality in relation to human perspectives, to visions of historical events. When we talk about being free or discovering inner power, we inevitably continue to think that I am an individual ... but ...

I AM:... but you are not, at the same time that you are. Tell me ... when you see water, do you see each of its atoms? Are you counting the hydrogens and oxygens? Or do you just say: Water?

ME: Water ...

SOY: In the same way that when you see the Earth you say "Humanity", and you don't mention the 8 billion, right? Because you recognize that humans are a single being, and individuals are their atoms, with their needs, with their links to each other, functioning harmoniously and organically, all seeking to find the balance between what they have and what they need. In this way, you will be able to understand that the great desires of humanity come from seeing themselves separated, from believing themselves separate individuals. Actually, it is not so. That each atom possesses what another needs, does not make them live separate lives, but rather makes them recognize that no matter where they are in the world, those other parts will be within the whole, although they are not with me, they are part of me. When we talk about recognizing potential,

ME: That is, not to think that each individual is almighty, but to see ourselves as a joint organism in which each one has something to contribute, there is our potential, that is to use who I am. And if I do, I discover the ability to create as a whole, as what we are all in unity.

I AM: That is the concept of the interconnectivity of the I AM. It is not the individual, it is the potentiality of each individual united to the whole. Therefore, there are conditions, because nothing and nobody can do this alone. You yourself, you could not do this alone, you need as many people as possible to achieve it, because each of the people who listens and feels you, has their own story and potential, which is activated by joining yours.

ME: And those who feel that emptiness?

I AM: Another way to face that void that you usually have in humanity is to try to fill it with objects instead of people, and this happens when your being interprets itself as incapable of giving or receiving anything, when it loses the capacity for connectivity, which we call "Love" and becomes a lack of self-love. The devaluation of

the potentials, electrons, leads to your atom joining little organic chains, as in the case that a Hydrogen desperately seeks to fill that gap in Carbon by adding itself to an oxygen atom, thus creating an endless chain of matter inorganic called: Alcohol. How many people turn to alcohol in a love crisis? Doesn't this answer seem very atomic to you? Basic. Addictions in general are caused by a lack of interconnectivity, for believing that they are not capable of giving more of themselves to others or of receiving, so they add a new tool to the equation, which destroys life. Addiction to drugs, food, shopping, all seek to fill a void. Instead of exalting what is possessed, the focus is on what is lacking. If you shine as little as you have, what you need will come to you. Law of Attraction. It is not based on wishing, it is based on Being.

ME: That lack of love is what damages our Being, which in our body is the Plexus, that is, the Pancreas.

I AM: Sure ... Any disease in the Pancreas refers to a lack of love, or the ability to nourish oneself, to give value to one's own self, to be unable to connect with others. Pancreatitis, Pancreatic Cancer, Diabetes, all of them, in their variants, will talk about the needs and deficiencies. Well, it is the Pancreas that generates glucose, the fundamental basis of the body's nutrition, of making it feel complete, vital, with resources to act and be yourself.

ME: I remember they explained to me once that people with depression or lack of love tend to eat a lot of chocolate, very sweet things, because they lack "sweetness" in their lives, love.

SOY: Like your grandfather ...

ME: Yes, the lack of love from his family, led him to the void since childhood, making him diabetic. Something hereditary, when it comes to a family that has lived the lack of love generation after generation.

SOY: How are you doing?

ME: Well ... a lot of chocolate really ... hehe. When I was thinking about the void last night, I realized that I love that person that I love so much because I really had something that no other person achieved, to fill that empty part in me. In my heart, that strength that made me feel complete. Like two atoms, hydrogen and carbon, that can create life. But when that other atom passed behind and snatched it away, the lack of its electron left that void in me, which is the only one that I still cannot fill.

SOY: You don't have to fill it out.

ME: But... it's the chain, right?

SOY: Wanting is the problem.

ME: In what way?

I AM: When you feel love and you feel full, everything is in balance, like atoms, particles relax using the least amount of energy possible. That resonant stability is called Harmony. And by losing a part, dissonance is created, hence Chaos. Thus, fullness becomes necessity, and Love becomes Willing. "I want to feel what I felt", "I love him / her." "I want to fulfill my mission / purpose." "I want to be free" ... etc. And wanting leads us to accept whatever is in the way in order to fill the void, then wanting becomes an addiction. The search to cover the void does not allow us to see what is around it. Our potentials. All beings have a void inside us, the mistake is to want to fill it. The void is shared, not filled. The void is what reminds us that we are part of a whole, it is what connects us with our capacities, it is what allows us to feel Love. If our being were full, full, we could never know more, discover more, make the journey. , the discovery. Do you understand why he showed you the greatest fullness and the greatest emptiness? Not for you to fill it with a narcissistic love that we call "love yourself" in its absence, but for you to discover that you can do much more, feel much more, expand, grow,

expand and love much more than you think. Self-love is discovered in the consciousness of what I am capable of from my emptiness. We are all united, no one leaves or disappears, they just move to another place, and by looking for them, you find more of your abilities.

ME: ... I was speechless ...

SOY: Finally ... a little silence is good.

ME: ...

I AM: ...

ME:... So... What is Unconditional?

SOY: Do you know this feeling that you get when you search for information on a topic on the internet and suddenly there are 150,372 articles and pages, of which you read 7 or 8 and you are already saturated with information?

ME: Yes, the evil of this time, the over-information ...

SOY: When you see that there are millions of perspectives on a single topic, you realize that there is not one truth, but millions of different views. So, you stop looking for the truth, and start drawing on each other's perspectives to create said Truth. Instead of looking for the love of your life, you find love in several throughout your life. Instead of buying an encyclopedia, you go to the library to read different books, instead of studying for a university degree, you travel the world doing courses. You stop looking for a Truth because I recognize that nobody is right, but everyone can nurture that truth, and enrich my vision of it.

ME: I stop waiting for a person to fill my gaps, and I nourish myself with what others have to give me and I to give them ...

I AM:... At that moment, you free yourself from the concept of the condition, and you become unconditional. Not when you remove the conditions, but when you accept all of them without chaining yourself to any. Therefore, the emptiness that many feel is the key to Unconditionality, because without emptiness, you would not be free in the search for more perspectives.

ME: And all of them help me to find myself... to discover the potential I have to share... Not for me alone, but for the I that I am in the Whole.

I AM: That, my friend, is the Unconditional Love of the I Am.

ME: Thanks for this ...

SOY: Thanks for being. Enjoy the emptiness, and don't fear Loving. Remember, chocolate is not for every day ...

ME: Yes ... I know ...

I AM: Keep loving what you love, just stop loving it.

ME: I love him, and so I love myself. In freedom ... I do not need love, because I am Love ...

26. The will

[August 29, 2020 Matias De Stefano](#)



ME: When you reminded everyone in yesterday's lineup that the sacred food is "Forgiveness," I could realize what that concept really meant. In many religions this exists, but in different ways of looking at it. From the Christian religion, the concept of Forgiveness is to forget the evil or error that another person has committed, which maintains the idea that there is a victim and perpetrator, a guilty and an innocent. But actually ... it doesn't work like that.

I AM: These concepts are moral or ethical versions of "the one who lacks something" and "the one who possesses something." As we talk to atoms, one has something that the other needs. If I am willing to give, naturally and by the law of balance, I will receive what I need. You have turned this into a form of social values, in which the one who needs is poor, and the one who has is rich. And to this, you have added an emotional concept: that whoever is missing something can seek to steal it from you and make the mistake, the sin, and whoever has, will be the victim. Although now you can also see that the atom that has the most strength can steal the one that has the least and leave it with nothing. In a moral view, that act of taking something from the other, whether you are full or lacking, is what creates the perspective of victim and perpetrator. So, the concept that you used to know as "give and receive", as "energy exchange", becomes the moral concept of "blame or forgive". Your entire system of values, of justice, of the search for balance, is based on this. Anyone who has made a mistake must repay society for said mistake or failure by asking for forgiveness or being arrested. And the decision to forgive this person or not is in the morality of the victimizer. But the truth is that whoever commits an injury does so in the face of lack or necessity. And I am not talking about just a poor needy, but also a powerful man who has lost his self-love. Control, narcissism, paternalism, the character of superiority, all this is also the product of a personal lack. It becomes the moral concept of "blame or forgive." Your entire system of values, of justice, of the search for balance, is based on this. Anyone who has made a mistake must repay society for said mistake or failure by asking for forgiveness or being arrested. And the decision to forgive this person or not is in the morality of the victimizer. But the truth is that whoever commits an injury does so in the face of lack or necessity. And I am not talking about just a poor needy, but also a powerful man who has lost his self-love. Control, narcissism, paternalism, the character of superiority, all this is also the product of a personal lack. It becomes the moral concept of "blame or forgive." Your entire system of values, of justice, of the search for balance, is based on this. Anyone who has made a mistake must repay society for said mistake or failure by asking for forgiveness or being arrested. And the decision to forgive this person or not is in the morality of the victimizer. But the truth is that whoever commits an injury does so in the face of lack or necessity. And I am not talking about just a poor needy, but also a powerful man who has lost his self-love. Control, narcissism, paternalism, the character of superiority, all this is also the product of a personal lack. Anyone who has made a mistake must repay society for said mistake or failure by asking for forgiveness or being arrested. And the decision to forgive this person or not is in the morality of the victimizer. But the truth is that whoever commits an injury does so in the face of lack or necessity. And I am not talking about just a

poor needy, but also a powerful man who has lost his self-love. Control, narcissism, paternalism, the character of superiority, all this is also the product of a personal lack. Anyone who has made a mistake must repay society for said mistake or failure by asking for forgiveness or being arrested. And the decision to forgive this person or not is in the morality of the victimizer. But the truth is that whoever commits an injury does so in the face of lack or necessity. And I am not talking about just a poor needy, but also a powerful man who has lost his self-love. Control, narcissism, paternalism, the character of superiority, all this is also the product of a personal lack.

ME: So what is needed to balance this is that we all learn to give... So the circuit would come into harmony.

SOY: It is normal for humans to be somewhat suspicious of Dar, because all human history has served to survive, and to survive winter, we must work hard in summer and accumulate reserves that allow us to travel through the cold comfortably and safely. And the first that we will protect will be our own, the family. Therefore, we have created a vision of accumulation. We have first accumulated food, then wealth, then accumulated emotions, pain, grudges ... Then information, and so we continue trying to make ourselves masters of things, people and emotions, trying to control them and make them our own. The concept of "giving without expecting anything in return" goes against all biology. No atom or cell will lose anything. You always seek to complete the circuit, otherwise, it is a failure. However, When you wake up and become conscious, you recognize that life is infinite, and still, you will die, and nothing you accumulate you can take with you, and therefore, it makes no sense to accumulate, but to live what you have. Thus, when from unconsciousness you accumulate out of fear of losing, in consciousness you recognize that by giving, you make everything yours, because now the world belongs to you in that extensive chain of giving and receiving.

ME: It's almost like a barter ...

SOY: Yes, but don't get me wrong, it has nothing to do with an economic system, but with a value system. It does not imply material goods, but human attitudes. Many confuse this circuit with Communism, Socialism or Medieval Barter, but in reality, thinking that is like believing that a tree should be the same as grass so that everyone has the same possibilities of giving and receiving. No. On the contrary, everyone has their way of doing it, some grow more than others, but all deliver, bear fruit, release oxygen, create nutrients, home and food for the forest.

I understand...

I AM: And this is when in consciousness, we heal our relationship with the word Forgiveness. As I said, Forgiveness comes from the concepts "To Give", which in a certain way means "Let go", to free myself and the other from a prejudice, from a prejudice. However, it goes much further, and has to do with the fact that Forgiveness is not Forgetting, but rather the delivery of a potential, the potential of regeneration. Start a new cycle again. It is to use duality not as opposition but as complementary. Humans have dualized everything in your lives to the point of believing that dual is opposite, when it is not. For a bicycle to advance you need two pedals. For a tree to bear fruit you need roots on one side and leaves on the other. For a baby to be born you need an egg and a sperm. Duality is the engine, giving and receiving.

ME: Forgiveness allows me to remain free on the path of life ...

I AM: Withholding judgment generates the oxidation of my duality, stopping the machinery. Generating sparks that you will call rancor, anger, rage, which will try to be processed by your liver and your gallbladder. And when you fail to clean the physical, the information will pass into the waters of your body, and your kidneys will try to purge this emotion, but if you still do not achieve it ... frustration will appear, and with it the fear of it being repeated. Forgiveness is a form of energy, it is giving up what I have in me, recognizing the importance of it, and freely, without expecting anything in return, I release the control of the energy that was holding in me. When you manage to forgive, you move from the animal stage of biological survival to the spiritual stage of

consciousness of being. Well, as I said, your prehistoric brain seeks to accumulate to satisfy its needs, without realizing that by giving, sharing what little I have, I increase my chances of receiving more from many others. The stingy will have things, the one who delivers will have opportunities.

ME: Thus, forgiveness ceases to be a way of forgetting the lack of the "sinner", and becomes a delivery of possibilities for the sinner to become a useful agent. It is an exchange of energy.

SOY: There is the challenge of the Victimarios.

ME: Change the concept of Forgiveness ...

SOY: And for this, they need to reactivate the machinery.

ME: And how is it done?

SOY: Well, how can you light a fire to generate energy in your body and get the gears turning again?

ME: I need a lot of energy ... the Kundalini.

SOY: And being in a physical world, how do you activate the Kundalini?

ME:... From the energies that are in my body... all the emotions together.

SOY: And where are the emotions, the energies of your body?

ME: All these data are in the cells, plasma, in the water of my body, in the energy of the electrons that form me.

SOY: And where do those electrons get their potentiality from?

ME: From the combination of new chemical compounds, which are mixed in the body.

SOY: And how do you get those elements?

ME: Eating ... drinking ... digesting. By absorbing nutrients in the kidneys and intestines.

I AM: In the Water chakra, in the Sacred, the sea of inner creation.

ME: Which is governed by the adrenal glands.

I AM: Which taking all the potential of this energy that your kidneys and intestines generate by absorbing new potentiality, activate what ...

ME:... Adrenaline, the hormone that gives energy and power to the body, the one that makes us act, have strength, push forward.

I AM: What for the soul is called "Will".

ME: So the key to Forgiveness is in the Will, two concepts I would never have related. I considered that forgiveness was in the heart, not in the kidneys, hehe

SOY: Humans always believe that beauty is in the heart and shit is in the intestines. It is like thinking that it is the Economists of the Central Bank who feed you, and not the Peasants who get muddy every day to harvest food in the field ...

ME: It makes sense ...

I AM: The act of forgiving from unconsciousness is interpreted from the heart, because it makes us believe that we are kind to the sinner. However, Forgiveness goes further, it implies taking action, acting with the will to give myself to the service to make the "sinner" become a coherent actor in the chain of giving and receiving. That which acts in dissonance is because it has not found harmony. Imagine the piano. Think that each key of the piano, the 88, are people. So there are very low and dense notes, and very high and subtle notes. We all tend to ignore both in the same way that we tend to avoid overly positive people (because they upset us) and overly pessimistic people (because they sink us). So we usually stay in the center of the keyboard, with more balanced people we could say. In the same way that we had measured the amount of loose protons in a compound, that is, the pH, on a scale of 14 levels, the middle, around 7 (6, 7 and 8), are the midpoints of equilibrium useful for life, but if we go to extremes, base amount on one side or acidic on the other, it will create a toxic environment for life. So we usually avoid those notes or items as much as possible. And when one of them sounds, it can create dissonance, which we commonly call "error", which in Latin is said "pecata", that is to say: sin. For which in English we take the other Latin origin: "sontis", which means "guilty". Now, if we decide to forgive from our current concept to this note that has caused a "serious event" for us because of its sound, or that one that has generated a "sharp pain" in our lives, We would therefore be forgetting the note, never to touch it again. And the truth is that this person will not change with my forgiveness, he will continue to exist, being someone, with all the weight of his actions.

ME: So that forgiveness doesn't really liberate.

SOY: Of course not ... it's just a moral and emotional placebo. The note still exists. So ignoring it is not a solution, the solution is to give it purpose in the melody of life. Thus, I will use them for the society song. And I do it by giving all of me, what I have inside, to activate their purpose, making them recognize that they have something that I do not, and that I have something that they do not have. And this implies moving my hands over the piano to the extreme, leaving my comfort as a victimizer, and caressing their cheeks, making them participate in the music. And that movement is called Will. I use the energy that I consumed, to be given to those who have lost their purpose, by giving them one. Forgiveness is not demonstrated in words, but in actions.

ME: In other words, one of the great shortcomings of humanity is not only a question of Forgiveness, but of Will. And, I must say, it costs me myself. It is easier to sit back and relax in the comfort of the sofa or bed than to get up and do something. Cost. It's like the typical thing we do: "on Monday I start the diet", "this week I start the gym", "I'm going to go help someone" "I have to study for the exam" ... They are the typical things in life that involve will, and they are already difficult for us, imagine saying "I am going to pick up the phone to speak with that person who fought me", "I am going to find a way to solve that conflict that was pending", "I am going to confront my enemies to release this tension that I carry inside" ... It is very difficult...

SOY: I don't doubt it. It takes time. The lack of Will is the sample of human conformity to conflicts. Believe that there will always be someone else to do it for us. A teacher, a father or mother, a politician, an NGO, a scientist, responsibility is always delegated in an attempt to save the greatest amount of energy in the individual. Thus, forgiving does not apply only between the victim and the perpetrator, but must also apply to oneself: "Forgive yourself." Forgiving yourself is probably one of the hardest things to do, because we never consider ourselves guilty but victims. And the truth is that whenever we leave something to do, whenever we deny facing the results of our actions, whenever we have to solve our conflicts, the human prefers not to do it, and sit and wait for a savior. It's easier to be the victim. Forgiving oneself is not saying condescendingly: "I didn't know

what I was doing, now I understand better" ... No. To forgive is to stand up, take action, resolve, put energy into operation, use emotion in favor of generation of something new that fixes the old.

ME: I understand... And how can I start doing it?

SOY: Well ... the first step is to recognize what I do not forgive myself. Then acknowledge what you do not forgive others. Write it down, make it visible, tangible, physical. And then, remembering that the way in which the Will is activated is through the pulse of adrenaline, then you have to purify the body. Start drinking more water, and less sugars, and in each glass or bottle of water, put an intention: "Will, Love, Wisdom, Forgiveness, Freedom, Consciousness, Clarity", for example, one concept per day. You can think about it by looking at the water, or much better say it to the water before drinking it: "I am Will, I am Love ..." etc. Thus its molecules will be ordered according to this new tuning, and will transmit this information to the water inside you. And the next step will be Food. Start thinking if the things you eat you eat with guilt: Dead animals that have felt pain, anguish, despair, for example, this blocks your inner strength. Change your diet, slowly, step by step, throughout a year ... Never, ever choose Monday to start your diet.

I because?

SOY: Because for your body it is like parachuting out of an airplane. Excitement and deed last as long as it takes to hit the ground. Then you don't fuck again for at least a long time. Take it like going for a 30 minute bike ride a day. Little by little, slow, and accessible.

I understand...

I AM: And when you have purified your body for a year, and you have changed your diet, all with the awareness that you are doing it to give yourself the willpower to act, rewrite what you must forgive in yourself, and in others. And there, take action, step by step, you will surrender, and you will give the best of yourself, and thus you will receive the best of others in the same way.

ME: Nothing more to say ...

I AM: Nurture yourself, purge yourself, forgive yourself, take action, and forgive others by giving them a purpose in your life and in their lives.

I: I will, for I am Will.

27. The sexuality

[August 30, 2020 Matías De Stefano](#)



YO: Perhaps this is one of the issues that is most difficult to speak freely ... because all the most extensive cultures on a planetary level maintain a certain modesty when talking about these parts of the body, the genitals.

SOY: Well, it is normal when someone wants to escape from their reality ...

ME: In what way?

SOY: The first humans did not believe in God, they believed in what they saw, in the magic of nature. They called her "the Mother", who gave everything available, in the world there is everything we need, we just have to look for it. Set a goal, unite Willpower, and take action, move forward. And along the way you will find what you need or look for. Thus, divinity was understood in the plants that gave their fruits, in the animals that gave their products and company, in the minerals that gave home and tools. And in the stars, the ancestors protected them. Despite the daily dangers, there was an enormous certainty that one lived in paradise, that everything was already here, in this world. Until at one point, certain philosophers and religious looked to Heaven, and thought that perhaps that divinity was in the celestial vault, in the Sun, the Moon and the Constellations. Thus they created the stories of the gods, and they told the deeds of the same in the heavens. This made humans fall in love, making them wish one day they could live with the gods in heaven, be like them. Thus arose the currents of thought that when we died, instead of returning to nature, we could live eternally in that ideal place together with the gods that we saw in the heavens. Until one day one said: "It is a mistake to think that all the gods are right, because they all live very worldly, like the worst humans with their basic desires and needs. This cannot be, there must therefore be one who regulates them all, a god over them: the Sun ". But someone refuted this theory, saying no, that there was much more, which was the space between the stars, what we cannot see is the true God, to whom they should aspire. And, from that vision, it is very easy to decorate attributes to something that does not have them. Thus, humans stopped looking at the attributes of nature and filled God with preconceived attributes, in his image and likeness, according to their beliefs of how this imaginary God should be. Then, everyone wanted to live with him, because all their dreams would come true. But there was one condition: "to get to Heaven, you had to abandon the mundane." Basically, leave nature, abandon "Mother". according to their beliefs of how this imaginary God should be. Then, everyone wanted to live with him, because all their dreams would come true. But there was one condition: "to get to Heaven, you had to abandon the mundane." Basically, leave nature, abandon "Mother". according to their beliefs of how this imaginary God should be. Then, everyone wanted to live with him, because all their dreams would come true. But there was one condition: "to get to Heaven, you had to abandon the mundane." Basically, leave nature, abandon "Mother".

ME: Almost like the first great divorce in history in divine terms. For this reason we humans begin to deny our natural and animal part.

SOY: Exactly. In an effort to seek enlightenment in the invisible Paradise of an ideal God, they rejected everything that made them human, that is, it was directly considered a mistake to have even been born in this world, almost as a punishment, like the father who threw them out. from their house and gave them conditions to return.

ME: I understand ... therefore denying from the Navel down, because the navel is almost a seal of the mundane, of having had to be born, which "ties us to the Mother."

SOY: And to get to the Father, the umbilical cord had to be cut, only then would we find comfort in his arms.

ME: Very patriarchal everything ...

SOY: Well ... they are cycles of history.

ME: So so most cultures denied sex, blocked their genitals, and basically caused all of humanity's traumas.

SOY: As we speak in the Base chakra, the genitals are the engine that starts the machinery of the body, making it advance towards the spiritual plane. While the Sacrum is in charge of generating the energy fuel, the Root chakra will absorb this energy to catapult itself to the top ...

ME: Kundalini ... the serpent of light, the spiral of energy that ignites in our root chakra to illuminate in the Crown.

I AM: And to activate this snake of light, you need to know the engine very well, clean it, bleed it, recognize it, use it properly. It is an engine that humanity has rusted, worn, dirty, cursed, which has dragged it to the point of calling it "the shame".

ME: And this has been passed down generation after generation. The repression of sexuality has been the root of great evils, such as trauma, rape, oppression of women, patriarchal control, violence ...

SOY: Because an engine full of fuel, accelerating but not moving forward, burns, and can ignite the entire car. Imagine revving the engine but being parked. More people get into the car, it weighs more, more effort, and each new person who gets in puts more fuel, emotions, conflicts, energetic food, but does not move forward, it never leaves, because moving this car from its parking lot is considered "a shame ", counterproductive to the religious and moral civilization that only seeks to reach the arms of a God who has invented himself ...

ME: Yes, it's hard ... But you also have to understand that in the search to transcend, to want to be better, the image of God is like that idyllic, that Greek hero, King of kings, Father, that everyone would like to have or be, with which they would like to live ... And that helps them to want to improve in life, since their rules to enter their house are basically the morals and ethics that make up the people.

SOY: Yes, such a point of view is understandable from the conceptual point of view, if it weren't for the fact that the facts show otherwise. Never have so many sins been committed together as since the emergence of ideological monotheisms. For they guide people to seek heaven as the highest reality, thus despising the earth as their prison, believing themselves superior to everything related to the mundane, dividing social classes, races between inferior and superior, the connoisseurs above of the apprentices, the men above the women, and the boys below, and below them the girls. Animals and plants as mere gifts from God, soulless products for humans to use at their mercy and will.

ME: Sure ... not to mention that there have been more wars, deaths and rapes of all kinds during the expansion of monotheistic religions than at any other time in history ...

I AM: The great advances of Humanity occurred during the periods of history in which humans turned to look at the Mother, at nature, in which they reopened their sexuality, to "rebirth."

YO: The Renaissance, then, began to be one of the keys that reawakened the concepts of equality, art, nature, human as natural and non-divine agent, which led to the search for natural study, science, recovery of republics and freedoms ...

I AM: How many things can be achieved when we free ourselves from the image that the divine is in Heaven, and we recognize the sacredness of the Mundane. For that "God" you call, has created nature in his image and likeness.

ME: So by looking down again, to honoring our "roots", we can flourish.

I AM: Like a beautiful tree with strong roots.

YO: This will take time, as we are right now in a transitional period in human history, when repression exploded into debauchery.

I AM: Too long have you repressed this chakra and its organs. It is normal. The flow of energy in a body is like a river with enormous force that flows into the sea. The rains create the streams of the Sacred, which unite falling with force in the waterfalls of the Root chakra, which gives power to the journey of life, along the rocky paths that shape the Being, towards the fertile valleys of the Heart, reaching the populated with their merchants in the throat, nourishing the temples of the philosophers and palaces of the politicians in the Pineal, opening in a beautiful Delta expanding in the temples of the Divinity. Like the Nile.

ME: "Ater Tumti" ... Heaven on Earth, as we said ...

SOY: But now, all that beauty stopped, the rains stopped, and a huge dam was built in the middle of its route, in its navel. The force of the waters now stop at a huge lake, and only a fine thread of water reaches the sea. In the rainy season, the water no longer runs freely, and is regulated by "civilization." This allows more and more villages to spread out where water once generated huge fertile territories, and break nature like a cancer along the spinal cord. Now, suppose that one day it rains so much water that the dam cannot sustain so much force, and it collapses. It cracks, breaks, and a gigantic wave begins to sweep away everything in its path towards the sea, claiming the territory that belonged to it. Humanity is now on the crest of this wave, of a dam that has been broken.

ME: But one day it will stabilize ...

SOY: It will reach its normality, as long as the struggle to create walls and dams is not continued, thus, the rise of the Nile will be natural, as it always was.

YO: It is normal, then, that today we are living one of the most sexual periods in history ...

I AM: The more humans, the more energy.

ME: And how do I regulate it?

I AM: First by understanding what Sexuality is. Of which there is a wrong concept. Speaking from the energy plan, this root center is the one that connects us with positive and negative forces, generators of the energy explosion. On a physical level, it is related to the Ovaries and the Testicles, creators of the hormones that originate the basic matter of life. The testes produce androgen hormones, of which the best known and most

present is testosterone, which encourages the creation of sperm. And the ovaries produce progesterone and estrogens, which prepare the ovules and uterus for gestation. And in turn, the nerve endings and veins of the penis and clitoris stimulate the activation of this energy. There, as in the perineum and anal nerve endings, The energetic flesh is generated sent from the brain and the Hypophysis, from the spiritual Crown, which encourage reproduction, in order to manifest the spirit in matter. Thus, sexual stimulation becomes a way to attract emotional and spiritual energy towards materialization. Sex comes from the Latin word "secare", which means to cut or divide. It is the way in which the differentiation of the two biological genders was known: man and woman. We could, therefore, understand that in sex there are two ways of channeling information: one inward and downward (female) and another outward and upward (male), which generates the balance of both creative forces, not as opposite but as complementary. And it also gives us the option to understand that these same forces can move from the gross and subtle planes. The gross plane would be wasting sexual energy out of a momentary need, and the subtle plane would be using it for a purpose.

ME: How could it be better understood?

SOY: Well, the dense is egoic. The only thing you are looking for is personal satisfaction, the discharge of an accumulated tension, an energy without purpose other than that of personal desire. The subtle implies a sharing, either at the level of the soul and the spirit with the body, or with another person, looking for sensations and feelings.

ME: So the subtle spirituality is not like the sacred, which is only used for the Kundalini and the connection with the spirit.

SOY: Oh no, of course not. The Kundalini and Tantra are spiritual doctrines, but not natural on earth. The subtle and dense visions refer to the way in which sexuality is lived on a day-to-day basis, while Tantra and Kundalini Yoga are specific tasks of the spiritual apprentice who seeks to work with the energy of his body to reach the spiritual world . But don't get too excited about it. If you're still ashamed of your genitals, don't pretend to find enlightenment.

I eat?

I AM: You cannot claim to use sexual energy to fulfill your ideals of enlightening yourself. As we always speak, humans tend to fashions, to believe that if they now use these tools, they will be able to advance faster on a spiritual level because you have integrated the base chakra. No. You must first be at peace with these organs. Did you experience abuse? Have you abused someone? Were you raped or raped? Did they forbid you to talk about sex and tell you it's dirty? Do you have a sexual addiction? Do you think it is a taboo subject? Are you ashamed to even read the word sex or masturbation? Do you know what it is to feel an orgasm? Did they judge you for your sexual inclination? Are you afraid to say what you like? Answer all these questions, work on your traumas, on your repressions, and when you feel free enough, then start the study of tantra,

ME: Sure, the most important thing is first to feel comfortable yourself with the sexual issue. I've been through all those stages myself, well, not all. I never experienced any kind of repression or abuse, but I was very ashamed of my genitals. Since I was little I remembered more lives being a woman than a man, and having a penis and testicles made me feel very bad. Much shame. Even more so when I had to admit that I liked men, something that for a long time I thought was wrong, not because they made me think that about my family, but because of two things: the teasing at school that made me feel very sad and unsure of myself, as well as the fact that I believed that I only liked men because I was still confused with the memories of being a woman. It took me years to accept my genitals and my sexuality, but not because of society, but for not knowing how to differentiate whether it was a characteristic of this life or uncleaned inheritances from other lives. Which leads me to ask ... Are our sexual choices karmic issues?

I AM: Everything is karma, everything is action and reaction. However, as I have always said, karma is not bad, it is an apprenticeship that can become mastery, dharma. To become a teacher, learning is not eliminated, it is integrated. Thus karma and dharma are complementary, not opposite. Karma must not be eliminated, it must be integrated. And to do so, one must give it a purpose, understand why, give it a utility.

ME: Even so it doesn't have to do with reproduction... male and female.

SOY: Sex speaks of the separation of the genders into the two biologically recognizable. Sexuality speaks of the energetic exchange between the feminine and the masculine. It is not necessary to reproduce here, it can only be produced. In Latin, the word to be together does not imply sex, it implies "to go together", which comes from the words "cum" (with) and "itum" (from the verb "to go", to have gone), which you call "coitus". Sexuality is sharing, it is joining energy forces. You know, you just have to identify if it is dense (egoic and from need) or subtle (shared and from love).

ME: I understand ... You once said that the most important thing is to learn to live sexuality with yourself before with others.

SOY: That's right, because by knowing your own energy, you will know what you are sharing. This is essential, because in sexual relations a lot of energy is usually lost if we do not know how to take care of it. And taking care of it means recognizing it, knowing that it exists, knowing what your capacity is to generate it again.

ME: And how do I do it?

SOY: Well, learn to control your sexual energy. Imagine that the week is your body, and that each day is a chakra. So there will be a 7 day (or 10 in the case of the Atlantean calendar) that will correspond to the root chakra, and one of its aspects will be the sexual nature of your body. That day, you should spend a moment on your sexuality. In women this helps to unblock energy channels throughout the body, in addition to regenerating cells during orgasm, due to the electrical discharge they receive. In men, it causes the testicles and prostate to remain active like a muscle that must be exercised, or they can atrophy, producing diseases and energy blockages that trigger anger, anger, discomfort. The rest of the days, you have to use that energy for something creative. Paint a little bit of the same painting every day ... Meditate for 5 minutes bringing the energy of your genitals to your head, with the imagination with your hands through deep breaths ... Or go for a walk, just to observe. Small acts where you focus your energy. Thus, at the time of intercourse, you can do the same, bring the focus of this energy to the head with deep breaths, which will not only prolong the relationship more, but will also generate more energy, and instead of ending up tired and having felt that you have lost vitality, you will have recovered it, having even greater strength to do more things in the day and the week.

ME: Good advice from a spirit that has never had sex ... hehehe

SOY: Well ... but I have downloaded many experiences from many lives in many worlds ...

ME: That's true ...

I AM: Therefore, you know ... the Power of the Spirit lies in the power of your Genitals. As long as you know how to value them for the roots that they are, your tree will flourish more than ever.

ME: As we said here, in Khem: "Wix Ur-haya'myur: Sex is the door to Enlightenment" ... and the preamble to Chaos if it is done from unconsciousness.

I AM: Breathe in, and return to Mother Nature, for it is the only way you will get to Heaven.

ME: The cosmic orgasm ...

28. The blame

[August 31, 2020 Matías De Stefano](#)



ME: Today I woke up strangely upset, uncomfortable, and a bit angry.

SOY: And do you know its origin?

ME: I couldn't identify it. The feeling is like not knowing what I feel. Lately, with the task that we are doing, I feel as if it was not me ... I feel more sensitive than usual, but at the same time apathetic. You know well that my day to day is to move for my purpose, and since we started, my purpose is day by day, and not long term. I'm not thinking about what to do in a month ... not even tomorrow. It's rare for me. And there is something within me that this circumstance makes him irritable. As if, knowing that I could give more of myself, I don't give it.

SOY: You are not only attentive to what others expect of you, but you also give great importance to what you expect of yourself.

ME: Well, I think that if we are here to be responsible for transforming ourselves and thus transforming the world, we have to be attentive to give our best.

SOY: The problem is when you still have nothing to give. What others receive from you today is not what you are giving, it is what you are showing by giving yourself.

I eat?

I AM: This process that we are living, is personal, and what you write here, what we speak, is yours, and by reflection, others receive, but you are not giving, you are only reflecting, because you still do not have what you have come to deliver... You must work yourself first. And part of that commitment is to remind others that they must follow the same path.

ME: It takes a weight off me to know that I'm not giving, but reflecting ... Although at the same time it puts me in a place of comfort ...

I AM: The conflict is the weight you have put on. The lack of your father in your childhood built the idea that the Universe is your father. Thus, the goals that you set for yourself in your life are cosmic, not familiar. By

detaching yourself from family conflicts, you sought a larger family, Humanity. Having lost your childhood home, you made Earth your home. Seeing the distortion of the Matrix system, you charged yourself with the task of correcting the knots of the Planetary Grid. When you saw the closed doors in the hearts in your school, you decided to educate yourself to open the Portals of the World, and when you understood that the conflict is in the use of the systems, you proposed to teach about the systems of creation ... And by refusing as a guide , you decided to aim to work for the Social Transformation of the future. Don't you see that every great decision you have made is a great weight, growing on your shoulders? You can barely support your own body. How do you intend to perform such feats and feats if you created them so as not to see that the conflicts were much closer, in your personal life?

ME: Ouch ... That hurt ... I mean ... everything I do, I do it because we have agreed, because of the history that I have lived, and because of the missions that I have planned with all the beings I met ... Why now tell me that it is all an invention of mine to escape my own responsibility?

SOY: Oh, I did not say that it is an escape invention, I said that you are ahead of the facts. Everything is perfect, and your flaws and weaknesses are the keys by which your personality is useful for your planetary mission. Your greatest weaknesses are your greatest strengths. And therefore, it is necessary to work on them. What you do is show the world your inner work, you are not here to be a teacher, but a mirror. You are not to sit in a Chair and give life lessons, you are to be a traveling companion.

ME:... Yes... I feel like I want to give more than I can...

SOY: And you give what you should give. The weight you carry on your back is yours alone. No one forces you to put such responsibility on yourself, it is only your choice. All the beings you know only give you tasks, missions, steps to follow, tools, just because you told them you could do it, not because it was imposed on you. Each one chooses her own destiny, each one chooses her path, each one puts together her own bag carrying what she considered she needs on the trip and must carry her goal. The others are there, in each dimension, to help you and me, I and I AM, to achieve the goal that we have set. And I am part of this traveler that is you.

ME: The weight sometimes makes my knees bend, almost in a feeling of resignation, resignation ... Before it did not affect me as much as now ... because before I only counted what I remembered, and now, I must tell where I am going ... And that is very different.

SOY: Why do you think it is different?

ME: Because telling the past and what one remembers cannot be changed, it simply is, it is a record, data, which may be right or wrong, right or wrong, but they are simply my perspectives on what I experienced. It's like, for example, when I was a child, and my mother was arguing with her uncles about buying the house after my grandfather died, and I was crying because my bunny had died, that moment, today, it I remember with a lot of weight in my soul, because I feel that I did not do anything, that I only took my mother out of focus. But at the same time, I know that I was only 9 years old, I couldn't do anything, and even more, I didn't understand anything about what was happening. I only remember the pain that that rabbit has died, and I remember that the family was in the dining room, arguing. Nothing else...

SOY: Therefore, you cannot judge yourself for not understanding, for not seeing that other part ...

ME: And yet, in a way, I do. And when I put all my effort into buying a house, it was for that moment. Sometimes it is those circumstances that define our present. What happened, just happened, is what I saw, I could simply see the rabbit, no one can judge me for that, but I can judge myself for what I'm going to do. Once I am aware of what happened, my future action is judgible, because now I am responsible, and I must act accordingly. Thus, the future is more terrifying, because each step I take depends on my intention, and not on what happened in the environment.

I AM: The Guilt ...

ME: In what way?

I AM: Guilt is the concept of failing, of not doing something right. Normally today it is related to the fact of doing something wrong, saying something inappropriate, or acting outside the established, committing a mistake that should be punishable. However, the oldest concept of Guilt is not related to wrongdoing, but to ignorance at the time of action. Humans are moved by guilt, they react in their lives through guilt, as a way of intention, of trying to find harmony. "It was my fault, and therefore I must fix it." This creates a huge weight, which bends your body. And that weight weakens the pillars that support your integrity: the legs.

ME: Yes, I feel guilty. I never believed that I would feel guilty. And the truth is that is why I told you ... Before I did not feel guilt, because I could not feel guilt about things that had happened, that I had lived. I cannot feel guilty for who I am, the product of a spiritual, soul and biological history. When I dedicated myself to explaining what I remember, what I learned in my lives, I felt free of guilt, I only felt a very great responsibility to continue with what I could not continue so long ago, knowing that now the time had come to resume what unfinished, the reconnection of the Internet. But this life offers me a new challenge... When I finish closing what I left incomplete 12,000 years ago, that is, at the end of this cycle in 2022, I must begin to build a future. And in a way it's a new way for me it implies giving my opinion about the present. And giving an opinion is like seeing only the rabbit, it is impossible to be neutral, and sometimes it happens to me that trying to talk about what we should do today and in the future, I cannot put aside what I observe of the world.

SOY: And that is inevitable, because you only have two eyes, and you occupy only one place in space being who you are. The world, then, will be seen from your point of view.

ME: But I can talk to you, and to other beings who offer me greater neutrality.

SOY: But not for that, you will be neutral. A ship cannot sail in all directions at once in this dimension. You are in the Third Dimension, and here you have to decide a destination. We, from other dimensions, are the radars and control towers that we help guide, knowing where the routes are, the storms, the other ships ... But the destination, you mark it, the controls of the ship are yours, you are the captain, not us, and therefore, we are the ones who have to guide you in your decisions, not ours. There is your freedom.

ME: And the crew... what?

SOY: They decided to get on the boat. Nobody has forced them.

ME: Still, I feel responsible.

SOY: You should feel responsible, but not the weight of guilt. Because you can only choose one destination, you can only take into account certain factors, and not all. On your journey, you will go through certain circumstances that do not happen in other seas, oceans, islands ... And that does not discredit your navigation. Each ship has its own route, and they all share the oceans, the water. There is no ship that can touch all destinations in the same trip.

ME: That is what makes me feel guilty... Believing that I am only guiding everyone to my destination, from my point of view. How do I get to be neutral?

I AM: The ship is not neutral when it sails to its goal, the ship is neutral when in the port it tells everyone: "Our trip will be this way, and with this destination, if you look for another, there are many more ships, they will all be useful to navigate".

ME: I understand, that is, I waste too much time blaming myself for sharing my vision, when I just have to say: this is my vision, but there are many more ...

I AM: Guilt is a feeling of those who act with Unconsciousness, and here you are openly demonstrating your unconsciousness. The lack of ignorance of the other paths, the other paths, does not make you ignorant, what makes you ignorant is to believe that you do not take them into account. It is because of these things that you feel misplaced in the matter. You are used to seeing the All, and in this life, you were asked to take the All into account, choose a path.

ME: It scares me, because if there is something that humans usually do is name and label the roads. Speaking of the future, it will be very easy for them to try to find the word that defines what I will say: communist, neoliberal, illuminati, guru, "sell-out", and many other connotations.

I AM: And you will never be free from the connotations of others, for others have eyes and perspectives. Everyone will always judge you by what you do, decide or think, for each step, for each breath, there will always be a critic from their point of view. But it is your decision to be free of them. The conscious is free from criticism, and takes them as suggestions that nurture its capacities to transform itself. The unconscious takes them as criticism and personal battle, entering the game of "who is right".

ME: I've been very oblivious lately. Trying to excuse myself from what I say, reacting to the opinions of other eyes, but today I realized that it was not out of anger, but because of guilt. I feel that if someone does not understand me, it is because of me not knowing how to express myself well. That if someone tells me that I don't know something, it's my fault for not having studied more to find out. That if someone doesn't like me, it's my fault for not being more open. If they suggest me to do things differently, it is my fault for not knowing how ... And this leads me to my own family. I feel that the problems that have recently separated my family are all my fault, for living in a world of dreams and missions without realizing the needs of others. Or from their views ... I feel that many of the people I lost in my life, it was only my fault,

I AM: The same asks every person on Earth who seeks consciousness. How to be accepted when I speak my truth? Will they understand me? And here is the great challenge, in understanding that you are all human, and that error is the key to your growth and learning. Consciousness encourages recognizing trial and error as part of expansion, understanding that each human is a perspective. Unconsciousness is shown from closed positions, in phrases such as "I disagree", "it is not like that", because all the phrases put from negativity and in opposition, defend a position. In each conflict there are two views, and both must respond with phrases such as "according to my vision", "From my perspective", "I believe ...", "I know that ...". In this way, we can build, not by discrediting the other, but by building from visions. Thus, you will understand, that nobody is to blame for anything, because everyone needs to put themselves in the place of the other. It takes two looks to generate a conflict, not just one. What one provokes generates noise in another, awakening its distortions. But, as long as we stop seeing the guilt in one or the other, to see the visions in each other, reconstructing the fact from a broader perspective, we can understand that everyone was right, they simply could not see the reason of the other. Guilt is an unnecessary weight that humans carry and that has no productivity. To identify guilt over a fault, first identify your awareness of it. Do not be afraid to comment, as long as it is recognizing that the other visions are not against you, but in your favor. It takes two looks to generate a conflict, not just one. What one provokes generates noise in another, awakening its distortions. But, as long as we stop seeing the guilt in one or the other, to see the visions in each other, reconstructing the fact from a broader perspective, we can understand that everyone was right, they simply could not see the reason of the other. Guilt is an unnecessary weight that humans carry and that has no productivity. To identify guilt over a fault, first identify your awareness of it. Do not be afraid to comment, as long as it is recognizing that the other visions are not against you, but in your favor. It takes two looks to generate a conflict, not just one. What one provokes generates noise in another, awakening its distortions. But, as long as we stop seeing the guilt in one or the other, to see the visions in each other, reconstructing the fact from a broader perspective, we can understand that everyone was right, they simply could not see the reason of the other. Guilt is an unnecessary weight that humans carry and that has no

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ME: There is no sense, then, in guilt, in the same way that a child cannot have responsibility or guilt over the conflicts in his family, as long as he is ignorant or unconscious of a fact.

SOY: Nobody is born knowing everything, and the greatest sample of coherence is to recognize that most of reality is unknown.

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

I AM: Recognize in guilt your great lack of awareness about your responsibility. Being responsible is not doing what others and the world expect of you, it is giving the best you can of yourself to the world. "Don't ask for Pears from the Elm", they often say ...

ME: Yes, I understand ... The great responsibility is to discover what I have to give from my humble perspective, what I can share about myself, and offer the world from my vision, taking faults, shortcomings, errors, criticism, as a way to nurture my growth. It is true that one cannot know everything, but one can learn ...

SOY: We have all come to learn, the one who expects someone who knows everything, cannot be a great teacher.

ME: I remember when the teachers got mad in class because we didn't know something. It was paradoxical that instead of wanting to teach us, or worrying about why we didn't understand it, they got angry because we didn't know.

SOY: And what kind of teacher are you?

ME: Well ... now that I think about it, honestly, it does bother me a lot when there are people who ask questions that seem obvious to me ...

SOY: There are no obvious questions. Who asks a question, it is because he does not know the answer. Tell me, can you tell me what is the gravitational mass of the Sun?

I do not...

SOY: For an astrophysicist the answer should be easy.

ME: I get the point... But that doesn't mean I have to answer them all...

SOY: No, of course not. However, that does not mean that it does not seem obvious to you as to a teacher in class the answer that you did not know seemed obvious. You can help the student find the answer by himself, without having to give him the answer or detract from the question.

ME: Yes, I understand ... these are things that surely happen to many of us, because we feel pressured ... Or conditioned by the learning method.

I AM: People always position themselves in one place or another: the one who knows and the one who doesn't know, the one who knows and the one who ignores. Guilt is part of ignorance and ignorance, because by not knowing, it does not respond, or fails, errs in its attempt. It is therefore the teacher's duty to help him find the way to do it. And the key to achieving this is recognizing that we are all in search, we are all learning. You cannot blame yourself or others for what is unknown or ignored.

ME: So I must value what I am capable of giving to others, and honestly learn from what I do not understand as long as it is within my reach.

SOY: You don't need to know everything to know, you don't need to prove anything to anyone. Today society has made knowledge a burden and ignorance a way of life. The challenge lies in accepting ignorance as a natural state capable of evolving through learning, and knowledge as enrichment along the way. No one is guilty if they do not understand why.

ME: And what about those who do things wrong knowing that they are wrong? Like corruption, murders, rapes, etc.

SOY: It is also the fault of the ignorant. No one who destroys an ancient life or a common balance can be aware of what he is doing. This act cannot be defined as "consciously performed", but rather "unconsciously reacted". Someone who disrupts order is someone who has been distorted, and who needs to find balance again. Re-learn what you forgot.

ME: So the guilt is only a personal perception, not an external fact, you cannot put the blame on someone, you can only accept being guilty. Which comes as I feel unconscious to what I have done. And I release myself from guilt knowing that it was something I did not know, and that I must do better by learning new ways.

I AM: "Whoever is blameless, cast the first stone."

YO: It is a good example for those of us who often criticize others without realizing our own shortcomings.

SOY: Every living being is in the learning process, so it is important to learn to respect other students. Do not feel guilty about what you did not do or what you could have done, you did what you did with the tools you had at that time, and surely now you would do it differently. Quiet.

ME: And in relation to the future?

I AM: You cannot ask for forgiveness for giving what comes out of you. It is the decision of others to take or leave what you have to deliver. As long as it springs from your heart and coherence, you have nothing to lose, only to surrender and learn. Free yourself from what others believe or think of you, be yourself, and deliver what you can in each moment, and over time you will learn new things that will make you deliver new perspectives. It's called Growing Up, no one should be ashamed of growing up, no one can feel guilty about being a learner. One should be proud to be a student of Life.

ME: Recognizing this takes weight off my body. My legs can relax, and my knees flex... Still, it gives me the feeling that being conscious and neutral is almost not having the right to omit opinion, and there I find my dichotomy: how can one be neutral and express a personal opinion at once?

I AM: Neutrality has a fundamental characteristic: acceptance. Neutrality is like the frivolous concept of what you call Unconditional Love. Being neutral does not imply not having an opinion, but rather accepting the opinion of others. The mission of neutrality is to expose acceptance to different points of view, without being against any. Having a strong vision or perspective is not against being neutral, as long as you do not position yourself on the dual idea that yours is the only truth and the other is wrong. To be neutral is to have a strong conviction, and an open heart to accept other convictions.

ME: Sometimes you might believe that to be neutral, you don't have to say anything, or say anything, that being aware is almost being a cloistered monk.

SOY: Being aware is knowing where you are going, being neutral is not being against anyone on that path. To be neutral is not to feed the enemies, since they only exist in my points of view. The important thing about giving your opinion is that it becomes action, and that it becomes a coherent fact.

I: I free myself, then, from Guilt, to be neutral, accepting my ignorance and putting the will to learn along the way, without fear of giving my opinion, as long as it is impregnated with the responsibility of being consistent in actions and the facts.

SOY: Only then will you be free from all guilt.

ME: And instead of throwing the stone, I will use it as a foundation to build a home where we can all live in harmony.

I AM: Recognize your unconsciousness, as it is the only way to true consciousness, because only by recognizing your weaknesses and learnings, you will work on your strengths, becoming a teacher.

ME: I am Unconscious in many aspects of my life, and thus, I put all my intention and will to become a fully Conscious being.

I AM: Welcome to the Guiltless Life.

29. Constancy

[September 1, 2020 Matías De Stefano](#)



ME: Today I thought that I don't know if my Solar Revolution this year is good or bad for me for the task I have to do ...

SOY: Why do you think that?

ME: Well, considering that the position of the stars has a subtle effect on us since we are born, giving us tools for our lives, and that each birthday the new position of the stars gives us new tools for the next 365 days, the What happened to me this year, I don't know if they will do me a favor or will end up destroying me and driving me crazy. First of all, the day I was born, the Sun was in front of the constellation Leo, so it would be the center of attention. The Moon was in Sagittarius, which would make me want to learn by traveling and having fun; and on the horizon, to the east, the constellation Capricorn rose, reminding me that I had to work day and night to improve myself. Mercury in Cancer, which gives me the communicative character of a school teacher, but taking into account that Mars, my will, and Venus, my love, were both in Leo, which made everything even more focused on me. Jupiter in Aries reminding me that my life mission is the I Am, and Saturn telling me from Sagittarius that I will solve my life karma if I travel the world. But this year, 2020, at 33, the tools I have beyond the obvious of my Sun in Leo and my intact Mercury in Cancer, are the Moon in Aquarius, which seems great to me to be a year alone and without emotional dependencies; With the ascendant in Pisces, also interesting in relation to being more connected to meditation and service, Venus in Gemini, that's fine with me, because I'm communicating with about 4000 people every day. And Mars in Aries, great to put will in my I Am. And of course, Jupiter and Saturn in Capricorn ... that is,

SOY: So I don't see the problem ... It seems that everything you have for this year is perfect ...

ME: Well... the problem is that I don't feel like myself. Beyond the fact that I am grateful that the cosmic order has given me this possibility of having these just tools for my year of conscious quarantine, my nature, the one I have possessed since I was born, feels trapped in a cage. In the first place, I find my emotional stability in the trip, in the change of environment, and this year, like all humanity, we had to lock ourselves up.

SOY: But the good thing about having the Moon in Aquarius is that you don't care about everything ...

ME: Well that's true. I don't miss anyone, I feel quite apathetic and neutral, trying to learn things that I had never learned, but enjoying being alone. What costs me is the ascendant in Pisces. Now that I can be aware of these things, I better understand the mood swings depending on the year. I've already prepared myself to take a rather irregular and messy year for my liking.

I AM: As a Capricorn Ascendant you are used to planning, structuring, thinking about how better to do things in the future. But at this time, it is essential that you connect with your interior, with your soul, without knowing what will happen even that day.

ME: The other day I cried watching a series ... That is not normal for me. I am emotionally apathetic, but when I see an injustice my eyes get wet ... What I have noticed is that I am much more connected with my mind and not so much with my body or its density as before ...

I AM: Perfect... And your Mars in Aries is giving you the willpower that you never had to take care of your body in exercise and nutrition....

ME: Yeah, but I've never been so irritable in such a short time. Before I used to hide when something bothered me ... not now.

I AM: The politically correct Mars in Leo is useless in times when you must bring out what is truly stagnant in your Ego.

ME: It makes sense. I think that maybe what is killing me the most is the day to day. With a natal Jupiter in Aries, I look for what I do every day in my life to be intense and risky to find myself and show that search. And Saturn in Sagittarius who tells me: "solve your problem in Tibet. Now go and solve your karma in Norway, now go and face your story in Mexico..." As painful as it may be at times, that is what makes me grow, feel alive and useful. However, they are both in Capricorn this year... and... I don't know... being watching me and judging me all day in each act to improve myself but still, in the same place, without moving, locked up, it's a hard stay.

I AM: "Constancy." From the Latin "Con-Stan-tia", which means: that which remains stationary or parked for a long period.

ME: That defines my feeling of madness. Constancy is practically the opposite of me. I sincerely say it, constancy is something that does not represent me. Everything that I propose I leave half, everything I do I transform. I have done and created so many things in my life, that many of them I have abandoned within the days of starting because they "bored me". Something that makes many people who follow me do not really understand what should become of me. My Moon in Sagittarius cannot feel happy or full when something has been going on for more than a month. And now, with Aquarius I feel like everything is the same to me. Before, I wanted to work on something every day, with goals to meet, agenda, purposes, and my rising Capricorn felt happy. Everyone told me to stop planning, but even so the plans did not come out, I liked having plan A, B, C, D and I've gotten to J sometimes. But now, with Pisces, I can only look at my feet, and see the step by step ... as if there is no tomorrow. I do not know what I will do or how I will do it, and in that mental disorganization, however, everything is the same every day.

I AM: Step by step. There is the key. This year he had a purpose for humanity: That the 8 billion inhabitants of the Earth would stop, remain locked in their houses, and instead of looking to the future and running planning, they would have to live in the uncertainty of Pisces chaos, in the constant "I don't understand, what will be, what will happen", and waking up step by step, day by day, concentrating on the simplest things, and learning to think about the other, to be at the service of the other while I take care of myself. myself. The great practice of Human Constancy within uncertainty. This is a key to preparing for any crisis, knowing that I cannot think beyond today, that today is all that exists. The only way to build the future is to focus on the present. Step by Step. You personally You must have been pressured by the stars to live this year in such a way. You must make these tools a virtue, not a burden.

ME: Inspire deeply, and enjoy each day as the only one, without thinking much about what I will do next.

I AM: Things will happen in one way or another, what depends on you is the preparation you have to face what may happen. It is important to think ahead, yes, it is important to plan, yes, but you cannot live in the future, no, you can only advance step by step. And each step you take is just as important, no matter if it is short or long, the important thing is that it is firm. The symbol of Pisces is two fish, but both represent the Feet. The washing

of the feet that we talked about in the emotional week, here now implies taking the first step on this new path that I have decided to start. And to achieve this, you need perseverance. Consistency is the quality of continuing on the path, of not getting lost, or being distracted.

ME: Difficult to be consistent with ascendant in Pisces ...

I AM: You must recognize that the constancy that is asked of you this year is Piscean, and not Capricorn. This year it does not ask you to work, or carry out any purpose or project, this year it asks you to Dream, Imagine, be at the Service of Meditation, to find inner strength, the rich inner world through the connection of the spirit, of magic, of creativity. The I Am asks you to sit down and do nothing, contemplate, free yourself from the guilt of not working at all. But do not seek to escape, but to contemplate. Jupiter and Saturn in your chart are reminding you that you have a long year in which each day will resemble the other, and yet your interior will be more and more different. Being in the same place prevents you from escaping from the responsibility of continuing on the path. Constancy is an attribute that you have to earn, integrate, practice. Your nature seeks to do everything quickly, because you know deep down that soon you will have to go to a new place and you will not be able to continue with it. Not now. You're not going anywhere. Every day, it will be a step. Your only destination is time, not space. This is the Portal of Time.

ME: I think now I just understood something ... When I was writing the novel "The Great Inheritance", I realized that everything that happened did not happen in any place, but at different times ... So, the constancy in the same place, I it will allow me to connect at different times... Is that it?

I AM: Constancy is the contemplation of all the possibilities of what happened, happens and will happen. It is taking a blank canvas and brushing each day. Without expectations, simply letting yourself be. And discover your creation at the end of the year, in which you can see yourself overcome, having added many nuances. Enriching your vision of yourself. The brushstroke in each day brings emotions, memories, intentions, which together in the same place, make sense, because you can see them all. The last brushstroke will be from the painter who has managed to unite all the nuances in neutrality.

ME: What I see today as a kind of burden or weight is actually my new tool, I just have to learn to use it, to accept it. What we are and what we receive are all keys to building our I Am. If instead of running, I sit down to contemplate them, I will be able to see their logic, using them correctly and day by day. It's like what happened to me two weeks ago: I started going to the gym and after 5 days I felt depressed because I couldn't see any change ... The stupid despair of believing that I should do everything in less than 7 days because on the eighth day I'm leaving. Constancy is forgetting the objectives, and concentrating on the process.

I AM: Enjoy the process. From the Walk. Why do you do everything you do in life? Do you know that the faster you want to get to the destination, the faster you will reach death? Well your only real destiny is to die, and the faster you live, the faster you will find her. Just think about who lives longer: the turtle or the rabbit. You must find the perfect balance between living intensely and being able to contemplate that journey step by step. If life has taught you something in recent years, it is that no matter how much effort you put into making things turn out the way you want, they will be transformed, and seeing that they don't happen as you expected, you will get frustrated, because you went through so quickly. the process of arriving, that you did not read any of the signs that told you: "dead end".

ME: Yes, I can see that. But just as if it weren't for my intention that everything can be done, I would never have done anything.

SOY: Oh sure, that goes without saying. It is essential to activate, move, do, and intend so that the energetic engine begins to order everything. But if you don't give the engine time to warm up and you forget to oil the gears, chances are that everything will derail and you will never reach your intended destination, turning your life into an unfortunate accident.

ME: I know that feeling ... Once I burned the engine of my car traveling to Rosario for the same question. So practicing consistency is allowing me to observe every step I take, and how I take it. Know if I am firm in my way.

SOY: Great things are not born in greatness, but are built from small things. The pyramid is the set of thousands of blocks, a house is built with thousands of bricks. You can't decorate a house that hasn't been finished yet. You must put brick by brick, and do it with great care and dedication, because the moment you want to do it quickly to see the result, you will only get flaws, then moisture will enter, the walls will break, and possibly it will be so weak that the entire structure. For this reason, going from the architect's plan to the finished building implies time and dedication with each of the elements that will compose it. Every day that you wake up, climb the pyramid, meditate and expand, greet the same people, exercise, have breakfast, write, then get distracted, walk, paint, learn piano, all you do is not pass time, is build time. Every little step you take is registered in your cells, and thus, in your energy, and from there in your subconscious, which becomes the cement that joins the bricks, which give it strength, which will suggest the structure over time. . Constancy is not always doing the same thing, but it is doing what is done with the focus of consciousness in that here and now.

ME: Being in the present, "with your feet on the Earth", as they say.

I AM: The global pandemic had a goal from the spiritual plane: to stop all of them, to make them think about day to day, about death, about control, about what you have done with your lives. Did it all make sense? Are you really free? Where were you going and where do you intend to go? The Earth needed your silence and meditation. Therefore, 2020 should stop your desire to advance. And as it seems that humans do not understand another learning method other than that of crisis, then the Universe gave you silence according to your way of thinking and acting. Now sit down and think about what you have done. Become aware of the destinations to which you were heading, think if you lived more in the future than in the present, if you project on "what could be" or what "is".

ME: And I take a step towards my new life, step by step... recognizing the importance of them to build the future.

SOY: Enjoy your tools, they are a gift. Learn to be with yourself in the same place, watching your day to day repeat itself, but contemplating each one with a new perspective that surpasses the previous one. You can ... This is like detoxifying a food, like when you decide to give up sugar: the first time is painful, because the habit became addiction. And if you pass the barrier of despair, you will find balance, calm, and constancy.

ME: It could be said that what I am doing, and many of us are doing, is entering a process of detoxifying time and space.

SOY: That is the key. Detoxify your perception of Time and Space. To enter Eternity.

ME: So, I get to it. And I choose to be constant.

30. Fullness

[September 2, 2020 Matías De Stefano](#)



ME: Speaking of Constancia, yesterday you made me explain that the concept of Time Detoxification made reference to changing the perspective of the past, present and future as times through which we move, towards a concept in which the 3 times are simple waves, waves, that go through us. In other words, the fact of staying in the same place, from the full consciousness of oneself, turns us all into axes of Time, instead of being carried by the tides of Time.

I AM: Each reality can have different observation points, and they will be fine. But each one will teach you something different depending on the state you are in. In the inner search, there is no truth, but integration of perspectives, so do not look for the truth as an ultimate goal, but nourish yourself with its visions and projections. In this way, if you compare Time as if it were an Ocean, you can understand yourself as a ship dragged by the current which can take you anywhere if you don't know how to navigate, or to your destination if you learn to use the currents; but on the other hand, you can imagine yourself as a small volcanic island in the middle of the ocean, that is to say, that the ocean passes through you, and also, you are capable of transforming it if you turn on and expand.

ME: If I decide to be the boat, what would it entail?

SOY: Everyone must first learn to navigate, until they recognize that they can be an island. The natural state is to "go with the flow." In this first stage of existence, people are influenced by time, dragged by the forces of the past, they are not masters of their present or future, since they are determined by the forces that push from behind. Until one day, tired of being dragged along, you decide to learn to navigate, to move through time, to build using its energy, to connect, to learn, to discover new horizons, new skills that you thought were hidden. To do this you must look for other sailors who transmit their experience to you, so you meet friends and teachers. You learn to transform yourself. This is equivalent to realizing that instead of being carried away by the forces of the past, we can learn to use them for our own benefit. You cannot remove or erase waves and currents, but you can use them. Each new tool makes you be more in the present, aware of what you are doing, and this will allow you to have the necessary skills to get out of the current when necessary, and take advantage of the force of the sea to choose your future destination.

ME: And the island, what would it be?

I AM: When you have sailed the entire ocean, you realize that everything you did has already nurtured you enough, but you have always searched more and more, creating new destinations, goals, always abroad, on the horizon, leaving the past behind, to reach a future destination. Thus, every time you set sail from a port, instead of living in the present, you were aware of what was to come, of the future. This, there will come a time, when it will exhaust you, and you will seek to settle. But nowhere belongs to you. You realize that you have spent more time sailing in the sea than in the destinations you arrived at, and therefore, you recognize yourself as part of the Sea, as part of the process, and you cannot get away from it. To continue creating destinations is to get further away from what you are: the Ocean, Time. So, you decide to find a small island in the middle of this ocean, and instead of running, you build a house, where you watch the sea around you, go through you. And from there, knowing that the currents move in all directions all the past, present and possible future that you have visited and projected, you propose to stop running, and to build your home contemplating each wave, understanding that all of them were simply taking you to you. . Thus, as the days go by, you detoxify yourself

from the rush of linear time, and in each act, looking in each direction, you build a circular time, linked to you, in which you recognize that you can go wherever and whenever you want. Well, you realize that you were that past you are running from and that future you are looking for. That is, in each step you took, there was only what you call Here and Now. go through you. And from there, knowing that the currents move in all directions all the past, present and possible future that you have visited and projected, you propose to stop running, and to build your home contemplating each wave, understanding that all of them were simply taking you to you. . Thus, as the days go by, you detoxify yourself from the rush of linear time, and in each act, looking in each direction, you build a circular time, linked to you, in which you recognize that you can go wherever and whenever you want. Well, you realize that you were that past you are running from and that future you are looking for. That is, in each step you took, there was only what you call Here and Now. go through you. And from there, knowing that the currents move in all directions all the past, present and possible future that you have visited and projected, you propose to stop running, and to build your home contemplating each wave, understanding that all of them were simply taking you to you. . Thus, as the days go by, you detoxify yourself from the rush of linear time, and in each act, looking in each direction, you build a circular time, linked to you, in which you recognize that you can go wherever and whenever you want. Well, you realize that you were that past you are running from and that future you are looking for. That is, in each step you took, there was only what you call Here and Now. you propose to stop running, and to build your home contemplating each wave, understanding that all of them simply carried you. Thus, as the days go by, you detoxify yourself from the rush of linear time, and in each act, looking in each direction, you build a circular time, linked to you, in which you recognize that you can go wherever and whenever you want. Well, you realize that you were that past you are running from and that future you are looking for. That is, in each step you took, there was only what you call Here and Now. you propose to stop running, and to build your home contemplating each wave, understanding that all of them simply carried you. Thus, as the days go by, you detoxify yourself from the rush of linear time, and in each act, looking in each direction, you build a circular time, linked to you, in which you recognize that you can go wherever and whenever you want. Well, you realize that you were that past you are running from and that future you are looking for. That is, in each step you took, there was only what you call Here and Now. in which you recognize that you can go where you want and when you want, because you realize that you were that past from which you flee and that future that you seek. That is, in each step you took, there was only what you call Here and Now. in which you recognize that you can go where you want and when you want, because you realize that you were that past from which you flee and that future that you seek. That is, in each step you took, there was only what you call Here and Now.

ME: You said that the Here and Now is very different from the concept of Living in the Present.

SOY: Sure, because the present is a mental concept that connects the events of the past with the decisions of the future. Whoever only says that you have to live in the present, drawing the idea that you have to leave the past behind and let go of the future, is an irresponsible presentist, who has seen time as a line, and not as a fabric. In a Network, you can imagine that each node or vertex is a focus of the present, and the lines of the fabric are past and future. Now, would the node exist if you remove the lines of the past and the future?

ME: No ... there would be no vertex if there were no lines. It's like writing or drawing a cross, the point where both lines intersect doesn't exist if I delete the lines.

SOY: Well, that is the present in which you think you live. The past is a horizontal line, which could be your open arms, and the future a vertical line, which is the rest of your body from head to toe. In the center, the Heart, the present, which exists thanks to the two lines. Thus, you understand that the present as such does not exist, and you cannot live without past or future. For this reason, the Here and Now Concept means living the Fullness of the force of the past and the intention of the future in an instant, knowing that inside me, Here, there is everything that I harvested in history, which is fertilizer for intentions. that I put Now for my future. You only live in the Here and Now, then, when you give meaning and logic to the union of the tools of the past and the purposes of the future. United. So I, at this moment,

ME: I understand... and, having said that, we can, then, imagine that Time is Being, that we must order in coherence.

I AM: Clearly. Past, Present, and Future are the temporal equivalent of spatial Width, Height, and Depth. Which in the base of matter you call Electron, Proton and Neutron, and in the concept of creation you recognize as Vibration, Energy and Matter, which humans call Spirit, Soul and Body. A single being projected in different triune visions, which must be lived Here and Now in order to exist.

ME: This, then, not only detoxifies the idea of linear Time that keeps us slaves of doing and doing over and over again, but it also detoxifies the belief that we live in a body, into which a soul enters, and that it is connected. to a spirit on another higher plane ... Converting all 3 into mere aspects of a single concept. This breaks a bit the idea of working the being to connect with the spirit, or to ascend to the spiritual plane, or to believe that a body can lose its soul or be disconnected from its spirit. How is this understood?

I AM: The vision of navigation from an origin to a destination has been embodied in humans since the beginning of the first great drought and climate change experienced in the Pleistocene, approximately a million and a half years ago, which led them to expand looking for food in new territories. These great migrations, planted in this species the need to look for something that is not where it lives. "The place I am in does not have what I am looking for, and therefore I have to move until I find it." The human psyche decorated this search for food with culture and spirituality, but it also made them greedy. Once they got what they wanted, they kept searching for more, and more and more things, pushing the limits, taking over everything they could on the outside. Until they were no longer sated by the physical world, and they continued this search in the invisible, towards the heavens, towards the spirit. To reach the unattainable, they designed the religions, until when they conquered the religions, they began to search the limits of philosophy, the search for the answers within. And from there, they discovered the I Am, the inner power ...

ME: All that due to a drought ...

SOY: Crises are great opportunities. But anyway, the long history of leaving one place to find another, separated the horizons dividing not only the world but the concepts that are had of it. Thus the day was separated from the night, the sky from the earth, and the body from the spirit. Looking for the day we deny the night. seeking heaven we deny the earth, seeking the spirit we deny the body. It is like the ship that leaves the port looking for a destination on the horizon, or who denies its story to start a new life, forgetting that this story will follow it everywhere, because each cell of its body contains every step lived.

YO: Sure ... this has made us feel imprisoned in reality, as if we felt that the body and the world is a prison, a prison from which we must escape, free ourselves. The thought was generated that reaching the subtle plane is abandoning the dense, that to reach dharma we must eliminate karma, that to achieve our goals for the future we must let go of the past, and that to achieve the spiritual plane there is to detach from the material.

I AM:... When in reality, all these concepts were separated only by the human mind, since they were never different things.

ME: It's like when you see that the same hydrogen, carbon and oxygen atoms can create the basis of life or an element toxic to life according to their rearrangement and bonds with other atoms. Carbon and carbon dioxide, for example.

SOY: The spirit is not separated from the body, they are the same, in different compositions. In the same way that we have explained it with water, beyond its solid, liquid or gaseous state, all 3 are water. Thus, imagine that the water is equal to the Being, since the Being has three states: spiritual, soul and corporal. Nobody goes to any spiritual plane, they only go from a bodily state (physical, solid) to a soul state (energetic, liquid), to a spiritual state (vibrational, gaseous).

ME: So ... the great key to Constancy is to remain in Being, without seeking to get out of this reality, believing that it is a trap, but a simple existential state. Not?

SOY: Good. As long as you believe that you are three separate things, you will never achieve true Fullness. The struggles of humanity for freedom have led to the belief that reality itself is a prison, from which the spirit must free itself. And having this battle as a flag is almost like saying that life on earth is impossible because of the existence of a North Pole, that if we were free from the North Pole, surely the South Pole could create better life, without the control of the north. And the truth is that life arises from both polarities, which for the universe, are nothing more than the same reality attracting itself. For this reason, only by understanding the global image, by seeing the magnitude of the Whole, is when you can see that there is nowhere to go or escape, that you just have to go to the center, recognize all that I am capable of, and expand.

ME: Is that what it means to "be Full"?

I AM: Fullness comes from the word "Plenus", which is Latin for "complete." No one will ever be complete in his life if he believes that his reality are separate and opposite factors, among which to achieve one you must abandon the other. No one will be Full in his life if he seeks to flee, or tries to get to another place where he will feel better. The truth is that the potential of all origins and destinations are found within, in the ability to perceive that everything that exists is a reflection of me, and everything that exists is reflected in me. When I stop running looking to get to something, and I become that something, the entire Universe responds accordingly.

ME: That is the key to the law of Being, which integrates the separate concept of the law of attraction. Thinking that I can attract things to myself when I want or need them has the same effect as thinking that I must work hard to achieve them, because both imply understanding the world as separate objects only linked or disconnected by intermediate ties.

I AM:... When in reality, the law of Being, the Law of One, is that in order to achieve what I want, I must become it and act in accordance and resonance. I attract what I am, not what I want. Thus, fullness and balance will come to your life when all that you believed separated, coexists as One in you. The past lives in your genetics, the future lives in the potentialities of your DNA, both coexist in what you are in the present. The spirit is the vibration that activates the energy of the molecules that you call soul, forming the matter that you know as the body. The spirit was always in you, you don't have to find it, you have to see it, feel it, be it and expand it from you.

ME: That's why in the meditations you make us go to the breath, to the organs and blood, to the heat, and to see the heat emanate into the energy field, which is the same thing that I then breathe in to reactivate ... It's like recycling, a circuit circular...

I AM: Because the Higher Self is not above, it is through you. I go through you, because you are Me, and I am you.

ME: Therefore, these 3 weeks of 10 days, we have sought just that, to take the first of 12 steps throughout the 12 months with the intention of being Full, of living in the Here and Now, recognizing that I Am the Holy Trinity of Spirit, Soul and Body ...

I AM: ... That I can live in Fullness, because nothing exists outside of me, because even I do not exist, and that is the reason why with Consciousness I can recreate myself, re-emerge, knowing that I do not have to achieve more than Being Me myself, because if I achieve Being, the entire Universe will express itself through me. That is the greatest of Freedoms.

ME: Thank you ... I thus close my first cycle, the path through the I Can under the essence of the Constellation of Leo, recognizing the Greatness that lies in my Being, recognizing that I can be the whole universe. And I am about to integrate the three bodies into what they are: Unity.

SOY: And thus, you will now be able to begin to bring Order to each of your full aspects. Welcome to the Fullness of the Here and Now, Welcome to the Order of this new cycle in which you must Analyze every potential in you: Welcome to the Second Cycle, under the mantle of the Constellation Virgo.

ME: I am Wholeness.

End Month of Leo