

Month of Libra 2020

Conversations between I and AM

By Matias De Stefano

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61. Eternal and Finite

[October 3, 2020 Matías De Stefano](#)



ME: Today we begin with the month dedicated to the Constellation of Libra. This constellation refers to Balance, Equilibrium, but it is also usually recognized with the attributes of communication, speech, sharing, due to being an Air sign, and in turn has a connotation of the search for Beauty, of Harmony in the World. The sense of Justice, but also that of Doubt. If something comes to mind when I think of Libra in addition to Communication and Beauty, it is that inability to decide between one thing or another, the constant doubt about which is the best result, the best choice.

I AM: Libra is actually a unit of mass, a way of understanding the amount of weight of an object. For this reason, in Latin, balance is said "Libra". During Greek and Roman history the symbol of the pound was not only useful in commerce and science, but also a symbol of justice that maintains the balance between the parts. Justice, beyond punishing or eliminating what is considered negative, tries to find its place, and if one of the parties has greater weight than the other, it means that it must be regulated to maintain harmony. In art, the concept of the pound was the measure of proportions. Both in a painting and in a sculpture, the proportion and distribution of material, color, weight, were fundamental to maintain what in Greek they called "aisthetikós", that is to say "aesthetics"

ME: In other words, the balance of justice is not there to separate the good from the bad, or to judge it, but it exists to find harmony between the parts ... The Beauty of what both can achieve.

I AM: One of the inevitable forces of the Universe is Duality. The positive and the negative, the internal and the external, have generated millions of options for systems and creations based on the multiplication of these two concepts. Both are needed to generate, because one without the other has no purpose, they are inherent in each other. The central force that controls the harmony between the two so that instead of destroying they can create, is the Balance. This is how life arises, beauty, existence itself, communication on all levels of being, from which manifestation arises.

ME: And why is Doubt so key this month?

I AM: Because before knowing how to find the right balance, one must have full knowledge of the two concepts to harmonize, and because the nature of Libra is to always find the middle point, it is very difficult to have to decide which of the two of you start first. Libra's negative aspect is nothing more than the result of its positive attribute.

ME: So we could say that Libra equals Art.

I AM: Art possesses that inherent ability to find balance, balance, to create beauty where it cannot be seen, and yet it is one of the most chaotic and unbalanced human factors that exist.

I because?

SOY: Because to create you need to destroy something. The Universe is chaotic within its cosmic order, worth the redundancy. Chaos is what allows the incessant mobility of dual forces, so that they separate, generate energy, move in an eternal swing generating millions of finite and instantaneous options that give meaning to creation. The image is that of a pendulum that moves eternally creating beautiful mandalas throughout the Universe in a movement that seems erratic in appearance, and yet is eternally harmonious. But what allows this eternal movement is the ability to find the limits in its expansion so that in an instant, a second, it can resume the path of return. Going and coming back, outside and inside, are part of an infinite dance composed of finite instants.

ME: Every work of art, every attitude of finding beauty in things, lies in being able to visualize the beauty of the eternal universe in an instant, in a "here and now".

SOY: Let's imagine it. The Mind of the Universe is infinite, it is so immense that it is unimaginable. Not because it is large in size, but because its operation is eternal, where space and time are the same, they curve and twist on themselves, like DNA chains, eternally multiplying in an incessant mitosis that expands the physical body by time and space, giving it the ability to reproduce in other bodies. The greatness of the Universe is the eternal ability to manifest itself in all forms without ever stopping. And yet, each one of its forms, its cells, its expressions, are manifested for an instant, which vary, because an instant in Eternity can be as much a microsecond or a billion years. It simply refers to the manifestation of one of its aspects,

ME: So I am a minimal limited expression of an eternal Universe that is also me, because the pendulum that moves eternally and the limited moment in which it is held at each end are the same, they are not separate things.

I AM: There is the balance, the Libra, the balance of things. When you understand that duality is nothing more than the same being moving and expressing two aspects or perspectives, then you will be able to understand all the other forces of duality, of doubt, of separation.

ME: I am the Eternal Universe living a limiting moment in its Harmonic expression.

I AM: Eternal comes from the Latin word “aeviternus”, which means “indefinite time”. Finite also comes from the Latin “finitus”, which means “finished”, that is, a limited time. The two are two sides of the same coin. Finite and Infinite, finished and interminated, imply that there is a border through which one cannot continue advancing, where free expression is delimited, and the opposite force or reaction to movement begins. For this reason, the physical and limited bodies are subjugated to the forces of life, where there is a feeling of time pressure. Your lives are that moment of the pendulum in which it stops to start the way back to the origin. These two aspects have enormous weight, since the speed or force exerted in this return will determine the manifestation of the next point of expression at the opposite extreme.

ME: Although it is not 0, but is a reaction of my present ...

SOY: Because everything is interwoven. Everything is a reaction of something else: Cause and Effect, one of the fundamental laws of the pendulous balance. Humans have separated the concepts of the eternal and the finite as if they were parallel realities, without seeing that the truth is that both are the same movement at different times. There is Balance, there is Harmony, in the eternal dance of the millions of finite aspects that compose you. When you understand this with every part of your being, you will stop feeling limited by the cosmos, and you will begin to dance with it. You will stop seeking to be something else and you will focus on simply Being. You will see the Evolution of your mind, soul and body as a continuum in the journey of existence. And you will see each of your ideas, emotions and forms such as the beauty that you have been able to create on that trip. An artist always improves with each work. The Universe began this swing with only two forces: internal and external, which in turn multiplied in two others like mirrors: positive and negative. The four formed a harmonic structure called Tetrahedron, which created an atom, and when it swung at the end it generated a molecule, and when it swung again, it created a merkaba, a macromolecule, and successively manifested Life and the wonders that you see today. It all started with a point and a line. which created an atom, and when it swung at the end it generated a molecule, and when it swung again, it created a merkaba, a macromolecule, and successively manifested Life and the wonders that you see today. It all started with a point and a line. which created an atom, and when it swung at the end it generated a molecule, and when it swung again, it created a merkaba, a macromolecule, and successively manifested Life and the wonders that you see today. It all started with a point and a line.

ME: So recognizing that I am a finite aspect of an eternal movement, it will help me understand that everything that I call doubt between one thing or another, the polarities and dualities, are nothing more than the extremes of this movement, and that regardless Which one I choose first, I will inevitably be creating the other, not moving away from it.

SOY: That's right. Today's task is that you allow yourself to draw what this infinity composed of finite moments represents for you. By manifesting it, you will be giving harmony to your being, since every idea lowered into artistic emotion and embodied in matter is manifested in cellular memory, something that will be remembered forever. Draw your eternity and your limitation. Bring beauty to the Consciousness of your Infinite Being.

ME: I am a Being in Eternal movement expressing myself in millions of Finite instants.

62. Light and darkness

[October 4, 2020 Matías De Stefano](#)



ME: Perhaps there is no duality harder and more controversial than that of the Third Eye. From time immemorial, the stories that emerged from night and day, and their battles for supremacy, have divided the world. And yet, for the sake of Light, most fall into the tools of Darkness. What makes this polarity the most difficult to integrate?

SOY: It all started with those bacteria that we once talked about. At the bottom of the ocean, the volcanic broths of minerals and high heat allowed the emergence of living organisms from the combination of these elements, generating a mineral membrane to contain a drop of water within it that would allow them to contain energy. This created a cell, and they began to become more complex. By filling the bottom of the oceans, the enormous quantity was left without food, and the only option they found was to ascend and look for another type of food. From the dark abyssal bottoms, they emerged to the surface, searching for light. They became photosensitive, and began to photosynthesize, that is, synthesize light to make it energy and food. This expanded the unicellular

organisms to be multicellular. The population of the oceans was so great that many began to also seek to surface. Vegetables did first, who by seeking sunlight changed the Earth's atmosphere by filling it with gases, absorbing carbon from volcanoes and releasing oxygen, creating the biosphere. Thus it was that the animals began to consume the plants, and then to consume each other. For billions of years, each living being organized its life according to the appearance of the sun and the arrival of night. The Light implied food, security, visibility. The night implied danger, energy saving, sleep. Taking advantage of this circumstance in which most of them looked defenseless at night, many animals became nocturnal, attacking and creating in the collective subconscious the idea of evil beings that emerged from the darkness. The great battle was to consume light energy, to feed on it, and it didn't matter how. Everything was worth. When the Hominid appears, all this information begins to rationalize. Well, one of the attributes of the beings that would give rise to the Human is the ability to share information through culture. Culture became the way in which humans conveyed the importance of light calling it "what is good", and darkness "what is bad." The stories of demonic, angelic beings, divinities, all that formed the basis of the human mentality was the transmission of the basic information of day and night, solstices and equinoxes, seasons, sowing and harvesting. So,

YO: I find it fascinating to understand that what we have as beliefs today have come to us through the transmission of basic concepts such as food and safety ...

SOY: That duality does not happen on planets with more than one sun, or with a lot of light. Here it is very marked by the fact that half of the planet is at night when the other is day.

ME: So this duality is not bad if it is in our ancestral nature.

SOY: Of course it's not bad. It is useful. Although it ceases to be so when seeking to transcend the physical world and wanting to reach the spiritual one makes us project our biology on a level where there is no such division. As long as you have a body, you will live between light and darkness, because your pineal gland controls your sleep and wakefulness, it is sleeping and waking up, organically you are designed to fall asleep at night and protect yourself in a safe place, and wake up in the day to act. For this reason, the search to act in the Light does not come from a spiritual and unconditional path, but from a biological reaction.

ME: And what about all the beings that I feel, or feel, that we call angels and demons, all the beings that we recognize as light and darkness?

I AM: The Earth is a unique system, but at the same time a fractal of the Universe. As above, so below. The Correspondence Lez shows that everything you perceive on the outside is a projection of the inside, but in turn, the formation of the inside has been a constant reaction to the impulses of the outside. Now let's get off Earth to see the cosmos. In the beginning there was only the Void. The Nothing, similar to a black hole. Precisely, the maximum darkness. Like the bottom of the oceans, an enormous energy collapsed in this deep Void, generating a vibration that expanded in the form of Light. The Light was energy, and the more it vibrated, the more frequencies and patterns emerged. Collapsing back on itself, the moment of the Big Bang arose, the Great Explosion that generated matter. The light traveled in all directions and now it was emanated by suns that radiated towards the 360 degrees of a sphere. When light is projected onto a physical object, shadows appear. In all this process you have to see something: Darkness is what allows us to see matter, it is what gave life to the universe, because from the Void and the Collapse of the Light on itself, Existence arose. Light is the energy that sustains life and guides it on the paths of existence.

ME: As in the image I chose for today, what we see as diabolical or dark is nothing more than the projection of the Light on the Forms.

I AM: Angels, Demons and many other entities are like the multicellular organisms of the cosmos. Both seek to use energy for their own benefit, just like living beings on Earth. The dark ones, demons, the devil, are nothing more than the designers of realities, architects of life who distort the light so that we can exist. The dark are like

bees that take pollen and nectar from the flower of light, from the salmas, to create honeycombs and honey. And if you disturb them at their work, they will not hesitate to sting you. Sometimes the dark ones want to live their own creations, looking for energy in human bodies or in nature, just like insects and bacteria or viruses, demons are the mechanisms of development and evolution. The beings of light are the plants, the flowers, the direct product of the light that unconditionally deliver medicine and food. Neither plants nor insects are bad in nature, in fact, without one or the other the world would be destroyed.

ME: So you tell me that what we have put to war has never been in battle?

SOY: Some have been, as in the kingdom of insects, there are many fights, and many devour the flowers. But it is still something natural. Humans put culture to what didn't have it. Beings of light and darkness have worked together since the beginning of time in the same way that plants use insects for pollination.

ME: So the light uses the dark to expand its territory.

SOY: That's right. And the more plants, the more insects. Balance. They are creators of worlds, designers of life.

ME: And why do they attack us sometimes? I have lived exorcisms, and I have felt the struggle between beings of light and darkness.

SOY: Sure, as I told you, in nature there is an incessant struggle to consume energy, and humans are a very large, emotional source.

ME: And how do we make this stop happening?

SOY: You can't kill bees because you know they can sting you. You must learn to live with them. Plant more plants, more flowers, give them nectar, make offerings.

ME: This reminds me of what they do on the island of Bali, Indonesia. The first time I went, I saw that they put offerings of flowers and fruits on the doors of temples and rooms. I asked who it was for, and they told me it was for demons and darkness. At that moment I was surprised, and they explained to me: If you honor them for their work in the world, make offerings of food to them, they will feel loved and will not do mischief. It seemed the most loving thing I had ever heard.

SOY: Because as we speak... darkness and light coexist in symbiosis. When you seek to enter the world of Consciousness, you see that everything is One, and the world of Unconsciousness, rooted in positive and negative currents, disappears. For Consciousness there is no struggle between the two, but they are useful: yin-yang.

ME: Entering the spiritual world of Consciousness, then, is to understand the nature of all entities of light and darkness, recognizing that it is the light that projects the dark forms that we see. I understand that when the Light expands in matter, it shows its syrrregularities and distortions, showing all the aspects that must be integrated.

I AM: Look at the image again, and see how the light is a perfect circle, a sphere of light, which on matter reveals all the steps of evolution in a dark demonic image. Normally, in the times of Wisdom and Initiatic Schools, the most essential knowledge of light was disguised as beings that were scary: spider, snake, scorpion, crocodiles, the devil, and many others, because in this way the sages made sure that only those who had transcended fear and the survival of the world of forms would come to wisdom. Whoever could see through the eyes of the serpent, who pierced the devil safely, would see the light behind. The steps of evolution were

disguised as darkness to understand that it was only a mechanism for the development of light. Bees and Flowers.

ME: So, I am Light and Dark, both live in me, and honoring both parts is that I can transcend full Consciousness.

I AM: Find the balance between your lights and shadows, draw them, manifest them, and you will be free, because you will become a Creator of Realities.

ME: I am Light and Dark in Balance. I am Creator.

63. Truth and lies

[October 5, 2020 Matías De Stefano](#)



ME: Perhaps the greatest conflict of our time is the unbalanced duality of the concepts of Truth and Lies related to the throat chakra. Today it is very difficult to know what is true, which makes us constantly doubt everything we see. Before the globalization of Information at the beginning of the last century, Everything was classified as "Truth" or "Lie". There was no doubt about it. Truths or lies were not doubted, and one lived one's whole life based on thought relative to this order. Thus ideas such as "my religion is the only real one, and the others are

lies of the devil" are founded. Or "the only science is physics perceptible by the 5 senses and everything that comes out of it is a lie and fantasy." Both spiritual and scientific, as well as cultures and politics, they based their permanence and structure from the concepts of what is Truth and what is Lie. A very useful dual system to easily control the masses, since both words work as a kind of cattle drive. In this way, policies are created based on the Greek concept of "isms", that is, "movements", currents that cling to a truth, alluding that if one has the truth the other inevitably possesses the lie. The media emerged as a way to solve this problem by adding a broader view, allowing the people to see more than one option, amplifying their information and asking the viewer questions to lead them to reason outside the "isms". However, the same media, to survive in the competition, were involved in the need to show what they considered attractive, even fictional, to generate emotion and attraction and gain audience, becoming part of the great machinery of lies and truths. Then came the internet, social networks, smartphones, Wi-Fi, and suddenly, each citizen, each individual is a journalist, a philosopher, a researcher, a scientist, a writer, a religious, a politician, a critic. , an artist. Direct access not only to receiving information but also to granting it, generated the opposite effect to that expected: overinformation. Due to the techniques of video editing, artificial intelligence, "science fiction", it has been possible to turn lies into truths, generate movements from non-existent or previously verified things. Today science no longer has the last word, Today conspiracy theories that speak of flat-earth, presidential-clad reptiles coexist on the same level as advances in quantum physics and climate change. Everything is politicized, everything is idealized, it is taken to the extreme, and ignorance and ideas of competition are further reinforced, not between large corporations, but between individuals around the world. Our world today stopped being a world of connection for information, for learning, and began to be a world of disinformation, in which everything seems true, and everything seems a lie. So how can I distinguish what is true and what is a lie? and ignorance and ideas of competition are further reinforced, no longer between large corporations, but between individuals around the world. Our world today stopped being a world of connection for information, for learning, and began to be a world of disinformation, in which everything seems true, and everything seems a lie. So how can I distinguish what is true and what is a lie? and ignorance and ideas of competition are further reinforced, no longer between large corporations, but between individuals around the world. Our world today stopped being a world of connection for information, for learning, and began to be a world of disinformation, in which everything seems true, and everything seems a lie. So how can I distinguish what is true and what is a lie?

I AM: Approximately 200,000 years of illiteracy ...

ME: huh?

I AM: In the middle of the year 1040 of your era, the first printing of texts on rice paper was made in China. Method that would later be extended to Japan and other regions of Asia. In Europe, this idea will take about 400 more years, until Mr. Guterberg makes it official by replicating the Bible in 1440. It will take another almost 400 more years until Education is made public and a right of free access to every citizen due to the ideals republicans of the French Revolution in 1789. The great technological development would not come until the Industrial Revolution, a few years later. It is at the same time that Freedom of the Press is enacted in the United States. From 1850, Human Rights and the Abolition of Slavery began, something naturalized by humans for thousands and thousands of years. Between the First and Second World Wars, movements for Women's Rights began to emerge, since 1920, along with many other developments that began to connect the world, such as the independence of the last colonies and the fall of the last empires. Although the first analytical machines began to be designed in the late 1800s, it was not until 1975 that ordinary citizens could begin acquiring them for personal use. Looking for a method of exchanging scientific "papers" for online correction, the idea arose that made what we call "Internet" appear in 1983, that is, "interconnected network". Tell me, what year were you born? like the independence of the last colonies and the fall of the last empires. Although the first analytical machines began to be designed in the late 1800s, it was not until 1975 that ordinary citizens could begin acquiring them for personal use. Looking for a method of exchanging scientific "papers" for online correction, the idea arose that made what we call "Internet" appear in 1983, that is, "interconnected network". Tell me, what year were you born? like the independence of the last colonies and the fall of the last empires. Although the first analytical machines began to be designed in the late 1800s, it was not until 1975 that ordinary citizens

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ME: I think I understand where you're going ...

SOY: There is a somewhat derogatory phrase but perhaps it is graphic to understand this: "A monkey with a razor."

YO: Yes, I understand, that is, as humans we have been living in the same way for about 200,000 years, and in the last 300 years everything has changed completely. And not to mention the last 40 years. It's almost my age, it's only 2 or 3 generations. I remember once my great-grandmother told me: "I remember when as a child the president was Yrigoyen." Name that I associated with the most ancient past of Argentina, and there I was, my very active and unstoppable great-grandmother reminding her of her childhood. Everything went very fast...

SOY: So fast that you haven't been able to process anything. And one of the things that you have to process is that there is nothing that we call Truth, and nothing that we call a Lie.

I eat?

SOY: Maybe it will take you a few more centuries or millennia to assimilate it, but what you are living, the era of overinformation, is a natural reaction, as when they say to you: "drinking orange juice is very good", then you drink all the mornings, every noon and every night, until one day you are overloaded with sugar, getting fat and you say: "in the end the orange juice was not so good." No, orange juice is good, the problem is that you did not know how to drink it. The same for information. Information must be savored, digested, processed, given time. In these times there is no process time, everything is so fast that an average human stops using the brain to identify and all he does is look. Thus the information passes through the emotion and not through the intellect. And it is once again a useful tool for crowd control. Then, what humanity is experiencing today should not last for long, because its collapse will be inevitable.

ME: And the notion of Truth?

I AM: Truth and Lie are only two concepts of internal order that generate security in the relationship between oneself and the environment. It is a way of feeling located, in a concept, standing on the foundations of life. Identifying a Truth makes us have an axis and a focus in life. However, something is clear, if the 8 billion humans all had the same and only truth as a concept, nothing would exist because they would all do the same. The interweaving of existence is produced by the perspectives of many intersecting truths. This is why the laws of physics and those of the heart are not always the same. For this reason, quantum and chemistry are not understood, still both being true. Art is not compatible with absolute truth, and yet it moves more lives than reality. The Lie is nothing but the distortion of Truth just as Darkness is the distortion of Light. Lying comes from the Latin concept "Mens-tiri", which means "ability of the Mind to create ideas beyond reality." In English the term "Lie" comes from the Indo-European "Leogh", which means falsehood. We could say, then, that the Human found in Lying the capacity to be creative. When he called the Sun as the Father of Heaven, the Moon as the Spirit of the Mother, When he called the Biosphere Mother Nature, and inside the volcanoes he called Hell, the stars he called Ancestors, he created the stories that were made to them. Being who they are created culture, art, beauty, all through the Mind's ability to devise, to generate false ideas of reality, romanticizing life to give it meaning. Tell me now,

ME: Ugh ... you make it difficult for me ... From that point of view I would say no ... But what about the lies that have led us to destroy each other?

SOY: The same knife that the monkey has in its hand can kill you or perform an operation capable of saving your life. It all depends on the use you know how to give it. A coherent, free and educated mind learns to lie in the right way: through art, romance, poetry, the beauty of making sense of things, of connecting them with each other.

ME: And the truth?

SOY: Truth, from the Latin *verum*, means "exact". Something that in English can be found in the term "veracity" (veracity). In other words, it refers to the direct relationship between what one perceives inside and what is outside, a certain form of conformity between what I think and feel with what is observed from reality outside. That said, a truth becomes totally relative from the point of view in which it is looked at. We can say something as simple as that for a colorblind person the pencil is not red even though I see it red. What is the truth? Well, many insects and animals do not see it red either, the only thing that makes it red is my ability to see the 700hz of the vibrational frequency wave of light. Or we could even more complex: Albert Einstein himself refused to believe that Quantum Physics could be real because he said "God does not play dice." The ability to support a statement like the quantum that goes against the world of physics did not enter into his concept of intelligence ... And yet it exists.

YO: Yes, but we could also say that it is absurd to think that the Earth is Flat when we all already know from many tests that it is not.

SOY: The great problem with truths is that they seek to be absolute and impose themselves on others. The person who sees the Flat Earth, is the person who sees the Flat World, and is based on what his limited eyes perceive, and that is a truth like any other. People who say that the Earth tends to be spherical or ovoid can be of two groups: those who blindly trust others without asking questions, and those who have the ability to see for themselves why. In all cases, the truth is a perception. Truths are never absolute, they are perceptions. The more they want to impose their truths on others, the more they are contributing to the collective lie.

ME: So... You have to educate yourself better.

SOY: But not at School. Educating yourself is learning to savor and digest the information of life and the world, not swallow it like a duck.

ME: I understand, then, that there is no Absolute Truth, that it is transformed as I transform my way of perceiving the world that surrounds me and the inner world. In turn, I understand that the Lie is a tool of human creativity, a gift, that culture, art, beauty gave us, and that because we are not coherent we have misused. Lie and Truth, then, are not opposites, but complementary, since while one arises from the perception of the external world (truth), the other projects a perception on said world (lie).

I AM: Be consistent, and wherever you go, you can project your lie to build truth. For it is the richness of the inner art of the human, of the imagination, which has designed the wonderful realities that surround you today. Learn to use them. Design now, your lies and your truths as one being, intertwined with each other, your imagination and your truth, your external and internal world, both united as one. Manifest it externally so that you can see the balanced result of what both represent in you: your creative power.

I: I am the Mind that with imagination designs the new realities. The Lie is the basis of my Reality, the Truth is the potential of my Imagination.

64. Love and hate

[October 6, 2020 Matías De Stefano](#)



ME: Today in the pyramid I felt a strange sensation. For an instant I felt like I was having a mild heart attack. I stopped feeling my arms, legs, and my head seemed to expand, consuming all its oxygen, making me hallucinate. The heart seemed to stop, and then I felt my body begin to split in half in a perfect straight line, opening at the sides like a two-petal flower. She could see all the organs in half, see the muscles, tissues, everything in half, although both parts remained connected by arteries and main ganglia, like suspension bridges between two towers. Then, a beautiful light began to descend through the center between the two parts, illuminating these veins and arteries, where each one accumulated light as if it were filtering it as it passed. That light turned a subtle and soft gold, not very shiny, but kind to the eyes, and it was being absorbed by the veins and arteries as the light grew more intense. Upon reaching my genitals, the body rejoined from the bottom up, connecting with the light already within me. But now I could see all the light around me, and a huge and beautiful portal in front of me opened, where a kind of angelic being was seen. He extended his hand to me, and I did the same. We held hands, and together we went to my heart. My hand stayed on my chest, and his went through it until it took my heart like a sponge that he pressed several times, making it beat again in a beautiful expansion. Then everything went back to normal. Upon reaching my genitals, the body rejoined from the bottom up, connecting with the light already within me. But now I could see all the light around me, and a huge and beautiful portal in front of me opened, where a kind of angelic being was seen. He extended his hand to me, and I did the same. We held hands, and together we went to my heart. My hand stayed on my chest, and his went through it until it took my heart like a sponge that he pressed several times, making it beat again in a beautiful expansion. Then everything went back to normal. Upon reaching my genitals, the body rejoined from the bottom up, connecting with the light already within me. But now I could see all the light around me, and a huge and beautiful portal in front of me opened, where a kind of angelic being was seen. He extended his hand to me, and I did the same. We held hands, and together we went to my heart. My hand stayed on my chest, and his went through it until it took my heart like a sponge that he pressed several times, making it beat again in a beautiful expansion. Then everything went back to normal. He extended his hand to me, and I did the same. We held hands, and together we went to my heart. My hand stayed on my chest, and his went through it until it took my heart like a sponge that he pressed several times, making it beat again in a beautiful expansion. Then everything went back to normal. He extended his hand to me, and I did the same. We held hands, and together we went to my heart. My hand stayed on my chest, and his went through it until it took my heart like a sponge that he pressed several times, making it beat again in a beautiful expansion. Then everything went back to normal. He extended his hand to me, and I did the same. We held hands, and together we went to my heart. My hand stayed on my chest, and his went through it until it took my heart like a sponge that he pressed several times, making it beat again in a beautiful expansion. Then everything went back to normal.

SOY: And what did you feel?

ME: At first I felt desperation, I didn't know what was happening, and my body started to worry, but my mind got carried away. Then seeing my body splitting generated opposite emotions: on the one hand, a bit of disgust, aversion to seeing everything inside, the organs moving but cut in half with the blood circulating, all compressed and supported by muscles, tissues and lipids, but in turn I felt fascination and amazement, as if I couldn't stop looking at him. The light brought a lot of calm, I felt peace, and I saw in that being in front of me an absolute clarity of being in heaven and on earth at the same time. I'm still a little dizzy. But my heart expanded.

SOY: What is the emotion?

ME: Love ... inevitably, but at the same time, a strange feeling that accompanies it, that I don't know how to identify, as if that great love was in turn accompanied by a feeling of aversion, what I told you, like disgust, but a natural disgust, that is, not bad, but ... like a cat.

SOY: What would that be like?

ME: Well... people who love dogs the most hardly understand what it's like, but cats have this strange ability to love you and hate you at the same time. It is an emotion that perhaps only someone with a lot of Scorpio in their astrological chart can understand very well. I have many planets in the 8th House, which in astrology is the celestial house of Scorpio, but in itself, the sun, or the moon, or the ascendant, or Mars and Venus, if they are in Scorpio, they will show a person somewhat dark, a little dark, very sexual, confused, spiritualistic, sometimes leading to being characterized as a born hater, perverse, and yet that way of stinging mortally with the sting, is precisely his way of loving, the way in which tells you that he loves you. Cats are the same, at the same time they seek your caresses and protect you, kiss you and pamper you, They won't hesitate to scratch or bite you hatefully if they think it's been enough. That is why many people hate cats, because you never know what they are up to, or if they love you, or are only interested ... That is why they relate them to the Scorpio, the spiritist, the devil, the witches ...

I AM: By cataloging emotions, humans have put Love and Hate at the ends of a rope, as if one were pushing from one end and the other to the opposite. In between are all other emotions hanging. Thus, there is an incessant search to reach Love, denying Hate as its opposite. If Love is Harmony, Creation, Peace, Freedom, then Hate will be Chaos, Destruction, War and Slavery. This from a world that sees things linear and in the short term.

ME: And how would they be non-linear and long-term?

I AM: An eternal sphere. The more closely you see a fabric, what you will be able to perceive is a straight line that comes from one end and goes to the other. The further you go, you will begin to see how the extremes curve towards a horizon, bending by gravitational force until they intersect at the opposite end of a sphere, the most distant opposites being the same origin of both visions.

ME: Like the nerve connections of the two eyes, which inside the head are not aligned, that is, the right eye with the right hemisphere, and the left eye with the left hemisphere, but rather intersect each other creating a circuit of cross or infinity, such as an 8, where the right eye goes to the left brain and the left eye connects to the right brain.

I AM: Nothing is what it seems, everything that we considered opposite is not separate, but interconnected. The body is a sign that the balance, the balance of things can only be produced by the interweaving of opposites, becoming complementary. What you felt today, the body breaking at you, let you see that the two parts are fascinating, but without those connections in the middle, they would not make sense, because the right side receives the information from the left side, and the left side moves thanks to the pulses on the right side. Which helps to understand that we would not understand light without darkness, we would not understand the idea of

freedom without slavery, there would be no way to identify good without evil. We would not understand the idea of love without hate.

ME: So everything is part of the same system? But, it's like, weird to think that conflict, war, darkness should be taken as a "necessary evil."

SOY: It is not necessary. It is reactionary. The Universe does not need anything, it is simple, it has everything. But when separated, the parts become individualized, they evolve considering that they are separated from each other, and they seek to obtain as much energy as possible, to store it, save it, and thus subsist for as long as possible holding the same form. Holding on to finite forms. Clinging, clinging to the finite is what generates needs. Relying on the finite imprisons the eternal, summing it up to conditional love, to the love of dependency that enslaves souls to maintain eternal and rigid bonds, producing a kind of energetic osteoarthritis, oozing with spiritual foundations. It divides, separates, corrupts, generates fears of what will happen if it is lost. Thus, fearful individuals begin to steal energy from others, producing an energetic violation that generates dislike, aversion ... hatred. Remember, Love is not an emotion inside the rope, Love is the concept with which the whole rope is known, all that rope that surrounds the entire sphere, because Love means Eternity, without death, something that lives forever, that it vibrates incessantly. Hatred, then, will be that which ceases, which ceases to vibrate, which ceases to resonate, which interrupts continuity. Hate comes from the Indo-European word "ēhed", used to show dislike for something. Today's culture turned hatred into something opposite to love, when originally, the word referred to things like "I don't like this bread." Things that taste bad, that feel bad, things that I must deprive myself of, that bother me, things that I must put a limit on. "Bread is not bad, but the way it is made disgusts me",

ME: "Is hatred in its origin a way of setting limits?" Did I understand well?

SOY: Exactly. Hate is the conceptual form of the word "dislike." When you dislike something it doesn't mean it's wrong, it means you dislike it. Hating has become a form of judgment, of qualifying an emotion of accumulated anger against a specific being or object. If anger is an abstract concept of anger, hatred is a focused concept of anger towards something. Rabia means "anger", and anger comes from the roots "in-" and "fatuus", which mean "without - concrete fact", that is, "fool". Something that we can relate to the origin of the word anger, from the Indo-European "ēis", which means "to move with speed". A fast foolish movement, without coherence, without meaning, without understanding, undoubtedly leads to a feeling of discomfort, of disgust, which eliminates the comfort zone. So I hate It is that emotion that reminds us that we cannot be at peace with our inner world, that there is no balance, balance in the eternal flow of energy. Hate is an indicator that we have lost the eternal flow and the current began to be intermittent.

ME: Hate, then, is not the opposite of Love, it is what tells us that love is having trouble flowing!

SOY: Two days ago you started with a fever problem. Why?

ME: Because a friend came to visit, since he was visiting the city, and as much as my being was happy to have visits that made me feel that I am living something different from my routine, the constant flow of my daily energy was released, and everything that circulated in the axis began to be intermittent, and the energy that it was holding could not be controlled and was expressed in heat and fever.

SOY: And what emotions did it generate in you?

ME: Found, I felt joy, laughter, love, fun, company, and at the same time I felt irresponsibility, guilt, hatred for not having taken into account that this could happen to me.

SOY: As you will see, the pain, the fever, the illness were not there to make you suffer, they were there to make you return to your center, which you had lost for an instant. Hate is the natural reaction of the soul's immune

system, which tries to defend itself by fighting invading viruses and bacteria that can damage the integrity of the flow of Love that is your eternal heartbeat and internal circulation.

ME: I understand... And what to do when Hate gets out of control? That is, when the immune system stops being useful and consumes the system, as in an immunodeficient disease, such as the famous AIDS (acquired immunodeficiency syndrome).

I AM: Hatred has reached the extreme of becoming a fight, war, attacking one's cells, destroying one's world, trying to defend it according to their own interests and beliefs about what love means, ends up corrupting their own environment by destroying themselves. itself. A system sick from the fight, the least it needs is a counterattack. You need love, you need to re-understand that things are flowing, you need to feel that there is Love, that the cycle is eternal and transformative, that there is room for everything. You need Unconditional Love, without limits, without judgment. One of the most difficult loves, because it is easier to love the similar than the opposite, it is easier to hate to defend yourself than to open up to die as a martyr. That is why the ancient religions beatified their martyrs, those who did not oppose the judgment of their oppressors and decided to forgive them. That attitude was the one that added more followers to Christianity, just as in the 70's it added so many people to the hippie movement, because the courage of a single person placing a flower on a gun, or sitting in front of a tank, or praying before the lashes, awaken more strength, power and love than an army of thousands of people with weapons of hate. In the same way that the caress of a mother and the loving smile of those who appreciate us heal more bodies than any medicine. Because the immune system was made to hate, to defend itself from what causes disgust to our being, hatred is only a defense mechanism, the more I seek to defend myself from the opposite, from the external, the more hatred I will generate, when I allow more than energy flow, free, harmonica, more love I will feel,

ME: ... Only Love will make you Free ...

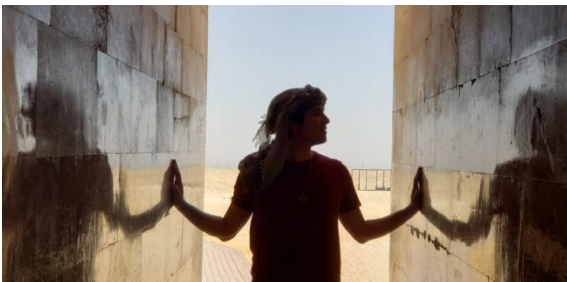
SOY: Well now you know that Hate was Love's guardian, not its enemy. Love cannot have opposites, it only has allies. There would be no love if its mere existence implies an opposite. Open your heart, recognize what you dislike, what hatred tries to protect you from, and draw it wrapped in love. The eternal flow of two forces that protect each other.

ME: I can recognize now that every time something bothered me, every time I felt hatred and aversion, it was my body defending myself from something strange, like a cat, which can love and defend itself at the same time. This is my body and my subconscious. Now I understand the union of both, and I put my intention not to block or deny hatred, but to find a way to feel more open and secure in a hostile world, bringing that same security and flow of love to that world. It reminds me of a classmate in Spain, who was very troublesome and aggressive, but he was full of love, I could see it. I saw that he was hurting others, but it was because he did not know where to put that energy, so one day I asked him why he did so many bad things, why he hated everyone so much, and he told me that because nobody respected him and they thought him stupid. So I told him that no one is stupid if he asks for help. I remember that I helped him with the homework, and when there were doubts I made him ask the boys that he used to bother before. From that day on, he began to take care of us instead of attacking us, he defended us and fought for the injustices of the school defending his classmates. He just needed a target to put his energy into.

I AM: And this is how hate gets a purpose, and it won't need to call attention again. And the world will be healed, the World will be Love.

65. Personality and Essence

[October 7, 2020 Matías De Stefano](#)



ME: From my center, a light was projected everywhere, expanding in the rays of my heart. Each beat pumped out blood of light, pink and blue. Through each arm they found their way out through the hands, dividing into smaller colored rays, which emerged from my fingers like soft spotlights. My hands were in front of my face, like an open book. The palms of them had my stories written, everything I was, what I am and will be, what I did, do and will do, traced in lines that intersect like a fabric or strange language. In the same way, the light projected by my fingers mixed, creating patterns of a beautiful and expanding grid, growing wider as they moved away from me. I felt like a weaver, who by moving his fingers gently stretched the networks of light. He could also seem like a puppeteer from the vision of someone who feels himself a prisoner of light, who moves the reins of history and reality, and yet for me, his sweet sensation was that of an exciting harp that emitted the fullest and fullest music. Silent that I might have heard. I felt each string intertwine playing something even more beautiful, and although some of them tightened, they only made me see the contrast and complement of the melody. I felt that I was all that was projected, and I felt peace. They only had to show me the contrast and complement of the melody. I felt that I was all that was projected, and I felt peace. They only had to show me the contrast and complement of the melody. I felt that I was all that was projected, and I felt peace.

I AM: The essence in the personality.

ME: Yes... I realized that. When I sat on the pyramid I asked myself: what will be today's topic? And those two words came out suddenly as he looked deep inside the sarcophagus. And then as I sat down, when I saw and felt all of this, the information started to open up, and it was clear. For Humans, Personality is what defines us in this world, it is what makes us show ourselves to others. We define individuals precisely by their personality, which is the quality of being a person. But we also usually say that the personality is just a mask, something not real, that we invent to interact with the outside, something that opposes what we really are, the essence. Then, when we get tired of holding a personality, we begin to search within the essence, what one really is, without masks. And that's when we discover the spiritual path towards the essence, towards the being, trying to flee from the personality, from what we consider the "ego". But... it's not so, is it?

I AM: Personality comes from the Greek term "personé" which means "mask", as we said once, it refers to the mask used in Greek theaters that allowed people to be heard from afar as well as allowing the audience to identify from a great distance the emotion the character was expressing. Thus, the capabilities of the mask were to show the qualities of a human, the attributes with which he expressed himself to the world. You can also relate "person" with "to sound" from Latin, that is, a tool to make yourself heard. Thus, the mask that an individual puts on is the one that allows them to communicate something internal in the external world, to be heard, recognized, that they can see me from afar and know who I am.

YO: This is why we usually say: "let's take off our masks", "this is a character", and other similar phrases with saying that everything is actually a pantomime, it is a falsehood. "Who is behind the mask?" or "It hides behind a mask", we usually think when we want to refer to what it shows is not what it is, and yet we usually criticize those who remove the mask saying "You have changed your personality, I no longer recognize you", "You are not the one from before", and those unavoidable perceptions of people who were used to the mask. So, in the end, what are people really looking for?

I AM: They look for the essence, but many confuse essence with personality. And the reason is simple. "Essence" comes from the word "esentia", meaning in Latin "quality of being", as it arises from the verb "esse", which in turn comes from the contraction "es-" of the Greek root "etymos", which means "true". If personality is considered a mask, something false, then being, the essential will be the true.

ME: I have heard many times that the essence is related to something subtle, as if it were a kind of perfume of the soul ... So, it is not that. But it is something much more conceptual.

I AM: It is the capacity or quality of simply being. With nothing more to add. A flower is a flower, period. The personality of the flower will be its colors, its petals, its shapes, its patterns, its pistils, its medicinal qualities, its size ... But when you look at all the details, sometimes you forget that it was a flower. Now think of an extreme example: a young man in the park laughing out loud, being watched by a rapist who is looking for him as his victim. What do they have in common?

ME: mmm... the essence?

I AM: What is the essence?

ME: The spirit that connects everything?

SOY: It is much simpler. Essence is what It is. A flower is a flower ... it can be a daisy or a carnivore.

ME: Human ... they are both human.

SOY: Good. They are both human. Inside, then, they have the qualities of every human, none of them is missing, they are all, because they simply are. Now, their paths have decorated their forms, the way they express themselves in the world, their "falsehoods". Perhaps the young man who laughs in the park laughs to cover a very great pain of something he did or hides from his family, and the rapist carries that mental pathology for exactly the same reason, a painful trauma in his childhood. Both have managed it differently. They are different people, one laughs while hiding something, the other rapes fighting against something. But they are both human. Which means that both can return to the essence and recover, rebuild from scratch, heal, return to the center, recover the inner essence of their Being, where all the potential of the human, art, music, lies, the letters, psychology, philosophy, spirituality, science, culture, everything is there. You can choose again. When you speak of essence but judge people by their Personality, then you have not understood what essence is. The Pope, the Queen of England, the President of the United States, the richest Billionaire in the world, the poorest child in the world, the most consistent activist on Earth, the defender of human rights, the school teacher, a father, a mother in any country in the world, a newborn baby... They are all human. It is the essence.

Nothing else. Just as the flower is a flower. In the eyes of nature, the cosmos, God or the Goddess, whatever you want to call it, they are only humans and flowers.

ME: That is why the Universe does not judge ... Because the Universe only sees the essence of things, the rest is temporary and modifiable from the potential of the essence ...

I AM: The mask is the attribute chosen by each being to express its essence to the world. Some scream, others cry, others get angry, each personality was designed from the experiences of what they want to tell, each lived story is different. Imagine that your mask used to be a shapeless plaster mold, and for everything you live, do, feel, happen to you in life, you take a gouge, a razor, and carve a little bit a new shape. Over the days, months and years, your mask will have taken the shape of everything that happened to you, not just one thing, or idea that you had in a single day. It's like drawing a drawing over 80 years, each day adding a new line with different colors. It may not end up being what you expected. The personality that we see in people today was not formed in a moment by choice, rather it was the essence carving the mask for a lifetime. And if the being lives an incoherent and misaligned life out of harmony and resonance, the result will be erratic, distorted and difficult to understand.

ME: The essence, then, is not something that is behind the mask of the personality, but the personality is an extension of the essence!

I AM: The essence contains everything that is, the potential of everything, and from there it expresses, expands the necessary attributes for each circumstance. This is how personality is shaped. They are not opposites. The personality, the ego, are the tools that filter and generate information for the essence, like the tentacles of an octopus, like the branches and leaves towards the trunk of a tree. For this reason, the Universe does not judge, but rather seeks a way for the essence to return to its axis.

ME: So, the task is not to leave the personality or go beyond it to return to the essence, but what is really important is to make the essence find its axis, through coherence. To do this, you have to re-educate yourself.

I AM: That is called Divine Justice. One of the key themes of Libra is this Justice, putting everything in balance. Human spiritual justice rewards the Essence and punishes the Personality. Human social justice rewards the Good and punishes the Bad. Divine Justice educates the Essence, the Being. For this is the only way for a possible rapist to recognize her pain and return to her childhood to rebuild her life from the wounded child inside to a new human being. Only from there can the young man who laugh out loud be able to face his fear, cry, get rid of the weight, and be able to laugh freely without hiding his pain. Real Justice balances, harmonizes, seeks coherence, education of the potential of being. Real Justice never separates good from evil, never orders opposing groups, never takes away one to give to another, never punishes and rewards others,

ME: Personality is the indicator of the flaws of the essence, or rather, it is the visible part of the expressed inconsistencies of the Being.

SOY: They are the thermometer before a disease. Personality is the decoration and medicine, pollen and nectar of a flower. And yet, withered or alive, it is a flower. Going back to the essence means remembering that beyond labels, projections, prejudices, what we think we are or what others think we are, there is the starting point that connects us all and from where we can regain our power to start over, and bloom like every spring.

ME: So, I must find my essence through the attributes of my personality, since they are the paths that guide me towards it, towards what I really am, since the essence built what the world sees of me, and entering coherence it is how I can transform myself from the essence.

SOY: Take off the mask, but not to throw it away, but to observe what your own hands have created. Smile at her. Look in the mirror, and create a new mask from your essence.

ME: Is that my homework for today?

SOY: That's right ... draw your essence, and design the mask with which you want to show yourself to the world. Only in this way will you be free from Personality, for now you know that it is you who created it, now you know that you are the flower that emanates that perfume, produces this nectar and radiates that color.

ME: I am the essence that expands my personality. I am the justice that educates the essence to build a world of coherent people. I am a flower in an infinite floral garden.

66. Creation and Destruction

[October 8, 2020 Matías De Stefano](#)



ME: Today in the pyramid I felt something special again... I think the month has come when the fact of going every day begins to take effect. Today I felt that I expanded and lived a kind of mini Ayahuasca ceremony. Reality began to fragment, and I expanded outside my body rotating in all directions until I felt that everything was contracting and decompressing according to my position. All those forms that seemed chaotic were actually very harmonic and I could say that they coexisted only in my imagination because there is nothing that can compare it to the real world. And then everything began to be ordered in such a way that suddenly everything contracted disappearing. As if everything were light outside and the different shapes are only visible by the play of light and shadow, but at the moment each piece found its place, everything became so dark that it seemed emptiness, there was nothing. The concept of the center was unintelligible, and then everything collapsed. Big Bang. The greatest order of all in the void generated so much tension between the parts that held each other perfectly, that all that modern was released towards the center, imploding and then exploding outwards.

I AM: Creation and Destruction. Both lived in an instant. The world of ideas, of conceptual planes, the abstract universe finds the power of manifestation only at the moment of the destruction of its stability. Well, it is the combination of the abstract that creates art. The colors and lines separately do not form anything, they do not make sense. However, the chaos generated is what allows the Universal Being to create.

ME: What is Creation? Humans interpret creation as the ability of an intelligent mind to design and manifest a reality.

I AM: For the Universe intelligence is not superior, it is organic. For there is no intelligence without synapses, there are no synapses without interconnectors, there is no interconnection without polarities, there are no polarities without individualities, and there are no individuals without division, and there is no division without parts, but there are no parts without a whole. That is to say, for Intelligence there must be a Mental network that supports and enables it. For this reason, a really intelligent mind would never be considered superior, since putting itself above something would make it out of intelligence. The term comes from the Latin "inter" and

"legere" (between and read), which would give the idea of knowing how to read between the lines. Being at the top would imply being only the Title of the text. Therefore, the creator is not a superior mind that designs, the creator is a being that allows himself to live, feel, play, experience, traverse all the lines and words of the book of Life. A Creator is an artist who generates from previous forms. Taking what can already be conceived as a whole, it disarms it, destroys it, to turn it into another transcendental thing.

ME: How to take the primary colors, blue, yellow, red, white and black, and create a landscape full of colors through their combinations.

SOY: That's right. When you prepare a meal, you are lovingly creating something that nourishes your loved ones, or your own body, and yet it can also be understood as the destruction of the plants or animals that you have used to create it. The creation process is not intelligent, it is organic, it is artistic. Intelligence occurs during the understanding of what is created, by interconnecting the parts, by seeing the meaning between everything expressed, what is created.

ME: So there is no Creator as we usually say.

I AM: No, there is "Creation". The concept, and the smart grid is the same creation. Each atom is a structure that generates the Creator. Creator and Created arise at the same moment. "What was the first; the egg or the chicken?"

ME: The egg. Forever

SOY: Why?

YO: Because the egg is a cellular tool that has worked for millions of years and the genetic changes that produced a "chicken" from a "gallidus" could only occur in the yolk of the egg according to its temperature and minerals.

SOY: Thus, the chicken egg and the hen arose at the same moment, when the first hen was gestated within an egg that became a chicken egg at the same time that the chick was being formed. And life arises when the hen breaks the egg and eats what is left of it.

ME:... Destruction.

I AM: Destroy comes from the words "De-" and "struere", which mean "direction from top to bottom" and "to gather or pile up", respectively. The meaning of the word means to scatter what was in the same place. What was all united and together, is separated into parts. Does it sound familiar?

YO: Yes. Big Bang, history of the creation of the cosmos, everything that exists emerges from a vibration, millions of parts emerge from unity.

I AM: What you call the Great Moment of Creation is actually the greatest moment of Destruction in the Universe. In the same way that life on Earth must give thanks to comets and asteroids that destroyed its surface, making it enter a period of volcanic activity that left the surface of the world black and red, until that same greenhouse effect caused the condensation of the molecules that formed water, filling the oceans for thousands of years.

ME: The asteroids and volcanoes that leave desolate and devastating landscapes are precisely those that allowed life to appear.

I AM: It is the constant destruction of ecosystems through the millennia that forces life to adapt and evolve. It is the crisis that nourishes the artist with creativity, it is separation that inspires unity, it is war that inspires peace. It is the problems that inspire the solutions, the questions are the key to the answers.

ME: So what we call the duality of destruction and creation, they are not opposites, but they are exactly the same. But in this case, the question could arise: what happens when life is destroyed, when ecosystems, towns, cities, countries, families, people are destroyed ...?

I AM: Destruction implies pain. For what was together is forced to separate. Remember, the universe always tries to save the greatest amount of energy for specific moments, therefore organisms are structured and affirmed in rigid patterns that save strength and vitality. The more they stiffen, the more it will hurt when it's time for transformation. And instead of transforming, out of pain, he will call it "change." Change comes from the Indo-European "skamb", which means: turn or curve. Unlike transforming, which is modifying one form into another. The pain of change is called suffering when the foundation of physical, emotional and mental stability occurs. Suffer comes from the Latin word "sub-" and "ferre" (underneath and bear, respectively), that is to say: putting up with something secretly, underneath, hidden. Suffering has, then, a connotation of having lost what was inside, what was "iron", hard, rigid, what was considered stability. Destruction brings pain, because pain comes from the Indo-European "delh" which means "to cut something in half, to cut". In English, the word "pain" comes from the Greek "poiné", which gives rise to the word "pain" in Romance languages. It means "fine", a punishment for something wrong. Feeling sorry, then, is feeling guilty about something that happens to someone else, even if it wasn't your problem. which gives rise to the word "grief" in Romance languages. It means "fine", a punishment for something wrong. Feeling sorry, then, is feeling guilty about something that happens to someone else, even if it wasn't your problem. which gives rise to the word "grief" in Romance languages. It means "fine", a punishment for something wrong. Feeling sorry, then, is feeling guilty about something that happens to someone else, even if it wasn't your problem.

ME: Sure! That is why creating something new hurts us! We are sorry that something changes. Because it means something that breaks, that is broken into pieces. In life, the first "pain" is meiosis, the division of cells that make a baby. Then every time the body mitosis dividing cells is a pain process. "Growing up hurts," they say. Being born is another great pain, because two humans separate who for 9 months were like one. Fight, break a relationship, argue with a friend, emancipate yourself. A social conflict divided by a rift of thoughts; a war, they are all forms of division, of breaking the parts, and in turn, is creating.

SOY: Well, if there had never been division, there would never have been life, there would never have been anything, no change, starting with the essential: we would all continue to be today unicellular organisms at the foot of an oceanic volcano.

ME: Life destroys itself just to exist ... It's almost paradoxical.

SOY: Still, in everything there is a balance. Creation and Destruction need times of processes that must be harmonious, such as the time it takes for spring to bloom, summer to bear fruit, autumn to make the leaves fall and break, and winter to contain the force for the new dawn. All processes of creation and destruction, as in the seasons, be they the 4 cyclical or the dry and wet, are stages of balance, which keep everything being created in constant harmony by destroying the above.

ME: What if it gets out of balance?

I AM: The process is accelerated more, and living beings do not have tools to cope with the process, going off axis, leading to greater suffering and pain. This is the explanation why there is so much pain in the human world, it is simple: you are forcing the cyclical machine, taking it to the extreme. "The more you want to produce, the more you have to destroy, and therefore, the more pain you will generate."

YO: Sure, that's what makes us see problems as challenges as constant suffering. It is what makes us think that destruction is bad, because we cannot process the creative in it.

I AM: When you split an atom in half, energy is generated, when you force two atoms to join together you generate energy. Both ways will give you energy: the wind, the sun, breaks the atoms, they divide them, they destroy them to obtain energy. The nuclear fusion of atomic plants obtain energy by doing the opposite, appealing to the unity of said atoms. That is to say, in energy sources you understand that putting everything together is not always the most ecological and healthy solution. Sometimes the healthiest thing to do is destroy. Only you do not recognize it as such, because you have moralized the concepts of Creation and Destruction.

ME: They are both one. And all you have to do with them is balance them at a consistent rate that does not lead to pain that is impossible to process, such as a war for example.

SOY: It is always better to solve a problem than to fight a war caused by a problem that perhaps had other solutions. The more you squeeze the energy to change, the more painful the change will be.

I: I am the Creation that Destroys from its origin, I am the Destruction that Creates from its origin. I am the Artist who turns Pain into Evolution, and Change into Transformation.

67. Good and bad

[October 9, 2020 Matías De Stefano](#)



ME: When the concept of Good and Bad came to my mind, I remembered the game of chess. I remember I had a friend in childhood who when we played always wanted to be the whites because he considered them the good guys. Today we still say white adjectives for good concepts, and black adjectives for bad. "Charge in black", "black market", "I see everything very black", and when we refer to the good ones we say "charge in white", "it is an easy target", "whitewash the situation". And many times I have heard people who, with the intention of not being racist, make the huge mistake of calling blacks "non-white people" so as not to offend them, believing that not saying black will make them whiter, which is even more racist. Sometimes, remembering those chess games, I look at life and it is as if everything is a chess game. All trying to fight the opposite, in a battle

between good and bad, between black and white, women and men, scientists and spirituals, ignorant and knowledgeable, right and left, rich and poor, and each one is a piece: some looking destroy the opponent, others trying to dodge him, each one is his little square box, trying to always be on the same color so as not to change perspective. And with the slightest change, you may find yourself at risk. It is as if going through life is trying to survive morality. In addition, we are in the era of "politically correct", which instead of calling for more unity and respect, the only thing that has achieved is to separate us even more into groups, elites, communities. ignorant and knowledgeable, left and right, rich and poor, and each one is a piece: some seeking to destroy the opponent, others trying to dodge him, each one is his little square box, trying to always be on the same color so as not to change from perspective. And with the slightest change, you may find yourself at risk. It is as if going through life is trying to survive morality. In addition, we are in the era of "politically correct", which instead of calling for more unity and respect, the only thing that has achieved is to separate us even more into groups, elites, communities. ignorant and knowledgeable, left and right, rich and poor, and each one is a piece: some seeking to destroy the opponent, others trying to dodge him, each one is his little square box, trying to always be on the same color so as not to change from perspective. And with the slightest change, you may find yourself at risk. It is as if going through life is trying to survive morality. In addition, we are in the era of "politically correct", which instead of calling for more unity and respect, the only thing that has achieved is to separate us even more into groups, elites, communities. And with the slightest change, you may find yourself at risk. It is as if going through life is trying to survive morality. In addition, we are in the era of "politically correct", which instead of calling for more unity and respect, the only thing that has achieved is to separate us even more into groups, elites, communities. And with the slightest change, you may find yourself at risk. It is as if going through life is trying to survive morality. In addition, we are in the era of "politically correct", which instead of calling for more unity and respect, the only thing that has achieved is to separate us even more into groups, elites, communities.

I AM: The human, like the plants and animals, has always seen life as a struggle, the battle for subsistence and expansion. He has found in defending his own a way to protect himself and make sure of his life; Seen from this perspective, all will be enemies until proven otherwise. Advancing through known territory, through those places where people think alike, makes us feel safe, stable, and each movement must be previously thought through with great care, because in every corner change can turn into death by the enemy. Thus, the search for well-being designs all kinds of antinomies, antipodes, antagonists, enemies, in order to be prepared for any situation. The chief of the tribe carries the rod with which he marks the ground, with which he touches the ground to see its stability, with which he makes the first blow at the first danger that arises. Thus, good measures security against evil.

ME: "With what rod do you measure?", I have heard that expression.

I AM: The boss's staff, the baton, is what determines the danger, but before it appears, because you cannot solve the evil when it happens, you must foresee it, generate the possibility before, and be ready for when it happens. . This generates a scale of values on what can be good and what can be bad, and it is the rod that measures it. The phrase became popular during the Spanish empire, as the rod was a unit of measurement in ships, commerce and construction. But human culture designed another rod: that of morality.

ME: Morality is a great guide and a great prison at the same time.

I AM: Moral is of Latin origin, from the word "moris", which means "living in the same place", which gives rise to the words "dweller and dwelling", and is used in the sense of everything that is a custom, which is fixed, repetitive, is held in the same place, sedentary. Morality is a way of defining a scale of values that do not change, that are sustained over time in relation to a specific culture or place.

ME: So the "rod" will change depending on where it is placed ...

SOY: Exactly. Morale is not an objective, but a fully subjective indicator of a group in a specific time and space.

ME: So ... how do I know what is good and what is really evil?

I AM: "Good and good" are words originated from the Latin "bonus", which in turn comes from "duonus", the name by which "he who seeks an enemy" was known.

ME: Wait... how? The word "good" that we use for good people, to do good, comes from a conception of going through life looking for an enemy?

SOY: How else would you know that you are the good fate?

ME: It makes sense ...

SOY: There is no good without evil. Has no sense. For this reason, the good incessantly seeks an enemy to blame for its circumstances.

ME: What about evil?

I AM: "Evil", in most cultures that use this word, refers to sin, error, conflict. All related to Christian roots. In both Greek and Latin languages, the word "Mal, Malé, Milo, Mela, Mel, Mála" are all related to "Apple": the forbidden fruit. The fruit of original sin, of evil on earth, of everything evil. The lies, the deceptions, the blasphemous, useless, the sin, all this is related to the story of the apple and the tree of knowledge from which the serpent, the Devil, gave his fruit to the woman, Eve, the bad: " Evil ". Thus, the Good arose to fight against the evil, which previously did not exist. Our conception of Evil is related to an educational concept: eating from knowledge, doubting, breaking the rule, going beyond the norms, destroying "morals", that is,

ME: So, the concepts of good and bad that we have are totally wrong ... They don't exist as such.

I AM: At least there are no those that your culture considers good and bad. For the Saxon languages, "bien" (good), comes from the Indo-European "ghedh", which means "to unite, fit together", that is to say that what is good is that which is harmonious, that connects things, that makes them form part. On the other hand, the word "bad" (bad) comes from the word "baeled", which means "hermaphrodite", any concept that has to do with the unnatural, with what is considered outside of what is established by God, effeminate, depraved, are the concepts that give rise to this verb.

ME: So the evil for the Saxons and Anglo-Saxons is that which is not defined by man or woman. Homosexual, which breaks the natural law. Thus giving the word the posterior meaning of everything that goes against the real law of things. A word that would clearly look horrible to use today.

SOY: Because morale has changed. What meant bad in the Middle Ages is no longer so for the contemporary age, just as it happens the other way around as well. The concept of fitting into something taken as something good, implies that for something to be in the law of Good it cannot be different from the rest, it must be the same, and if it is divergent, it is Bad. To your question what is bad and what is good, the answer is: it depends on where, when and who.

ME: But that is a bit chaotic ... Because a murderer or a tyrant could say that what they do is right ... And whoever tries to help others is wrong.

SOY: It couldn't... it can, and it actually does. Because the parameters of morals between good and bad change according to the observer. Abortion: yes or no?

ME: It depends ...

SOY: Ah ... well that's it. It is an easy answer. It depends. The Universe has no Morals. Because the Universe is not attached to any time or space. What you decide to do with existence will never be judged by the Universe. There is no final judgment, there is no one on the other side after death saying who did good and who did bad, the only rod is the vibration and the energetic weight that oneself generates in life and each act. The only rod that looks at good and evil is the consciousness of an individual in a specific time and context. Morality is an illusion. Why judge a murder but not an abortion? Why ban an abortion and allow a war?

ME: Maybe this question will take days, because the duality of good and evil is something eternal.

SOY: It can't take days to argue about something that doesn't have truth.

ME: In what way?

SOY: The great discussions for human morality only create greater conflicts, because what is defended today, perhaps will be irrelevant in the future. What is seen as normal today, perhaps in the future will be an atrocity. Just as what is a fight today, tomorrow it will be absurd to fight for the obvious. So I would not waste time trying to identify what is right and what is wrong.

ME: And what would you do?

I AM: Understand good and evil as social tools of harmony between the parties. Not as parameters of measurement of the Being. The error is to defend positions when in reality it is necessary to solve problems, not philosophies. When you try to solve problems from philosophy, you only get caught in the mind, and it is not practical. Social policy and political correctness must be practical, not moral. Problems are renewed, and morality is always the same, it is its nature. I am not saying, then, that there should not be a morality, but that you must recognize that it is not a parameter of Universal values. There is no law for morality, the only tool capable of regulating good and evil is called Education.

ME: But Education is controlled by a curriculum, a system.

I AM: No, that is not called Education, it is called Teaching. Teaching is pointing out something, showing it as it is. Educating is asking and encouraging to find possible answers from doubt and imagination. Teaching transmits a morality and pre-established laws, Education is immoral, as it is transformative and encourages breaking the rules of the law, seeking new ways of applying it to the usual problems. According to morality, we would all go by carriage, because it would not be necessary to use other means of transport since it works. Morale makes horsemen look like the good guys fighting the bad guys that are cars, and cars look like the good guys because they bring something new and better than the carriage. And so on, today the cars are the bad guys, the planes were once the heroes and now they are the culprits, everything turns. Education is the only one that, instead of staying to see who is bad and who is good, is able to find another solution and move forward. The morality of good and evil are nothing more than a delay in human evolution.

ME: But somehow there must be order ... we are many, there must be a parameter to know how to do things right or wrong.

I AM: "Man is good by nature and society corrupts him," said Rousseau. "Man is bad by nature and society makes him worse," said Machiavelli. His conceptions are extreme and are rooted in the perception of the societies of their moments. Neither man is good nor bad, nor does society make him worse. They talk as if they

were both different. Society is an extension of humanity, not a place that humans inhabit. Everyone makes society, and everyone has bad and good attitudes in life. It's just that the bad ones are more noticeable.

I because?

SOY: Because evil is much more successful than good in life. And the reason is simple: evil does not deny matter, it uses it, while good tends to live on utopias and expectations. When you live on dreams and imagination, but never get your hands dirty, then that dream will never come true. The good guys are mostly dreamers, but little doers. They are critical, but very bad responsible. The bad guys know that if they don't handle matter they won't have resources, they don't live off illusions, they use life to obtain benefits. And therefore, in the Third Dimension, more success is seen in what you call "Evil" than in what you know as "Good." While the people of Bien wait for a Savior, an Extraterrestrial, the Fifth Dimension, the Masters or whoever to save them, because they seek to return to a better, idealistic world, the vast majority of human persons living in the shadows, work, apply, manifest, without ceasing. The one who has been ignoring life has been the Good, the one who has turned his back on the Earth has been the Good. Is it perhaps the fault of what you call "Devil" having settled in an abandoned lot when no one was there to manifest his presence?

ME: Yes, I understand... Those of us who claim to be the good guys in the film, we don't do, we don't capture, we only dream... And we need to act. But, how to act without having to enter the struggle or the duality of Good and Evil?

I AM: Solving problems without looking for culprits. Try it. It seems impossible, but it can be done. As we said, Good seeks an enemy, and Evil seeks to change the rules of the game. Thus, when you become a revolutionary of light or of good, in reality you are Evil, changing the morality and normality of life. From the eyes of many, your work is of the devil, it is evil, you are a sect leader who cheats, lies, steals money, and who knows what else you intend to do ... Maybe you work for reptilians, or the Vatican. And from the eyes of others it will be the opposite, you will be the good one and the others the bad. So who is right?

ME:... What does he do?

I AM: Exactly ... the one who solves problems, the one who manifests tools. Neither will be right, as they are only perspectives. Good and Evil are not judged by anyone's birth or essence, or by philosophy, ideology, culture, religion, sex or race, Good reminds us of the importance of coming together to protect and improve ourselves, and evil reminds us that not always it must be done in the same way and we must constantly change our values. Therein lies the unity of this powerful duality.

ME: And how do you judge the good or the bad that someone does? What is the social yardstick to measure this?

SOY: There is no book that can tell you who did good and who did evil. But there are indicators: The question from the Body would be: "Does it go against the life of other living beings?" . The Soul's question would be: "Does it damage the emotional integrity of another person?" And the question of the Spirit would be: "Does the free expression of thought and word of others oppress?" The question to the Creator would be: "Does it threaten the achievements and individual manifestations of others?" If the answer to one of these is Yes, the individual could be interpreted as being out of Harmony. Thus it is known that it can be judged through an exhaustive process of education.

ME: I understand, then, that morality is what constitutes me here and now to live in Harmony, and that it flows and changes as my here and now changes. I must therefore be flexible and promote education as a way to balance good and evil.

I AM: And remember that both are necessary to each other, because evil is the one who comes to remind the good that it must change, and the good comes to remind the evil that it is necessary to find harmony in the transformation.

ME: I free myself from the struggle between good and evil, and I launch myself into a constant balanced transformation.

68. Matrix and Pattern

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



ME: If there is a duality on which we all base ourselves and on which we walk, that is the duality "Matrix and Pattern". We have already talked about both, but not as the polarity it represents in our lives. We have said that Matrix comes from Latin and means "uterus", gestation womb, which gives rise to the word Mother, mother. And on the other hand, Patron comes from the Latin "protector", which gives rise to the word Father, dad. But what is the relationship between the two of them beyond mom and dad, mother and protector?

I AM: Visualize a spider web. The entire fabric of the network is what you call the matrix, they are all possible interconnected paths as a whole. Now, each of the fabrics that compose it are the individual paths of the network, each one carrying a specific vibration, and they are called patterns. The Divine Matrix, then, is the cosmic fabric made up of millions of Patterns. Without Patterns, the Matrix would not recognize its structure, its strength, or its destiny. But without the Matrix, the patterns would have no purpose or meaning.

ME: So we need the Matrix to make sense, and the Pattern to have goals.

SOY: As we said, the Matrix is a network of networks, an eternal and multi-dimensional network, like an extensive cave full of thousands of cobwebs that intersect each other creating a single matrix. It crosses all dimensions, all existences, connects all directions of time and space, and multiplies with more and more web spiders.

ME: Who are the spiders?

SOY: They are the alchemists of reality, those who were able to understand how reality works, and were able to build their own. Spiders are not those dark creatures of nightmares, in them the pattern of the divine fabric is hidden: 8 legs that represent the 4 directions of Time and Space, creating the Cube, the center of the cosmic

fabric. And with its 8 eyes, it contemplates, feels, perceives, the resonance, vibration of these paths. The weavers are those who cross the directions of time and space from the center of the network, feel the resonance, and consciously observe everything that happens in them ...

ME: So is it possible that what I'm doing in my life is preparing to be "a spider"?

SOY: That's right. Joining the Network, being in the axis of the fabric of planetary consciousness, every day you place yourself in the center of the fabric, in a cube, from which you pull the resonance of the 4 times and the 4 spaces ... more consciously, you work on your patterns, the strings that connect the web.

ME: Each topic that we are working on represents a pattern, well, one of those structures of the network that I must adjust in myself in order to feel the vibration ...

I AM: The history of humanity exists thanks to patterns. Without patterns you would not be here. The biology of this world was designed to protect itself from external conflicts, thus, every cell of your body is programmed to defend your being and to ensure its subsistence. That which has managed to protect you, which has been successful, keeps repeating itself, constantly, proudly. Thus, what protected you can always continue to protect you, becoming a pattern. Culturally, hominids have put the hunter and warrior man in that role, and over time they knew him as "the patron of the family", the chief, the father. Families thus began to be guided by laws and instructions from the father, who also became patrons. The defense for survival placed above all the paternalistic system that ended up becoming the power of the father: patriarchy. Thus, any system that is available to the structure of war, defense, control, whether directed by a man or a woman, is recognized as "patriarchy", not by the male, but by the fight, supremacy and defense. Thus, throughout the history of each family, patterns began to repeat themselves, with the aim of protecting the integrity of the nucleus and the clan.

ME: But, there is a notion that patterns are bad ... why?

I AM: Because patterns are based on fear and insecurity in the face of change, transformation. They ensure permanence. For this very reason, when a person seeks to change in his life, he begins to identify the patterns that prevent him from doing so, and is forced to fight against them to make his way to something new. It looks like a fly stuck in spider webs.

ME: So the bosses are there to defend us and ensure our lives, but they hold us back and prevent us from continuing to live in freedom if we seek to get out of them.

SOY: Because their mission is precisely to keep you stable, without transformation, because there is a risk of dying. Therefore, family, cultural, social, educational, religious, philosophical and scientific systems will do everything possible to fight against whoever wants to break the patterns on which they are based.

ME: And how do I get out of the patterns?

SOY: As we already said, you have to understand what they were there for in the first place. A pattern is a well traveled path, you cannot retrace a path, you cannot unlearn acquired knowledge or wisdom, but you can re-signify them and give them a new meaning or purpose. The reason for being of a pattern is to ensure your survival through a way of acting, therefore, show your life, your family, your body, your soul, that you can use another form, transcendent, to obtain the same Outcome. For example, there are many people who believe that throughout their history they have survived as a family thanks to the tolerance of the same partner all their lives, and then they tirelessly seek to find a partner to feel safe. However, when one becomes aware, know that you do not need another person to feel stability and security, then, you have to show life that you can find that stability by loving freely without always having to look for a partner. It is a very general example, but common, since you are mammals.

ME: Yes, I understand, it is something very of the species. And why do we believe that Pattern is opposite of Matrix?

SOY: Well, if a pattern is a line, the matrix is all the weaving of lines. The pattern marks a path to where to go, and the matrix wraps in all directions with nowhere to go. These two concepts have something in common in the human notion: everyone wants to get rid of mom and dad. They see the Matrix as a prison and the Pattern as a mandate. Both prevent free action. You are determined by what Mom and Dad have done. The matrix is the generating network, not a trap, it is the vibration that connects everything and crosses all existence, it is eternity ...

ME:... Love...

I AM: And the Pattern is the fundamental force that drives us to realize oneself, to seek, to build... It is the intention that leads to transforming action...

ME:... the Will...

SOY: And together, they manifest understanding, the ability to recognize that every impulse is the tool that allows us to create from the eternal vibration and integrate the fruits of what we have been able to generate ...

ME:... Wisdom...

I AM: Love and Will are the parents of Wisdom, the sacred trinity of divine attributes. The Balance of both networks, the Matrix and the Pattern, lead to the taking of full consciousness in learning what it is to be and to manifest. Both paths unify the eternal and the finite, the fabric of existence from which we learn and improve at every step. Thus the patterns are the tools constituted to allow us to continue on the path, and these tools have given us the skills to use them, you cannot forget them, but you can learn new tools, improve them, improve your technique, and by discovering this potential, you express creativity love, expression, life, and both concepts generate the meaning of your existence, you become wise. Therefore, when you recognize that matrix and pattern are neither external nor opposite aspects,

I: Well, the freedom of Being is only found when you are able to become the creator yourself from the Wisdom of your experience, manifesting with Will a generation of Love.

I AM: look at everything that this matrix taught you, everything that your patterns showed you, and turn them into your wisdom to re-create the Great Web that lights from your heart.

I: I am the Network of the Matrix and the Pattern, converted into the Wisdom that awakens the Will and Love in all the paths of Creation.

69. Sense and nonsense

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



ME: For two days I have felt a strange emptiness, like without strength, listless. As if nothing he was doing made sense. Even so I know that it has it, the monotony extinguishes the intensity of the facts, of the purpose, stripping it of content.

I AM: The natural loss of meaning. Do you know why it happens?

I do not...

SOY: Where does the word "Meaning" come from?

ME: The word Feelings comes to me, which comes from the Senses, the 5 senses: touch, taste, smell, sight and hearing.

SOY: Exactly. The 5 senses of your body are the biological tools through which the brain captures the information that surrounds it through electrical pulses, signals that it receives through the nerves that branch throughout your body, especially in the nerve endings of the senses. This is how feelings are born, due to the sensations that your brain perceives from the outside world.

ME: So the senses give meaning to what I perceive of the world ...

SOY: And they determine what you project on it. Everything you touch in the world is registered in your brain as the boundaries of the external world. Everything you hear gives you balance to recognize where you are. Everything you see helps you to perceive depth and therefore the directions in which you can move in the middle. Taste allows you to determine what is good and what is bad of everything you consume from the outside world. And the smell allows you to put yourself before risky situations or attract you to positive circumstances, since it captures the odors of other humans and animals or positive or harmful gases from the environment, which improves intuition. All this generates an image of the world around you, generates a pre-established design, a map of reality, and memory is in charge of guiding you through the corridors of the labyrinth of reality.

ME: The senses give "meaning" to my life. They delimit my paths, where I go, where I move, it is a mental map, like a video game with an established design that can be perfected as my senses perceive new things, but only add walls or corridors and rooms to this enormous framework of memories.

I AM: This great mental map designed by the perceptions of the external world, is what we call "the Meaning of Life". In Latin languages, Sentido comes from "sens", which precisely means "perception", "feeling", "feeling". In the Saxon languages we are based on the Indo-European "men", which means "to think", Latin origin of the word "mind", which has given the origin to English: "mean" (mentalize), and from there "meaning" (sense). Thus, for both linguistic origins, meaning is a perception constructed by the mind, which is why it receives and builds from feeling.

ME: So what would it be to make sense of things?

I AM: Giving meaning to something means placing it where it belongs within this pre-existing mind map. Locate the logic you have in relation to all the ideas and feelings pre-established by the mind map. When something makes sense, it is usually felt in the emotion, as if it fits within personal parameters, designed after millennia of genetic inheritance and personal experience in this life as an individual. So whatever I give meaning to, it will not actually have meaning for itself, but will only have meaning because my mind feels it. Hence the truths are subjective.

ME: So looking for the meaning of life is a personal, individual and not collective search ...

SOY: There is no single meaning for life.

ME: My friend explained a biology joke to me: "What is the meaning of life? 5 cousin to 3 cousin." It is very specific, but it is because the construction of DNA and RNA is given by carbon structures, based on nucleotides of carbon 5 connected to a phosphate group and carbon 3 connected to a hydroxyl group, and it is in that order and sense direction in which enzymes assemble DNA strands. In other words, the path of Life, the direction that biology takes to generate all the information about who we are.

SOY: Meaning is precisely that, a direction. The 5 senses configure an assembly, a mapping of reality that allows us to find the right path. This is how the structures of everything that exists are organized, the ideas we have of the world around us.

ME: And... what happens when we lose consciousness?

I AM: Nonsense is precisely getting lost on the map, not knowing the direction, losing track of things, not having a point of reference. This brings us to the question I asked you: do you know why it happens?

I because?

I AM: Because you have expanded your mind, you have seen beyond what you were used to seeing, you have gone off the map, you have flown over it, and you no longer have references on which to base yourself. The 5 senses tirelessly search for a way to give a direction, to find the way in the labyrinth of the mind, but they cannot find anything like it, nothing known, it is a new terrain on which we must build from scratch. The inability to perceive previous paths, pre-established structures, mean that the brain does not receive the same nerve signals, and does not know where to locate the new ones, therefore, it feels empty, there is no reference, and the sensation is of floating, of not having somewhere to cling, no axis, leading the whole body to feel insecure, which leads the brain to a state of lethargy, a little hibernation until he can recover, build some wall, some path to build on. And that feeling is often mistaken for emptiness and depression. In reality, you are rebuilding a new meaning.

ME: So, losing the sense, the nonsense, is not the opposite of finding the sense, but it is exactly what shows me that I have found it and my mind is adapting to it!

SOY: Exactly. Nonsense is the symptom of the process of discovering a new meaning. You also know this as "existential crisis". The first time that meaning is lost and the world is interpreted as nonsense, is when you go outside the cultural parameters, and you have a spiritual awakening, it does not have to be related to something extrasensory, it can simply be to have left the box and see that there was no point living in an 8-hour-a-day work system to take a 15-day vacation in the summer. At first it looks like depression, and then you start trying to fulfill your dreams. And you have a new awakening, recognizing that what you were looking for outside was inside, and a new depression comes, in which it seems that everything I did until now made no sense. Actually, you are resignifying it in another level of consciousness. And then you realize that you are multidimensional, and your own personality loses its meaning, you are no longer anyone, because you are many more. Until you see multidimensionality as part of a whole that is not separate, and existence itself loses meaning. Every time you lose your sense of things, you are building a new one. Making sense of a reality is nothing more than the comfort of the mind finding a new comfort zone in which to move with ease. The leap towards transformation occurs when I jump into the abyss where I lose my security, where there are no longer paths or indicators, where meaning is lost. Well none of the 5 senses can help me map my context. The 5 must stop comparing with the above to begin to perceive and design a new one. So,

ME: That is to say that in a way, the Universe does not make sense, but is composed of all possible senses.

I AM: What you said makes sense, because it is nonsense, hehehe.

ME: I understand, making sense of things is nothing more than a way to move forward, to find ground, to generate a purpose, a direction for life, but life changes, adapts, expands, and when we do the same, our mind loses the previous path, loses the sense to build a new one. Thus, I will never be able to find the true meaning of things, since meaning is only created from perceptions, not from realities.

SOY: Therefore, dare to live the nonsense, to be able to really understand the meaning of things. Do not be afraid to lose consciousness, to feel that small step of the loss of it, because that is the moment in which you are really giving meaning to your existence.

ME: I allow myself, then, to make sense of nonsense, and thus treat the eternal destinies of my mind, designing the purposes of my life.

70. Everything and nothing

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



YO: If the concept of Meaning and Nonsense leaves me with something, it is that everything is based on the concept of Nothing. It seems that the Void is the recurring answer to all things. When we begin the spiritual path, we never really pretend that at the end of the path we find such a stark truth. Sometimes we ascribe that nonsense to agnostics, atheists, nihilists. My grandfather was a nihilist, an incessant seeker for knowledge, but whose vision of life was simply a pointless moment of organic development that would soon end, and then eternal emptiness, darkness, nothingness itself, and worms. they would eat. When I heard this, there was something deep in me that told me that this was impossible. Also, I could see my guides, beings from other dimensions, that gave meaning to the afterlife. I could remember my past lives, have visions of the future, all this made me see that I was not only in the immensity, that in reality it is a complete Whole, of millions of things, life could not end in total nonsense, in nothingness itself. Nothing is worth it, then? And throughout my life, discovering more and more meaning, finding greater answers and visions, suddenly, I came to the last and most determining of my memories: the Void. I remembered my grandfather's words ... I remembered his way of seeing the world from nonsense. I could understand that he from science and reading, and I from spirituality and memory, had reached the same conclusion. However, there was a difference ... All this made me see that I was not only in the immensity, that in reality it is a complete Whole, of millions of things, life could not end in total nonsense, in nothingness itself. Nothing is worth it, then? And throughout my life, discovering more and more meaning, finding greater answers and visions, suddenly, I came to the last and most determining of my memories: the Void. I remembered my grandfather's words ... I remembered his way of seeing the world from nonsense. I could understand that he from science and reading, and I from spirituality and memory, had reached the same conclusion. However, there was a difference ... All this made me see that I was not only in the immensity, that in reality it is a complete Whole, of millions of things, life could not end in total nonsense, in nothingness itself. Nothing is worth it, then? And throughout my life, discovering more and more meaning, finding greater answers and visions, suddenly, I came to the last and most determining of my memories: the Void. I remembered my grandfather's words ... I remembered his way of seeing the world from nonsense. I could understand that he from science and reading, and I from spirituality and memory, had reached the same conclusion. However, there was a difference ... discovering more and more meaning, finding greater answers and visions, suddenly, I came to the last and most determining of my memories: the Void. I remembered my grandfather's words ... I remembered his way of seeing the world from nonsense. I could understand that he from science and reading, and I from spirituality and memory, had reached the same conclusion. However, there was a difference ... discovering more and more meaning, finding greater answers and visions, suddenly, I came to the last and most determining of my memories: the Void. I remembered my grandfather's words ... I remembered his way of seeing the world from nonsense. I could understand that he from science and reading, and I from spirituality and memory, had reached the same conclusion. However, there was a difference ...

SOY: I was missing from the equation.

ME: Exactly. My grandfather's vision was personalistic, based on ego, on separation. As if each individual fell into emptiness, nonsense, as if the Void were something separate from me, where our existence culminated, and there was nothing else to do, as we were relegated to this emptiness.

SOY: But it's not like that. Then, you realized what it meant ...

ME: The void was not something or a place where my existence ended... I was the Void... I am the Void. That changes everything, knowing that emptiness is not something that surrounds me, but something that makes me be. That allows me to exist. Why, then, would the Void, the Nothing, allow the All?

I AM: The word Todo comes from the Indo-European "Teuta", which refers to a group of people, a tribe. In English, "All" also comes from the Indo-European "hël", meaning "complete", or the common "Everything", arising from the terms "each / all" and "thing". And the word "Nothing" arises incredibly from the Latin word "Nacer", something that is "born", the "natality".

YO: So, the origin of the word that we consider empty and without anything, actually speaks of the birth of all things ...

SOY: That's right. The Nothing is the birth of the All. The parts, tribes, groups, groups, objects and individuals are accounted for by the Whole, ordered, as sons and daughters of different ages, all born from the same womb, from the same origin, from the womb of the Divine Matrix, the Empty. Empty comes from the verb "vacare", giving rise to the word "vacant", that is, a free, unoccupied place that has to be completed. All the concepts related to the void do not speak of the force opposed to the All, but of the force that allows the All to exist.

ME: That is why when on the path of spirituality we met the Whole, the path of consciousness of being takes us to the origin, where we meet the Nothing, the void, the mother. That is to say, throughout our search we see the parts, we see the Whole in the image of the heavenly Father, the creator, the one who disseminates, the one who labels, orders, levels, guides, the one who groups, unites, joins, that reminds us that we are part of a Whole in Unity. And we go through the wonders of its creation, in the different worlds of this dimension, on Earth, and then in the wonders of multidimensionality. We discover that the Whole is visible and invisible, that it is eternal and ethereal, we recognize the connection between all the parts as a gigantic puzzle, like the Truth that we had so long sought. And when we look at the whole picture, we realize that in reality, all of this did not arise that way because yes, everything must have an origin, a common point, each part and the network itself, must have arisen from the same place. The spiritual path deepens to the point where the images of the great puzzle cease to make sense, and the idea of humans as a simple cluster of atoms and vibrations disappears. Teachers, guides, angels disappear. The idea of duality disappears, everything collapses on itself, realizing that nothing of or that made sense before, really does not have it now. And there you discover that all the parts of the puzzle were simple projections of an idea, and that idea leads to the I Am, and when you connect to the I Am, you discover the origin of everything, in the Void, in the Nothing. everything must have an origin, a common point, each part and the network itself, must have arisen from the same place. The spiritual path deepens to the point where the images of the great puzzle cease to make sense, and the idea of humans as a simple cluster of atoms and vibrations disappears. Teachers, guides, angels disappear. The idea of duality disappears, everything collapses on itself, realizing that nothing of or that made sense before, really does not have it now. And there you discover that all the parts of the puzzle were simple projections of an idea, and that idea leads to the I Am, and when you connect to the I Am, you discover the origin of everything, in the Void, in the Nothing. everything must have an origin, a common point, each part and the network itself, must have arisen from the same place. The spiritual path deepens to the point where the images of the great puzzle cease to make sense, and the idea of humans as a simple cluster of atoms and vibrations disappears. Teachers, guides, angels disappear. The idea of duality disappears, everything collapses on itself, realizing that nothing of or that made sense before, really does not have it now. And there you discover that all the parts of the puzzle were simple projections of an idea, and that idea leads to the I Am, and when you connect to the I Am, you discover the origin of everything, in the Void, in the Nothing. The spiritual path deepens to the point where the images of the great puzzle cease to make sense, and the idea of humans as a simple cluster of atoms and vibrations disappears. Teachers, guides, angels disappear. The idea of duality disappears, everything collapses on itself, realizing that nothing of or that made sense before, really does not have it now. And there you discover that all the parts of the puzzle were simple projections of an idea, and that idea leads to the I Am, and when you connect to the I Am, you discover the origin of everything, in the Void, in the Nothing. The spiritual path deepens to the point where the images of the great puzzle cease to make sense, and the idea of humans as a simple cluster of atoms and vibrations disappears. Teachers, guides, angels disappear. The idea of duality disappears, everything collapses on itself, realizing that nothing of or that made sense before, really does not have it now. And there you discover that all the parts of the puzzle were simple projections of an idea, and that idea leads to the I Am, and when you connect to the I Am, you discover the origin of everything, in the Void, in the Nothing. everything collapses in on itself, realizing that nothing of or that made sense before, doesn't really have it now. And there you discover that all the parts of the puzzle were simple projections of an idea, and that idea leads to the I Am, and when you connect to the I Am, you discover the origin of everything, in the Void, in the Nothing. everything collapses in on itself, realizing that nothing of or that made sense before, doesn't really have it now. And there you discover that all

the parts of the puzzle were simple projections of an idea, and that idea leads to the I Am, and when you connect to the I Am, you discover the origin of everything, in the Void, in the Nothing.

I AM: And that's when you realize that the creator, the creator, had always been the same being: you, me, us, you, them, him, her ... Nothing. The Natality of all things. Nothing and Everything, then, are not opposites, they are Mother and Children. The All are the heavens and thousands of children born from Nothing, it is the I am expressed in millions of I. And all those I's seek a way to express themselves, to build themselves, generating more separation, more things, more wonders, generating every tiny part that makes up the Whole, what amazes us, what all our senses can perceive in all dimensions. In their paths, the I, the Ego, will discover their potential until they find the most beautiful truth of all: that they were not alone on the path, that everything is connected, that everything is one, everything is a network, millions of parts in Unity constituting the Mind of the Whole, the Creator himself. They discover that there is no God above or below, because they are all a cell of God, they are all God, and their actions, emotions and thoughts mold God in the same way that our cells mold our Being. Thus, the weight is drawn of creation, giving meaning to everything that did not have it before, to the logic between the parts. And that truth is eclipsed in an instant by absolute truth: the meaning was created by the mind of the great being, and therefore the manifestation, the experimentation, had no meaning until integration gave it one. He discovers, then, that nothing ever made sense, that the mind was the only one capable of giving him one, and so he sets out to understand nonsense, and discovers that all things arose, were born, from the same origin, of a space that needed to be filled with experiences, of a meaningless emptiness. And it will not be until the moment when he recognizes himself as that Void, as that Mother giving birth, that he becomes aware that the Whole was created by himself, that the meaning was proposed by himself. The discovery that the origin and meaning of things, of the Whole, is the deepest Nothing from nonsense, is not the key to falling into the depression of the death of being, of "what for?" Eternal and self-compassionate, but quite the opposite, is the key that reminds you that all this has been possible because you have allowed yourself to be born out of nothing, that you have given it meaning. Why do you expect the meaning and existing unity of everything to be determined by someone external, a God you cannot understand, when you have in your hands the ability to say:

ME: We go back to the same ... irresponsibility. It's easier to say that someone else did it, so it's the other's fault.

I AM: The universe is like you, and each being that composes it, each star, planet, species, individual, is like a different type of cells that compose you. The paradox lies in the following: "Who is to blame for the conflicts and the meaning of your life: you who with your decisions determine the fate of the cells, or your cells that in DNA have determined your existence?"

ME: Sure ... it's a huge paradox, well, it means that what I do to my body affects each cell, but in turn, it is the cells that built me as I am, that is, it is reciprocal, it is the individuals Those that generate the Whole, are the parts that give meaning to the Universe!

I AM: "Voi là". Each individual in the replication of his DNA, of his experience and perception of life, multiplies the Whole, magnifies it, gives it meaning, purpose, not the other way around. It is not God who gives meaning to the Whole, it is the Whole who gives meaning to God. And the only way to make sense of it is by eliminating all preconceptions, being born again.... To be born, from Nothing.

ME: That's why you take me there again and again, to the void, to be able to resurface ... To be able to be the creator of my own Universe.

SOY: And that's how you finally understand what you know.

I: I am the Nothing that generates the All, I am the All giving meaning to the Nothing.

I AM: Welcome to the true Meaning of Creation.

71. Doubt and Certainty

[October 13, 2020 Matias De Stefano](#)



ME: When you analyze the main characteristics of Libra, one of the first that comes to mind is Doubt. Perhaps because of the shape of the balance that vacillates between 2 different weights trying to find the balance, it is that we assign to Libra this attribute, if it can be said like that, of not being able to decide only on one thing.

SOY: Exactly because of this. When what you are looking for is harmony and balance between the parts, the last thing you will do is turn to imbalance by choosing only one of the extremes. If all your energy is available to just one of your arms, then the whole body loses its balance, and the basic essence of this constellation is broken. Thus, the search for balance implies not losing sight of either of the two options.

ME: Doubting today is seen as a weakness before the decision of an individual, the determination before life.

SOY: Today's society does not know what the middle terms are. Either you are for or against, you are inside or outside, the answer is yes or no. They even do it within balance movements, non-discrimination movements end up discriminating, since discriminating means segregating, understanding where everything is going, and by grouping together they generate just the opposite effect to what they expect. Because all extremes are negative, and that is what Libra remembers. We will already talk about the importance of determination in things, but in order to put all the intention in something and choose correctly, you must first live in Balance, find balance in life. Today's society has been structured under the belief that one must be decisive in their decisions without measuring the consequences, that everything is to win or lose. Tying is weak.

ME: So you're saying that the current model of competition society is wrong ... that states should regulate capitalist competition?

SOY: To think that would be like believing that the heart is a blood administration organ rather than a blood distributor. Of course not. Competition is based on the struggle to achieve something, I would prefer to refer to a more congruent than competent society.

ME: What would be the difference?

I AM: Competent comes from "with" and "petere", put the chest, fight, ask for more, argue for the conquest of an object, person or territory. Congruent comes from "with" and "gruere", that is to say: to coincide, which has a logical relationship in a specific time and space. Thus, society would be more Librian and less Ariana. In the sense that he would find what is fair, and each one could undertake in life from coherence, granting and receiving in harmony, since his give and take was logical with the environment, and not competitive.

ME: How does Duda help with this?

SOY: Do you think what you are doing is the right thing to do?

ME: I don't know... I always wonder.

SOY: That's why you improve, right?

ME: I always try to improve what I do so that I understand myself better, so that I feel comfortable, so that it adjusts to the task, at the moment ...

SOY: If you had been 100% certain of everything you thought the first time, you would have failed.

I because?

SOY: Because certainty is the placebo of ignorance.

ME: Wow... what a determining description of certainty...

I AM: Certainty is the moment of understanding: "Eureka", when the lamp is lit inside, there is clarity, you can identify the forms, the "why". Certainty means "determined", "precise". Decisive, precise, incised, concise, they all have the suffix "-ciso: caedere" which means "cut". That is to say, that it takes a part of the whole, that is cut apart, that it decides on one option among many. To be certain of something is to eliminate all other possibilities. Being certain that the sky is Celeste means that you cannot see the possibility that it really is not. Certainty are the points in a network, they are the nodes at the crossroads of a network. The certainty gives logic to the interconnection of things. Like a traffic light at the corner of a two-avenue intersection, Certainty passes through the three lights of the subconscious, unconscious and conscious, indicating our direction. However, you cannot live in the corner, you cannot cling to the certainty to move forward, because the certainty keeps you rigid at a point, static, without feeling the possibilities in the framework. The Journey is the Doubt. The question, the question, the uncertainty, the search. The doubt is the connections in the network, they are the roads, the experiences, the avenues that lead to new destinations of certainties.

ME: That is why I cannot base my life on certainties, but on doubts, taking doubts as potentialities ...

I AM: Certainty creates enemies, doubt creates allies.

ME: It seems the opposite of what we have been taught. Why such a paradox?

I AM: A system based on certainties generates patriotism, partisanship, religions, nationalisms. A system based on doubt generates scholars, philosophers, scientists, people who are not satisfied with an answer and need to investigate further. Therefore, the first thing that a state seeks to control or degrade is education: if instead of doubts you teach certainties, you will get an ignorant people who do not know how to discover for themselves the potentialities of existence.

ME: That is to say, that doubt does not consist of exalting the inability to make decisions, but the real attribute of doubt, which is the ability to seek more, to delve into the certainties.

SOY: Find the congruence, then. Not competing for certainty, but understanding certainties as anchors on the path of doubt, which is a divine gift for apprehension. Allowing yourself to doubt your beliefs and certainties does not make you weak, it makes you flexible, permeable to different positions.

YO: That's why one of the great jokes is always that he has no opinion of his own, but adapts according to the occasion to the ideas of those around him.

I AM: This emotional attribute of Libra is permeability. However, in disequilibrium is the loss of essence, it is a ship sailing adrift in the middle of different wind currents. When you are certain of yourself, of your Being, when you position yourself on your axis, you build the mast of your person, and from it you can unfold the sails that you will use to be propelled by the winds. You do not deny any wind, because everyone will be your allies, if you go north the south wind will be your ally, if you go south the north wind will be your friend, all winds, currents of thought, beliefs will have something to contribute. If you know where you are going, you will know how to use them, if you have no destination, you will be a prisoner of other people's ideas and currents.

ME: Doubt and certainty, then, are like navigation and ports. A sailor cannot cling to the certainty of a port, he must learn to let it go to navigate the currents of doubt, where he can learn, gain new visions, and discover new certainties, enriching himself in life.

SOY: And that's how they both work. Therefore: Welcome to life: "believe everything, but do not believe anything."

ME: "I just know that I don't know anything."

I AM: Become the captain of your ship, use your doubts and uncertainties as the winds that will propel you to the different ports of certainty, in the vast interdimensional world.

72. Remember and Forget

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



ME: My life is practically a memory. Everything I have done, do and will do is determined by my memories, by what I have remembered of existence. In a way, like everyone else, memory defines us; personally, he does it very consciously. Sometimes when I look around me, an involuntary wish arises that I wanted to forget, like everyone else. Why does everyone forget and a few remember?

SOY: Why do some know mathematics and others music?

ME: What's the point?

I AM: Remembering is a gift. A capacity. Everyone can learn math if they study, everyone can be a musician if they practice, everyone can remember if they try hard. But only some are born with the ability to awaken. Just as there are those who were born already being a musician, or being a mathematician, others were born remembering. Just as some have the ability to speak and others the gift of silence, as some are entrepreneurs and others are artists. Each individual has a unique and different potential. Many remember like you, and each one remembers differently, just as each musician plays different songs, in different styles and different frequencies. Remembering is the gift of your soul, it is the tool you have to deliver your truth to the world.

ME: Remember, it is something that beyond memory, brings me to understand that my destiny is to unite the parts ...

SOY: Remember, from the Latin: "return to the heart", "join the parts." Your life is a constant of expression, which manifests itself by expanding your being, breaking it into thousands of pieces. From the origin of existence, the first wave that arose out of nowhere, generated an immense and expansive vibration, which when moving forward changed speed creating different frequencies. Perceptions were born from the frequencies, which created energy, and from them were grouped by resonance, until creating forms, thousands of them, that through the waves of the vibration sea eroded creating thousands of grains of sand: the suns, galaxies, worlds. Expansion is entropy, separation, creation, art, chaos. The parts drift apart and blend into each other, like a puzzle of trillions of pieces. There will come a day, when after so much experience, the initial pulse begins to call, by resonance, all its parts. This will lead to its parts responding in the same way, trying to start a path of reconnection, of finding the other parts that make up the puzzle. Uniting the parts, connecting them, begins to integrate the pieces, the pieces, giving them meaning, discovering the invisible network that unites everything, and thus begins to see logic, to give understanding. This is called Remembering. When you remember, what you do is access the infinite labyrinth of the mental library, where the data of each piece is stored in the form of books that you call Memories. The memories accumulate information from the experience, and when you dare to open the books, you begin to see the correlation with the other books. Think then

ME: Now I understand why they called me "Librarian", the Great Library that I saw in my memories as Ghan, was the Mind of the Universe, and we, the librarians, were the neurons that ordered the memories, we were "the reminders".

I AM: This is why you have said to be "The Remembrall." Put things in order, instead, put together an index so that memory readers can be guided in their searches and readings.

ME: Could it be that my recent awakening of the will to read is linked to this?

I AM: You are finally passing the information, the books are opening, we are handing out the Library index, and this finally gives you a break to sit down and enjoy reading.

ME: I remember that I loved reading the memories of living beings... I felt their emotions, their stories and adventures, and I thought that one day I would like to be able to live the stories that I read in those strange luminous and spherical books.

SOY: And now you do. Don't you think it's wonderful to be able to remember that? You have already forgotten too much.

ME: You always said that I only know less than 0.01% ...

SOY: And so it is, the rest, forgotten.

ME: What is oblivion?

I AM: Forget, which shares the English word "Oblivion", is born from "oblivisci", composed of the words "Ob-" and "Livisci" (against and obscure, respectively in Latin), being the Indo-European etymology "lei", which means "resvalar", "smooth", "viscous". Oblivion is getting lost in the dark, slipping into the smooth and slimy limits of the wet rocks of a dark cave. Therefore, it is interpreted that to forget is to fall, to lose oneself, to let go, to have nowhere to hold on.

ME: "The only way to find yourself is to lose yourself" ...

SOY: That's right. You've understood. If the universe has no objectives, his great adventure is to write his stories, his books, create, as an artist and writer, all the words capable of describing what is within himself, dreaming of living what he has expressed. Well, every writer, in a way, yearns to be a participant in their stories. The Universe is that romantic writer who has lost himself between the pages of his own memories. Because losing yourself in the beautiful details of the writing, in the gestures, in the movements, in the descriptions, is where you can feel part. It is not the great ideas that you are looking for, it is not to understand the outcome, it is to enjoy feeling with all your senses each sip of tea that its characters drink, each caress, each landscape, each song that they hear and create, smell each aroma that describe. That is why the cosmos is so detailed, that is why it marvels at the time of writing the minimalist, the most absurd details are sometimes those that give all the meaning to a story. The reminder knows the beginning, the middle and the end, understands the line of argument, and that takes away the focus of the beautiful details. For this reason, a good reader must get lost in the pages of the books, I must enter the dark caverns and launch into the adventure and excitement of being able to fall on the next slimy rock.

ME: Being a reminder makes me live so much in the story line of the story that I forget to live the present, I refuse to live it because I know the outcome ... It is like a constant spoiler that does not allow you to enjoy the film.

SOY: That is why the universe chooses to forget. To live in the present. When you lose the plot, you must pay more attention to the plot to understand, and thus you fall in love with the character, with each gesture, movement, emotion, that you would have otherwise missed.

ME: Remembering and Forgetting, then, are not antagonists in the fictionalized history of the Universe, but they are both fundamental parts of reading comprehension. When one shows us the logic of the entire narrative, the other allows us to see the details and enjoy them.

SOY: This is why it is important to live in oblivion until we are able to enjoy the present, and only there can we see the past and the future, since both of them take hold of the here and now.

ME: But I, I began to remember from a very young age, I did not have time to understand the present, I lived too much in the past all my childhood and adolescence, and in the future during my youth.

SOY: And now?

ME: I have lived the present in the moments in which I have disconnected ... when I did not feel you, when I did not hear my guides, those moments when others told me: "you are disconnected", something that sounded like judgment in many cases, Actually for me it was a relief, I felt relaxed that it was so, because I did not depend on anything from the past or the future ... I could enjoy the present. However, it is true that it hurt me to have lost the argument of my life ...

SOY: And you got it back. When you were about to remember. For remembering is an exercise in trying to join the parts that seem illogical to give them logic. Thus, you forget to live, you remember to understand life. And

you can forget again, launching yourself to enjoy something new. The goal is not for everyone to remember, it is for them to know how to remember. Living in the present implies knowing how to live disconnected from what happened and what will happen, to feel in depth what It is, because the essence is only understood with what it is, not with what has gone and what will be. The other times will come to support and give logic to what is, and each time you transform yourself, the same will happen.

ME: I usually tell people not to expect to remember, not to force it, that the important thing is to focus on the now, and the answers will come as long as I am present in myself.

SOY: Well, you are the center of the network of your memories, who gives them logic, without an axis, there is nowhere to hold or download the data. You must become the character in your book, in order to discover its history and manifest its future. The reader can only understand the plot towards the past, the writer can only manifest the plot towards the future. And the character is the present, who lives the plot. You must be the 3, the trinity, and to do so, both must let go of something, and both must connect something.

ME: So, then, I must not fear or deny forgetfulness, because it is what allows me to discover the potential of my present, as well as I must prepare myself to remember, to make sense of it.

SOY: Write your story, then read it, but above all, live it.

73. Cognition and Ignorance

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



ME: When I entered the pyramid and you told me "Cognition and Ignorance", the question arose as to why in the Emotional week we would be dealing with issues that I relate more to the Mind, to the spiritual. For me, these concepts are related to knowledge, to thought, and not to feelings. Why not talk about emotions and refer to this mental concept instead?

SOY: Why are you so linear in your thinking? I know that it is normal to assign mental issues to the spirit, everything that involves cognitive thinking, however, all avoid an obvious logic in all this.

ME: Which one?

I AM: That the assimilation of knowledge is not given by a person's brain capacity, but by the ability to perceive. The brain is only a decoder of information, but it reaches it through the pulses generated by the senses. Thus, Feelings are the first processors of information. There is no apprehension when there is no emotion. Emotion is the key to learning, the key to education. It must be felt in order to understand.

ME: So, an intelligent person needs the emotional capacity to know... to know.

SOY: Knowledge is not the same as wisdom. This we have discussed. Knowledge is the accumulation of data, and Wisdom is the ability to understand the interconnectedness of that data. The knowledge, then, would be the points or nodes in a network, while the same network of connections would be the wisdom about said knowledge. Knowledge can accumulate, but wisdom needs to perceive it with more than one sense. You should be able to smell the numbers, touch the colors, hear the scents, taste the words, see a song. The interconnection of the senses, combines wisdom, since data can be understood through information crossings, corroboration through comparison: something is real when more than one point of view confirms its existence. Cognition and Ignorance have the same etymological root: "gnosis". Gnosis means "Knowing", it is thought, it is the ability to interconnect different knowledge so that they have a logic between them. He who awakens the ability to know, to connect information as the same network of wisdom is known as "co-" (set, everything) "gnos-" (knowledge) "entity" (being). "Cogniscent" is that being able to think things as a whole. And on the contrary, "in-" (outside, without), "gnos-" (knowledge), "being" (being), will be the "Ignorant", that being that is unable to connect the parts to each other. "Cogniscent" is that being able to think things as a whole. And on the contrary, "in-" (outside, without), "gnos-" (knowledge), "being" (being), will be the "Ignorant", that being that is unable to connect the parts to each other. "Cogniscent" is that being able to think things as a whole. And on the contrary, "in-" (outside, without), "gnos-" (knowledge), "being" (being), will be the "Ignorant", that being that is unable to connect the parts to each other.

ME: Cognition and Ignorance as they are the attributes that describe a being that understands the connectivity between things and a being that cannot see their relationship and only observes the parts separately.

I AM: And the ability to perceive things and integrate them into one, is the feeling. The emotion that occurs when you absorb information is registered in the cells of your body. The feeling translates these pulses into information processed by the 5 senses, which is then taken to the brain to be stored and used accordingly. The body, even though you have separated it into levels, taking the head as the mental, the chest as the emotional, and the stomach - genitals as the physical, in reality they are all a network, they are not floors in a building, but an organic network interconnected. The Mind is closely related to the Emotion throughout the whole body, and the Physical is what allows the interpretation of said Emotion and Mind through the impulses generated by the senses. The soul, the emotional plane, then, it becomes a born carrier of information between senses and mind. The process of unification and interpretation is carried out by the Emotional plane.

ME: The soul is the one who interprets the apprehension, not the mind ...

I AM: The mind is empty much of the time to absorb information without judgment. The Soul determines how that data reaches the spirit. The best way to connect data in a body is through energy impulses, it is through emotion. For this reason, the process of Consciousness can take place by incorporating all intelligences, opening above all to emotional intelligence as one of the most important mechanisms to capture the interrelation of the parts.

ME: Who do we call ignorant in our lives then? Because we usually call the ignorant who does not know.

I AM: Ignorant is anyone who does not know how to connect two thoughts with each other, who cannot correlate two concepts as part of the same reality. Ignorant is the one who continues in the struggle of the opposites, believing them separate. As we speak etymologically, Ignorance does not have to do with not knowing, ignorance has to do with not knowing how to connect what you know. He is not ignorant who has not yet discovered, because in that case he would be an apprentice, a child in the learning process. Ignorant is he who, even having the possibility in his hands, decides not to unite the parties because he considers the fight easier than unity. For this reason, ignorance is not a mental concept, but a purely emotional concept, since the one who ignores is the one who cannot live stable in his being, who does not know how to use his own energy, who lives by polarities.

ME: So, I understand, that what we must learn is that everyone in our lives is a bit ignorant ...

SOY: That's right, due to the need to protect yourself from the external world, survive. The body's natural defense mechanism causes us to separate things. The Universe has been separating and living beings maintain that reaction in their lives. Despite the reproduction in which two individuals come together to create another, something similar to unity, they continue to diversify, multiply, and there is more and more instead of less. The Universe tends to ignorance, to the separation of things. Therefore, it is something natural, but the moment you become aware, you cannot deny the process of interconnectivity, that despite the incessant separation of things, everyone is undoubtedly connected. There arises the need for education as a motor of the cognitive, to awaken the "gnosis", the wisdom of things,

ME: And for that, emotion is necessary ...

SOY: Sure! So what child learns boring? In schools it is believed that children learn through play, but this is not the case... It is not children who learn for fun, it is humans. The human needs fun, he needs play, he needs stories that excite him to assimilate ...

ME: I understand something with this ... We have made the cognitive serious, sober, melancholic, serene and too mental, to the point where it became unbearably boring and schematic. Our mind cannot maintain cognitive attention for more than 45 minutes, taking into account 15-minute intervals in which the brain disconnects to reconnect. In other words, the 45 minutes at least 3 minutes were lost trying to regain attention. When we have

fun, it is different, because the brain must be attentive all the time to new things that may happen, the 5 senses are alert.

SOY: And for this there is no age. Education, decorating itself with the cognitive aspect, has done the opposite of what was expected: lose people's attention.

ME: Which leads our minds to seek constant escapes in nonsense, to watch silly videos, laughs, to try to make something amuse us every 15 minutes ... Giving that feeling of collective Ignorance that we are living today. In other words, Ignorance cannot be fought with Cognition.

SOY: Exactly. Ignorance can only be fought with an overcoming ignorance: play, fun. The cognitive process occurs when the individual discovers his ability to understand by himself, and when he does so through play, he has not realized that he was integrating knowledge. That is why we like books, movies, adventures, magic, because there the brain feels useful and happy, the soul moves, circulates, flows.

YO: You have to turn the cognitive process into a fun game for the ignorant, so they have fun uniting the parts, connecting what was divided, not as a weight or obligation to acquire knowledge, but by the will to feel happiness in the process of find out.

I AM: Welcome to Conscious Ignorance that leads to Cognition. The Soul is the greatest ignorant that we know, who is afraid to face to unite the emotions, to observe their traumas, their stories, the people whom it faced or separated, it is the greatest denier, and in turn, the greatest recipient of information. Therefore, take care of your soul, make it feel free, fun, flexible, capable of feeling and perceiving more, make it feel the knowledge of the world, so that it can become aware of what it has denied.

ME: The game, creating stories, mythology, the path of the hero, everything that the cognitive aspect has cataloged as opium of the ignorant, were actually tools to keep people searching for the answers, seeing themselves capable of one day finding them and become the protagonists of them.

SOY: The only problem is that they were never allowed to become that protagonist, eliminating the stories. The parts are like the breadcrumbs that must be followed in a labyrinth so as not to get lost, if you consider who is following the crumbs ignorant because you have already known the map of the labyrinth, all you do is destroy their ability to assimilate the labyrinth, to discover it and transcend it for themselves. That is why Education does not work, because they deliver all the whole bread, and nobody understands where it came from, or why. The path of the ignorant must be a path of attraction, of entertainment that leads him to discover his cognitive qualities, and there he will awaken his true understanding.

YO: We live in one of the greatest times of Ignorance, because before there were ignorant people who did not have access to information, but today we live in a world of ignorant people who deny the information they can access.

I AM: As I said, this has happened because at the same time that an attempt was made to eliminate the ignorant, the inner child of each human, which is the greatest seeker of answers, was destroyed, and with the child destroyed, the soul and its capacity were repressed. to assimilate. A world that denied fun in learning is a world that will seek fun elsewhere.

ME: I understand... the same solution created the problem. We must re-nurture the joy of the soul for a truly Knowing and Wise humanity.

SOY: Well, the only way for a wise man to be born is to let his inner child live free.

74. Extroversion and Introversion

October 16, 2020 Matías De Stefano



ME: Today there was a lot of noise inside the pyramid, a lot of people, but I could hear the beat... bang bang, bang, aligning with the heart. And I felt myself beating, expanding into the world and contracting, drawing the world toward me.

I AM: You felt the heart of the soul, then.

ME: How would you define the heart of the soul?

I AM: Well, the physical heart contracts and dilates by electrical pulses from the nervous system that contract and dilate blood vessels and muscle cells. This drives like a water pump to circulate by pressure the blood through the entire system of veins and arteries. These pulses are energetic, a positive and a negative current that function as conduits of electricity. That energy is the soul, therefore, the heartbeat of the soul is all these pulses: the positive expanding outward, and the negative contracting inward.

ME: The positive expresses itself, then, taking everything that was inside towards the outside, towards the world, while the negative moves that external information by bending and contracting it towards the inside.

I AM: This constant pulse of soul energy expanding and contracting, transforming the internal world towards the outside and the external world towards the inside can be known as the process of the Heartbeat of the Being, whose mechanisms are “extroversion” and “introversion.”

ME: Ok, that's where extroverts and introverts come from. Being the first people with a communicative, friendly, funny character, with the will to share what they are with the world, and on the other hand, those who are locked in their internal world, with the will to enjoy their rich imagination, of his loneliness and silence.

SOY: Extroversion and Introversion come from the Latin: “ex-” (outward) and on the other hand “in-” (inward), added to the particle “tra” (between), and the concept “versus” (turn , go back, turn around).

ME: Like "Universe".

SOY: Which means "that everything revolves around a single point.

ME: So an extrovert would be the one who turns or turns the internal to the external, and an introvert would be the one who turns from the external to the internal. Like reversing, which would be turning towards an opposite. Introverts are often taken as negative.

SOY: Indeed it is. As I said before, the negative aspect of energy is turning inward, while the positive is turning outward.

ME: Yeah, but I mean it looks like the bad. There is a very great need to want introverts to go outside, as if that was the right thing to do, as if expressing, making friends, socializing, all of these were the norm, and the other was wrong. Many think that being an introvert is due to some kind of fear or trauma, and that going outside shows that the person is open, cheerful and capable of development. Introverts tend to be colder and tactless with others, while extroverts have more communication and understanding skills. Maybe all of this makes it look bad.

I AM: A society is made up of different groups. Groups are made up of families and friends. The family is a genetic group of biological belonging. Friends are a contextual group of resonant belonging. The individuals that make up the groups each have specific abilities and needs. Your abilities are useful to the needs of others, and your own needs are met by the abilities of others. This base of negatives and positives, of having and lacking, constitute the basic reasons for social symbiosis. Just as there is symbiosis among unicellular organisms, or in nature symbiosis occurs between different animals or plants, among humans this symbiosis is the basis of all society. A symbiosis is the ability to exchange qualities with other living organisms,

ME: So societies are like a huge forest where many creatures exchange physical and energetic favors.

SOY: Exactly. The basis of a society is the constant symbiotic interaction between its individuals. The more the individual expands, the greater the ability to survive, as it means that they will have more tools to meet their needs and will generate more skills through experience to help others. This symbiosis becomes part of the culture, and it is, in fact, the reason why cultures exist. The more cultures, the more possibilities to awaken potentials, more skills, more exchange. What role, then, does an introvert have in this mechanism?

Me neither...? That is, of course, in social symbiosis, constant interaction is needed, the opposite of introspection.

SOY: That is why society interprets the introspective as a problem. What does not interconnect is seen as a hole in the system. Someone who does not exchange, is interpreted as a failure in the system.

Me but...

I AM:... but, many of the great changes of Humanity were made by introverts.

ME: What would that be like?

I AM: Artists, musicians, bohemians, philosophers, scientists, thinkers, spirituals, writers, most of them share one quality: introspection. "Specere" means "to look or observe", that is, the action of looking within, of self-contemplation. Turning the outside world inwards, the introversion of these individuals lead to much deeper analyzes that contemplate much larger processes than the extroverts. Extroverts solve momentary, instantaneous conflicts and needs, those of the present, because by constantly moving from one individual to another, they do

not have time to think about great things, but to resolve what they see and touch in the world, which is constantly changing. The introspective observes, contemplates the origin of things, analyzes the movements of extroverts, sees the mechanisms, they know how to look at the world, and that is why they understand their past and their future. Come further, due to the ability to look inside. Do you know what they say ...? "The answer was in front of me all the time." Sometimes the answer to the great things in the world is found in the little things inside. Therefore, those who silently analyze and take the time to be with themselves are the ones who can see much further.

ME: But there are a lot of introverts who have a hard time ...

SOY: Because society has told them that what they are doing is wrong. They try to fit in, and they feel judged. Thus they lose their ability to focus inside, wasting energy looking at what is happening outside. When you meditate, you close your eyes ... why?

ME: Because that way I can focus on myself.

SOY: When you imagine you close your eyes. Why?

ME: To see the world inside me.

SOY: Because everything you see in the world is a perception of what is inside you. You see the world with the eyes of your soul, so when you close your eyes you stop seeing perception and you contemplate who perceives. Introverts introspection are the fall and winter seasons, while extroversion is spring and summer.

ME: What about those who don't have a change of seasons like the equator or the poles?

SOY: Everyone has seasonal changes. They are called the dry season and the wet season. In the wet season, as well as in winter and autumn, individuals retreat for a time inland, especially in the upper or lower tropics. North America, Europe, North Half of Asia, South of South America, South of Africa and Oceania. Changes are experienced very well there. Now do an analysis. What are the most ordered countries in the world?

ME: Emmm, I would say the Scandinavian countries, Canada ... Australia, New Zealand ...

I AM: Cold countries. And the most chaotic countries?

ME: They tend to be in the center of Africa, South Asia, the Center of the Americas ...

I AM: Warm countries ...

ME: The weather, does it have to do with our way of being socially?

SOY: Everything is connected. Cold countries with long winters tend to have more time to plan. Between 3 to 6 months, these countries cannot do much, their nights are long, and they must remain locked up. Before audiovisual entertainment, these countries spent whole days listening to stories, reading books, writing, meditating. While in the hot areas of the planet, everything takes longer, music, rhythms, conversation, living in the streets, enjoying, sharing with neighbors, it is much easier. This makes hot countries more outgoing and friendly, collaborative in community. While the cold are planners, lonely, marking distance. This makes the cold countries have become world conquerors, colonizers, due to patience and strategy, while the hot countries were easier to defeat. However, hot countries are seen as kinder and friendlier, but also disorganized. Cold countries have made much more progress because of their ability to plan, for better or for worse. And the warm people have known how to spread their art and warmth to the world, also for better or for worse.

ME: You both have something to give.

SOY: In a balanced and fair society, the cold have a lot to give to the warm and vice versa. Extroverts have a role: to expand, share, connect, while introverts have a role: to plan, understand, build. Introverts need more time to generate something, but what they will generate will be final, while warm ones will solve problems in the short term. This is teamwork, they are not opposites.

ME: Society struggles in these two opposites. Extroverts laugh or judge or want to get introverts out of their cave, while introverts shy away from expansive and communicative space invaders. Like when everyone wants an autistic or asperger to become "normal", when they have a beautiful quality of finding the richness of the inner world. Instead of wanting to get them out of there, you have to allow them to express their rich inner world, and share it with them. The same happens at the social level, in which the warm peoples call themselves the colonized and the cold ones the colonizers. They blame each other. And a lot of energy is wasted trying to see who is right, when in reality, the history of colonialism is over, it is time for globalization, now we all have something to contribute,

I AM: Both polarities are the mechanism of the pulse, of the beat of the creation of energy and the construction of realities. Every individual must be able to live both polarities in his life and respect those moments and spaces. Only in this way will we understand that the vibration that connects and creates all things, arises from the concave and convex movements of the waves. Positive and Negative.

ME: So I must respect my times of introspection as moments of assimilation and planning of the past and future, as well as taking advantage of moments of extropection to connect to the world in the present, here and now.

I AM: Two currents, cold and warm, are those that move the waves of the vast ocean of souls. But both are the sea. Become the sea, flow in the heartbeat of creation. That is the greatest legacy of the Universe.

75. Egoism and Egocentrism

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



ME: The solar plexus is defined by emotions, but above all by emotional ties, the interconnections that a being has in relation to others. We have spoken at the time that the links we have with the external world build what we call personality and that they constitute what we know as the Ego inside, the I, what makes or differentiates

one individual from another. We described at the time what are the aspects of the Ego, but I wonder now ... If the emotional ties are those that generate the personality that nourishes the Ego, then, is the Ego a construction of the soul?

I AM: The Universe is Vibration, and the waves of this vibration have given rise to energy. Therefore, from the point of view of what has already been created, we could say that the Universe is Energy. Everything is interconnected by energy links because everything is energy. We call these interconnections positive and negative energy magnetic bonds, but they are both energy after all. In other words, there are no energy links, but the same energy interacting with its aspects. Do you understand the difference?

I think so. As we have described at the time in relation to the sea, the different types of energy are currents of warm or cold water that interact creating eddies, waves, but despite dividing it conceptually, they are still the same sea, the same waters.

SOY: Exactly. It is the same water manifesting different aspects of itself, which interact to generate movement. Thus, what you call energetic links between different people, are not separate ties that unite with separate individuals, but are currents that interact with the same organism that has expressed itself in different parts. Like your own body, having different organs that interact with each other. The key that each organ, muscle, nerve, everything that is in you works harmoniously, is not in teamwork, but in the notion that they are all one: you. Each cell that has divided in your body does not interpret the other as a different one, but as an extension of itself. This allows them to interact without difficulty with each other. Therefore, it is not necessary for the heart to agree on the glass to purge the blood, or for the brain to meet with the intestine to tell it what it needs. The interconnectivity of all makes everyone know what is necessary for the whole, since they function as a unit. The concept of links between people is the same. Each person is a cell in a unique body called Humanity, and they interact with each other by nature, they are called to exchange data to expand, either biologically, emotionally or intellectually. However, with the perception that the aspects of a being are rather the things that separate beings, humanity has created the concept of "emotional ties" to understand the organic interaction of groups. Thus, each human cell develops a specific tool to carry out this interaction, in the same way that the proteins and enzymes of a cell are specified in specific tasks. We call that Personality. And the set of all these attributes of a cell is known as the Ego.

ME: We speak that the Ego is not something bad, but precisely that construction of attributes that allow an individual to interact with other beings around him, as a kind of armor that separates us from others, consolidating what we are in a concrete time and space. Thus the Ego is understood as a relationship and self-reference mechanism. However, ego concepts can be taken negatively. If the ego, then, is an energetic construction of the soul, what can the soul do to have a balanced ego?

I AM: Finding the usefulness of your Selfishness and Self-centeredness.

ME: The two things that everyone tries to avoid, you say should be balanced rather than eradicated. Not?

I AM: In a Universe that recycles energy, eradicating or discarding are absurd ideas. Ego means "I" in Latin and Greek. "Centrism" comes from "center", that is, it means the ability of the Ego to position itself in the Center of things. While "Ismo" comes from the Greek "movement", that is, the ability of the Self to move from one place to another, to get out of the center to move around. Tell me, if you exist through the consciousness of the I: what would you have left to do if you eradicate both concepts?

ME: ... of course ... I would have nothing left. I would not exist. If I deny Egocentrism I am basically saying that what I have to do is get out of the center, move to another position, and inevitably I would be being Egoistic. But if I deny Egoism, what I am saying is that I should stay still in my center, on my axis, which would inevitably lead me to egocentricity. It is a system with no way out, it has no escape, it is paradoxical.

SOY: What a trap. Not? That is to say that there is nothing you can do in existence that is not to be in the center or move from the center, with which, the only escape is to cease to exist.

ME: Sure ... the emptiness would make it not in the center, or anywhere ...

I AM: For this reason, when a person is in search of the real essence of existence, he must inevitably face the Nothing, the Void, because it is the only "place" from which a neutral perspective of existence can be taken itself.

ME: "Stop existing in order to be." It is quite paradoxical ...

I AM: It is quantum. Do you know what "Quantum" means?

ME: Quantum mechanics? No, I do not know.

SOY: It means: "how much?"

ME: Is it... a question?

I AM: Physics has no idea what is the minimum amount of energy generated by the smallest radiation in existence, it is not known, it cannot be measured logically, so they asked themselves the question: "how much?", Which in Latin it is said: "quantum?"

ME: So quantum physics, the basis of our current scientific revolution and the foundation of our intelligent technologies, the foundation of the future, are based on the doubt and uncertainty of physics itself?

SOY: Exactly. The Universe is a paradox in itself. Therefore, you cannot be decisive when it comes to conceptualizing something as bad or good, in everything and nothing. So let's go back to these two negative human concepts from which you paradoxically want to escape and cannot do so. And we are going to understand it from the first cell that divided in your body through the process of meiosis. Meiosis comes from the Greek words "meion" (less) and "-sis" (action), that is to say: divide, subtract, split in the middle. It is used to refer to the division of a diploid cell (which has two chromosomes: mom and dad), into other haploid cells (which have only one chromosome each). This is the origin of an individual and unique living being. The first cell is a whole in itself, it is a center, unique. For this reason, this cell is called Ego-centric. As cell division occurs, the central potential moves multiplying, generating the expansive movement that we will call Egoist cells. Your life arose from self-centeredness and was made possible by selfishness.

ME: It's like ... crazy, to think that every living being was born from self-reference ...

SOY: And you can corroborate it based on something very natural: the only thing that the organism seeks is to survive, to try to stay together and safe for as long as possible. Your whole body works in a selfish and self-centered way. Biologically, your body defends you from the external, and generates all the needs in function of satiating the Self: eating, sleeping, pleasure, fun, the 4 pillars of survival. What basically requires a child and who is in charge of the oldest brain in the center of our head, which you call "reptilian".

ME: We all have a reptilian inside that reminds us of basic needs and that makes us self-centered in the search to satisfy personal needs, and selfish in the intention of seeking to expand to obtain greater resources for oneself over others.

SOY: That is biological nature. Then, the culture, the soul, the emotion, the notion that survival is ensured in working together, in a family, in a group, in a society, sharing values, bonds, in exchange. Thus, emotional ties

are another way in which the being survives with greater security, in which he realizes that what he used to do out of fear of dying, now he is doing it out of love for life: he eats sharing with others, he sleeps with others. loved ones, finds pleasure in making love, and has fun with loved ones. It is here when Egocentrism and Egoism come to take a negative connotation, since it is said: "thinking about yourself will not help you get very far, you must think about others".

ME: "Love your neighbor as yourself."

SOY: This is how religious traditions are founded that unify peoples as a single force.

ME: But is that wrong?

I AM: Oh no, that's perfect, if it weren't for the fact that in that journey they destroyed the idea of the Ego until it shattered, pieces, destroying the integrity and attributes of each individual that makes up the community. A body has achieved its great capacity to live thanks to the internal capacities of each cell to awaken its own potential. It is there that the next step begins: the mental or spiritual process of being. Here the Mind realizes that the soul has been dedicating its life to interconnectivity with others to survive, losing its center and its own vital force. Thus, the way back to the center begins, the search for the axis of being, meditation, self-reference, this time with greater awareness, not from the basic reptilian needs, nor from the need to belong to the endocrine system, but from the capacity of gray matter to see neutrality, to rationalize the individual within the group. And to decorate it philosophically, it stops calling it "Egocentrism" and says "Essence", it stops calling it "Egoism" to be known as "Empowerment of the Being".

ME: But they are the same ...

SOY: Of course they are the same, only in a higher octave of consciousness. Or rather two higher octaves (passing the biological and the emotional). There he meets the spirit, and recognizes Egoism as the pronoun: "I", and Egocentrism as the verb: "I am".

ME: The two of us... I am. So, both concepts between which we usually debate in life, are are impediments but rather stages in the development of being.

SOY: Exactly. You cannot fight your past or your present, you can only take them as bases, tools and sustenance for your future. The question would be: what future do you hope to build? Will you continue to rely on the needs of the body, or the bonds of the soul? Or will you go further and use those needs and links as tools for awareness of your spirit?

ME: We are here for Consciousness, right?

I AM: Then return to the Center, and when you have relocated in it, in the essence of your I, expand it to the world in your spiral movement. Thus, from consciousness, you will free yourself from the heavy preconceptions of your Ego, to convert them into the qualities of your Being.

I: I am Center, I am Movement.

76. Female and male

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



ME: If there is a sensitive issue in human society today, it is the duality between the feminine and the masculine, between the woman and the man. Some say that Man and Woman are concepts that define a person's sex, but not gender. And that Feminine and Masculine can be anyone, we all have feminine and masculine aspects more linked to personality than to sex itself. It is a very complex issue, but a very enriching duality that is increasingly complex to describe and define.

SOY: It is for the simple fact that they give too much importance to cataloging things. From the universal point of view, the cosmos does not pose so many things, the cosmos simply is. Everything is easier and simpler. Sometimes people confuse that the fact that the Universe is Mind makes it perceive the Cosmos in a rigid and mental way, however, your emotions seem to be more rigid than the cosmic mind ...

ME: Yes, today coming back from the pyramid, this came to my head, that I have noticed certain people saying that our conversations sound very mental, very analytical and lacking in love and emotion of the soul. Why do you think that is?

I AM: The soul is energy, it is movement, and it can only be mobilized through experience. The spirit is vibration, it is the mind that gives logic to this movement. The question would not be "why are our dialogues so analytical?", The question would be "from where do you look for an answer?" For example, Mathematics, for you are mental and analytical?

ME: I would say yes ...

SOY: Well no. That is what you have been led to believe. It is not the same to go to a math class where they teach you problems, than to have a problem and seek to solve it yourself by asking for help. In the first case, the mathematics will be mental and analytical. In the second case, mathematics will be emotional and heartfelt. Why?

ME: Because in the first case I am not interested and in the second I am. There is a purpose that leads me to experience it.

SOY: There is the key. Everything that we do not experience or do not feel related to our experience seems mental to us, and everything that is correlated to the understanding of our experience is emotional. Basically because emotion is movement, and if I am in movement, I will feel it, if I am not in movement, I will think of it. It is simple. For this reason, judging the analytical or sentimentality of information is totally subjective to what you are experiencing at that moment.

ME: Understood.

SOY: Like the feminine and masculine issue. Before it was not subjective, it was objective, and therefore there was no discussion about it. Today the biological has become ideological, and the concrete has become conceptual. In the same way that the invisible became faith, faith became magic, magic became metaphysical, metaphysics became physics, and now physics became quantum physics, what was once considered human has become male and female, hence male and female, which became male and female, which now, like quantum, has become totally relative.

ME: So our society is experiencing culturally what is also happening at a technological level: before physics was the basis of everything, now quantum is the basis, before the objective was the basis of life, today it is the subjective, before it was the concrete is now the conceptual.

SOY: And the question is... which one is real?

ME: Hard to say, considering that the Universe is not real either, but a mere projection of unity.

SOY: Well, taking into account this simple fact of perception, and clarifying that the universe is a fractalization of unity, we can then begin to analyze these delicate concepts that are not really separate, but are two sides of the same coin.

ME: And where would you start?

SOY: As we have always done ... let's start with the origin of words, demystifying many of the preconceptions we have about them, and from there we will go on to understand the history of why they have been formed as such, from the biological to the cultural and later to the conceptual.

ME: Well, let's get to it. What is feminine and what is masculine?

SOY: Feminine comes from the Latin "femina", which means "female", that is, to refer to the organic, sexual and biological quality of a pregnant individual. The same for Masculino, which comes from "mascul", which means "male", an organic and sexual attribute of the biology of a fertilizing individual.

ME: Wait a minute ... I always considered that feminine and masculine were more subtle attributes, of the soul ...

SOY: Oh no. It is a common mistake, because throughout linguistic evolution many concepts have been changing due to the use and disuse of the language. Today you can interpret that a man has feminine aspects when he is delicate, but saying that a man is feminine is like literally saying that he has female organs, vagina, uterus ...

ME: The exact opposite of my belief.

SOY: Well, I'm here to try to free you from them, don't you think?

ME: Yes... So... what is woman and man?

SOY: Another interesting aspect that will make you change your mind about both words. Let's start with man. Man is a deformation of the neutral concept "human", which in Latin they call "hominus". The origin comes from "Humus", which means "earth". It is interpreted, then, that men were born from the earth, unlike the gods in the heavens, the human is the terrestrial, and from there that in all mythologies they narrate legends of men of clay, of clay, born of the same earth or being created by the gods, artists who molded figurines out of clay, out of wet earth. In turn, "human" has another Indo-European root within it: "man", which means "the thinker".

That being that was born from the earth and is thinking, differentiating itself from the rest of the animals. In English the word man (man), remember this same, a thinking being, born of clay that was molded by the "hands" of the gods (hands in Spanish have the same origin: the maker). Thus, the word Man is a deformation of "homine", a more general concept and not specific to the male, but incorporated the female as well.

ME: Is this the reason why it became naturalized to say: "men" when speaking of humanity? It was not that the woman was denied, but its ancient meaning was used out of habit.

SOY: That's right. However, the times and the use of language change, and this should also change, returning to the concept of "human" would be more neutral since today yes that man refers to the male.

ME: And woman, where does it come from?

SOY: You will be surprised. But first we must review another hidden etymology of the word "man". The sound "-br-" in the word hombre for Spanish, is what specifically differentiates that it is spoken of "macho", since the sound "br" comes from the Indo-European "vry", "byr" or "vir", which means "strong." Hence the word "Virile", "virility", and the name "male", to define a boy. So how would you define a woman thinking like the ancients?

ME: Usually with its antonym: "weak."

I AM: Close. Woman comes from "molleris", which means "soft". Soften, wet, mollusk, fluffy, all concepts related to Women.

ME: Wow ... etymologically, using the word woman to talk about the defense and empowerment of women is almost an insult ...

SOY: You could say. The English word "woman" also originates from "man", of man, but in this case referring to "wyf-man", an ancient concept to speak of women as belonging, "wife" (wife). It depends on what language it was taken to refer to every woman regardless of whether she was married or not.

ME: That is to say that all the words referring to women are male chauvinists, even the very word "woman".

SOY: Yes. And no.

ME: In what way?

SOY: As we have said, let's go to history. With the eyes of the 21st century, you cannot judge 300,000 years of human history. You can only build the future by acknowledging the mistakes of the past, but nothing more. Discovering these injustices does not give you the strength to change the past, but to raise awareness about the future. So let's start with our story. At the origin of human history, in the first tribes that today we call families, the context in which they had to survive was very complicated. Harsh weather, many predators, many dangers. There were very clear goals set: to eat, sleep and reproduce. Thus, the first humans organized the tasks. Think of it as a BBC nature documentary. The male had to ensure two things: his descent and the creation of more hunters to help. The female knew that the gestation process would take 9 months (they did not really know that, but they counted at least 6 or 5 months since they noticed the pregnancy), during that time they were easy and "weak" prey for predators. For this reason they had to stay in the caves, administering the food that the male brought, who was "strong". The society was organized, then, taking care of the women from the predators, in which the males brought the food to the house, while the woman had to make sure to make the family bigger to have more possibilities of hunting, gathering and survival. Life like this is very easy. Basically this system works in cultures that live day to day in relation to survival. In the periods of history of cultural boom, stability, Men and women have the possibility of both staying at home, reading, learning, studying, and developing

without having to subsist. This creates equality between men and women, since they finally have the possibility to develop their intellect. Civilizations such as the Mesopotamians, the Nile Valley, the Hellenic and the Italic, as well as other small cultures scattered around the world in America and Asia, reach this equal opportunity in the face of the growth of wealth, allowing women to occupy the roles of men and women. men fill women's roles. That is, men with softer and weaker tasks, and women with tasks of strength and power. When civilizations fall and fail, the systematic organization of survival returns in which the woman goes back to the house and upbringing, while the man works. In the last 300, 000 years, the periods of stability in civilizations do not add up to more than 2000 years scattered throughout history. In other words, approximately 298,000 years have been "weak" and "strong." As in your life itself, taking a one-week course on "pattern release" will not eliminate the habit of all the years of repetition from the day you were born.

ME: It takes a long time ...

SOY: Because cultures and their philosophies do not change because of an idea, but because of an aptitude. The context and linguistics are not changed by a momentary ideology, but by a balanced context that naturalizes the balance between the parts.

ME: You mean this forced intention that feminine and masculine mix, to change words, concepts, ideas in others about gender, sexuality, the role of women and men ...

SOY: History is neither male chauvinist nor female, men are not against women, nor have women been against men. What has been is a natural organization based on a context. The focus that is being placed today on the gender struggle is the wrong one. It is the same focus that a teacher or schoolmaster have on their students: "You must learn this yes or yes because it will be useful for life!" And the student will wonder: "I still don't know what problem you are talking about." Because you cannot teach how to solve something before the problem arises, because humans learn by experience, by assimilation and adaptation to the context.

ME: What would be the focus to balance the feminine and masculine?

I AM: A Human society. Simple. A society that seeks to meet the basic needs of education, nutrition and emotional stability. The rest comes only through the freedom of being. A being who is well nourished from childhood, who has affection and who receives a good education (not teaching), is able to solve any issue in the future. The focus is to humanize ourselves, not to "devote ourselves to more genres". The more focus you put on accepting more genders: transsexuals, asexuals, bisexuals, homosexuals, heterosexuals, men who feel like women, women who feel like men, more and more, you will find yourself further and further away from humanity.

ME: But why? I mean, isn't accepting diversity to be more humanistic?

SOY: Yes, it is. But where do you do it from?

ME: In what way?

I AM: The human is diverse, the human is by nature all things. There is only one biological truth: there is the male and the female, with their genitalia, their biologically defined sexes. From here, recognizing this, you can do whatever you want. Because you are free, you can become a woman or a man, you can be feminine or masculine, you can be weak or strong, you can be of whatever sexuality you want. Freedom does not imply struggle, but acceptance. And many, instead of finding humanity in acceptance, all they do is continue dividing women and men into more things, into more categorizations, more conflicts.

ME: That is to say that diversity is not precisely in differentiating and specifying each type of person, but in simply understanding them as another human, free to be and express themselves as they wish.

I AM: The human is a vulnerable and empowered being by nature, he is weak and strong as a Being in himself, because each individual has a tender and a rigid part, therefore, each individual is a woman and a man at the same time. Nature has only separated the feminine from the masculine with the sole objective of having greater possibilities of procreation and expansion of the species, but both have the same potential, and what you make of it will not depend on your sexuality, but on your humanity.

ME: So, balancing the feminine and the masculine doesn't have to do with making the man a little weaker and the woman stronger, but both more human.

I AM: Well, they were both born from Earth, both are Earth, and that is the middle ground that they both share. Many define the masculine as the aspect of purpose, direction, and the feminine as a process of containment, of generation, and yes, they are organic and biological attributes of male and female, although they are not unique and determinant of them. The capacity to generate and contain exists in man as direction and determination also exists in woman. Well, they are both human. The next time you see a human, do not classify them according to their gender, as it is the same as evaluating the intellectual capacity of an individual based on the size of their genitals.

ME: The only thing capable of balancing the feminine and masculine in me, the man and the woman that coexist inside me, is to remember that they are both human.

I AM: There is the only truth, there lies the power of creation.

77. Attraction and Manifestation

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



YO: Today I read in a comment that said that the information I share in these conversations is functional to the system that enslaves us. What do you think?

SOY: Why should I have an opinion?

YO: Because I consider it important to clarify many of the concepts or ways in which we communicate since sometimes it can lead to think that one is defending the system so that it remains as it is.

SOY: I can't comment on things, that's your task.

I because?

SOY: The Soy is, it cannot be positioned in any vision. The Self is the only one who can do such a thing.

ME: So from the I Am there cannot be a position regarding anything specific?

I AM: The I am is the center, it is the only possible position, it is the descriptive one, the one that looks at all the points. The I is the one that travels through the different positions, the one that can take sides in something. I can only help you understand it from a neutral point of view and try to be as objective as possible.

ME: The further we advance, I think there will be increasingly politicized issues, on which I will take a specific position.

SOY: And I will be here to remind you that it is just one more.

ME: And if so, then, for example, when people ask me to position myself in front of something, what should I do?

SOY: First you must think if that position is your position. Humans polarize everything, perhaps by having two eyes, two ears, two hands. Not everything is two positions.

ME: Sometimes it seems that if you're not on one side it's because you're on the other. When I talk about systems and their need, they believe that I am in favor of current systems, if I speak like yesterday, of the feminine and masculine, the idea can immediately emerge that if I do not position myself as a feminist, then I am a macho. It is exhausting to be politically correct.

I AM: You are a pendulum, focused on opposites, you are not seeing the mandala that you have created. ´

ME: Being politically correct, is it correct?

SOY: If you want to get out of the center, yes. Being politically correct is a very obvious quality of Libra energy: trying not to take offense means stopping being a bit yourself to thinking like others and being accepted. Politics is the art of communicating what the city asks for: from the Greek "polis", city, and "ikós" which means "related to". Politics, then, is the art of philosophical discourse that most of a people like. What groups together, what generates ideologies that fight each other in parliament or on the street. Political speeches are the embodiment of a collective will. However, that a collectivity manifests a will does not mean that it arises from the essence, from the axis. It is often said that the people are right. Now, imagine that you are a father. Your son people, with 6 years he throws a tantrum because he wants sweets, only sweets, no healthy food. You, daddy state, you say no. So, son pueblo makes an assembly in which it gathers other children between 5 and 8 years old to ask for sweets democratically. Then bipartisanship appears: mother government and father state. Sometimes one or sometimes the other, they will give in, giving the children candy. Dad State and Mom Government begin to win the love of their children the more sweets they manage to give them. Thus, democracy ends up becoming a paternalistic system, in which the people are the child who complains and asks for sweets and the parents forbid or give according to the day. The children of the peoples will love one or the other more depending on the prize received. Whoever gives the people the greatest incentive will receive the most love. Then the village children realize they need nothing but complain,

ME: Horrible.

I AM: It's called the Social System. You have created it, for lack of love.

YO: Emmm, so what you're saying is that the system we have today, of struggle, of rewards, of strikes, of voting, all of that is the same as a conflict between mom, dad and children.

SOY: Objectivity hurts. The people are based on the Law of Attraction, denying the Law of Manifestation.

ME: What would that be like?

I AM: Both laws have two faces, one conscious (directed by mental logic) and the other unconscious (directed by emotional illogic). Both are useful, since while the second mobilizes, the first orders what is moved. One without the other does not work, they are a whole, however, you cannot use them separately or it will bring problems. Let's start with the Law of Attraction. Humans usually apply this universal law from the Unconscious, that is, by an emotional impulse that is summarized in the word: "I want ...", arising from a concept of "need". The lack of something, the shortage, the conflict, the rupture, the crisis, all these concepts generate a need to complete the empty space, sometimes from a real need and others from an invented and imaginary need. It is understood, then, that Attraction is the ability to intentionally desire something, making its appearance possible. "I want a car!", And if you ask forcefully, the Universe will conspire for you to have a car. From the Unconscious, to think that this is so leads to indebtedness, to the emptying of energy, because instead of generating, I attract. It's like asking for a loan from the bank that you must pay back by paying interest: I asked for 100 to buy a shirt. Happy I put on the shirt because I consider it mine, but in the long run I will have to return 110 to the bank, and if I am late in payment, it will go up: 111, 112... and so on. In this way, as a Bank, it is how the pulse of the Universe works: with interest, the very word says it. Everything in the Universe demands that we put energy, that we exchange. Therefore, whoever applies the law of attraction from unconsciousness,

ME: How would this look in society?

SOY: The village child asks his parents for sweets. His parents say: sure, but for every sweet you should eat a broccoli. The more sweets you ask for, the more broccoli you should eat. The more chocolate you look to get the flavor out of broccoli, the more of it you will find on your plate. This is what social struggles do in a paternalistic system. Both the mother and the father decide on the child, as the child is irresponsible, and then the parents (also irresponsible), use their ancient methods of reward and punishment, in archaic actions. The child blames the parents for making them live this, and the parents do what they think is best for their children even if they are doing everything wrong. When a social struggle arises, the conflict is usually projected onto the parents, just as everyone does in their lives: "the problem is mom, this comes from my dad", and thus the ideas of traumas are created, of seeking to heal the bonds with the parents, since they have projected all the evils in them. The same with the State and the Government.

ME: So... what's the way out?

I AM: The Law of Attraction applied from Consciousness. The attraction works by magnetism, attracting, as the word says, is the ability to pull, that is, to be pulled by the outside of something. Attraction would therefore be to be pushed towards me. To obtain this expected result, I must first become what is expected ... that is, by Resonance law. The Real Attraction does not work without the Law of Resonance. How would it be? Well, the flower must generate attractive colors to attract bees and thus be able to pollinate itself. The flower does not want and wait, it acts, it enters the resonance capable of shining in such a way that it can be seen by the bee. Socially this means becoming what is expected without pretending that it is Mom and Dad who gives it. The conflict of the Law of Attraction is that we project in life the same thing that we obtained in the first years of living it. Papa and Mama will become the government, the bosses, in everything that gives us reward and punishment. So, when they tell you that you are functional to the system, they are not seeing a fundamental part, that no matter what you do in your life you will always be functional to a system that will expire in another generation.

ME: Constant transformation ...

SOY: That's right. The great human error is living in a Disney movie where there is the utopia of the happy ending: "And they were happily ever after ..." The system you are fighting today is made up of the people who fought against the previous one, and that other system it had the people who had fought the predecessor, and so on. Therefore, one day others will arrive in the future who will fight against you, and you will say: why? If what I have done was for everyone!?, And perhaps you recognize at that moment that the key to evolution is flexibility and transmutation, the ability to adapt. That is why you cannot be politically correct if what you are looking for is YOSOY, because policies change according to the context. When you understand this, you can launch yourself to collaborate in the transformations, but not fighting against the obsolete, but building the future. Fighting a ruined building doesn't make you a savior, it makes you useless. You must observe the ruin of said building and understand that it was once useful, that it was once the home of people who had no other way of living. So, seeing it like this, you take the remains and start building.

ME: But those who still live in the building are fighting to defend what is left of it... What do you do with those people? Those are the people that many fight against. The old men who continue to defend the ruins.

SOY: Would you go to an asylum to throw stones at old curmudgeons?

ME: I guess not ... But they have power over the majority ...

SOY: Oh no. Never believe that. Power is not real, it is a concept, and you can build it. That is called the Law of Manifestation.

ME: What would it be?

SOY: Manifest, as we have already said, comes from the Latin words "manus" (hands) and "festare" (to celebrate). That is to say, a party of hands. While the attraction considers that the power is outside, in the other, and I must recover it, bring it to me, the manifestation on the other hand expresses its ability to create power from its center, without the need to seek it outside.

ME: This is the duality you told me today at the pyramid: attraction versus manifestation.

I AM: The attraction is a horizontal movement of energy, of exchange of giving and receiving. The manifestation is a vertical movement of energy, in which the idea and matter come together to create something from scratch without the need to look outside, but in the inner capacity, in the axis of each one. They are seen as opposites, but in reality both form a cross that unites in the heart, that strikes the balance of all things. Humans are more used to Attraction due to giving and receiving from Mom and Dad, religion and state, culture and family. They are conditioned on the notion that there is a penalty and a reward for all things, a gain and a loss, a good and a debt. It is normal, because for thousands of years it has been like that. But from the I Am, the manifestation arises, typical of magicians, alchemists, sages and messiahs,

ME: So the cross "Attraction - Manifestation" speaks to us of the way we are creators of realities. The attraction is almost a cycle of constant profit and loss, exchange with the environment, an economic and capitalist vision, while the manifestation is the ability to generate for oneself everything I need.

I AM: Both are useful, because in order to manifest I need energy to circulate, so the attraction is functional to the manifestation system, but the manifestation system is based on responsibility, when the attraction system is based on dependence. Claiming parents (state and government) for your needs or for recognition is the oldest and simplest psychology to analyze. To get out of their system you must start to manifest and stop claiming. You will be putting the focus on the old. To perform a miracle is to express the impossible by showing others that it is possible. That is called Emancipation.

YO: So what would the role of the state be in a protesting system?

I AM: Maintain the unity and interconnection of the parties.

ME: Taking the paternalistic idea out of it ...

SOY: But a 6-year-old cannot be emancipated. That is why he still needs parents. The question is whether that child will be able to build his own state freely and unconditionally when he grows up. Or maybe he imitates his parents ... right?

ME: How do you do not imitate them?

SOY: Learning to be yourself. I am. Awakening the inner power of the being that makes you a manifestator. Stop using the law of attraction to fight between giving and receiving, between what I have and what I lack, and start manifesting it by yourself and in a network with others. There comes a time in the life of every person when they realize the limitations of their parents, and must transcend them, and doing this does not mean killing the parents, but understanding that they gave what they could of themselves.

ME: It's another topic that gives a lot of conversation ...

SOY: And I'll be here to talk. But before understanding many of these things, you must remember that if you hope to build a new life, a new system, you cannot do it from the mechanisms and methodologies that you just reject. You should not fight, or destroy or blame, you should build, honor, and transcend. Weaving networks has expanded more living things in nature than limiting them.

ME: So, the attraction and the manifestation cannot go separately, we cannot base a civilization based on paternalistic giving and receiving, but rather deliver the ability for each individual to be able to manifest their own reality. And this is achieved by using the Law of Attraction from Consciousness: resounding, turning myself into that which I seek and expect from the world, manifesting it in every part of my being.

SOY: Hard task, but it is the only way to get out of the typical phrases: "Mom, Dad! What are we going to eat?" ... "I can't find my backpack! ... "I can leave?" ... "I want to buy a game!" ... When you understand the bases of any system from neutrality, then you can start to build a new one. Don't give a speech without first knowing how to read or write ...

ME: I understand, manifesting a new reality implies first understanding reality.

I AM: So think about what you attract into your life, and use this energy to manifest your new life.

78. Mom and Dad

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



ME: I reread yesterday's text, because I realized that I did not know what I had written, and I realized that when we talk about society, the universe, spirituality, politics, we always return to the base of the mother and the father. I have heard throughout my life from many people who study in consciousness, spirituality, the development of the individual, in many areas, who describe that the origin of all conflict of a person comes from their parents. I was very shocked by that idea for a long time, because it is like blaming others for all your ills. I have heard that having a child is almost an act of selfishness, because they do not think about whether the being wanted to be born or not, but, I remember having chosen to be born and having chosen my parents, that is, is it really a selfish act ? Why do we usually put the blame on our parents for everything we are?

SOY: Because we are for parents. The origin of a person is biological. The union of a sperm and an ovum generate a discharge of energy that forms a chakra, an energy wheel through which resonant energies descend, which over 9 months will conform an individual. The energy that reaches this individual, what you call Soul, comes from different energy paths, both from the parents, along the genealogical tree, and from the environment, which filters that energy. The spirit manifests itself in each pulse, in each cell division, since it is the vibration that allows said meiosis and mitosis. This is how a being is composed, the vibration exchanging energy that is unified in a material vortex that multiplies in the form of fractals until you create yourself. Because the vibration is very easy to interfere, Everything that happens in your environment, everything that your mother does especially, will condition the energy with which you will be being formed. This is how your parents condition who you are. At birth, their words will condition your vocabulary, limiting your ability to express and understand ideas to a specific language, in a specific culture, tradition and morals, all based on what you eat and how you eat it. Emotions, desires, anger, distortions, joys, frustrations, everything that your parents feel, you will imitate by the simple natural need to be accepted by the group, by the clan. It is something natural in all living beings. Birds learn to fly by watching their parents do the same, without school, simple imitation. Humans are the same beyond their intellect. This is how the way of speaking, of doing, of feeling,

ME: But what about the personality itself?

SOY: It always is. The real essence, that of each individual, is like the pulp of a fruit, while the peel is all that it absorbs from the outside. Sometimes the internal awakens more and overcomes the external of your being, but the truth is that the internal seeks to protect itself with the inherited tools. It is as if your parents gave you a battle armor for life: your mother will give you a shield (with which you will protect yourself), and your father will give you a sword (with which you will defend yourself). In each movement you make in your personal life, the energy will generate a break in patterns in front of you, as when you make your way in the water, in the sea. Your strength pushes the waters, but you feel their strength pushing against you. You call that crisis, conflict, or simply challenge. And to overcome this challenge, you will use your personality armor, with the shield and the sword. Therefore, when you start to want to advance deeper into the sea, you feel that the armor weighs on you. And you ask yourself: "at what point did I put so much weight on myself?" To swim, the shield and the sword

hold you back, sink you, and you wonder who gave them to you, and why do you keep wearing them if now the environment is different. Because in the mountains and rustic and harsh plains of physical life, the armor defends you, the sword frees you from enemies, but on the path of flow, in the sea, in the ocean, all that weight suffocates you. That's when you remember: "Ah, the sword belongs to my father and the shield belongs to my mother, and both gave me this armor that now does not let me advance and drowns me in the sea of consciousness!" "At what point did I put so much weight on myself?" To swim, the shield and the sword hold you back, sink you, and you wonder who gave them to you, and why do you keep wearing them if now the environment is different. Because in the mountains and rustic and harsh plains of physical life, the armor defends you, the sword frees you from enemies, but on the path of flow, in the sea, in the ocean, all that weight suffocates you. That's when you remember: "Ah, the sword belongs to my father and the shield belongs to my mother, and both gave me this armor that now does not let me advance and drowns me in the sea of consciousness!" "At what point did I put so much weight on myself?" To swim, the shield and the sword hold you back, sink you, and you wonder who gave them to you, and why do you keep wearing them if now the environment is different. Because in the mountains and rustic and harsh plains of physical life, the armor defends you, the sword frees you from enemies, but on the path of flow, in the sea, in the ocean, all that weight suffocates you. That's when you remember: "Ah, the sword belongs to my father and the shield belongs to my mother, and both gave me this armor that now does not let me advance and drowns me in the sea of consciousness!" the armor defends you, the sword frees you from enemies, but on the path of flow, in the sea, in the ocean, all that weight suffocates you. That's when you remember: "Ah, the sword belongs to my father and the shield belongs to my mother, and both gave me this armor that now does not let me advance and drowns me in the sea of consciousness!" the armor defends you, the sword frees you from enemies, but on the path of flow, in the sea, in the ocean, all that weight suffocates you. That's when you remember: "Ah, the sword belongs to my father and the shield belongs to my mother, and both gave me this armor that now does not let me advance and drowns me in the sea of consciousness!"

ME: Pretty graphic ...

SOY: And there, in despair you tell yourself that you must free yourself from the weight that your parents have put on you. The karma, the pain, the heavy inheritance received, the beliefs, patterns, dependencies, the struggle, the prejudices, all that comes from mom and dad.

ME: So... what do I do?

I AM: You have two options. The first is to get rid of both by releasing the armor, the sword and the shield so that they fall to the bottom of the ocean. This will allow you to swim, but when you get to the other side you will be unprotected and you will never be able to recover what you lost in the dark bottom of the ocean subconscious.

ME: With which what we call "liberation" we would be treating today more as "liberation".

I AM: Both arise from the same etymological origin: "liber" (who is not tied to anything), but one remembers the quality of becoming free, and the other refers to the quality of making force to release oneself from ties. The first the process is subtle and harmonious, the second is forced and painful.

ME: All I've heard about "breaking free" from parental patterns then is more getting rid of, getting rid of what they have given us to be able to swim with ease and freedom. But, as you said, this will give me problems when I get to the other side, since I will find myself totally unprotected.

SOY: That's right. There is a great truth in the concepts of father and mother: two of their cells have given rise to the millions that make up you today. You are your father and your mother. You cannot get rid of them, because they not only live in you, you are them.

ME: Sure ... it is much deeper, because we see ourselves as separate individuals, but it is like thinking that the apples that take on a tree are not the tree, when in reality they are an extension of it and inside are the seeds that will replicate to the same tree... So if I can't get rid of them to move forward... what do I do?

SOY: That is the second option. Go back to the coast, go backwards.

ME: It's... the opposite of normal thoughts of moving forward, right?

SOY: When you have to jump over a big crack, do you stand on the edge and stretch your leg to see if you get there?

ME: No, I distance myself so I can run and take a clean and jerk to jump hard.

SOY: So you go back. Do you understand the logic? Just as to jump up you lean down, to jump forward you need to seek strength backward. When you are with your parents you do not see the patterns well. When you move away from them you start to see them clearly. And here there are two types of people: those who get angry at their parents for everything they did to them and try to surpass them and get rid of them, or there are those who, seeing everything in perspective, decide to return and honor them, returning the sword, the shield, armor in the form of a hug. This last form not only takes a weight off your body, but also from your soul. For your energy honors itself in your parents.

ME: "You will honor your father and mother" ... which is to honor yourself.

I AM: "Love your neighbor as if you were yourself" ... well you are.

ME: Going back is not always bad, it is the key to going forward with more strength.

SOY: Then recognize your mother and father. There is an incessant struggle between these two concepts. As we said yesterday, this duality generates conflicts, female and male, female and male, positive and negative, night and day, moon and sun, matrix and pattern. They have dualized at the point of seeing them opposites.

ME: When they are inevitably complementary.

I AM: Mom and Dad are not only the most pronounced words in history by a person, as well as the first for most, but also come from roots that are reminiscent of the tissues of the Universe, of the heavenly mother and father. The first mother that we all have is the Divine Matrix, the creative womb that generates all the networks and systems that shape existence. The first father that we all have is the Divine Pattern, also called the "Law", which dictates the paths within the fabric of the Mother, that is, the missions, the destinations, the intentions and purposes. If the mother says "what, why and how", the father says "where, with whom and for what". From the origin of creation itself we are all determined by the concepts of mother and father even if they are not biological. Thus, your entire existence will inevitably be determined by your parents, for they are not individuals, but concepts of the energy that allows your manifestation. Positive and negative.

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

SOY: That's ridiculous. They all have a father and mother. Whether you know them or not, they live in you. And sometimes there are fathers and mothers who weave our body, and other fathers and mothers who weave from the soul, and others from the thought. But both energies will always be present in you from all levels, you can never say: I don't have parents or I didn't know them. Every time you look in the mirror, there they are. When you look at those who raised you, there they are.

ME: What about same-sex marriages, where they have two mothers or two fathers?

SOY: First, marriage exists only in heterosexual couples.

I because?

I AM: The word says it: “matri-monio”, which comes from “matri” (mother) and “monio” (only one). Marriage defines the man who marries only one woman who will be a mother. Simple.

ME: So there is no gay marriage ... right?

I AM: No. There is the Union of People. That simple Biologically everyone has a father and a mother, but as I said, in soul, everyone can be mothers and fathers, because beyond the physical body, a mother is the one who gives nutrition, love, containment, and a father is the one who gives protection, guidance. , teaching. Do you think that these concepts are exclusive to women or men?

ME: No, because both one and the other can do all those things.

SOY: Well, simple, from the soul, everyone can be a mother and father, regardless of sexual gender. You have not had a father. Why?

ME: I remember deciding not to have a father before I was born. I told myself that the moment would come when I grow up, and for that reason I did not decide to meet him until I was 27.

SOY: What is your relationship with your parents?

ME: My mother had me when she was 17 years old. He was only with my father that time. They were never seen again. My father had denied that I was his son. My mother didn't care. The first time I remember my mother's soul was back in the year 600 or so of our era. She was a general in the Arab Army, of course. I remember seeing his strength and presence, and only one thought crossed my mind: "when the time comes, I want him to be my mom." I always saw in my mother the feminine and masculine aspects, she was my father and my mother at the same time. I couldn't have chosen anyone better for this role in my life. For many years I have heard people say to me constantly: you have a lot to heal from the bond with your mother, there is a great dependency, your mother manages your emotional life, you have to separate your life from hers, its character does not allow you to advance. I heard so many things from people who only had things to say about my mother. His character is so strong that he constantly protects me, and many times, when I have had problems with some people, instead of projecting on me in conflict, they made my mother guilty of what happened. She is clearly the shield of my life, but all that people said about my mother and how I should free myself from her was wrong. Well, over time I realized that it was I who had chosen to be protected under his arms. I looked for that Arab General, I asked him to take care of me because I felt weak before the Humanity that I should face in this life. I was the only irresponsible person who was afraid to defend myself. The weight she carried was hers and mine. I should not get rid of my mother, From my bond with her, what I really had to do was release her from my weight. And then I realized what you say to me: "What do people mean by breaking free from the mother's bond?" Well, what I can see is that everyone has the same dilemma in different areas. Does someone really break free from something in their life? Freeing yourself from your parents, especially your mother, is like wanting to stop breathing so as not to die. Yesterday what you explained very well: “Oxygen kills us with each breath oxidizing the blood, destroying the cells. Each breath is a struggle to survive, and yet what life gives us is the same that consumes us ”. The mother is like oxygen. You must not free yourself from the breath, you must learn to breathe. And then I realized what you say to me: "What do people mean by breaking free from the mother's bond?" Well, what I can see is that everyone has the same dilemma in different areas. Does someone really break free from something in their life? Freeing yourself from your parents, especially your mother, is like wanting to stop breathing so as not to die. Yesterday what you explained very well: “Oxygen kills us with

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I am excellent. You've understood. Dependence on ties is not healed by cutting them, but by relaxing them. The further you want to move away, the more tension there will be on the link strings, but the closer you get, the strings will relax. That happens when you realize that your mother's armor is what made you live until today, it is what protected you and gave everything you needed until you learned to defend yourself. That's when you honor everything he knew how to do for you, and that's when you heal him, when you stop needing him, you can finally hug him and love him without dependencies, closer than ever. Unconditionally.

ME: So you have to go back to make the big leap. Today I have the best relationship with my mother in years. I feel balance. Company. How to be one with her.

SOY: And your father?

ME: My father was absent until I knew he had to be in my life again. However, his absence was his greatest gift. Thanks to the fact that he was not present in my life, I was able to look up to heaven and find my true Father: the Universe. Parents teach, mark destinations, patterns, paths, and in their absence, it was the Universe that showed me the paths, which are infinite, and instead of following a limiting pattern in human life, I saw myself as almighty and infinite. My father gave me the Void, a beautiful gift that some I know suffer.

SOY: For many, the absence of the father, the denial of it, is a very great frustration and trauma, as they seek to survive on earth by looking at the horizon instead of looking at the stars. It's normal, it's human. The human seeks to be recognized by the parents to be accepted into the clan. That one or two of them do not recognize you makes you feel naked in the face of predators. Without the sword.

ME: When I met him he told me some phrases that I will never forget: “I can't give a 27-year-old guy love, even if he's my son. I am not interested in where we come from, who we are or where we are going. I go living month by month doing what I can”. They sound like horrible words, but you know what? For me they were liberating. There were no expectations or dependencies, on the part of either of them, it reminded me of the importance of living in the present and stop thinking in the meaning of all things, returning to emptiness and doubt. His horrible claims were a liberating gift to my conscience.

SOY: What have they both given you?

ME: Their surnames say it all, they relate everything they have given me. “De Stefano”, my mother's last name, comes from the Greek “Stefanós”, which means “Crowned” and “Victorious”. And on my father's side: “Bide”,

from Euskera (Basque), which means “Way”. Victorious Road, Road to the Crown. "I am the Wayfarer found in the Crown of the World." "The Road from North to South".

I AM: You are both in you.

ME: Today I have the best of relationships with both of them, we have even spent the holidays together at my house starting this 2020. I started this path towards the I AM with the strength of both knees, with the balance of my two pillars here and now, my two trees bearing fruit.

SOY: This is how you honor your parents, because, as you move away towards the horizon to undertake your own adventure, you find yourself closer and closer to them.

ME: So, I keep using his sword and shield... But from another place.

SOY: Well you've thought outside the box. Not only is it absurd to want to swim across an ocean in armor, it is also absurd to want to swim across it. What is the logical solution?

ME: Get a boat. Hehe

I AM: Thus you will navigate through the sea of consciousness, honoring your parents, using their tools, but knowing that in the waves of the spirit you can put weight aside and enjoy the journey.

ME: I am my mother, I am my father. I am. Thank you dad, Thank you mom ...

79. Mission and Purpose

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



I: The relationship with the mother and the father is, then, the relationship that each being has with the Universe itself, with the Divine Matrix and the Universal Law. I was thinking then about my relationship with both. In my memories, I remember that the first thing I was aware of as a Being is having been a Universal Librarian, one of those beings that moved through the networks of cosmic thought connecting data, writing information and organizing it in the vast universal mind. I mean, my oldest memory in this universe is being you, being Ghan, a weaver of memories in the Matrix.

SOY: Do you remember when you felt me for the first time in this life?

I was 14 years old. I was in my room on the farm behind the train track in my hometown. I remember lying in my bed to go to sleep, since the next day I had classes, and suddenly everything became strange, as if I was floating on the bottom of the sea. There was no up or down, and I felt that every particle within the room was part of me. I felt dizzy from the gigantism, but at the same time I felt a tiny speck of dust in an infinite space. Then an echo resounded throughout the room sounding like that Asian instrument, a gong. And I heard my name, yours, ours. Ghan. I woke up excited and sweating, as if in a minute I had had a fever and it had immediately vanished. There I knew that I was not Matías, that Matías was just my personality today, in this life, and that all he remembered were different aspects of a being, of Ghan. But I didn't hear from you again until I was 16 years old, living in Artesa de Segre, in Spain. Exactly the same thing happened there, but this time, the ceiling began to come apart like a silk blanket that flapped and twisted as your being formed in front of me. A large Eye in the center of a face with what appeared to be a beard that moved like water or a whirlwind around it. A sphere emerged next to him, containing all the geometries of existence, and in the other, a feather. I knew it was you, and the closer you got to me, the more I stopped feeling myself, and began to feel everything. In that instant, your great Eye joined mine, and I had the sensation of entering through a spherical mirror, a black hole, where all light and shadows are distorted, ceasing to exist concrete forms. I felt my atoms unravel and expand. I had a moment of orgasmic fullness, in which all the energy of my body and soul joined with that of my spirit, and I could feel everything. I felt like an artifact, a computer being plugged into the current, connecting to the network, being able to feel the entire internet, ceasing to believe myself unique, alone,

separate, and I realized that the information that reached everyone flowed in my consciousness the computers of the world, which could feel the data even though it did not understand or process it, were there through me. I felt that the information only became visible when I typed the question in the search engine. Every answer was there, he just didn't know what the right question was to find it. "I am the Network," I told myself. I felt the most beautiful and pleasant sensation that I could have ever felt: being an electron in a wire. At that moment you told me:

I AM: "I am Ghan, and you are Me."

ME: I will never forget it... And now, 17 years later, is when it makes complete sense. That day, you didn't explain anything to me, you made me remember everything. You showed me with a smile that I was an extension of something wonderful, of the Web. You showed me my mother, the Mother, the Divine Matrix, its history, its workings. That day I remembered everything that I could later share with all the people about the Universe. That day I remembered my Purpose.

SOY: "Remember ... remember ... remember."

ME: You repeated it three times. Kuen, my childhood guide, also used to tell me three times. I felt that you were saying to my Body: "remember, you have the memory of everything that you have lived in this world"; I felt that you were saying to my Soul: "remember, you have come to reconnect all the parts of yourself that are dispersed throughout time and space"; and let him whisper to my Spirit, to my mind: "Remember that all you have to do is return to the Heart." I believed that my Purpose was another in life, but then I understood that no, my purpose was to Remember, Three Times Reminder.

I AM: Remembering was what connected you to Mother. Network weaver. Librarians, as you called us, are the connectors of the information of the cosmos, the weavers of data, the neurons that transmit information. There are billions of us, and our only purpose is to connect the parts. Therefore, your task with the Planetary Network is a fractal of what you are. And there you find the logic in your mother.

ME: So I understood my relationship with my Mother. My mother is the purpose, both my human mother, my mother Earth, and the Divine Mother. But it is not a very emotional or sentimental relationship, but harder, even colder, because I understood why it is so difficult for me to be emotional, son, with my mother, because she is the fractal of the Great Network for which I do what I do, in which I feel free feeling information flow, without emotional dependence. The form of the librarian, of the one who spends his life ordering other people's books that others have scattered everywhere, is the image of a being who loves in order, who loves in solitude, in the silence of the library corridors. That is my way of connecting with my mother. Now I understand why since I started to remember our link was changed, and we both became colder and more distant even though we were connected all the time. I began to feel it the way I feel the Earth and the Matrix. For me, the Matrix is not a trap, a system, but a mother who offers me all the answers, the protection, the freedom to do what I please and create my own reality. During my human life I felt a certain debt to my mother, perhaps because of the family's machismo, for feeling that I should give her the house that her uncles had taken from her, in the name of the De Stefano men. And now I see that it is the same thing that I have been trying to do with the Earth, to give back the house, the Network that the men of her family have taken from her, disconnecting it and devaluing it. The same thing that they have done with the Cosmos, with the Matrix, despite it as a cage when it is a uterus;

SOY: Here, then, you recognize something. If your Mother is your Purpose, your Father is your Mission. You know why?

ME: I think I understand that if my goal is to reconnect with the Mother, the ties that I must unite to achieve it are the Father. The mission here would consist of finding the ties and knowing how to unite them, to fulfill the purpose that would be the reconnection of the parts.

SOY: Do you understand exactly what a Mission and Purpose is?

I suppose. What I do know is that it is something that drives everyone crazy. Many people always ask me: "How do I know what my mission and purpose are?" Assuming that I know exactly what mine are by being able to remember, as if I had done a process or method to find them ...

SOY: First of all you have to understand what a Mission is and what a Purpose is. Mission comes from the Latin word "Miter", which means "Send". A missive, a missionary, a mass, are all words that refer to being sent somewhere to apply a specific action. Purpose comes from "Pro" (in front) and "Ponere" (to put), that is, from the Latin "to put something in front". It is purposely related to everything that one seeks to reach, the goal and end of things. You can understand, then, that if the Purpose is the victory, the Mission is the way.

ME: Like my surnames... From Stefano (Vistorioso), Bide (Camino)... Have I decided to be so obvious in this life?

SOY: All the parts that make up what you are have taken care that every detail in your life reminds you of what to do, so, no matter where you want to go, you will always see the same code in a simple way if you know how to observe.

I understand...

SOY: Now everyone must understand that everyone has a mission and a purpose in life. But nobody can tell you what it is, because precisely the purpose is something that one has put in front of and seeks to achieve, and the mission involves the conflicts and tools that I have in my life, to face that challenge and reach the end having fulfilled what was expected. Purpose and mission are not things outside of the mundane, the biological, of common life. In fact, they have both designed who we are today, therefore, as in your last names, everything you are, do and feel is constantly shouting to you about your mission and your purpose. Do you know why everyone asks you how to know your purpose?

ME: That's what I wonder ...

SOY: Because they see that you fulfill them effortlessly. And do you know why?

I do not...

SOY: Simple, because you allow yourself to be yourself. You have always done what has come out of your heart, and when you have not, things quickly failed, right?

ME: Yes ... that's right. What you tell me makes sense. If mission and purpose are in my human design, they are intrinsically integrated in my physical, emotional and mental organism, in the subconscious, unconscious and conscious, this means that the only way to see, understand and fulfill my mission and my purpose is being myself. There is nothing outside to show them to me, because the only way to see it is by seeing myself. Until I return to the heart, to the center, I will not understand. And for that you don't have to be spiritual, you need to be consistent ...

SOY: Exactly. So when they ask you again what their purpose or mission is, remind them: "Your mission is the path that you have re-traveled to overcome the challenges of it with the tools that you have since you were born. Your purpose is what you hope to reach, what does not start from desire, but from the essence that you are. So, to realize yourself in both, you must come back to yourself, and discover what your path is, what your gifts are, and what you hope to become. "

ME: To the question of "how do I do all that?", The answer is simple: only you know, my only advice is that you be able to look more inward ...

SOY: It's a long way to go forward, but it gets shorter when you go inland.

ME: By understanding the relationship with the mother and father, it is easier to see the purpose and mission. But... is the purpose and mission something Universal?

I AM: The universe is a fabric, a gestating matrix of realities. Each of the ties that compose it is a different path. You can choose thousands of paths in which you will find unique and special challenges, all according to your vibration (because without resonance, the path would expel you, that is, they all have the reality they vibrate with). But the Universe itself is like a sphere. That is, is there an ending to a ball?

ME:... No... it's constant.

I AM: The idea of mission and purpose are dual constructions, which consider the universe as a temporal and spatial line of expression: with a beginning and an end linked by a story, with an origin and a destination linked by a path. The mission will involve traveling as many paths as possible and living all the stories that are within reach. The Purpose will involve taking a notion of why the path is made, what is learned from it, and the importance of it through the creation of a new one. The Universe, in reality, does not have any purpose, since in a sphere there is no end or destination. The Universe has no mission, as it is not made of roads, but of vibration.

ME: So...?

I AM: The moment a conscious being arises in the Universe, it uses the vibration it possesses to propel itself creating the positive and negative as forces of creation. Thus arises the first idea of origin and destination, thus arises the idea of a path, of purpose, of challenges ... It is not implicit in the creator himself, but rather it is creation. Purpose and mission are the product of a being that expresses itself. That is why every mission is an echo of a previous purpose.

ME: Karma and Dharma, the concepts of India.

I AM: Karma is the mission, what must be learned along the way. Dharma is the learned, the acquired wisdom. They are the version that spiritual philosophy uses to describe mission and purpose. Both feet build life step by step. There are thousands of missions and thousands of purposes. The fundamental thing is to understand that both are a construction of one's own being. Therefore, you can only reconnect with them by returning to yourself, to your center. Returning to the Heart, which in Latin is said:

ME:... "Remember"... Remembering. So, having understood the difference between mission and purpose, the way to balance them in myself is to return to my center ...

I AM: The coherence, the meditation, the reconnection of the sacred trinity of your being. Love, Wisdom and Will, Soul, Body and Spirit, Mind, Emotion and Physical, Vibration, Energy and Matter, Past, Present and Future, Wide, High and Deep, Mother, Father and Son, Electron, Proton and Neutron. Mission, Purpose and Being.

ME: Back to me. I remember, then, the Matrix of purpose embodied in my Mother; the Path of the law that my Father guides, they all come together in me so that I am the one who believes them. I am my Mission, I am my Purpose ...

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

80. Balance and Imbalance

[October 22, 2020 Matías De Stefano](#)



ME: The issue of Mission and Purpose generates a lot of confusion in certain cases, because not everyone finishes understanding the duality of these two concepts. The fact that a Mission is a mandate is very much assimilated in us, something that we are told and we must fulfill, not something natural intrinsic to our being. And that the purpose is almost a duty, for which the limit is death.

SOY: As I have told you, it is the vision of every living being. It's nobody's fault, it's organic. Your lives have been ordered from birth to death, both in biology and in culture, which is based on biology. That is why you have built based on an origin point and an end point. This gives the impression that mission and purpose are determinative to a specific life. But in reality, both are the same life. We could say that living is the mission, and that death is the purpose. However, from the universes point of view, there is neither birth nor death, since they are simple ascending or descending curves of a continuous wave of vibration and energy. Life, then, is not what you are seeing, but what you live now is only a fraction of real life. So, What you call a mission in one life is nothing more than the consequence of your unfinished acts in other times and places. Nobody has imposed any purpose or mission on you, you have only done it yourself, in different facets of your existence, and that is why you call them "others", "past lives", "guides", "teachers", "God". Therefore, what you must comply with and feel like an alien mandate, is nothing more than yourself solving the same things that you have created for yourself, your own actions and consequences. In your own existence is where the mission and purpose exist, because in an eternal universe there is no end, and you will always return to yourself as the center of things, but not to you as an individual, but to you as an entity, like the essence that you are behind all your bodies and forms. Nobody has imposed any purpose or mission on you, you have only done it yourself, in different facets of your existence, and that is why you call them "others", "past lives", "guides", "teachers", "God". Therefore, what you must comply with and feel like an alien mandate, is nothing more than yourself solving the same things that you have created for yourself, your own actions and consequences. In your own existence is where

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ME: I think it's clear. The fact of forgetting makes us feel that the commands come from others, seeing ourselves disconnected we see ourselves as separated. Forgetting is what makes us lose track of what we are doing and why we are doing it.

SOY: To forget, is to lose the axis.

ME: And that's the key to this whole month. How to retake the axis again. Return to balance. Perhaps that will help us to remember, to return to the center and thus begin to stop saying "fulfill the mission" to say "live my mission", and no longer say "carry out my purpose", to be able to say "become the purpose" .

I AM: Balance will help you remember and forget gracefully.

ME: What would that be like?

SOY: Like dancing. You know how to dance?

ME: You know very well that no ...

SOY: Why?

ME: Because I am very clumsy to dance, I am like a stick that moves gracelessly... Like a buoy in the sea.

SOY: I guess you know why ...

ME: Hmm, shame... I guess. First, I was ashamed to be the tallest and largest in the school, my movements were clumsy and visible. Then I was ashamed to have a man's body with hair growing out, and I denied the body. Later, I was ashamed of being human. When I saw others dancing, I felt them as apes, hominids still in the process of evolution, around a bonfire; I didn't want to be like them. All of this greatly conditioned my relationship with my body ...

I AM: You wanted to continue being a spiritual being, with a straight back, on axis, connected between Heaven and Earth. not?

ME: I felt that when they twisted their bodies, the axis would break and they would absorb any type of information, out of balance.

SOY: From a linear vision it makes sense ...

Me but... ?

SOY: From an organic perspective, it doesn't. Tell me, speaking of mission and purpose: does life seem like a straight line to you?

ME: No... it's more like a sphere being created by millions of turns on itself.

SOY: So why should equilibrium be a straight line, an axis?

ME: I interpret that the axis is the vertical movement, that goes from the nucleus of the sphere outwards, and it does not move horizontally.

I AM: Like the trunk of a tree.

ME: Exactly.

SOY: But, the trunk does not follow to the core. The roots expand looking for nutrients on the sides, and their branches expand to the sides looking for more light. Creating another sphere ...

ME: Yeah ... sure ... then?

SOY: Basically the axis, by itself, does nothing. It is the roots and branches that do all the work of absorbing minerals and bringing light, the trunk there fulfills the function of communication between them.

ME: Its function, that of the center, then, would not be to accumulate in the center but to redistribute, to be a channel of exchange ...

I AM: The sphere is made up of different geometric solids ...

ME: 5 Platonists and 13 Archimedean.

I AM: And many more figures born of the 18. Each figure, then, is composed of edges, energy channels, and vertices, information nodes.

ME: Which in turn are more axes that go to the center, to the heart ...

SOY: That's right. Everyone creates the Sphere around you, each edge is a branch, each node is a fruit and a flower. Underneath the roots connect to other trees, clinging to rocks and looking for water that flows and changes its course according to the season.

ME: So the tree has to move all the time to keep the axis ...

SOY: Now you are beginning to understand ...

ME: And dance, what would it be?

I AM: It is the way that a human caresses its branches, flowers and energy fruits, looking for the water flows under their feet. The dances emerged as a way to search for information. The position of the body, the postures in which you put yourself, will imitate certain energetic patterns, which may descend to you if they find similarity and resonance. When you place yourself in the Indian, Hindu meditation position, your body is arranged like a Tetrahedron, the basic figure of creation, and therefore, it allows you to reach divinity. But when you must touch the divinity of the Earth, of all the Heavens, its constellations, of humanity, of living beings, the geometries become more complex, and you cannot reach all points at the same time, then you must move, you must ...

I dance.

I AM: Balance does not imply being static on an Axis, it implies having the ability to nurture the Axis through movement. A person becomes unbalanced when his movement is constant and he has forgotten his center. That is, it is not the fact of moving, changing, rotating, moving and changing the ways in your life that makes you live in imbalance, but having forgotten why you do it. Doubt and imbalance are keys to development, they are movement, searching, investigating what else can be done or what else is outside of me. Life, as we have said, is a constant ocean of waves that move in 3 different consciousnesses, but all have their positives and negatives. The oscillating movement is incessant, the ups and downs inevitable, therefore, the Universe made of the oscillation, of the imbalance, its own form of balance.

ME: Using your weak points to make yourself stronger ...

SOY: Exactly. That is the key to Evolution. The more the Universe was distorted, the more imbalance it found, but he saw that the greater the imbalance, the more creation. Entropy: the concept that the expanding universe is chaotic. Entropy is the way the universe saw that it could keep manifesting, creating without stopping.

ME: And the syntropy?

I AM: It is the Balance, which makes everything, sooner or later, remember again the axis of things, the origin, the order. It is the concept that the universe manifests itself in an orderly way even though we cannot understand what that way is. And the truth is that it is neither one nor the other, but it is in entropic development that the universe discovers its syntropic potential. As in a dance, mistakes become choreography, emotion, a story that goes from being a simple dance with friends to a classical dance ballet. Where you see that ancestral cultures, through dances, changed the climate and spoke with nature, is where you understand that in the diversity of dances of each culture you find your way of relating to the codes of the universe. Chaos and diversity

ME: So if I seek balance, it is not that I should sit with my back straight and steady stabilizing myself for my whole life, but rather that I must allow myself to fall, slip, get confused, doubt, lose myself, but in turn, I must never forget the center of all that movement, why I do it, what is the axis of all this ...

I AM: And that axis is the I Am. It is neither a mission nor a purpose, neither heaven nor earth, neither positive nor negative. All the mentioned are only tools, indicators, expressions of the center, but the axis, the true axis that maintains the balance of all things is remembering who you are, it is knowing that you are, that you exist, that even though your body and your personality fade change as well as your ideas, all of this are just aspects of your being, because it is your being that changes, but it is always there, inside, in the center. When you experience imbalance, you must ask yourself the question again: "who am I?" And the oscillating path to the Axis will begin. Equilibrio comes from the word "aequus" (equal) and "libra" (balance). "Aequilibrieum" is the ability to achieve equal weight of two objects on both pans on a scale. This ability implies that no matter what you have in both hands, you can afford that they are different things, concepts even opposed to each other, but that you must ensure that both have a logic in your center, because if they do not have logic, if not there is coherence between them, you will lose your balance. For this reason, the process of seeking balance is an

unbalanced process in which you experiment with objects, their quantities, their weights, but if you always remember that what you are doing is not playing with objects but finding a coherence of them in your center, in your I Am, then you will have understood that the two processes have been useful to each other. Imbalance and Balance are the keys to transforming your being in a coherent way. concepts even opposed to each other, but you must ensure that both have a logic in your center, because if they do not have logic, if there is no coherence between them, you will lose your balance. For this reason, the process of seeking balance is an unbalanced process in which you experiment with objects, their quantities, their weights, but if you always remember that what you are doing is not playing with objects but finding a coherence of them in your center, in your I Am, then you will have understood that the two processes have been useful to each other. Imbalance and Balance are the keys to transforming your being in a coherent way. concepts even opposed to each other, but you must ensure that both have a logic in your center, because if they do not have logic, if there is no coherence between them, you will lose your balance. For this reason, the process of seeking balance is an unbalanced process in which you experiment with objects, their quantities, their weights, but if you always remember that what you are doing is not playing with objects but finding a coherence of them in your center, in your I Am, then you will have understood that the two processes have been useful to each other. Imbalance and Balance are the keys to transforming your being in a coherent way. the process of seeking balance is an unbalanced process in which you experiment with objects, their quantities, their weights, but if you always remember that what you are doing is not playing with objects but finding a coherence of them in your center, in your I Am, then you will have understood that the two processes have been useful to each other. Imbalance and Balance are the keys to transforming your being in a coherent way. the process of seeking balance is an unbalanced process in which you experiment with objects, their quantities, their weights, but if you always remember that what you are doing is not playing with objects but finding a coherence of them in your center, in your I Am, then you will have understood that the two processes have been useful to each other. Imbalance and Balance are the keys to transforming your being in a coherent way.

ME: Understood. So today, in the formation of the Toroid of my being, I must dance, allow myself to move and feel everything that is around me, what I have considered unbalanced in my life, and bring it to the center to understand that what I should do with it it was to understand what contributes to my balance to be who I am now and what I can be tomorrow.

I AM: Dance in life, play, and once you have done it, you will know what you are capable of doing, and there you will find coherence. There you will be in balance with yourself.

81. Logical and illogical

[October 23, 2020 Matías De Stefano](#)



ME: The week of the Physical Body begins in the month of the constellation of Libra, and when thinking inside the pyramid on what things we should work on today, I could see the image of a human body crossing its information from one cerebral hemisphere to another, everything the wiring of what makes us think, feel, do. It reminded me of the image that I decided to put in this post. The two hemispheres of the brain, right and left, each held by a god, that of the Sun, Horus, and that of the Moon, Thot. Day and night, the visible and the invisible. The man in the middle, receiving the blessing of both gods in the form of water of life and power, and both waterfalls crossing each other. To the left of the person is Horus, light, the Sun, logic, the visible and tangible of the outside world, the objective, that from its source of energy nourishes its opposite side on the right, bathing the entire right side of man from head to feet. And to his right, Thot, the Moon, the night, the illogical, the imagination, the subjective, the internal world, the invisible and intangible, nourishing with his water of life the entire left side of man, from his head to the feet. Unlike the image of the balance that we saw in the emotional one, the physical body shows the interconnection of the two sides in a much more practical way. They are not two opposites that seek the balance between their weights, but they are two systems that are interconnected in networks which one depend on the other to function. The Right Hemisphere of the brain controls the left side of the body, while the Left Hemisphere controls the right side. I have learned throughout life that people interpret the right hemisphere as illogical, creative, feminine, while the left is logical, analytical and masculine. But ... what really is logic and illogic? How can they be part of the same system, if in their words they basically indicate that one of them implies the absence of the other?

I AM: Both contain the same word: "logos", which comes from the Greek, and means "thought, idea, argument, reason and principle." The concept "ikós" at the end of the word means "related to". The letter "i-" comes from "in-" which refers to "no", the lack or denial of something. Therefore, Logical is that which is related to the thought and the idea, while Illogical is that which is not related to the thought or idea.

ME: And what would that be?

I AM: The Feeling, the emotion, the impulse, the parasympathetic and unconscious action.

ME: What an elaborate way to put it ... Wouldn't it be easier to look up the word feeling?

I AM: That is the word Sinestésico, from the Greek "syn aeshesis" (with the sensation). Logical and Synesthetic, refer to the two ways in which the universe works: by Pulse and Impulse. The Pulse arises from an initial energy, which originates everything. That force is a perception in existence. Everything that exists does so by a pulse of perception. This idea led the ancients to the logic that everything that exists does not exist by itself without the idea of what it is, and the only thing that can shape that idea is logical thinking, a mind capable of generating connection concepts until clarity. For this reason, Thot, he thought: for the whole cosmos to have logic, then, it is inevitable to think that there is a mind that unites everything, giving it order. And he soon came to the conclusion that there could not be a being outside of that whole that contained the mind to give logic, since it would imply that its construction was based on another superior mental logic. That is to say,

the end point to the understanding that gives meaning and order to all existence is not a being thinking, but the thought itself. It is the Mind.

ME: The first Universal law.

I AM: The only Universal law. Well, all the others are born from it. Thus, the scholars of the teachings of Thot, whom the Greeks called Hermes, began to become known as "those related to the god Hermes": the Hermetics. This group was a closed circle of scholars, who began to call the Universe as The Mind, the Idea, just as Plato did when studying Hermes: the world of Ideas. In Greek, this made it understood that everything that exists is a thought, water is an idea, the earth is a concept, the sky is a thought, the stars are ideas, the animals are ideas, the gods are ideas ... This gave rise to the concept of "the Logos" as a philosophical divinity. The Logos and its different "logos" are the ideological divinities that have given logic to existence from the Mind, the pulse of creation.

ME: And the momentum?

SOY: It is the reaction generated from the idea. Like when you come up with an idea and you launch to express it, then it will be time to review: was it the correct one? it worked? What do I get from it?

ME: Integrate it ...

SOY: And the way to do it is "with sensations." The sensations are something new for the Mind, because the mind tries to interpret that which comes back to it, tries to shape it. The impulse is the reaction to the pulse of the mind, but it is something that returns in a different form, like a distorted echo in a strange and deep cavern. The mind has a hard time interpreting the feeling it has created, and tries to catalog it to understand it. Thus, the philosophers understood that everything that was not directly from the Logos but a sensory reaction from him, would be called "In-Logos", that is, "illogical". The hidden, the invisible, what cannot be understood, what must be felt.

ME: The 5 senses ...

I AM: These senses give a new "sense" to the mind. They allow the Unit to understand its potential.

ME: Like someone who changes his mind after experiences. Not because he understands them but because he lived them.

I AM: The experience, the experience, the "living to believe" is one of the basic structures between the sensory world and the mental world, between the "ilogós" and the "logos". If the universal mind was the pulse for the creation of ideas and thoughts that designed the meaning of existence, it is existence, life that will give a new meaning to what the mind has created through impulse.

ME: So the universe is mental, but it inevitably needs the physical impulse to be able to decode the mind through emotion.

I AM: Symbiosis. As flowers need bees to create honey, the spirit needs the body to generate soul. There is the balance of both, the connection, the divinity.

ME: And why do the two cerebral hemispheres then divide the tasks between them and intersect their functions with the body?

I AM: Like the North Pole and South Pole, with their hemispheres on the Earth's sphere, the brain also needs a magnetic balance to balance its functions. Everything in the universe is polar in order to create. However, do you divide the planet into trees above and deserts below?

ME: No, everything is interconnected ... There are trees and deserts in both hemispheres, there is cold and heat in both, there are seas in both ...

SOY: Because the division is not literal, it is subtle. Of course, in the south of the planet there is more water, more oceans, which shows you that the south embodies the right hemisphere, creative, while in the north there is more land, which shows more the visible, logical, the left hemisphere. But they both interact. The cold and warm ocean currents exchange information by crossing each other under the seas. This allows for balance throughout the body. Thus, the distribution is balanced. That both hemispheres interact in this way generates a greater capacity for reaction and coordination when moving in a physical world of third dimension.

ME: So when we say "the cables crossed" to refer to when one goes crazy, actually that the cables are crossed is the key to balance.

I AM: Therefore, beyond the apparent duality of our bodies, such duality does not exist in terms of connectivity. The coordination and balance that we achieve by jumping, walking, running, turning, listening, dancing, interacting with the environment, all this is thanks to the body's ability to exchange logical and illogical information.

ME: So what you say is that logical people need illogical in order to discover the basis of their logic.

SOY: The key to all science is imagination. You cannot describe without imagining, you cannot develop without visualizing the nonexistent. There would be no logic without feeling, without synesthesia. And on the other hand, there would be no synesthesia, the illogical, the inexplicable, without the ability of the mind to open itself to the possibility of the sensory and strange to express itself. For in the end, everything inexplicable is part of the imagination, and the imagination is an idea born of the Logos.

ME: I have heard that there are people who call the "Logos" as the devil, as a macabre being that controls existence.

I AM: If it is what your illogic makes you feel about the Logos, then you will live that aspect. The historical reason why some may know the Logos as something diabolical is always the same: the Church. Just as they called free thinkers heretics, magicians and scientists were called sorcerers, priestesses and alchemists were called witches, other religions were called pagans, and fertility ceremonies were called rites, they also called hermetics Devil. Obviously his god Logos would be Satan.

ME: Sure ...

I AM: Semantics and History.

ME: So, in order to find balance in my life, I must understand that I live between the logical and the illogical as a way of constructing realities.

I AM: There is no other way. The greatest force for transformation in the world is imagination. Imagination is the logical mind giving the illogical a tool to build your dream world into reality.

ME: So, I shouldn't be afraid to live in a story, in my imagination, but dare to live my stories, my stories, my imagination, so that I can show that I can do the impossible.

I AM: You are the vivid Dream of the Universe, so dare to live your own Dreams.

82. Reality and Mirage

[October 24, 2020 Matías De Stefano](#)



ME: Between the concepts of Logic and Illogic, then the question arises as to what is real and what is unreal. If Mind is the pulse that creates and Emotion is the impulse that Mind receives to understand itself through experience, then everything is a reflection, everything is something mental, something unreal that is not really there. So ... what is real?

SOY: Reality comes from the Latin "res" which means "thing". Real, then, is the attribute of being a thing, of identifying itself as an object perceptible by all the senses or at least one of them. "Cosa", in Spanish, arises from the word "Causa", that is, source that originates an action. In English, "Thing" comes from "phzing", which means "assembly", where the "Causes" of things are discussed. As you will see, the concept of reality ceases to be something tangible to become a collective convention, an idea generated about a cause. Reality ceases to be the tangible to become the consensual, which comes from the word "Consensus", from the Latin: "with sensation, with meaning, with sensory capacity. That is, reality is nothing more than the assembly of different people who analyzed the common sensations arising from the same cause. The "rule of 3",

ME: This completely changes what we consider real.

SOY: Reality is a mirage. When you go through the desert, the heat generated by the energy of the photons of sunlight, is reflected on the crystals and minerals that make up the sand, which reflects the light in different directions, distorting itself in the vapor of the air. Sand is the basis for creating a mirror, so it works in nature itself. The sensation it produces is that of a reflection of the sky flowing in waves like water, creating the perception that there is an oasis. However, no matter how far you walk, you will never reach it. Mirror comes from the word "specio" which means "to look at", also from the Latin word which means "to admire". Origin of the English word "Mirror". Thus, Mirage, is something that you look at and that moves (ism: movement), something that is not fixed, that cannot be a target to aim at, nor be objectively perceived, it is not an object. Although the 3 people see it, the three can also see different things, at different distances.

ME: But, this same thing happens in Reality, that is, from the same event, 3 people can see totally different things. If I put a car in front of you, there is one that will see the color, another the model, another the value. And perhaps neither one nor the other sees what the other sees. The same in a more complex fact, such as immigration, the economy, abortion, racism, education ... It is very difficult for people to agree on something because everyone has their own vision of how things work, what It should be, but even worse than it is. The other day I saw someone who had written historical facts to explain why Latin America was so Catholic, explaining from the Constantine agreement in Byzantium, to the Jesuit education in the Amerindian colonies, which forced the natives to convert to the option of hell and death. And yet, I saw how many American Catholics said that this data is a lie, unreal, and that whoever explained the historical facts did not really know anything. This worried me, because I thought: then how can there be consensus on what is good for a society if not even historical or scientific facts are taken as objective? Talking about Global Warming: there are thousands of data that show that in the last period the Earth is having a mismatch. The Warming is Real, but nevertheless it is also true that the Earth's cycles of cooling and heating are natural, so many cling to that to remove responsibility from the human in their work. It's like, very complex. If everything is illusory, if everything starts from a mirage and the real is a consensus,

SOY: You can't.

I eat? Like this, without more?

SOY: Yes.

ME: But ... there has to be something that brings us to order ...

SOY: Yes, of course. They are called Laws, Civil Codes, Social Justice, Democratic Community Consensus.

ME: But... something else... I don't know, spiritual?

SOY: Ah, no, there isn't.

ME: Hahaha, I don't know whether to laugh or cry ...

SOY: Well, I'll try to be more didactic. What is normality?

ME: What we interpret as a goal in life, the common, what everyone accepts as logical.

SOY: Normal comes from the word "norm" which means "law or rule." The norm is what is established by one group over another group by collective and cultural consensus, established by moral parameters. Moral comes from the Latin "moris" which means "custom", which gives rise to the concept of "way of living", as in the word "dwell", "dweller", that is to say, one who usually inhabits a specific space. Morality is linked to a culture that inhabits a specific place and that based on customs has established its norms of coexistence, which they have called "normality". But Normality is different for each territory, according to its customs and geography. For this reason, the more a town grows, creating a kingdom, country, empire, colony, by covering too much territory and too many people, it needs to establish a common norm of coexistence, and creates the "civil code", "the law", and the "constitution", as ways to establish that moral normality. Why does he do this? To maintain order among so many differences. Reality does not exist outside of perception, since reality is a normative-based consensus. Not even science can tell you what is real and what is not, because everything is always changing from the point of view that you see it. From geology, from chemistry, from physics, from quantum, each theorist or practitioner will reach a consensus with the others and establish the norm, even so they know that the laws of physics are only applicable to the macrocosm and not to the microcosm, which is the one who sustains the cosmos. It is illogical, as you will see, that something outside of physics constitutes physics, whereby physics is nothing more than mere perception. Today this is called "quantum physics", but it is still

"metaphysical" (beyond the physical). Therefore, the reason why each individual is different from each other is because "metaphysics" needed balance to see a cause and experience it in physics. It is as if the Universe were a drunk who walks dizzy and tries to get out of the hangover trying to fix his eyes on an object. Everything moves like a mirage in multiple dimensions, but makes the effort to sharpen the eyes looking at a fixed point, finding balance, balance, and being able to finally unite all the mirages and lateral visions to create a "goal", and thus contemplate the object in front of him. Every living being that is capable of admiring existence is like an eye in this great drunkard that you call the Universe, intoxicated with sensations and ideas. They all see something different, and try among themselves to seek a consensus that allows them to assemble Reality, and they do so through the regulations that they call Normality. So, you cannot make all people enter into reason to accept a vision, because maybe yours is also wrong. Don't waste time trying to change someone's vision, use your time and energy to empower their vision by expanding it.

ME: There is the key, to broaden the vision. How?

SOY: Well, making your point of view useful. Wanting to change the point of view of another person is a fight that will end in a defeat on both sides, or in feeding the selfishness of one of the parties that went out of itself to invade the presence of another. The only way to achieve practicality is in practice, in action, in giving the possibility of doing something good with it. We are not in the third dimension to talk about utopias, in the third dimension we act, do, plan and manifest. You cannot pretend to change someone's perspective, but you can give them the option to test the usefulness of their point of view. If it is not applicable, if it is not useful to others, if it does not generate a common good, then it ceases to be consensual, and becomes involuntal, which sooner or later will disappear by nature.

ME: I understand... it makes sense. If what I think is not useful to the world, is not applicable in the practicality of life for other people, or if my action is devastating for the common good, then my point of view is destined to be extinguished. But why, for example, has racism prevailed as a recurring idea for thousands of years? Is its practicality a useful idea?

SOY: Racism arises from the concept of races. The races are native to specific places. When people move from their places to new ones, the locals, historically, interpret this as an invasion of their life, disrupting their "normality". Thus, for a local, everything that is external will be "abnormal", outside of the norm established in their customs. What is different breaks with normality, attempting to destabilize the group, which causes fear. The fear of the unknown, of what may violate the norm, builds all types of xenophobia (fear of the external), homophobia (fear of the same), heterophobia (fear of the different), misogyny (hatred of women), misandria (I hate man), and so many other relationships of hate and fear are nothing more than the fear of breaking the comfort zone.

ME: Thus, the Real is subjective, it is a mirage that depends on the consensus of the eyes that contemplate it ... And the greater the capacity of vision, the broader the look, the more options I will see ...

I AM: Reality is objective only when subjectivities have agreed to call it "normal." For this reason, life is a game of constant imagination. The greater the imagination, the more capacity to see new facets of reality. What we sometimes consider a deception, the "illusion", is nothing more than the ability to immerse oneself in the game, since its origin is the same as "ludic": from the Latin "ludo" (game). Playing with others in the subjective to build the objective, is to set clear objectives to turn the imagined into action.

ME: I am a real mirage, making your idea a game applied in action.

SOY: This is where you understand the phrase "you are the creator of your own reality."

83. Silence and Sound

[October 25, 2020 Matías De Stefano](#)



ME: The Fullness was born from the Void, so the All was born from the Nothing. And if the Whole is composed of Vibration, then following logic, it arose from the Static. In most cultures it is said that the first thing that arose in the Cosmos was a verb, a name, a song, a word, which humans call Sound, that is, it must have arisen from Silence. But in physics, Sound is not produced by itself, it needs two objects that in their interaction generate waves to be able to feel a sound. So how could the sound, the verb, the vibration have arisen from something that does not exist, from something intangible?

SOY: As we have already said, all part of the concept you have of the words Nothing, Empty, Silent and Static. Remember, we had said that Nothing comes from the word "Born" in Latin. Empty comes from "Vacare" which means "that is not busy", Static comes from "Stare" which means to stay in a still and fixed place. Silencio comes from "silere", and it simply means to be silent or from an Indo-European perspective, with the concept "sei": to leave, in this case to express. In no case do these words deny their opposite, but rather express a way in which the essence can manifest itself. It is difficult to express something without having its comparison to recognize it. Humans, in their eagerness to dualize reality, put dual concepts against each other as enemies or extreme opposites that cannot touch each other, which breaks their heads when it comes to telling them that one is born from the other. And the reason this happens is because the Universe is a continuum, it has no beginning and end. The only thing that has the appearance of beginning and end is its physical expression, which you can perceive with your senses, however, what makes it exist has nothing to do with it. As we explained yesterday: physics describes the laws of the cosmos from the atomic vision to the macrocosm, but it cannot explain the laws of the microcosm that make up the atom, since they escape from physics, they are "metaphysical". what makes it exist has nothing to do with it. As we explained yesterday: physics describes the laws of the cosmos from the atomic vision to the macrocosm, but it cannot explain the laws of the microcosm that make up the atom, since they escape from physics, they are "metaphysical". what makes it exist has nothing to do with it. As we explained yesterday: physics describes the laws of the cosmos from the atomic vision to the macrocosm, but it cannot explain the laws of the microcosm that make up the atom, since they escape from physics, they are "metaphysical".

ME: How to understand it then?

I AM: Just as there is no All, there is no Nothing.

ME: Wow, wait a minute. If the Whole, the physical, is a schematic construction based on metaphysical laws without a schema, and we accept, then, that everything that exists is only a mere mental perception of a certain

order between particles, then we should take into consideration that this strange world and unreal is true. In other words, the Nothing is what gives rise to things, and therefore, it is the only real thing while the other is perceptual.

SOY: And what is Nothing?

ME: Birth, you said so, where things come from.

SOY: And how does the Nothing arise?

ME: It's like the question "Who created God?" ... There is no answer.

I AM: Everything has an answer if the question exists.

ME: Is there an origin then?

SOY: For certain things, yes, for others no.

ME: The Universe is a continuum then. In other words, the Nothing is born of the All, and the All of the Nothing.

I AM: Urboro. The snake that bites itself. What you interpret as beginning and end, as everything and nothing, are only aspects of a continuum.

ME: And what is that continuum?

SOY: Do you know what a kaleidoscope is?

YO: An instrument that makes you see varying geometric shapes as you turn it ...

I AM: "Kalé eidós scopiós", from the Greek: "to see beautiful forms". As you turn the cylindrical instrument, you will see the figures change. Sometimes they will seem chaotic, but when they find their new location, harmonic figures will appear that will keep you in awe. The brain is programmed to find order in things, and when it finds it, it relaxes. All the time, your job is to try to bring the incoherent together to find harmony. The human has based your civilization on this, through the way of telling stories, with a beginning, middle and end; It has done it in architecture through structure, construction and finishes; He has done it in art by mixing colors, layers, details; in music with its moments of melody, tension and resolution... In the process, the brain is under pressure, developing, forcing himself to adapt. And when the work is finished, she watches him, relaxes. When you hear a song, and it cuts out at the moment of tension, your brain will go crazy trying to finish the note of resolution to be pleased. For this reason, humans throughout their lives look for things that produce that discharge of endorphin and morphine that drugs the brain, making it feel that the chaotic is constantly taking order. Therefore your minds are drawn to videos, sounds and short phrases that lead to a moment of tension and a quick resolution. Like what marvels in a kaleidoscope, in which chaos and order follow one after the other almost instantaneously. The deformation of something to become something else is called "anamorphism." When you hear a song, and it cuts out at the moment of tension, your brain will go crazy trying to finish the note of resolution to be pleased. For this reason, humans throughout their lives look for things that produce that discharge of endorphin and morphine that drugs the brain, making it feel that the chaotic is constantly taking order. Therefore your minds are drawn to videos, sounds and short phrases that lead to a moment of tension and a quick resolution. Like what marvels in a kaleidoscope, in which chaos and order follow one after the other almost instantaneously. The deformation of something to become something else is called "anamorphism." When you hear a song, and it cuts out at the moment of tension, your brain will go crazy trying to finish the

note of resolution to be pleased. For this reason, humans throughout their lives look for things that produce that discharge of endorphin and morphine that drugs the brain, making it feel that the chaotic is constantly taking order. Therefore your minds are drawn to videos, sounds and short phrases that lead to a moment of tension and a quick resolution. Like what marvels in a kaleidoscope, in which chaos and order follow one after the other almost instantaneously. The deformation of something to become something else is called "anamorphism." Humans throughout their lives look for things that produce that endorphin and morphine discharge that drugs the brain, making it feel that the chaotic is constantly taking order. Therefore your minds are drawn to videos, sounds and short phrases that lead to a moment of tension and a quick resolution. Like what marvels in a kaleidoscope, in which chaos and order follow one after the other almost instantaneously. The deformation of something to become something else is called "anamorphism." Humans throughout their lives look for things that produce that endorphin and morphine discharge that drugs the brain, making it feel that the chaotic is constantly taking order. Therefore your minds are drawn to videos, sounds and short phrases that lead to a moment of tension and a quick resolution. Like what marvels in a kaleidoscope, in which chaos and order follow one after the other almost instantaneously. The deformation of something to become something else is called "anamorphism." Like what marvels in a kaleidoscope, in which chaos and order follow one after the other almost instantaneously. The deformation of something to become something else is called "anamorphism." Like what marvels in a kaleidoscope, in which chaos and order follow one after the other almost instantaneously. The deformation of something to become something else is called "anamorphism."

ME: I saw the work of a sculptor, Matthieu Robert-Ortis, who makes strange sculptures that, depending on where you look at it, take one form or another, but on the way you travel to find the other form, everything is chaos, a network of wires without sense. I feel despair when I see that part, and when I find the figures, there is a moment of recess, as if everything was still, as if time stopped contemplating that image.

I AM: This is the Universe. The moment of chaos is the moment of creation, where nothing makes sense, where you search, where you develop, where you discover, where you despair, where you express, where the brain gives everything of itself to find the meaning of things, the Everything, to the Existence that manifests itself, and then, when it discovers it, when it finds harmony, perfection, it stops, relaxes, remains static, perplexed by what it sees, amazes it no longer thinks, the brain sleeps, because at last he understood, and now he just has to let go, feel, contemplate. That instant, all the noise that I heard, in the questions, in the explanations, in the discussion, becomes silence. All the forms that I saw and interpreted, like a puzzle, touching each of its pieces, now it becomes contemplation. That is the moment when you understand everything, it is when you withdraw from the will to be and contemplate what simply is. Marveling, in the silence, in the void, in the nothingness of being able to see the harmony of the whole.

ME: Oh !!! I think I understood now, they are not separate things, of course, it is not even a mother who has a child, but who created the mother? It is always the same mother giving birth and raising herself until she becomes a mother again. The moment of being a mother is one of stillness, tranquility, calm, where all the senses are no longer alert to life and only focus on the interior, in preparing to generate life, existence, the whole. The Nothing is only the moment of stillness and contemplation of existence prior to its expression, expansion and experience.

SOY: Now then, you will understand the following. Silence did not generate Sound, Vibration, but Silence are all sounds in harmony, finding so much harmony among themselves that the only thing capable of expressing is silence. Silence is the true catalyst of an Orchestra. The sounds are only comprehensible and assimilable by the silences between them. The silences are more important than the sound itself, because in silence you assimilate everything that has vibrated, you become each vibration. And when you have become them, that is when you can express a new song again.

ME: That is why learning to listen is so important.

I AM: Listening to the physical action whose spiritual equivalent is meditating, which is the cosmic equivalent of harmony, which is the universal equivalent of emptiness. What you call Sound is just one of the many expressions of what you know as Vibration. When you hear the expression "Sound travels at this or that speed", it is another of those consensuses, because it is not true. Sound is not something apart that moves through space, sound is the manifestation of the vibration of space. Everything vibrates, it is another Law of the Universe. The Nothing itself is the union of all the vibrations, and when all the vibrational forces are added together, you cannot hear any of them, for neither is above the other.

ME: "The sum of all forces is equal to 0" ... The union of all sounds is equal to silence.

I AM: Silence, then, is not the absence of sound, but the union of all in harmony. The only thing that makes it possible to feel sound is the sensitivity and ability of your inner ear to vibrate, and that vibration is interpreted by your brain as sound by the electrical pulses generated by the tiny hammer bone. In other words, sound does not exist outside, sound exists inside.

ME: "If a tree falls in the middle of a forest without any humans miles away: does it make noise?"

I AM: No. It just generates vibration. The spider will feel it in one way, the monkey in another, the worm in another, the plants in another, the birds in another way. The tree does not make a sound when falling, because the sound of a falling tree is produced only by our hearing. The whistle for a dog is a high-pitched sound that powerfully draws his attention, yet a human does not hear it. Does that imply that there is no such high pitched sound? Of course not. For the Sounds are only vibrations captured by certain individuals according to their evolution.

ME: I once read that the crying of a baby is especially irritating for the parents themselves more than for other people, because that way a mother or father can recognize from a distance if something happens to their baby and not to another. Our bodies adjust to certain vibrations in order to capture their vibration. This also explains why we resonate with certain information and not with others.

I AM: When the ear prepares to hear a certain vibration, then those words will be heard clearly, if the ear is not ready yet, then there will be no understanding.

ME: The other day in one of the talks I explained the importance of listening, of being silent to understand before asking. Does it have to do with this?

SOY: Sure. The art of silence, meditation, listening, are keys to understanding the forms, it is one of the most intense meditative practices: learning to listen, be silent when the other speaks, even if they do not agree or do not care what it says because I want to know something else, sometimes you can miss the answers because you are looking at another tune. Those who silently listen to the other have a greater ability to understand, a greater breadth of perception, and therefore more possibilities of finding answers. Well, in the silence there are all the answers, even the ones I can't hear. This is why silent meditation is a key to discovering the answers within yourself. Do you get it?

ME: Yes, many times it is said: "meditate, the answer is in you, be silent", or that kind of thing, but sometimes it is not understood why or how. In this way I think I understand the importance. The Silence contains all the answers that if I find myself in external and internal noise I will not be able to listen with attention and clarity. And the Sound, then, is the focused force, expressed from that listening, after understanding, I launch myself into a new search, a new learning, manifesting, creating a new vibration.

SOY: It is important to understand, then, that the answer is not only silence, since it is only found due to the sum of sounds. For this reason, the expression of the word, of the song, of the truths, of liberating what is inside, creates the ways to find harmony, as in the sculptures you described.

ME: So I am sound and silence, because I am vibration, even so I don't hear you, because all sounds are in me, and I must tune in to them, or pay attention in silence to hear them.

I AM: There you enter the cosmic constant.

ME: I am the universal song, I am the cosmic silence.

84. Save and Spend

[October 26, 2020 Matías De Stefano](#)



I AM: Tick... tac...

ME: Tum... tum...

SOY: Tick... tac... was heard when the first drop of consciousness moved the waters of essence. Tick... tac... echoed, driving waves of frequency. Tic... tac... marked the beginning of Time.

ME: Tum... tum... pulsed the drop, creating the waves that expanded. Tum... tum... propelled the vibrating water back to the center like an echo. Tum... tum... marked the beginning of Space.

I AM: The pulsating essence became movement ...

ME: And the movement became experimental existence ...

SOY: In its expansion it generated creative energy ...

ME: And your creation used energy to integrate ...

I AM: The creator became the created ...

ME: And what was created became a creator ...

I AM: He who manifested arranged his energy for the emergence of the Universe ...

ME: And he who lives the universe arranged his energy for the return to the Cosmos ...

I AM: The Divine struck the mundane ...

ME: The Mundane prompted the divine ...

SOY: The Cosmos began to give everything of itself ...

ME: The Universe began to receive everything for itself ...

I AM:... Give...

ME:... Receive...

SOY: ... What do you do with what I give you from me? ...

ME:... I take it to create. What do you do with what you receive from me? ...

SOY:... I take it to believe. What do you think?

ME:... My life, both inside and outside. What do you think?

I AM:... In your life, both internal and external. What do you do with what you create?

ME:... I experiment, I play, I learn. What do you do with what you believe?

I AM:... I do it, I enjoy it, I understand. What do you get from what you create?

ME: Pleasure. What do you get from what you believe?

I AM: Fullness. What do you give me?

ME: Knowledge, arising from all the things that I experience and apprehend. What do you give me?

I AM: Wisdom, arising from all the things that I integrate and understand. But... you give me everything you can give me?

ME: Sometimes I keep things for myself... And you?

SOY: I have nothing to keep for myself. I give everything.

ME: It's not fair then. What do we do with this?

I AM: Trade. That is, change between us. Change comes from the Indo-European "skamb", which means "curve", that is to say, that what goes around will soon turn and come back. Change is an irruption in the fixed objective forward, it is the modification of something established. When you are the one who changes, it implies that your path has twisted in another direction. But when you "exchange" with another, it means that both one and the other will get something, because the one who comes from the direction you are going has something to give you to get to your destination, and you have something to give to get to his. .

ME: In exchange there is what we consider barter, exchanging one thing for the other considered to be of fair value. That is, you have to have something of the same "weight" to be able to exchange.

SOY: In the matter, it is like that, because it is considered that what allows you to survive in life is your capacity for strength and courage. "He who is strong is the one who survives." Strong, in Indo-European it is

said “wal”, which gives rise to the words brave, courageous, courageous, and of course “courage”. In English all these words have different origins, although they have their expression “valiant”. The word “brave” (brave), for example, comes from the abbreviated form of the term with which the natives of northern and central Europe were known: the “barbarians”, who were strong and brave (whose linguistic attribution refers to be "mean" and aggressive). Thus, the things that were strong, virile, were those that were considered of value. But many things are strong, so you had to look for something that was unusual to be able to "count". Thus, minerals, like Silver, they became a fundamental source. The Alpine mines of Bavaria, Austria and Switzerland served to generate this book value. The Silver Peso during the rule of the Spanish house of Austria caused that in the American colonies of the 15th century the term “peso” and “silver” was expanded to refer to value, currency, and exchange money. But the Bohemian Germans called him "Thaler", which would later become the word Americans would call "Dollar." exchange money. But the Bohemian Germans called him "Thaler", which would later become the word Americans would call "Dollar." exchange money. But the Bohemian Germans called him "Thaler", which would later become the word Americans would call "Dollar."

YO: My country, Argentina, is called like that because in Latin "silver" is said "argentum", and it was the colony through which all the silver from the mines of the Andes was exported from Bolivia. “El Río de la Plata”, where the ships full of this material left for Europe.

SOY: Barter is no longer useful in a system where there are many people who produce things that not everyone needs. Thus, the currency begins to have a value, a weight, which is symbolically equivalent to all the things that barter used to supply.

ME: It's symbolic ...

I AM: All value is symbolic and relative, since the value of things exists in appreciation, in the mind, not in matter. For a culture, a seed can be more valuable than gold, since gold does not multiply or eat, and life is about multiplying and eating. But precisely for other cultures this is what gives it value, that it is something limited, that not everyone can have, that it is not easily accessible and that it is not in the hands or mouth of all. Thus they give the seeds a value based on silver and gold.

ME: To take control over things.

I AM: It is the way kingdoms exist, on which the weight of a country, an empire is based. It is based on the ability that government has to manage the weight of its currency, to manage the value of the things it owns.

ME: And is that wrong?

SOY: It all depends on the context, as always. But we are going to analyze this from 3 different levels. The first will be the Individual, then the Social and then the Conscious. First of all, the Individual is based on survival. What we have already talked about: a being, both from an organic and biological point of view through its emotion to its beliefs, everything is programmed to live as long as possible, to survive in existence. This makes the body have been built with the intention of Saving Energy.

ME: Energy is the currency of the Universe.

I AM: Everything in the Universe is energy, silver, money, food, a hug, everything is energy, and the intention and attention that I pay to that energy is what gives it more or less weight. Hence, value. Atoms are grouped into molecules in order to save energy, molecules are arranged in chemical elements to save energy and find stability. The minerals are arranged to find stability. Vegetables save energy by converting it to starch. Animals save energy by eating as much as they can in the event of a possible shortage. Humans save energy by harvesting, managing the resources obtained. As you will see, all living beings do this, for the simple fact that their atoms do. It is a way of finding stability, independence, security.

ME: What does it mean to save?

SOY: Saving comes from the Arabic “al-hurr”, which means “to be free”. It was the name used to refer to an enslaved person who was given freedom and made independent, without a master. In English, "to save", comes from the Latin "salve", which means to save, take care of something, what is acquired, protect what has been achieved, and joins the concept "to earn", it comes from the ancient Germanic languages "aznonia" and " arnon ”, which means“ to reap ”. Which gives rise to the way to save in other languages such as Italian. These concepts lead us to understand that a free being could now grow his own food and manage his home. In Greek: to put the house in order is said "oikós (house) nomós (order)", origin of the word "economy". And that order is to manage what you eat, with what you survive, which is administered in the kitchen: Heart of the House. There it is understood that the center of life is food, the kitchen is the center of your own freedom that leads you to cook your own harvest. Saving is not cheap, then, but a free being capable of managing without a master, of finding the balance for himself.

ME: A new concept, or so old that it was lost.

SOY: And this brings us to the second level: the Social. Freedom leads us to make a double effort, because now by not depending on others, we must make effort (weight, value), to achieve it by ourselves, which leads us to the search for teamwork. A family eats everything from the same table, shares, and therefore everyone must contribute and do something to have a full plate, whether it is sowing, harvesting, cooking or studying, everyone gives. The family, thus, is the basis of the free society that seeks to economize through exchange. It is the first conscious emergence of this exchange, but still based on the idea of survival. Love becomes a form of economy, through food, everyone stays together. Societies rely on this forced exchange to survive.

ME: What would it be to spend?

SOY: Etymologically, for both English and Spanish, the origin is “ew”, from Indo-European, which gives rise to the Latin concept “vacare”, that is, the same origin of the word “empty”. In English, the term "spend" comes from the Latin "ex-pendere" which means to drop, drop, spend something. That things are missing, the absence of something. Spending, then, is also devastating, losing, doing things in vain. If all nature seeks stability by taking care of the energy resources produced, then spending is considering the possibility of not having them, of losing them, of having done work in vain. The fear of scarcity, of loss, of not having.

ME: How do you get rid of that fear?

SOY: Giving ...

ME: But that's against the principle of saving.

SOY: It is if you see it as duality. In the current economic conception, humans interpret two types of outcomes in life: "win" or "lose." Ganar, takes us back to the Germanic "arnan", which means harvest, and Perder in Spanish comes from the Latin "perdare", it means "to" and "give". In English, the word "to lose" comes from the Indo-European "lew", which means "to let be free." Releasing, then, is recurrent in economic terms. As you will see, the dual concepts on which the human competitive worldview is based are ridiculous concepts for nature, which understands that it is the freedom of beings and their search for stability that by nature leads to the search for balance, harmony, exchange. In an attempt to make it a smart process, they have become the laughingstock of the other natural kingdoms. The other kingdoms live from survival, and yet they remain in balance, freely receiving and giving. Well, the only way to save energy at the atomic level is to join in sharing that energy at the molecular level. Giving and Receiving are natural functions, not philosophical.

ME: Until the third stage ... Consciousness.

SOY: This is when I realize that Giving and Receiving are a single exchange circuit. Losing does not imply being empty, but open to the possibility of receiving something new that could not reach me before because that space was full. The Universe will not give you anything that you later waste. Humans, instead of saving, you become accumulators. The fear of scarcity turns you into a kind of Diogenes, accumulating things without a sense of utility in the "just in case", when true freedom is found in giving without expecting anything in return. It is at that moment when I enable the natural circuit of things. Those who simply "are", who allow themselves to be, are not afraid of losing everything, because they know that loss is the prelude to reception. But if you stagnate in the vision of emptiness, of poverty, then you will be full of preconceptions. Consciousness is the stage in which the being frees itself from preconceptions and recognizes that nothing really belongs to it, and that it can have everything without attachment to it, because it will always have what it needs if it knows how to give.

ME: So should I save?

SOY: If it is to accumulate just in case, then I advise you not to. If it is for a specific goal or purpose, then yes. Well, it is useless to accumulate energy if it will not be used. All energy must have a goal towards which to go, otherwise it is lost, that is, it is released. If you want to get crops you must spend your energy, not accumulate it. Remember, to spend means to reap, it is to cut the fruit, to obtain the seed, it is to invest (from the Latin to pour, to pour something inside), to direct the energy to a specific place. Remove the moral weight that you have placed on the word spend as a synonym for scarcity, remove the weight that you have placed on the word save with a connotation of survival. For weight is a mental value not applicable in the world of matter.

ME: The "weight" has no value ... a very Argentine phrase, hehe

I AM: He has nothing if you don't give it to him, and he has everything if you give it to him. Save your energy to be spent on what will pay off.

ME: I free myself from the preconceptions of Saving and Spending, to be Free and Reap my fruits.

85. Fasting and Food

[October 27, 2020 Matías De Stefano](#)



ME: So, atoms are the basic unit of matter that is capable of saving energy. As you said, the particles have an energetic charge that would be lost if it did not join together to share this charge with others, thus creating a structure that gives rise to the formation of atoms, which in their constant need to find stability and savings, join each other forming molecules. Molecules chemical elements, and these are the minerals and organisms that we know in organic and inorganic matter. Life. And life continues with this saving cycle, trying to assimilate as

much energy as possible to ensure long-term stability. In other words, life exists thanks to the search for atomic stability. Isn't it ironic that the diversity of life is thanks to evolution,

I AM: It is one of those paradoxes of the Universe. Yes. The key to Life is permanence, and to stay you have to change. The paradox is that life seeks by all means to last as long as possible, to survive, that is to say: to live above the possibilities. But in a changing environment, where atoms lose energy and are modified, creating new chemical elements, generating earthquakes, climate changes, radiation, and many other things, if life does not adapt, it does not become in tune with that new environment, it will perish. So if you want to stay, you must change. The Permanence factor is related to Time, and the Change factor is related to Space. A living being goes through both factors. To survive in Time, a living being needs to modify its Space, this is "feeding".

ME: Eating is the key to cell life ... Bringing you all the nutrients, minerals, chemical elements that cells need to continue functioning.

I AM: Unlike inorganic elements, organic compounds are flexible and mutable. We could say that they are weak, their chemical compositions are weak, subtle, volatile unlike silicon, iron, and many others. The interaction of chemical elements generates adaptability, so organic beings need to constantly regenerate these elements, because in their constant modification they usually lose a large amount of these through segregation: sweat, excision, activity. Therefore, to find stability in cells and that they can maintain their division and expansion function, living beings need to obtain these elements in external organisms. There, to ensure permanence in time, you must segregate objects abroad, through hunting, sowing, harvesting, gathering, cooking, eating, drinking, and all kingdoms in one way or another do this. Plants harvest nutrients from the earth by breaking through the earth's strata, converting carbon dioxide and light into starch and oxygen, energy reserves. Animals, eating, predating, hunting, grazing, do the same. And of course, humans. Producing or obtaining food is the key to energy stability in an organic body that is constantly transforming itself.

ME: This creates a circle of dependency... No?

SOY: Yes. Energy is emotion, and therefore, everything that gives us energy will be related to an emotion. This is how the human projects emotion onto food. Food comes from the Latin "alere" which means "to make it grow." In other words, the word does not refer directly to what is eaten, but to what is achieved with what is eaten. In the same way, the English word "Meal" (food), comes from the Frisian word "mēl" which means "moment", "occasion", which moved to the most important moment in the life of a family in which everyone come together: lunchtime. The temporal concept of a particular moment in time thus became the name for all meals. Here again, the concept of an action over time is what gives meaning to what you consume.

ME: Both mentally, emotionally and materially ...

SOY: We have said that the Pancreas, generator of insulin, seeks to accumulate glucose to nourish the cells through the blood, and the remains are stored in the form of fats, accumulating them "just in case". Food, thus, is what makes you grow, it is what you look for in the external world to stabilize your body, develop it, take potentials from the environment, which keeps you in contact with the external world through emotion, from what bonds, family, sitting down to eat at the table, the memory of each favorite dish, its purchase, the harvest, the game ... All food contains an emotional energy weight for the soul, and a caloric energy weight for the Body. This energy becomes part of your pattern, your structure, your being, it becomes part of your cellular stability, of your fundamental elements.

ME: "I am what I eat" ...

SOY: And you've never seen it so clear. Everything you consume gives you an energy charge that stabilizes your being, in the same way that an electron delivers its energy charge to a proton so that it finds its stability, its center. Everything you eat will be part of you, it will become your own being ...

ME: So I have to be careful what I eat ...

SOY: Of course it will depend from what level of consciousness you do it. If you are still in survival, your body will search for everything that feeds this cellular need, looking for the most ancient records of survival in hunting and gathering. In the first periods of humanity, it was not known about the natural cycles of sowing and harvesting, and this was because human groups were solitary, small, and they always had to walk from one place to another, nomads, escaping. of enemies and predators, there was no time to settle, there was no security to do so. For a family to survive, they needed to eat what they found, gathering fruit, or hunting. When hunting an animal, there were many things insured to save energy: the bones served as tools, the fur for shelter for the winter, the meat could feed many for several days, something that the few fruits obtained could not, and much less in the long winters or dry seasons. Thus, the basis of survival is based on the carnivore and omnivore: eat meat or eat whatever there is.

ME: That would be from searching for subconscious records. And from the unconscious?

I AM: The Culture. Once the society exists, the town is armed, there is agriculture, it has been learned to store, the exchange was generated, and a certain stability, the food stops being to survive and becomes emotional and cultural: sharing. Eating with others brings us closer to others, sitting down to eat unites family and friends, banquets flatter the courts and kingdoms, and not sharing food is almost a sign of contempt and betrayal. Not sharing is denying, it is making an enemy. Eating from the same plate implies trust in the other, a way of showing brotherhood and peace between peoples. Thus, eating becomes a way of finding a sense of belonging, of security, of acceptance, of being part of something or a group.

ME: I have seen many people on the spiritual path who become vegetarian or vegan not because they feel it in their soul or body, but because they need to be accepted as part of the group, and eating meat would make them feel rejected, as a betrayal of principles. of the clan or tribe.

I AM: It is a human cultural issue, which takes time to clean up, as it is natural and ancient. However, it is not necessary to do so.

I eat?

SOY: Why do you want to clean and become a vegetarian?

ME: Mmmmm well, there can be many reasons, I mean that it is important to be aware of what one does to the environment and what one does to oneself by eating things that harm us.

SOY: Yes, but that is a belief. You cannot train others to change their way of eating, because you impede their growth. The great mistake of humanity is excess, not what you eat. Eating an apple from a tree or planting 1000 trees to harvest millions of apples and then eating one, that is the absurdity of humanity. Treating animals as products and raising millions of cows to eat one and throw away what is left over because "it was too much", that is the absurdity of humanity.

ME: What you say is that everyone could eat whatever they wanted if the cycles, the quantities and the true need were respected.

SOY: Well, everyone needs something different to consume, because each individual is different, and food is mainly emotional energy. You already know what "prohibit" means in humanity.

ME: Yes ... start the black market, the law made the trap.

SOY: You ban what you don't like, and they still haven't understood that it doesn't work like that. The key is Education, awareness.

ME: And there we have the third level ...

I AM: Eating consciously does not imply looking outside and wanting to change the world, but rather observing what I eat, what I become, what hurts me and I don't stop out of necessity. Consciousness allows us to see that we become what we consume, and if I want to be different, I must consume different things. Food is the key to all energy of my organic being, therefore, to truly transform my beliefs with your thoughts and my emotions with their links, I must transform my body with your diet. When I educate myself, the real cleansing of my being begins, and by example I will be able to educate others.

ME: And how do I start that cleaning?

I AM: It's called Fasting. This Latin word comes from "ieiunum" which is another concept of emptiness, that "there is nothing." Thus, "Breakfast" implies putting aside the emptiness and filling that space. In English "Fast" (fasting), comes from the Indo-European "hard, steady, firm." Therefore "Breakfast" refers to breaking the rigidity. In both languages we can interpret that we are talking about something that is static, still, where nothing happens, and that nothing is broken, it is modified when something new comes to change it. In nutritional terms, Fasting is the organic equivalent of meditation for the mind. Reaching this void not from scarcity but from the will to discover inner potential awakens a new mechanism in the body, which seeks new ways to supply that energy. It obtains it from fat reserves, it obtains it from respiration, from sunlight, from water information. But just as with the mind, there is no use meditating without having ever done active meditations before. For the Mind, finding the instant of full emptiness implies an adaptation to stop thinking, and this is achieved with active meditation, such as fixedly drawing patterns without expectation of creating a work of art, or walking without a destination, or dancing to music without letter, or perform mechanical and repetitive actions. This prepares the body for what it means to leave the mind blank. In the same way, Fasting requires an exercise of consuming less and less food, little by little, with time, leaving the most important until the last, to the point where you begin to repeat a routine of always eating the same thing. Until one day, you only need water. So, you start by leaving breakfast first. Later lunch, and later in time dinner (early, not late). But like meditation, fasting is not for life, but for moments of physical meditation. Thus the cells rest in their constant mitosis. Think of your body as a country that never sleeps with trillions of workers who never stop. Always generating and consuming non-stop. Fasting is like a huge vacation for all the inhabitants of your physique, but nevertheless, one day they will have to go back to their chores. Think of your body as a country that never sleeps with trillions of workers who never stop. Always generating and consuming non-stop. Fasting is like a huge vacation for all the inhabitants of your physique, but nevertheless, one day they will have to go back to their chores. Think of your body as a country that never sleeps with trillions of workers who never stop. Always generating and consuming non-stop. Fasting is like a huge vacation for all the inhabitants of your physique, but nevertheless, one day they will have to go back to their chores.

ME: I understand, it is intermittent... so that the body relaxes. Maybe a few days a month would be fine.

SOY: Each one will know how much, what and how they need it. The important thing is that you do it sometime, because it is the moment when the mind of the body can stop working to think, feel, look at the sky, contemplate life, relax. The detoxification of food is the detoxification of information, it is to find silence and inner peace, dormant abilities of producing one's own energy. But above all, one without denying the other, they are understood as inevitable parts of life. For a body that consumes without stopping, replicates its cells so many times that they will run out faster, and it will die soon. On the other hand, a being that gives its cells vacations, that lets them rest, is more likely to live for more years. You need to eat to innovate, you need to nourish yourself to grow, but you need fasting to understand,

ME: Life, then, finds stability in saving the energy it gets from what it eats, but it must expend that energy to discover what it can do with it. Food and Fasting.

I AM: You are what you eat ...

86. Health and sickness

[October 28, 2020 Matías De Stefano](#)



ME: If I am what I eat, what I consume, then everything I absorb from the outside world in terms of information, emotion and inputs, will determine my energy state, since what I consume is energy that becomes part of my reserve energetic. So if what comes to me has a low vibration, no matter how much I do many positive things like yoga, meditation or being a good person, my body will be constantly nourishing itself with low vibration.

SOY: It's like putting the cheapest and most homemade gasoline you can find in a car that you use for volunteering and community service. No matter how good you are and what you do with the car, if the fuel is bad, it will not reach any destination.

ME: Sure ... therefore the importance of eating well.

SOY: And as we said, eating well is not eating what others eat because it is good for them, but eating what is good for your body. In the same way that there are different types of fuel for different types of cars, there are different foods for different bodies. Being aware of what you eat and why will improve your machinery. But not only in terms of physical food, remember that food is only a physical expression of energy. Then you have the fluid form of energy that is emotion and the bonds that also nurture you. Sometimes a loving hug feeds a body much more than a huge feast. A good idea and conversation fills a stomach with strength more than eating breakfast, lunch, snack, and dinner.

ME: Everything is energy in different states. What happens when all the energy that is received is negative?

SOY: The same thing that happens when all the energy you receive is positive.

ME:... What would it be...

SOY: You get sick.

ME: How can I get sick with positive energy?

SOY: You have a very strange and dual concept of what "positive energy" is. Culturally you have given to this statement a connotation of goodness, well-being, success, due to the fact that positive means "that is placed before me", from the Latin "positus", "I will put", therefore that which is explicitly perceived, it is contemplated and I can touch and see. On the other hand, negative comes from "negare" which means "that is not there", therefore, that which I cannot see or touch. In the curves of a wave, the upper cusp is called positive, and the lower curvature negative, in a concept that what is above is what is seen and what is below is what is hidden and not seen. It is understood?

ME: Sure, I understand.

SOY: So energy manifests in these two ways. Now, let's try to understand it in a more physical and chemical way. In an atom, protons are positively energetically charged particles, and electrons are negatively charged particles. But what happens if many protons are loose in the environment, in a compound, having lost their electrons?

ME: That there will be a lot of positive charge in a compound.

SOY: And does that mean...?

ME: That the "pH" will be very acidic and harmful to health.

SOY: And have you heard how positive it is to have a lot of negative ions in the environment?

ME: Yes, many times ... why?

SOY: Because the negative components clean the air, improve the circulation of the breath, the digestive function among other things. In other words, here the negative is positive and the positive is negative.

ME: Everything is very relative ...

SOY: Exactly. Because you have given a dual and moral connotation to something that does not have it. An overload of positive energy in your body turns your body into an energetically acidic environment, in which everything you have begins to break down. If you only receive negative energy, what will happen is that you will never be able to capture anything, and you will always be trying to complete what you lack. The balance of both is essential. Its imbalance is Disease.

ME: What is disease?

SOY: In Latin "in firmare", it means "to stand firm", which conceptually we would translate as "to stop". In English, the word "disease" also comes from the Latin: "dis" (unlike) and "iacere" (to stay in a place), the concept is that "stay" is a synonym of tranquility, of comfort, therefore when referring to the opposite of comfort, it is understood disagreement, restlessness, that is to say "leaving the comfort zone". In both languages, there is something that stops, that becomes quiet, that does not move any more or that goes into crisis when it moves and breaks its rigidity. Getting sick implies that everything is so full of energy that there is nothing new circulating, so the energy stagnates, stops, becomes rigid.

ME: In other words, the disease should not be understood as a synonym for weakness, but rather for rigidity, in which the energetic concepts, whether mental, emotional or physical, begin to stop.

SOY: Getting sick is something that tries to let us know that there is something that is not moving correctly inside. On the one hand, when the body becomes ill, it must understand two things: one, that there is something that was not moving, although it does not logically understand what, perhaps something old, ancestral, that I must try to understand to release and give it movement again, (well remember that cells do not understand the division of the 3 times, for bodies, past, present and future are all here and now, and what your ancestors lived is still alive in the memory of your cells); and two, that during this period the body must rest and stop, stay still and go into a process of hibernation, meditation, and paying serious attention to the body's reactions. Humans, when they get sick, try to heal to get on with their lives,

ME: Yeah, we've all done this. Wanting to heal ourselves. I remember when my grandmother told me that she had cancer, I told her: "There are two paths you can choose: cure yourself or heal yourself. The first one may be short, but it will only bring you more problems in other parts of the body that you will have to continue dealing with. The second is a long road, but it will lead you to free yourself beyond life, for all eternity. "

I AM: Heal comes from the word "cure", in Latin, which means: to care. This word removes the responsibility from the patient in favor of holding the other responsible for their care. The word Sanar in Spanish comes from "sensatus", that is, it is based on their senses, and is consistent in their actions, which gives rise to the word "sanity" in English, being sane. Both make up the concept of "Health", which originates from the word "Salus" which means Salvation. Salute, in Spanish, has the same origin, as it meant that you wished the other salvation so that he could reach the kingdom of Heaven in the final judgment. In English, "Health", like the verb heal (heal), comes from the Indo-European "kailo", which means "totality, complete, good omen". That is, it implies recognizing that all the parts are in harmony, nothing is left over or is lacking.

ME: It's in balance ... safe.

SOY: So disease and health are not opposites and must find a balance. The disease is the mechanism of stopping to think about what you were not paying attention and did not take care of or solve and now is the time to do it yes or yes. While the process of Health is to find the balance between all the parts, harmony, put things in their place, being coherent, sensible.

ME: In a certain way, excesses of positive or negative energy lead us to get sick, and many times this is inherited, that is, we can get sick in the name of our ancestors because cells are part of the entire genealogical tree and do not interpret individuals but to a lineage. At the same time, we can get sick due to our own inability to manage excesses or shortages of our own energy, in food or in the links and information that we receive every day. But what happens when diseases are alien to me? As in this pandemic, for example.

SOY: Nothing is alien. Humanity is an organ within a larger organism called Earth. The Earth is sick, that is, it has many conflicts to resolve that are in its cells, in humans. Imagine Earth as a lady who gets sick and doesn't know why. But the reason is in their cells that contain the information of the past, humans. Many of its cells, even though we are in the 21st century, continue to live based on hominid survival like 300,000 years ago. The same pattern. Therefore, these cells do not understand progress, present or future, everything happens here and now. For this reason, the Earth got sick, the fever rose (global warming), viruses spread (including Covid19), many cancer cells devour other organs to live on their energy (devastation of ecosystems), and therefore, the Earth needed to stop, to quarantine all its cells, sick. This 2020 you are seeing what happens when a planet gets sick. They are all one organism. It has nothing to do with whether someone is good or bad, if you do things right or wrong, it doesn't go through there, it goes through the strength and adaptability of your cell to multiply and transcend the virus. Virile, strong, virulent, violent, it is an aggressive stage of the being in which it tries to defend itself and survive. This time of detention is a time in which the Earth has fallen ill, stopping each human, now, the only way to Heal and find Health is by placing things in their proper place, to be consistent and responsible, to act with sanity and find harmony in the acts of civilization. In the same way in individuals. Being in high vibration does not take you away from being part of the whole, of the organism, but it gives you the responsibility to strengthen yourself and demonstrate what you can do to transcend it. We are one.

ME: I understand ... Understanding how One makes us get out of the separation that makes us seek the cure, that makes us believe that if I vibrate high this will not happen to me, it will only happen to others ... The key is to be all part of the body and take responsibility in healing it, in finding the balance between all of us, as our body does.

I AM: Every illness, whether of ancestral, personal or external cause, comes to you as a reaction to your actions and your resonance. We are never innocent of the things that happen to us, we are always responsible in one way or another. The question is the same as you asked your grandmother: "which path will you take: the cure or the healing?"

ME: To heal myself, then, I must look at life as my cells do, contemplate past, present and future, and by projecting myself into the future I am manifesting the will to move, to get out of the state of "disease", still knowing that the same is the one that explains to me how and why.

I AM: Consistency is the only key to healing. Never look at the disease as a defeat, but as an opportunity to open your eyes to what you were ignoring out of ignorance. Illness is the second chance, to stop, inspire, and take a new step, this time with greater understanding and wisdom. Greater freedom. Salvation can only come when you see illness as part of healing and not as its defeat.

ME: My path, then, is a constant path of healing with intermittent moments of illness, like a path to the top of a mountain that requires me to stop every so often to take a breath and contemplate.

SOY: Do you remember Mount Kailash?

ME: "Are you willing to Die?" That was Merlin's phrase before reaching 7000 meters in height.

SOY: You were afraid of dying ... How many times did you stop?

ME: Many. But I got over it. I never stopped despite the cold, fever, and headache. Death was part of my birth that day. When I stopped to stare at him, I knew that my whole life had stopped for an instant, I felt like dying, and then I realized that death was my own way.

I AM: Do you accept to be Faithful and Respect yourself, in Abundance and Scarcity, in Healing and Sickness, Loving and Caring for yourself even beyond Death Liberates you?

ME: Yes, I accept ...

SOY: Then I declare to you... I and I AM.

87. Sex and Sensuality

[October 29, 2020 Matías De Stefano](#)



ME: If getting sick means stopping, when we are told to stop and contemplate, is that the spiritual way to get sick?

I AM: The Human lives a busy life, in which in his desire to live, he runs wearing life. Biological bodies have to ensure their subsistence, live as long as possible, and for this, they look for energy to accumulate for times of scarcity. Thus, every day you wake up, the body asks for food, asks to go out and look for it, asks for love, and goes out to find it, asks to move forward, and walks towards the horizon. This is how humans build life based on spending it. In the same way that every time you breathe you try to absorb all the oxygen possible in one breath, devouring the air, without being aware that it is the same oxygen that just oxidizes your cells, corroding them to their degradation and death ...

ME: Another of the paradoxes of life.

I AM: If you eat life in bites, one day you will end up eating yourself, because you are life. For this reason, faced with the maelstrom of the body's need to live, the spirit asks it to stop, to contemplate. The body understands arrest as illness, but on a spiritual level illness is called crisis. From the Greek "krisis", which gives rise to criteria and critic, it means "decision". It is the turning point when you come from one path and it opens in two, and you must decide which one to take. The critical point breaks everything built, and prompts you to stop to contemplate, plan, take a notion of what you have traveled. Deciding is the Achilles heel of Libra, and it is in turn the disease of the spirit. Every crisis is the moment of rethinking, of decision, what do you hope to do from now on? It is a time to shed everything, to move forward.

ME: Stripping myself of everything ... Mount Kailash for me was facing death. The Alchemist, whom many call Merlin, accommodated me on that journey. It was a difficult path, crossing at 7000 meters high with almost nothing, and less experience. Several times I felt like I was dying, but I didn't stop. There I had a moment of important crisis. Shiva spoke up, reminding me that I cannot take charge of the world, that I cannot take responsibility for destruction and death, for they are part of the cycle of life. I always wanted to help, so that bad things do not happen, and there, at that turning point, the mountain explained to me that it is the destruction that had created it, that it was the destruction that originated the beautiful ecosystems that I enjoy today, the landscapes that amaze us, the species that inhabit the Earth. Without destruction there is no creation. I came down differently, transformed, with the calm of knowing that the destruction that is coming cannot be stopped, what was happening in the following years, that is, now, 2020, and the things that will come. But I understood that different things can be done, that destruction can be used to evolve, to create and transcend, to improve. Upon reaching the bottom, Merlin told me: I'll wait for you in 7 days at the end of the earth, (Land's End), in

England. So I did, I went from Tibet to Nepal, and from there to England. Upon reaching Land's End, he led me to a small circle of stones, called Buscawen-Un, and said to me: "get rid of everything." He made me take off my clothes, and I stayed in my underwear. And he told me: "everything." There I had a crisis: shame. I am very shameful, modest with the body. I was always uncomfortable with him. He made me undress in front of the rock, and present myself as I was, being myself. He told me: "Make your way, now is your time to be the Alchemist, become me." That was the last time I felt him in the next 14 days when I toured all of England and Scotland alone, going only to the stone circles from south to north. At that moment I felt a crisis, a moment of bewilderment, in which I felt stripped of everything, as I was born, facing shame, fear of showing myself as I am. For 14 days, I did the same in various places, hot or cold, and I began to feel a strange sacred energy in sexuality that involved the ritual of stripping myself of everything. Starting to lose shame, it stopped being losing it, but gaining confidence. Then I remembered what in ancient civilizations they made us do to break the barrier that separated us from others: sex. Sexuality was practiced since children, because it was known that at 12 years old a man and a woman could have a child, and then, it was necessary to understand what sex was, that it was not something alien, strange, taboo, but something natural and useful in life. They made us recognize our bodies, the limits and extremes, where the pain and pleasure were. Women thus learned to give birth with orgasms instead of suffering. Nudity implied confidence in oneself and in the other, awakening strength and weakness at the same time, making all men and women as one. There were no shame, there were no dependencies, there was nothing to hide. It was the first time that I danced freely naked in a circle of stones as our ancestors did, it was the first time that I was not ashamed of being stripped of my clothes, my personality, in front of strangers. I felt that I had been reborn.

I AM: Sex comes from "Sectus" which means "to separate". In ancient times, the two roads in front of you were called man and woman, and their clear differences were what separated them as different things, thus their genitals were known as "their sexes", and the interaction between their genitals would be known as a "sexual act". Sexuality, then, is the attribute of separation, however, in today's culture, you have given it a wrong connotation, since they confuse it with Sensuality.

ME: And what is Sensuality?

I AM: It is the ability to perceive with all the Senses, it is the Sensory ability. Hearing, Taste, Vision, Touch and Smell. The tone of voice, the words used, the singing, the intense breathing, are a sensory delight for the ear. The flavors, the food, the aphrodisiac, the kisses, the sensitivity of the lips and tongue are a delight for the taste. The shapes, the colors, the symmetry, the depth of the gaze, are a delight to behold. Caresses, rubbing, heat, chills, tickling, massage, are a delight to the touch. And the aromas, perfumes, sweat, pheromones and testosterone emanating from the skin and hair, excite and delight the smell. Sensuality is the illumination of the senses. Each of them is the basis of one of the elements of nature: Earth the touch, Water the taste, Air the ear, Fire the vision, Ether the smell. And in turn, they represent the universal codes that manifest all reality: Hexahedron, Dodecahedron, Icosahedron, Tetrahedron and Octahedron respectively. If geometry in vibration is the universal language of the spirit and the mind with their patterns, being the Elements of nature, the kingdoms, the energy in motion, that is, of the soul, which manifests itself in physics, then the Five Senses are the way in which the spirit and soul can receive in full consciousness the information of their creation. Sensuality goes far beyond Sex and reproduction, as it implies communication with the soul and spirit through the senses of the body. The ancients taught that the only way to learn to communicate with the spirit was through sensuality, being fully aware of the body, losing shame, opening up to perception with oneself, and with others. And within all this, what separates us, Sex, becomes a way of feeling, of recognizing other parts, of uniting what is different.

ME: Sex and Sensuality, then, are two spiritual concepts, that is, it is the spirit who has designed them to be able to feel and receive the information of matter.

I AM: And because of this, Merlin told you that until you accept your nudity, your body, your sexuality and sensuality, you could not become a magician like him, because you would always be blocking the spirit in its will to live.

ME: I understand, it makes sense now. Sexuality is something that has been forbidden for many years, and is still done in many cases. There is still a lot of discussion about sexual issues, assigning them to what holds us, what keeps us being animals, what takes us away from the spirit and purity, and is taken as something negative, provocative or that takes us away, deviates, from the path or path of light. In many cases, abstinence is spoken of as one way or the only way to connect to the spirit. What do you say about that?

I AM: That such a rich Universe would never design the diversity of existence to say that there is only one way to find the spirit, especially a spirit that is not found anywhere, since it inhabits all things. The only way to find the spirit is not by method, but by coherence and harmony. If you meet those two requirements, everything else will take you to your being, to your spiritual essence.

YO: So, in such a troubled time as this, of a constant struggle over sexuality, over gender diversity, over feminism, everything generates a conflict that will lead us to spiritual illness, to a crisis that will make us stop and see where we have arrived, and how much we have mentalized concepts that are not ideological but sensory. And there we will return to the essentials. Gender ideology is not an ideology, it is a sensation. And therefore, we must learn to feel, to perceive with the 5 senses without mental judgments, knowing that beyond diversity, we are all sensory beings connecting with the essence of who we really are, beyond the genitals, but rather the senses.

I AM: Sexuality and Sensuality may seem like opposite concepts now that you think about it after this analysis. However, the one and the other feed back. In tantra, the doctrine of learning to use the senses as a way to communicate with the spirit, sex is a fundamental part of communication. The breath ignites the kundalini, vital energy, which is reinforced by looks and aromas, which through touch is potentiated, and with song is harmonized. The use of the vital and generative force of the genitals encourages the rise in vibration that awakens the brain sensors to perceive with the most heightened senses. Re-relating to healthy sexuality is not a matter of spiritual idea, but of allowing oneself to awaken one's sensuality, not in relation to others, but the ability to feel for oneself,

ME: To exalt my senses to become sensory, is to awaken my sensuality.

SOY: And sexuality will be one more tool in the task of joining the spirit here and now.

ME: I free myself from my shame, to allow myself to feel, and thus unite body, soul and spirit.

89. Center and Periphery

[October 31, 2020 Matías De Stefano](#)



ME: If death does not exist, and life is a constant with moments of transformation, then existence itself that refers to what I am, in a certain way is immovable. That is, something that is constant and eternal and moves without end, in conceptual terms it is the same as something fixed, since when rotating on itself as a constant system, everything is self-referenced as a center ... So, when we talk about purpose, direction, are we really talking about movement and life? Or maybe life doesn't even really exist, and the path is just a perception?

SOY: This brings us to a complex plane of philosophy, where the fixed and the moved are the same. Let's start with the graphic way of understanding this. Life and Death were represented in ancient times as a circle with a point in the middle. It represented the beginning and end of things in constant motion, through the path of existence. The middle point could represent the Sun, a symbol of life, although it could also represent the Moon, as a symbol of death. The circle around, implied everything that had to be traveled, the path of existence that arose from the origin of the center, generating the idea of the Earth itself, which ended again at the same point. To this symbol, you used to add two transverse lines that divide the radius of the circle into 4 equal fractions. A vertical line would represent Time, and another horizontal would represent Space. From the terrestrial vision, these 4 lines represent the 4 times: spring, summer, autumn and winter, and from the spatial vision they represent: north, south, east and west. We call this the Crucifixion of the Self.

ME: How does this relate to the crucifixion of Jesus Christ?

I AM: All the peoples of the Earth knew the Solstices and Equinoxes and based their calendars dividing the year into 4 groups of 3 months each, or in two parts of 6 months, plus 1 that represented the center, the lunar month 13. In The Middle East and Europe, was popular knowledge and celebration, as its parties were based on stellar and stationary calendars. Everyone knew the symbol of the cross long before Jesus appeared. The circle represented the Earth, and the center the halo of light or Solar disk. The Cross were the times, and everyone knew that there was the divinity of life and death, that is, of constant Resurrection. When Christianity sought to position Jesus as the Messiah, the Savior, they placed his image in the place of the Sun, in front of the cross, so that everyone could relate that he was the son of God (Sun) and of the Virgin (Moon) on Earth (Circle), beyond times and spaces (the Cross), and who marked his sacredness were the Three Kings of Heaven, the Belt of

Orion, who opened the way of the Milky Way from East to West. Thus, the entire population of the Mediterranean world could accept this savior with total ease.

ME: It makes sense, so what we attribute to the story of Jesus Christ is nothing more than astronomical symbolism applied to people.

I AM: Jesus was one more, because there were hundreds that throughout history have been related to these same concepts. For when a human was considered an Enlightened One, he had the honor of recognizing himself in the center of the circle, being part of the Divine.

ME: So, to connect to the Divine, it is necessary to be in the Center.

SOY: Do you know what a fractal is?

ME: Yes, it comes from the word "fraction", which is a part equivalent to the whole, the same in shape but in different proportions. How to split a triangle into many triangles.

I AM: The circle and the point in its center are just a fractal. The closer you get to the point, you will see that it is also a circle that contains a point at its center. No matter how deep you go or how far you go, it will always be this way. An eternal psychedelic image in which the point becomes a circle in its expansion and the circle becomes a point in its contraction. This shows you the greatest paradox of the Universe: everything that seems to move, transform, advance, everything that is interpreted as Life, is nothing more than the same fixed point, static, in nothingness, something that you can only understand in its transformation process not because it moves but because your mind interprets its aspects. The idea of depth arises from your brain's ability to understand it, but it is an optical illusion. Therefore, there is only the mind in the Universe,

ME: Wait a minute. But, what about the law of Vibration, of Rhythm, of Polarity, that energy always transforms, that the Universe is constantly changing, Evolution, everything we see and perceive is life and transformation?

SOY: This is all based on physics. And what is physics based on?

ME: In quantum... which is metaphysics.

SOY: So if physics is based on metaphysics: What is the only possible law in the Universe?

ME: Imagination... Mind.

I AM: Mentalism. Everything is perception, everything is an illusory game, worth the redundancy. In the Universe there is only emptiness, which is neither white nor black, it is empty, where a single point, observed with imagination, gives infinite possibilities.

ME: But, for something to be observed, there must be an observer.

I AM: The observer exists only because of the observed. Nobody owns the mind, for the mind is in itself. There is no observer until the mind considers that there is something to observe.

ME: It's complex.

SOY: You don't have to understand.

ME: And why did we get here?

SOY: Because you asked ... simply.

ME: Ok... so what is all that we do and consider life?

I AM: The Periphery of the Center. "Center" comes from "Kentron" in Greek, and means "Stimulus", related to the words thorn, dart, that which hits the target. Taking the concept of stimulus, like the sting of a bee, the center is the pulse, it is the action, the idea, the "Eureka" moment of the Universe. "Periphery", comes from the Greek "Peri" (around) and "Phero" (to carry something), that is to say: to carry something from the center around it. What would be the impulse, the reaction, the thought. Like the cosmos, from the center, a spiral is projected, generating the idea of a circle that repeats itself incessantly until it forms a sphere that expands from a nucleus. And when it reached its limits, it began to recede, like a pulse, receiving the effect of the cause of its heartbeat, returning to the center like a dart, towards the origin. But actually,

ME: I am the point... on my axis. Is that why it is said that you have to go back to the center? This is why we are made to understand that everything that is around us arises from ourselves, that everything is a perception of the mind, that we must find our axis, because life that seems to change, only changes because we turn.

I AM: Look at the sky, and your human vision will say: The sun rises, the sun sets, the moon rises, the moon sets, the sun passes through the sky, the stars move in the sky... You think life, history, time, space is everything that happens, that passes by, that turns incessantly, but it is not like that. It is the Earth that rotates, it is you who move on an axis, perceiving that everything else is moving, when it is only you. Therefore, you are the center, and therefore everything comes to you and arises from you, therefore you are your only purpose and mission in life, and it is your center and axis that will give meaning to the purpose and mission in what you see outside

ME: "Stop wanting to be on the periphery, your place is the center," my guides told me in the Ring of Brodgar circle in Scotland. I stood next to the loses, when my place was the center. I did not understand at that moment, I believed that it had to do with my position in life of being the center of attention of people, of others, being a guide, being in the center and being seen by everyone, but no. Now I understand ... Now I understand what they meant. The movement of the world arises from my axis, I must be in the center of my life to be able to contemplate and generate it.

I AM: Welcome to the only possible destination in the entire Universe: the Center.

90. Here and now

[November 1, 2020 Matías De Stefano](#)



ME: Space and Time... Perhaps the most fascinating duality of all, and the strangest in turn. Our life is linked to Space in a direct way, and to Time in an indirect way, which conditions our life almost as if it were Space itself. But even so we all know that these two concepts exist, most do not know or do not know what they really are and how they support each other. And in turn, something catches my attention, the concept so often mentioned lately: "Here and Now". It is as if suddenly, many people have woken up to understand that the most important thing is to live in the present, because it is the only thing over which we have control and awareness, therefore, we have no choice but to live it. But, I don't feel like that then

SOY: Well, this probably eliminates the idea of such duality from the beginning: Time comes from the Indo-European "temp" which means "to stretch, to extend". Space comes from the Indo-European "spau", which means "to pull, to pull".

ME: Wait... do they mean the same thing?

SOY: Yes.

ME: But then why do we take them as different and dual things to each other?

SOY: Because one stretches on the one hand, negatively, and the other stretches towards the other, positively. But both are the forces that stretch reality, that expand it.

ME: It makes sense like this ...

I AM: In your conception of Time, it is related to what happens, what happens. Time, then, is a unit of measurement of facts that helps to order concepts that can only be understood from the mind but not from reality.

ME: In what way?

SOY: Is it possible to measure the past? Is there anything that allows you to touch on what really happened?

ME: If I touch bones or an ancient monument, would it be touching the past?

I AM: If you touch it, it is present, it simply means that there is a bone there and that the monument is a rock. You call him person and monument, but they are not. The past, as such, does not exist from the point of view of space. Not the future, since they are not countable by physics nor is there anything that assures you in the 5 senses that what you touch is past, because the senses can only perceive the present.

ME: What about memory? When for example I remember my childhood and my taste feels the taste, or my nose feels the aroma.

I AM: Feel. For your cells that is not memory, it is present, because they are feeling it, only you in your mind know that this is not happening.

ME: It seems complex to understand.

SOY: But it's actually very easy. Everything you perceive in the world is due to a reaction in your senses. In other words, for your senses there is nothing outside until it is interpreted inside by the connections it makes in the brain. If your brain generates a reaction, well, your senses will be the ones that will interpret that idea in the present. Therefore, the past is just a concept. You divide time into a sacred trinity that you call Past, Present and Future. This trinity is conceptual, since what it does is describe 3 aspects of a space: what is expressed, what is experienced and what is projected. But in each case there will only be a single thing in transformation, therefore, there will be nothing in the past or in the future, because the only thing you can perceive now is simply what "is", and nothing else, the rest are just interpretations of the intelligent mind. A mineral, a plant, an insect and most animals cannot interpret the time of things, only space, what it is, what they feel and perceive, without more.

ME: And in what constitutes what they perceive?

I AM: In Space. He himself also has his sacred trinity, which you call: Tall, Wide and Deep. This defines the law of the Third Dimension, which is why it is called Third, since it is composed of three dimensions of space, that is, extensions of a reality in which one can move. Dimension comes from the Latin "Di" and "metiri", which mean "Two" and "Measure", respectively. That is, measure the parts of something. Thus, the Third Dimension would be to measure the three directions of an object. Those three directions, in turn, in the third dimension, will express themselves in the 3 times. This is how you understand that the three times and three spaces are nothing more than two forces stretching the same object forcing it to transform.

ME: But how would time be a force if it doesn't really exist, as you say?

SOY: Let's look at it first from human vision. Your life is given through time, and everything you do is related to it. Seconds, Minutes, Hours, Days, Weeks, Months, Solstices and Equinoxes, Years, Lustrums, Decades, Centuries, Ages, Millennia, Ages, Periods ... All calculated by the movement of the Sun, the Moon, the Stars, the change of climate . But, yesterday we said that it is not the sky that moves, but the Earth, that is, that what you consider "passage of time" is based on the concept that things pass through the sky to measure the moments, without However, by not moving, then the only thing that determines the times is you from your perception of movement of something that is really static. Old age, the deterioration of a body, is not due to the passage of time but to the expansion of its cells. The division of the same begins to be exhausted, losing the ability to multiply, and that produces death. In reality, time never passed, it just happened that the cells stopped multiplying. The days and nights do not mark the passage of real time but rather show the process of the earth's rotation. The seasons do not change by time, but by the movement of the planetary axis in its periods of translation and precession. The hours are calculated the light that affects a territory of the planet in its rotation process. As you will see, all the concepts of time that you can have depend absolutely on the capacity of the space to move. They are just ideas, ways of naming the physical processes that happen. it just happened that the cells stopped multiplying. The days and nights do not mark the passage of real time but rather show the process of the earth's rotation. The seasons do not change by time, but by the movement of the planetary axis in its

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YO: But, we have spoken that Space is also a construction, that is, in reality, it is also a perception... right?

SOY: Exactly. Space is nothing more than the harmonic or distorted interaction of vibrations that generate energy and this in turn gives rise to particles that will be arranged in a coherent way to save energy. In other words, space is nothing more than the distorted expansion of a pulse. Both Space and Time are summarized as those two elastic concepts that expand the universal mind to experience processes. The paradox of this duality is that the only reason why matter expands is because of the need to live a process, therefore, it is in a certain way time that originates space. Time is equal to Nothing, to the creative matrix network, which projects ideas, thoughts, plans, where everything is possible, and from this awareness, the vibration that unites thoughts arises, thus giving rise to the creation of space. Space is directly related to time, since it is its creator, time being that inner world that projects to the outer world that will end up being space.

ME: Ugh... it's a uroborus. But, if you say that time creates space but space is the only thing that makes us perceive time, then what is the meaning of this duality?

I AM: Order. It is a way in which the mind orders the internal and the external. The human concept of Time is not what Time really means. As I told you, the only existing concept is the elastic mind stretching its connections, expanding them like ropes.

ME: String theory. Time and Space are nothing more than strings that tighten and loosen creating the perceptions of everything that exists... But they are the same.

I AM: Just like beyond the genitals, a man and a woman share the same genes. Dual concepts are mere expressions. Nothing else.

ME: So what is real between the two?

I AM: Eternity. There are those who know this as "eternal present." The only way to mention the strings that manifest all space and time is the concept "Here and Now".

ME: But it is not related to the "present", is it?

SOY: No. That is a misconception. The present is one of the three conceptual times that is also non-existent. Many humans consider that the phrase Here and Now summarizes the fact that nothing exists or matters other than what happens right now and where I am. That is actually called "presenteeism." This concept implies that one detaches himself from the Universal consciousness to live only from the perception of the Ego. It is a time-space self-reference that is based on the Personality and the perception of the individual before the reality that he has projected, when in reality it is much more complex than that. Yesterday we mentioned that the Universe

is a Circle that becomes a Point and a Point that becomes a Circle, and that observation is the only thing that is real, since observed and observer are the two polarized ends of an expression. That observation, that void, that single mind, then, inhabits all possible spaces while being fixed, and lives all possible processes without the need to move. "Here" is the idea of the Universe that summarizes all existing places, and "Now" is the concept of the Universe that summarizes all possible moments.

ME: In other words, saying "Here" would be like recognizing that my existence is not only found in this place where I am, but that all places inhabit me, all places, continents, worlds, galaxies, everyone, in the I. I am, coexist as one. And "Now" would imply that past, present and future merge with each other, making me at this moment a conjunction of all possible processes.

I AM: When you leave one of the extremes, both from the vision of time and from the vision of space, that is, when you transcend the duality of the observed and the observer, to become the observation, and space and time become the words "ethereal" and "eternal", you realize that both arise from expanding the "ether". Ether comes from the Indo-European "aither", which means "to burn", and describes the process in which fire, by burning things, shows its true essence hidden in it: nothingness itself, since everything disappears. This idea is that the pure is invisible to the eyes, that things are composed of immeasurable existences, and that therefore, they cannot be dimensioned, only multidimensional. Thus, you understand that Here and Now remind you that you are only the flexible mind of the Cosmos stretching, twisting its strings,

ME: It's a very... big image... It's so complex that...

SOY:... we should have summarized it in something very easy: Here and Now.

ME: So, finding the Balance of everything, of all the things that we have talked about this month, is simply to remember that we are a point, a center expanding in circles through the process of infinite and eternal observation, which stretches and extends in two primary concepts that we call Here and Now, and that in experimentation we will interpret as Space and Time.

SOY: That's right. Therefore, when you seek the Balance between all things, simply remember that you are all things.

ME: I Am Here and Now.

End Month of Libra