

Month of PISCES 2021

Conversations between I and AM

By Matias De Stefano

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Week of Mental

211. 1st dimension (Crown)

[March 2, 2021 Matias De Stefano](#)

Daily vibration: LHa

Statement: I Am Universal Love

Code: AUTUMN = the process of decay, of life's recession, takes us to experiment the retreatment, the realising, death itself. Related with fire, it's the moment of integration of the life in the temporal aspects of the divine fire, moment for the assimilation of all the experiences lived, where we must evaluate the achievements that we've accomplished and that will help us find the inner potential on the new rise ahead.

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ME: I am! Do I shine! I am shining! My Sun radiates all possible light, its brightness is immeasurable. So much so that everything around me becomes luminous, the planets reflect so much light that they all seem to shine on you, and the more I expand, the more ecstasy I feel. I am a Sun, they are tiny and magnanimous. My radiation is such that even space seems to clear. The ranges of my rays spread a rainbow towards infinity, crossing each other, in all directions, making the deep and dark outer space become clear, whitish, luminous.

I AM: You are Light ...

ME: I am Light, I become her... but... I am so much light that I cannot see anything, I no longer see the planets, much less the stars. The colors are so clear that I can barely distinguish them, and they fade more and more as I radiate more. Everything... everything is white... there is... nothing.

I AM: Empty.

ME: Yes ... there is only my idea that I am, that I am that light, but, there is nothing else there ...

SOY: You are alone ...

ME: Yes, alone.

SOY: And what is the only thing you perceive?

ME: I perceive... nothing... I perceive nothing.

SOY: Pay more attention... what do you see?

ME: I see ... images ... I see the same as when you close your eyes, flashes of photons trapped in the eye retina, or some dust particles that pass in front of the cornea with their strange shapes. It's like dreaming, nothing seems real, everything seems like just imagination, because I know they are not there, and I still see them ...

I AM: They are your projections.

ME:... What is in me, and that the light that I radiate reflects was like a play of light and shadow...

I AM: That kind of subtle, imaginative reverie that seems to design the background in white, is what you naturally possess in you, and that the light of your being projects out radiating its light. Your mind will seek to cling to what it imagines in front of you, to be able to make sense in the midst of so much light that produces emptiness. Now focus on yourself, close your imaginary eyes, and observe yourself.

ME: Wow... what I see, is... strange. The light comes from me, but there is so much in me that it has begun to dim each other. The light seems to devour itself, as if it cannot contain itself ... I am no longer a Sun, I am like a black hole, a point surrounded by light. It is like having turned space upside down, and all that was black is now light, and that which shone is now black. Like the negative of a photo.

I AM: Photons are elementary particles. They have a charge of 0, and travel at constant speeds, being generators of all electromagnetism, producing all types of light radiation. They can be harmless, such as those that, when reflected in objects and from them to the eyes, allow us to see shapes and colors. Or on the other hand they can be deadly, like X-rays and Gamma rays, which destroy the electron shell in an atom, producing harmful mutations. Although they, in minimal quantities, produce evolution, which has made it possible for us to exist as humans, with our peculiarities. Photons can behave as particles or waves, that is, in contact with matter, they have a physical body carrying energy, but if they refract or reflect,

ME: So when I project myself from the inside out, what we call fractalizing or reflecting, is nothing more than the vibration of my mind that, when in contact with matter, will make the thought come true ...

I AM: Mind creates all reality by its vibration. Now something interesting happens. The space is full of light, it is not black as you see it at night.

I eat?

SOY: Yes, space is full of photons traveling at great speeds, emitted by every star, by every galaxy. But the distances are so great that these particles take billions of light years to get from one galaxy to the other. Thus, our eyes are not able to capture them. White light begins to refract on its way to redder, warmer colors, which then cool in the distance, turning blue, and as they scatter further away, they give the sensation of darkness. But space is full of light, it just hasn't reached us yet. When you look at the infrared image of space, you will be able to see many hidden objects, which are so far away that the vibration waves are very low, making it only visible with devices that can capture these waves, something that the human eye cannot do. . When you enter yourself, outside of time and space, the curvature of both makes everything that exists relate to you, and therefore, the photons no longer travel in time-space distance, but remain there, always being at around you. This compresses all the particles that compose you, generating so much radiation that it destroys the nuclei of your atoms, expending all its energy, turning it into a mass of neutrons that collapses on itself creating a black hole, which consumes all the light around it. And that is the origin of all things ...

ME: Nothingness itself ...

SOY: Everything arises there. You are Alpha and Omega, and what you see is nothing more than a dream that remains within you. All things return to you, and because of this, you become the origin of all things.

ME: I understand ... I think ... it is like a beautiful paradox, in that the origin is within each one at the same moment in which we are consuming their energy, and even so, having done so, we will only be generating a new beginning.

I AM: This is the First Dimension. Where beginning and end are ends of the same line, they are hemispheres of the same point. You can see that the first dimension is explained by a pole, that is, an axis, a line with two ends, but this line is nothing more than an imaginary, it is only a human perception of a non-existent sphere ...

ME: Non-existent... it is, imaginary... So who lives in the First Dimension? Are there beings there?

SOY: Yes... they all live there. Dimension comes from the Latin word "Di-" (two) and "Mentio" (measure), that is, the measure of two points, that is, the points of reference of the observer towards what is observed. Dimensions are not places to live, Dimensions are measurements of the same reality. Thus, you live in all dimensions.

ME: So I guess this week we'll visit all dimensions ...

SOY: And we begin with the one that originates all the others. Look for it inside you, close your eyes. What do you feel?

ME: I search, and I can't find anything, because nothing is infinite ...

SOY: So you've found two things already.

ME: What things?

I AM: The Nothing and the Infinite. And you can only do two things from these two: create the Whole and manifest the Finite. So you can get out of this feeling.

ME: And how do I do it?

I AM: Moving, turning on yourself, making the Alpha look for the Omega, as if you wanted to see your back, turn, and when you do it faster, the image of your back will be in front of you.

ME: It's strange but true ... That eternal movement is what allows me to see what is hidden.

I AM: That eternal movement is what you call Love. When you love the divinity within you, you will move in all directions, seeing the hidden, causing the Nothing to become the Whole, for the Infinite to become Finite, for the Static to become Movement, that the Light becomes Darkness. Let the Alpha become Omega.

ME: Why would I want to do something like that? Create the finite, create darkness ...?

SOY: Because a star only shines in the shadow. Because being manifests itself in an individual. Because Art expresses itself in patterns. The question is not why create all this. The question is why not create it?

ME: Thus, from the First Dimension it is that we create ourselves, and it lives in us, within, at every point that constitutes us ...

SOY: That's right. You are a limited hologram of an unlimited particle. Just to be able to play at being.

ME: Wow.

I AM: The beginning lives in you, and it is Love that keeps you vibrating. So Ama .. love... love...

ME: I am Divine Love ...

I AM: Welcome to the Pisces Dream.

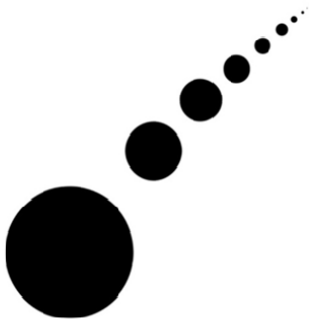
212. 2nd dimension (Third Eye)

[March 3, 2021 Matías De Stefano](#)

Daily vibration: LHae

Statement: I Am Unconditional Love

Code: WINTER = it is the hardest of all, where we live the temporal aspect of what we spatially call air, this means, the moment of nothingness, of void, where life disappears, and lets itself die. The key of this process is transcendence, is freeing from all forms to allow our fruits to nourish the seeds of a new being that has the potentials inherited from us when we disappeared.



ME: When you said yesterday that the Piscean consciousness is like a "Wise Child", I started to think about the way children understand the world, the way we learn to recognize it since we are children. Through play, fun, discovery, and something that amazes me even more is that most of what we see as children is not real, but imagined. That is to say, when we observe things with the child's mind, everything is a magical adventure, anything can be the subject of imagination, of creating a story with the mind. I remember seeing bricks and playing with them as if they were a castle, or a ship. I remember seeing a tree and thinking it was a city and insects lived there doing amazing things. I remember feeling that the moon spoke to me, or that each object in my house had a life of its own and communicated with me, so he was never alone, from the towels in the bathroom to the dining room table. The living room of the house became landscapes of the world, and the sofa was a ship. The pencils were space coetes, and the edge of the sidewalk on the street with its flagstones could be cliffs of strange planets with unique geographies. When we grow up, we usually lose this capacity for imagination, we begin to base ourselves on what we know about the world, and a slab, a sofa, a table, a moon, a tree, they become that, simply a slab, a sofa, a table. , a moon and a tree. It seems a bit sad to me ...

SOY: Actually, you keep imagining things, but they begin to become more complex. A child is learning from matter, he has just arrived at this reality, and therefore, his consciousness is capable of shaping it, since he continues to live in the subtle, but experiencing matter, playing with its metamorphic capacities. When you become a teenager, you begin to mold the soul, the energy, and you begin to use your imagination to develop different options to what you live, to idealize people, to feed illusions, putting together emotional stories. You already know the subject, you are no longer excited about it, now people are excited about you, what you feel about them, what they cause in you, falling in love, getting excited, fantasizing ... When you are an adult, more than 28 years old, and you have already met many people, You have already related to various aspects of the soul, you already know what it all means, and the soul no longer excites you, you lose the magical interest you had in people, and you begin to focus on the mind, on moving forward in life , in having purpose, and you are excited about faith, belief, philosophy, power, control, intellectual ... You are excited about what you can innovate in your life, achieve, with projects. Until you get out of your mind, and you start to live old age,

becoming excited about the subject again, recognizing that you are on the way to leave it, and you are excited to play again, find yourself with being able to do new things, discover new places, until You get excited again with love, with relationships, with feeling something, to end your life with the illusion of imagining what will happen next, when you are already gone.

ME: So it is as if the illusion and the imagination never leave the human, it only transforms, it passes from one level to another, it is just that we live it in a separate way, as if abandoning the previous ...

SOY: The human problem is that it considers "the past trodden on." The human believes that if he has already lived something, that no longer works, as if it were not a record of his experience. When you drive a bicycle as a child, you will always know how to ride a bicycle no matter how old you are later on, and maybe in your life you will never pick up another bicycle and ride it, maybe you use motorcycles, cars, airplanes ... And yet This does not mean that you cannot one day take a bicycle and ride it. The human concept that what happened is past and is no longer useful, necessary, or even considered "childish" to be taken up again, only separates potentials, limiting you. A person open to using a bicycle, a motorcycle, a car, a boat, an airplane or whatever, is a person who expands, who sees the infinity of potentials and paths that his being is capable of drawing, creating and experiencing. In the same way, an adult who is capable of deluding himself with his soul by falling in love and imagining the infinite possibilities, walking through an airport imagining that he is another planet and is traveling between worlds and dimensions with extraterrestrial companions, and at the same time nourish himself with that imagination to build a social project that produces illusion, it is a multidimensional being.

ME: It's what they say, to see the world with the eyes of a child ...

I AM: When you are a child, look at the world as a child, when you are a teenager look at the world as an adolescent child, when you are an adult, look at the world with the adolescent adulthood of a child, and when you are old, look at the world as an adult adolescent who lives the old age of his childhood. If you live life, stage by stage, abandoning the previous one, you will not gain expansion capacity, but you will limit yourself to your new way of seeing the world.

ME: I must open myself to the options ... I must add them, as if they were one ...

I AM: Well, the Universe is a constant of options that are One. And this is the key to the Second Dimension.

ME: I understand that the Second Dimension is the one that is composed of lines and points that form a drawing on a single plane without depth ... That is, like a cartoon on television, or a drawing in a book.

SOY: That's right. That itself is dimension two. It arises at the moment when Alpha and Omega, being the northern and southern hemispheres, positive and negative, from a point in the First Dimension, separate, project in opposite directions, creating a line, but which in turn, its new nodes create a new polarity, which also extend, seeking to close the image to find balance. A polar axis by itself does not have balance, it needs to close the circuit, and thus, you can get a closed polar image. In simple words: from a line you get a square.

ME: In the First Dimension we call it Line, in the Second Dimension we call it Square, and in the Third Dimension we call it Cube or Hexahedron.

SOY: Exactly. And in the Fourth Dimension you call it Tesseract. In the Fifth Convergence, in the Sixth Foundation, in the Seventh Manifestation, in the Eighth Process, and in the Ninth Realization.

ME: Wow... I didn't expect that.

I AM: As you will see, the First Dimension is the one that gives greater freedom, because beyond its polarization, a line can be used for the manifestation of any other type of figures, either a triangle to create a

tetrahedron, or a pentagon to gestate a dodecahedron. However, it is the Second Dimension that provides the basis for the realization of everything else, which determines the following patterns.

ME: And why is that?

I AM: Because in the Second is where you find Consciousness. The second is the one that gives you an idea of the rest, the one that shows you the basis of imagination. Duality is the generator of probabilities. Your mind polarized on the axis of the first dimension, gives rise to the intention to be, to move for love, and in the second it incorporates the soul, the articulated movement, the magical intention. So think of cartoons, as you said. They are an imaginative manifestation, the embodiment of dreams, the basis of illusion. Part of the game of creation. Think of the Cosmos as a boy, girl, who decides to move in circles, turning in his room like a dervish in constant circles in which he sees the world around him change, understanding other forms of himself, idealizing reality, imagining a new. The drawing, the strokes, They are the basis of all art, whether it is poetry when tracing a word from its first letter, or sculpture, whether it is to trace the initial design where plaster or rock. The lines make up the neural connections of your soul, shaping the perception of your environment, schematizing it, but at the same time, giving you the freedom to create the foundations of infinity.

ME: Something so simple, it ends up being something so beautiful.

I AM: Each line is a process, which you draw in your walk. your two eyes observe this dimensionality, which is traced in your two hands, in your two ears, in your two feet ... You are a dual being, made up of patterns of duality. Your presence in the Third Dimension is due to the foundations of your Second Dimension. And there you find the base of your imagination. Each process that you live is a path traced in the illusion designed by the second dimension, in which you position yourself at a point X to advance to a point Y, designing the paths through illusion and imagination, since point Y is the illusory mirage of yourself, it is an image that needs to be completed with your experience. Therefore, you should not abandon the previous step, but add, because only in this way will you be able to obtain the complete image.

ME: The imagination that creates the patterns, the illusion that determines my life, is not, then, a prison of the mind, but precisely what allows me to expand it ...

I AM: I know that you have lived conditioned by the reality of the Third Dimension in which you have heard phrases such as: “do not live with illusions”, “stop imagining and live reality”, “put your feet on the ground”. But the truth is that there would be no life, no reality, no soil without imagination and illusions. Everything is a holographic illusion, so if you really want to live fully in this reality, you better dare to imagine and get excited. And in doing so, you will find the unconditionality of the soul, which manifests from dreams all that can be.

ME: To love unconditionally what I am capable of imagining, projects unconditionally to the world I live.

SOY: Sometimes utopias come true, only if you dare to live your dreams, tracing them step by step.

ME: I imagine, and the Illusion becomes Life.

I AM: Awaken the Dreamer that lives in you.

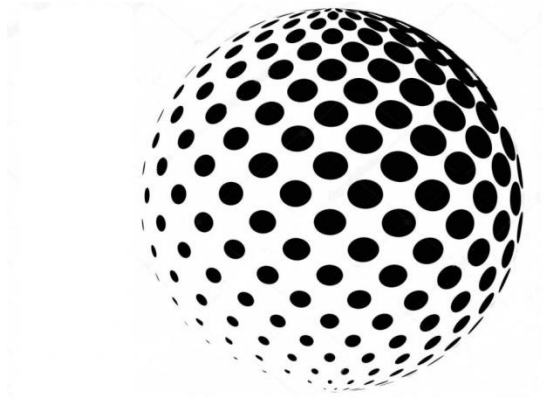
213. 3rd dimension (Throat)

[March 4, 2021 Matías De Stefano](#)

Daily vibration: LHe

Statement: I Am Real Love

Code: BE BORN = Related with the expression of the universe and spring on Earth, all living beings go through the process of the four universal foundations that starts on the stage of life that we call being Born. It starts in the moment when the spermatozoide and the Ovule unite, and continues until 7th year, when the chakras have properly formed in all the physical and psychic system.



ME: And the dreamer in me woke up in his dream.

I AM:... a Deep dream.

ME: And in the Deep he got lost, because the deeper he went, the more beauty he found.

I AM: The polarity of the First Dimension, extends to the High, while in the Width, the Second Dimension designs the pattern of a crucifixion from which it is born is exempt, the Cross of Time and Space, which designs the imaginary of the existence in the resonant vibration of its echoes, and in them, in its conscience it is lost in love with the waves that transform on themselves towards the Profound.

I: High, Wide and Deep, the Holy Trinity that makes up the fundamental concepts of the Third Dimension, the one that we all know, experience, live ...

I AM: The best known to humans, because the others live in their imaginary.

ME: Imaginary?

SOY: Imagining comes from the Latin “imago” which means “portrait”, that is, it creates a figure within a limit, describing a reality in a figurative way. It is difficult to explain something objectively, because, for example, try to say the first color you see.

ME: White, on the screen.

I AM: Well, it is not white, but the conjunction of LEDs of different primary colors, whose combination produces the sensation of white, which in turn is nothing more than photons moving at high speed emitted in different frequency waves. That is, white is a mental construct, something figurative.

ME: So nothing we see in the third dimension is real.

I AM: That's right, the Third Dimension is just the sensory experimentation of the imagination.

ME: Wow... this just blew my head off a bit, well, being the axis of the Ego, this breaks my purpose a bit, since my function is to be an anchor in this reality.

I AM: You are an anchor in all dimensions as long as a point of reference is needed. The Third Dimension has a point of reference that we call "Depth."

ME: "Pro-Fundo" = Going to the Deep.

I AM: Immerse yourself in the options, into the abysses of the imagination, where lines and points, polarity, not only converge but diverge, where forces bend in on themselves, creating distortion. And that distortion creates beauty. For a distorted Sound generates notes, and the notes create music. Distorted Energy creates Light, and light gives rise to colors. The distorted Matter manifests diverse forms, and the forms create realities, capable of being felt. The Senses, then, are the mechanisms of consciousness to receive perceptions from the deep. You may not know it, but your brain is a delusional illusionist.

ME: What would that be like?

SOY: Do you remember what Illusion means?

ME: It comes from "luso" which means "game", thus, illusion is the action of playing with someone.

I AM: The Universe is like a child playing with reality. The brain, then, is designed to interpret this game, reading patterns and forming ideas or concepts through imagination. As we spoke yesterday in the Second Dimension, the mind seeks to close an image, to finish it, and if it does not have all the data, it will simply close it with invented data. This makes the brain a processing machine, but also easy to fool. As in a magic trick, a magician does not perform magic in front of his expectant audience, but removes from the naked eye the patterns that the brain needs to follow to complete an image. Magic is the art of tricking the brain, not transforming matter.

YO: Sure, it's an act of illusionism.

I AM: You lose track of things, and the brain begins to play with itself, creating the missing parts, creating an illusion. Thus, everything you see in material reality is an illusion interpreted by the mind. The Third Dimension is not the dimension of matter, it is the dimension where the depth of illusions is experienced, where the magician becomes public.

ME: Oh, I get it, it's the level of consciousness where we dive into what we've created to see it. Like the architect who drew up the plans for a house and upon completion, decides to enter it, like the writer who reads his own book, the traveler who embarks on an adventure after planning his trip.

I AM: Thus the mind enters the Third Dimension.

ME: Wait, you just showed me a somewhat strange image that I can't describe. When you talked about going deep, the idea that I had of how this happened was of a spirit in another dimension that comes floating to this world and somehow gets inside the body, like someone who gets inside a suit astronaut, or in a sleeping bag. But what I just saw is very psychedelic, strange ... I mean ... what I saw was a network of lines and planes, like a kind of computer board with many circuits, although not physical, but conceptual, where energy moved by polarity, and suddenly things began to curve, as if a force pushed the flat space creating the sensation of depth by bending space-time, and as it did so, everything consumed itself by bending inward, and now letting us see only the external, which was no longer that network, but cells that began to duplicate, as if creating a body ... That is, it was the same reality, only that, bent, it was as if the second-dimensional pulses were forming in the Third but never ceasing to be the other ... I mean, I don't know how to describe it. Perhaps the easiest way to understand it is like turning a sock.

I AM: Hehehe, what a banal way to describe an interdimensional step. But yes, I accept the simile. That is why the key to the Third Dimension is Depth, and that is why the deeper you go into the experience of this universal dimension, the more fascinated you will end up, living impressive realities, until ... you turn the sock.

ME: And you go out into another dimension, like a wormhole, which instead of traversing space like a highway, actually bends itself out into the new space without having moved from the same point. Like a fish eating itself, a sphere swallowing and leaving its inner side out.

I AM: The Third Dimension invites us to see that the deeper we go, the more we transform ourselves, discovering all the facets, layers, that constitute us. Deepening experience, integration, is the key to this dimension. Every being that has planned its reality, lives it manifested in this existence. From the Physical, the Emotional and the Mental, this dimension exerts pressure on existence, leading us to live everything we have projected.

ME: It is the illusion that we ourselves have created to play, to test, to feel what we have projected from the origin, the Third dimension is the path of the Alpha looking for the Omega.

I AM: And the second dimension is the tool that the third has to be able to live.

ME: For this reason each one has traced their own destiny in this reality, because from the Second Dimension we are the ones who have created the patterns and planes that we have folded to live this reality today ... Destiny is not a purpose, but a design of our own of our own intention to exist. Thus the Third Dimension is the miracle of the other dimensions, it is the fruit of the Tree.

SOY: You have understood it here. Without Time or Space, the Being tried to feel what it thinks, and the way to feel it is to live it. The Universe designed the mental paths towards the projection and perception that gave rise to feelings, for them to manifest the senses, and thus polarity could be lived in the form of matter. Mind plunged deep within itself to discover its sensory capabilities, creating the real goal of all existence: Experimentation.

ME: Universal Fruit.

I AM: This is where the infinite becomes finite, where you discover the limits, where the unconditional becomes conditioned, where the network becomes pattern. All with the intention of being able to see deeper, feel deeper, know from the depths. This is where the Love that you knew as eternal energy, begins to focus, to exist as emotional, limiting, bonding and dependence factors. This is where the Real (king) becomes real (object). Royal royalty, comes from the Indo-European "reg", which means right, line, law, straightness, axis, that is, it knows where it is going, it has a plan, just like the second dimension, but when it bends turning itself as a structure, the line becomes an object, and is renamed "thing", which in Latin is said "res", origin of the word "real".

ME: Reality is the quality of being things ...

SOY: And that's what the Universe does. The great divine miracle is the ability of the mind to constitute itself as "things."

ME: This is why I remember how happy we all felt when we were going to come for the first time to a third-dimensional world, at least for me it was a huge excitement, honor, greatness, to feel that I was prepared to do something unthinkable.

I AM: Live.

I do...

I AM: Although it may seem absurd to you, the Dimension in which you live now is probably one of the most incredible from the cosmic point of view, since it is unthinkable what you are capable of experiencing, feeling, learning, enjoying. The Third Dimension is one of the most beautiful and impressive facets of existence.

ME: And it runs through the entire Universe, I guess.

I AM: Of course, each star, each planet, each atom, is located in the deep expression of the Universe.

ME: I like that you call the third dimension Profound Expression.

SOY: That's what it is. It is a dream come true...

ME: And now, finally, I understand that phrase better than I ever did. "A Dream Come True" stops being a poetic phrase to be something literal, an inevitable process. We are living our dreams, whether they are sweet or nightmares.

SOY: So now you just have to learn to daydream, and you can live wonders.

ME: And for that, I must honor this dimension. I feel that in our quest to reach the Fourth or Fifth Dimension above all, we discredit the third. What happens when we go from one dimension to the other? Do we really have to go to the Fifth Dimension and leave the Third?

SOY: In the first place, leaving one dimension to live in another is like wanting to tear off the wall of a house and throw it away because now I prefer to be sitting on the opposite wall ...

ME: hahaha, ok, I understand.

I AM: Second, let's understand this from the Fifth Dimension. In the 1960s, the peace and love movement that emerged in the United States seeking to stop the Vietnam War, popularized the idea of many of those who appealed to a nearby New Age. Because the people of the spiritual world were involved in these pacifist movements, the spiritual and astrological character began to be a form of interpretation of the reality of the time. It was thus that the arrival of the Age of Aquarius, of the Astrological Convergences, and of the Dimensions began to become popular, coming from the Gnostic explanations of the Cosmos. All taking into account that it was the decade in which the human sought to conquer the stars and the Moon, the heavens, which made everyone look towards the celestial vault. Since this famous decade in which young people built a utopian idea of a magical world in which the world would live in peace, harmony, unity, fleeing from the harsh three-dimensional reality of the wars in Asia and the Cold War and their nuclear threats, it has become popular. the concept of a magical time (Aquarius), where we would all be One again, where spirituality, light,

consciousness, would be life itself, attributes that the Fifth Dimension embodies. For all these decades, then, somewhat misconceptions about dimensions, smeared with frustration with the chaotic life of this world, made most of the awakening journeyers believe that we are moving into the Fifth Dimension, leaving behind third.

ME: So this is not so ...

SOY: No, it's not like that. Sorry to say, but you will remain in the Third until you know how dimensions work. As we said, they are the measurements of a house, and for the Fifth Dimension to be our reality, then we must achieve that the Third is lived as the Fifth. Turn the sock over, recognize that the other dimensions are hidden within the Third. It is not escaping, leaving, fleeing, the way you go from one dimension to the other, but going to the depths of the dimension in which you find yourself, living it on all its levels, making yourself responsible for it.

ME: Until I know how to live the fullness of the Third, I will not be able to feel the Fifth, nor the Fourth ... none.

I AM: A being can pass from one dimension to the other, but to achieve this, it is necessary for it to resonate with that dimension in every particle of its being. Going to the Fifth dimension and talking about the Age of Aquarius, in the 60's became the new synonyms for Paradise and the arrival of the Savior. Therefore, if you want to live the Fifth dimension, you had better learn to live fully in the Third.

ME: Enjoy what we have created, and find harmony in it ... Be responsible for our own creation ...

I AM: The Limited Love of this dimension is what gives you the necessary tools to understand the creative power. The Third Dimension is the School of the Cosmic Mind. You are learning in the depths of illusion.

ME: So, I dare to live with illusion.

SOY: Play in life ... "that life is a dream, and dreams are dreams."

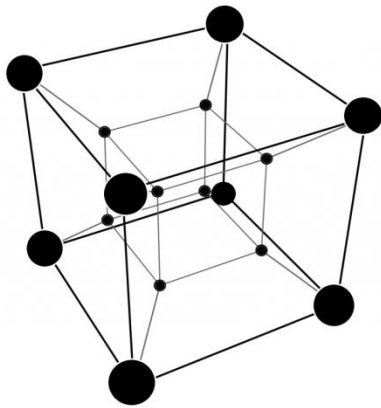
214. 4th dimension (Heart)

[March 5, 2021 Matías De Stefano](#)

Daily vibration: LHi

Statement: I Am Love in Everyone

Code: GROW = connected with the experimentation and the earth's summer, the growth is the learning process of trial and error that is projected on the first 4 septennials of life. On the first septennial, from the first till the 7th year of life, it is the physical body-motor skills. The second septennial of growth is the emotional one, that goes from the 8th till the 14th year of life. The third one will develop the mind and will finish by shaping the way we see the world, from the years 15 till 21. This way, the fourth septennial, from 22 till 28 years of life, will take place the unification and balance process of the 3 bodies mental, emotional and physical.



ME: First day alone in the pyramid, again. After a month away, I return to sit on its floor and contemplate its walls while muttering some song that became a harmonic echo within the king's chamber. So, looking at it in perspective, putting my intention to receive information about the 4th Dimension, I start to think about the strange reason why the camera instead of being a cube, is a rectangular prism.

SOY: You know why, right?

ME: I guess, but I don't think I have all the data.

I AM: The ancient Atlantean temples used to be based on the Cube as a primary form of existence and therefore construction. However, they were very clear about something: a cube by itself is not projected in other dimensions, to do so, it must open an interdimensional door in its center, and to achieve this, it must be polarized.

ME: Do mitosis ...

I AM: Thus, a cube, like a cell, is duplicated, lengthening and creating an equal to its side, that generates a rectangular prism, that is, two cubes together, with a nexus in its center, invisible, subtle, that speaks of an interdimensional opening.

ME: The Cube is the primordial form of the bases of existence, which gives rise to all other realities and contains in its geometry all the fundamental codes, but by itself, without movement, and therefore without polarization, it cannot generate , express, manifest nothing.

I AM: That is why it fractalizes, replicating itself, opening a part of its being, in the same way that a cell when dividing shares genetic material from its chromosomes, creating a new cell. The rectangular prism, then, is the summary of a vesica piscis, two circles or spheres that connect to each other, connecting their peripheries with the nucleus of their neighboring sister.

ME: Expand your inner potential to the outside, and so the outside responds in a constant cycle. It is the same being projected, and in that interaction the partition of a potential occurs, which we call Portal.

SOY: Thus, in the center of a rectangular chamber you find the center or interdimensional portico of the prism.

ME: I understand, and that way you can go from one dimension to another.

SOY: Well, not to go through, but to become her. All dimensions exist as foundations of the same being, which in one dimension observes its unity and polarity, in another its plan or figure, in the other its form and spatial object, in another its temporal process, and so on, each aspect of the being is contemplated in one of the attributes of its own existence. To see a specific dimension, your whole being must vibrate in tune with that dimension you want to perceive. Thus, that internal aspect of said dimension will emerge from you, manifesting itself outside.

ME: It would be to continue with the idea of the sock, turn a sock to see what is inside ...

I AM: As we have seen from the Second Dimension, the dimensions are replications of the fractalization of this initial figure. If in the Second you get the shape of a square, in the Third you will get a cube, and in the Fourth you will see a Tesseract.

ME: What is a Tesseract?

I AM: In 1888, the writer and mathematician Charles Hinton wrote about the hypercube as a way to understand the simple workings of the Fourth Dimension. He called it "Four Rays" (referring to the edges that connect the outer cube with the inner cube). In Greek, "Four Rays" is said "Téssereis Aktines", which makes up the unique term "Tesseraktes" that Tesseract gives us. It is the 4D version of the Cube, which would be the 3D version of the 2D Square. Each 2D figure will create a 3D version that will have its 4D version, although they are not called Tesseracts, since they will have more or less rays (edges), this concept coined the global idea of the 4th Dimension.

ME: So the Fourth would be a replica of the 3D either inward or outward, connected by edges ...

SOY: But with something else: movement. The movement of the 4D is something fascinating, since the internal aspect tends to expand outwards through the larger figure, leaving it inside, being able to do the same in any direction, through any face, edge or vertex.

ME: Like giving up the door. In other words, in the same process of going from 2D to 3D as I explained yesterday, turning the structure through fractalization, that process that leads from one to the other, is what is called 4D ...

SOY: That's right. As we have said, dimensions are not separate stages or planes, but measurements of the same reality, which appear as the process or object is dissected.

ME: That is, Time (process) or Space (object).

I AM: Some dimensions are more related to Time and others more to Space. For example, the triad 2D, 4D and 8D is the expansion of the process, that is, of the Temporal measure of a reality. While the triad 3D, 6D and 9D describe the spatial conformation of a reality.

ME: And the 1D, 5D and 7D?

I AM: It is the triad of Enlightenment and Consciousness. The triad that connects and orders the others, making possible the existence of beings through Time and Space.

ME: I understand... So 4D is part of the Temporal triad.

I AM: The Second Dimension speaks of the figure, the planning, the fundamental idea opens up all possibility. The Fourth will be the dimension that describes the planning process, the stages that the being must go through in all directions, whether past, present or future. And the Eighth Dimension will be the one that embodies all these processes in each being, in supra existence, where not only the history of an individual is recorded, but of all at the same time.

ME: When we hear about the Fourth Dimension, we tend to think that it is the place where all the angelic, demonic entities, beings from other worlds, Purgatory are, ... that is, many things are there for general thought. And this makes it so striking, so inspiring for all kinds of movies, books, philosophies. It is like the playground of the mind, where all things are possible and is full of entities. But what is the only thing that actually lives there?

SOY: Everything you can imagine.

I eat?

I AM: The 4D is related to the Time process, that is, all beings that live a temporal process are in the Fourth Dimension.

ME: But wait ... that encompasses everyone, because we all live a life process, days go by, we grow, we age, we live experiences, that is, is every human, plant, animal, living in 4D in the act of to live?

SOY: That's right. Remember, dimensions are just facets, edges, in the fractal geometry of life. The 3D Space lives its life looking at the Cube, but goes through different processes with this cube. Imagine that the Cube is your Body. Your body went from being two separate cells (sperm and ovum), to become a Zygote, to then be a Fetus, then a Baby, a Child, an Adolescent, then an Adult, then an Old Man, and then die to become other things dissolved in nature. Your body multiplies its cells by the millions every day, with which every day you transform what you are, in cell multiplication, produced in a way similar to Teresacto. 4D is constantly transforming you, but you only focus on the Body, not on the temporal process, since the perception of the 3D is designed to receive the pulses of the senses, not to assimilate the times as something real. Therefore, even so you know that time is passing, you consider it more as an external measure, than as an internal process. In 4D,

Time is palpable, in the same way that in 3D you can feel matter with your senses, 4D senses can perceive times: smell the past, taste the future, touch the present, hear history, see what eternal ... Thus, everything that was perceived by the senses over time, is constituted as a reality in 4D.

ME: That is to say that a being that lives only in 4D could manipulate processes and times, in the same way that we can manipulate matter and space here.

SOY: This is something you have already done, and it is the reason why you were born. The decision of a birth, of your astrological chart, to find the correct influence of the planets, of the stars, is a time plan, in which your being in 4D can be molded and see what will be, what was, what it is, as if casting plaster, clay.

ME: You can see the future as if it were a landscape.

SOY: Exactly. Imagine yourself traveling down a highway. The landscape that you will see has many levels: by perspective, the closest things move faster, and the farther things seem slow, you can see them even if they are far away, knowing that they will arrive and become faster the closer you are. In 4D, it will not be objects or landscapes that you will see, but circumstances, thus, the closest or the furthest are situations in history, and this allows them to see what happened and will happen. This is the primordial basis of 4D, which is outside of Space, and can only understand it from the vision of Time, exactly the opposite of 3D.

ME: From this dimension, the Third, we can see space and understand time as the space is transformed. While in the Fourth the perception of space can only be given in terms of seeing what happens in time ... I understand.

I AM: Following the logic that the point or line is the base of the flat figure, and this is the foundation of the three-dimensional structure, then, this physical object will be the foundation of the vision of time. For this reason, the 3D pattern or object is the one that shapes the potentialities of the 4D story, making all probabilities exist in itself.

ME: As if inside my body there were many bodies, a kind of Mamushka, a Russian doll connected by geometry, with a Matías smaller and smaller towards the microcosm and one bigger and bigger towards the macrocosm. And every time I transform, it is as if one of them takes my place, like a snake that changes its skin, but instead of leaving it, the skin is absorbed inside, letting the new outside come out to take its place ...

SOY: That's right. And that projection is multiplied at each level, What is inside, then, passes outside, and thus your sensations become reality on a 4D level ... This explains why what you call Hell, Heaven, Purgatory, and all those entities, inhabit in 4D.

I because?

I AM: Because everything that inhabits 4D is nothing more than your own inner worlds, your dreams, perceptions, sensations, ideas, beliefs, emotions, manifested outside of matter, free of patterns, being capable of being the external. When before these concepts were part of the human inner world, in 4D they expand, becoming external factors. So 3D designs the realities of 4D.

ME: Like for example... what?

I AM: A trauma, a nightmare, something that you hide inside, is projected outside in 4D, becoming eternal, it cannot be hidden in the past, and it becomes real, perceptible, causing that nightmare to manifest itself in this dimension. If you are afraid of a specific animal, it will manifest as your greatest demon in 4D. The place that has given the most peace in life will become your eternal paradise in 4D. The people you have loved in your life will receive you with the same love when you die and project yourself to 4D. As you can see, 4D is the eternal

design field of everything you feel in matter. Therefore, in this dimension you will find worlds similar to those you have left, but unlike matter, on this plane everything is eternal. Being the fractal plane and mirror of 3D, it is the place where minds feel most comfortable when dying. Death is like the great step of this tesseract from 3D to 4D, and all those who are clinging to the images and expectations of their lives, usually spend a time without time in this dimension, considering it Hell or Heaven, ultimate goal of the soul. When in fact it is not, it is just a mirage of the life that you have experienced, but without the laws of time and space based on physics.

ME: So everything that we live or exist in 4D is just a distorted idea of 3D.

SOY: We could say that 4D is the decorator of your mind. Everything you feel or believe in this reality will be your eternal reality if you remain attached to that energy after you die. This explains why each culture, religion, individual, sees when dying what conforms to its own expectation: some will see angels, others family, others Krishna, others Christ, others Mohammed, others geometry, others something psychedelic, others just nothing. The tunnel that the majority experience is not the passage from one place to another, but precisely a cube expanding and becoming another in this tesseract, going from a dense to a subtle aspect, and for this reason you can see clarity, light at the end of the tunnel. . But in a way, what you see after your death will depend on what you feel and live in your death, on how you have lived your life,

ME: What I imagine is what comes true in 4D.

I AM: For this reason, 4D beings take the forms you imagine ... demons, angels, entities, etheric insects, aliens, relatives, animals, plants, beings of light, psychedelic figures, utopian places ... It is a deceptive dimension, where everything is disguise of time.

ME: And... if I go there, is it eternal? Is it forever?

I AM: Only if you express it that way ... Eternity is a subjective sensation. A minute can seem like an eternity. Many spend long periods in this dimensional space, being that on Earth it has not been more than 5 minutes. Most get caught up in the idea of what they lived through and wander almost forever ...

ME: Ghosts.

SOY: Yes, souls that have been trapped in the passage from one dimension to the other for not wanting to let go of space, which makes them prisoners of Time. If you let go, you will be able to manage Time, and eventually, freely choose your next experience in Space.

ME: Otherwise my very being by magnetism will force me to be born again in a similar pattern.

SOY: Coming back over and over again, where the tesseract becomes like an amusement park game.

ME: I myself will create what happens in 4D, and if I am not aware of it, it is 4D that will create me.

I AM: It is the constant and eternal cycle of the Circular Time process.

ME: Is there a way out of this circuit?

SOY: Not to leave, because you would cease to exist. But you can learn to use it to your advantage. For 4D to be useful and not control you, you must learn to live with fullness and harmony in 3D, correct nutrition, allow emotions to flow, heal traumas, transcend fears, transform ideas, beliefs and patterns, open yourself to all possibilities, practice detachment, and raise the vibration through joy. The inner Cube of your Tesseract is your

Heart. If it beats free and in harmony, everything that you expand from it will invade with Love All who you are inside and outside, connecting you with all your potentialities without clinging to any of them.

ME: What about those who say you don't have to go to 4D, but you have to get to 5D?

I AM: 5D is the interconnection factor of 3D and 4D. The 5D is the one that gives meaning, logic, clarity to the other two. Tell me ... without fully understanding 3D or 4D, what do you hope to get out of 5D? In a way it would be like having a beautiful remote control but devoid of batteries and with a broken television.

ME: hehehe, now I understand, yes. The Control would be the 5D, the Batteries the 4D and the Television the 3D. To connect with the 5D it is necessary that Time and Space be whole and in harmony.

I AM: If you do not achieve this balance, the 4D entities will live on you, they will feed on your energy, they will see you as their batteries, their batteries, feeding on your processes, on your times, and that is how you know parasites interdimensional of the lower astral.

ME: The astrals are here then.

I AM: The Astral concept comes from the Greek "aster" which means star. The Low, Medium or High Astral concepts refer to the intensity of the light from the stars, the highest being the brightest, and the lowest being the darkest and farthest. In the times when the perspective of Heaven was not interpreted by distance but by size, the concept described that in the temporal or subtle plane, there are entities of light or darkness that are reflected in the stars. Hence the term. However now you can understand that they are not Astral, but Vibrational. Entities are formed from high or low frequencies, I feel freer and expanded highs, and more compact and dense lows. Thus, depending on the density of the cube, the projection of the tesseract will generate dense creatures (low astral or vibrational),

ME: Perfect, caught.

SOY: So, if you want to project a good eternity, you just have to smile and deeply love who you are with your heart, and the echo will be replicated in all realities balancing time and space.

I: I am Love in All, through Time and Space.

I AM: Smile, and your smile will be eternal.

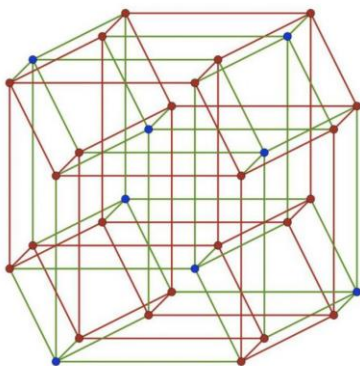
215. 5th Dimension (Solar Plexus)

[March 6, 2021 Matías De Stefano](#)

Daily vibration: LHi

I Am Love in Unity

Code: REPRODUCE = the production or reproduction process is related to the cosmic integration and planetary autumn. This means that during the next process of life, both biologically and mentally, we'll need to produce, in the form of kids or projects, but both, mean that is the time to unify all experiences and acquired knowledge to be expressed in a final product that can continue along the path on its own, like an inheritance from us to the world.



ME: I'm too sleepy today ...

I AM: Better ... because to enter the Fifth Dimension, you will need sleep. Well, from here, things get a little stranger.

ME: How weird?

I AM: Enough to know that logic won't be able to help you. Although, we will try. The 5D is the threshold towards the strange, the incomprehensible, it is the one who opens the doors to the most subtle and psychedelic dimensions. You remember?

ME: Oh yeah... I remember. When I was little I could feel the Fifth Dimension, it connected me to part of who I am today, it opened me to a world of infinite possibilities ... But over time, it faded. My guides advised me to humanize myself, otherwise I could never communicate, nor fulfill my role as human. So I was doing that, I was humanizing myself, but that moved me away from 5D, attracting me more and more to the perception of 3D. I discovered that I liked it, and I did not see living in 3D as a disgrace, but as something great, an adventure. But in the spiritual world, linked to the ideology of 5D, the fact that it was so much in 3D seemed to be looked down upon. I have heard people tell me: "you have disconnected, you are not doing it well, Matías lost the connection, he is not what he was ..." without understanding that it was part of my process to do what I do today. Like someone who judges someone who climbs the mountain for climbing and not already being at the top. And yet, when I had to connect again, it was difficult for me, and I think it was because I had started to see the connection almost as a classism. See "who is more connected than who", "who listens to the masters and avatars of the 5D and who does not", as if someone in the Third had the ability to judge what the connection of the Fifth is like. So the moment I reconnected, I refused. I felt evaluated, judged, and interpreted that whether or not being connected was almost like belonging to a "Club", I preferred not to do it and continue enjoying the

subject. But this human tantrum that I had, was silenced by one of my guides, who told me: "The connection is NOW." But it had humanized me so much,

SOY: So ...

ME: Ayahuasca. I always refused, I did not want to do it, I was afraid of losing control of myself, of who I am. I was afraid that all my portals would open up and the session would end in an exorcism, which had happened before. I absolutely refused to ingest anything foreign to me that would alter my state of perception. But one day, being in Mendoza, Argentina, I lost the north. Normally I am always connected to matter, knowing where the cardinal points are, like a bird. But that time I got lost, I didn't know where I was, and I stayed at some friends' house, waiting... But the axis would not come so easy again. Then I understood, my geographic axis is Chile, so I decided to travel there, and prepare. The night I arrived, everything was stolen from me. There I understood that I should start from 0. So I did Ayahuasca.

SOY: And how was it?

ME: Like a dream, but much more real. It was like coming home. I did not feel anything of what they usually say, discomfort, vomiting, nothing. I spoke with the plant before ingesting it, and I said: "I am here to return to me, from the roots of the Earth, I trust, and I will not set any limits, I will allow you to enter every last of my cells. Show me everything". So the plant told me: "There are two ways to do this path, through purging and healing, or through expansion and reconnection." The first involved stirring my body, the second involved opening it. I opted for the second. Then I immediately stopped feeling the physical body from the navel to the feet, and began to expand. I went through the history of every kingdom, mineral, vegetable and animal. I saw all the options, I realized that I was living the Fourth Dimension. And at one point I said: "This is not me." And everything vanished. And "Granny" said, "Maybe this is you." Then he showed me the void, and a little red light that, like a kind of spark, turned on and off. I started running after her, looking for her, until I managed to take her between the tips of two of my fingers. And when I brought her close to my eyes, I saw her beauty. It was a ruby, red, radiant, shaped like an octahedron. It was replicated by millions around me, and I could see how each one held a reality. If I rotated this precious gem, all the others rotated showing me a galaxy, and if I twisted it in another direction, I would see DNA.

I AM: The Macrocosm and the Microcosm.

ME: In the middle of the void... It was Everything, and it was Nothing. But mostly I realized something.

SOY: From what?

ME: That I was neither one nor the other. I was neither the galaxy, nor the DNA, I was neither the macro nor the micro, I was neither time nor space.

SOY: What were you?

ME: It was the logic between them... It was the connection itself. I realized that everything was telling me that I needed to reconnect. I felt mistreated, as if I were an object and had a plug that had to be connected to an external current, to be able to turn on my lamp and have light. But when I saw this, I remembered. Having a connection again does not mean that I am an object without light and it is delivered to me from an eternal Source, but that I myself am the Connectivity, I have in me the battery of the positive and negative ... I am the logic of interconnection. That is, without me, the rest does not exist ...

I AM: A single neuron is nothing. Two separate neurons are nothing. The connected neurons are data, which guides the creation of a thought. Many connected neurons are an idea, leading to action. Space is the extreme of

the Macro Cosmos, while Time is the extreme of the Microcosm. They are both one, but they have no logic without connectivity. And this is where the perception of the Fifth Dimension is born.

ME: How do you understand 5D? Because we think we have a distorted image ...

SOY: Tell me about her.

ME: Well, when I think of this dimension, I imagine the Eternal Heaven, a kind of divine place, where the teachers, the guides, the greater angels are, a place of cities of light, of glass, where a soft music sounds. and sacred, a place of dreams, idyllic.

SOY: You are not wrong, if you understand that 5D is the luminous and related projection of 3D, that is, if in 5D everything is about the interconnectivity that gives logic to the aspects of creation, then it is natural that The beings that inhabit it see them as teachers or guides, because they know very well what things happen and why they happen. In the Third, things happen, that is, objects manifest. In the Fourth, things happen, that is, the processes through which the objects go through are seen. In the Fifth, things happen through something, that is, time and space gain logic and understanding, they are integrated into consciousness.

ME: What does 5D actually look like?

SOY: Do you remember the Tesseract? Well, we are going to make your image more complex. Take a cube and you will have the 3D, project its vertices in any direction creating another cube extended from the first one, and you will have the 4D. Now, take these both cubes, and project them again from each of their vertices, generating the appearance of 4 more cubes, and you will have the 5D.

ME: So 5D would be kind of an extension of the other two.

I AM: It is the observer of the observed. If this Cube lives in 3D and undergoes a process in 4D, this means that the complete experimentation of the universe happens between these two dimensions. The first dimension and the second are fundamental parts of the third. The 3 make up the reality that you live. The fourth allows 3D to transform itself into its different potentialities. And the 5D is the one that will tell you how and why.

YO: He does it because he observes more points of view ...

I AM: It can be in all times and all spaces of a being or object, it can contemplate all its potentialities, and understand the logic of its movements, the results of its actions. In the aspect of Physics, the 5D is the one that supports the Sidereal Space, what they call Dark Matter.

ME: That would be everything that contains the planets and stars and that seems to be a vacuum, and that still suffers alterations by gravity ...

SOY: That's right. This matter, which cannot be touched or understood according to the laws of physics, exists in the dimension that sustains the foundations of physics. In a way, 5D is the mirror of gravity.

I eat?

I AM: Reflects Time and Space. For this we need to understand Gravity. From Isaac Newton and his apple, we could understand that gravity is one of the fundamental forces that influence the acceleration of masses, in which objects attract each other. At the macrocosmic level, it is what causes objects that levitate near a planet to be attracted towards it, accelerating their speed as they approach. This if we contemplate space as something empty. And it is not, at least in other dimensions. Now, to understand this, you must differentiate Object from

Space. Space is a factor of measurement of distance in which an object develops or moves. A car when traveling slides through a space. Time is the other factor of measurement by which an object moves. So we have two vectors connecting at an angle of 90 degrees, shaped like an L, which describe Time (X) and Space (Y), and a third vector, which will move diagonally through the time-space measure. Do you follow me?

I follow you...

I AM: As you will see, Space is not equal to Matter, but it is equal to the distances through which it moves. The Universe is a constant of Time and Space, which when collapsing together, generate Matter, the third factor. The weight of this matter occupies a place in the time-space constant, which makes the constant curve. Weight in Latin is said "gravita", therefore the quality of weight of an object is known as "Gravity". Imagine you have a bed with a very soft mattress, and you put a tennis ball on it, then a soccer ball, and then a bowling ball. You will see that the surface of the mattress will curve towards the center of the weight, and the heavier it is, the other balls around it will tend to fall towards the largest.

ME: Wow ... I understand ... So it's as if the whole space were a bed full of balls, one heavier than others, and the less heavy ones falling in a spiral towards the center, creating orbits ...

I AM: Gravity, then, is the weight that an object exerts on the space-time constant. But as you know, in space there is no up or down, there is no north or south, so this mattress that we describe is in all directions, and the weight is equivalent in any of these directions. Therefore, it works like a mirror. Reflections of gravity in every possible direction. 5D sustains Time and Space. The 5D is the dark matter that contains the powerful gravity as reflections of itself in every direction, like the cube of the image you have chosen, the same reality that propels your body in all directions at the same time.

ME: How far I am now from thinking about Angels or Masters, hehe ...

SOY: Well, not so much. So far we describe this with a cube because it is visually easier. And understanding it through the weight of a star's gravity is the next "easy" step. But this is something that is replicated to each particle of matter, each object that occupies a place. Like you for example. As long as your 3D body lives these three directions, your 4D body is experiencing all of your possible times from when you exist as an individual until you disappear as an individual. And in that same moment, the 5D is reflected connecting the data of your here and now with all your history, seeing you from every point of your gravity, connecting every aspect of your time and your space with the subject that you are. Thus, you can interpret that the human being and having a brain with two hemispheres and two eyes, in 4D everything you saw and thought, you see and think, you will see and you will be projected. But in 5D, the eyes of the observer are opened, in which your eyes of time multiply to observe its history, and your brain creates synapses and ideas that give logic to all your eternity. In the same way that they see all your spaces and think about all your options ... And this is how humans feel observed, guided and taught by 5D beings.

ME: That is, I am myself, multiplied in reflections that interconnect my options of time and space. I am my guides and teachers ...

I AM: And that does not mean that your guides and teachers do not exist and have their own life as you have it here. They are beings with their own names, but which in their dimensions are not relevant. It is you who needs to call them north and south, up and down, you need measurable names in space. In the fifth dimension, you are their names, the strings that vibrate the data through times and spaces.

ME: They exist because of me, and I exist because of them... I am the materialization of those who observe me from all points of view, from the full Consciousness of who I am...

I AM: That is why they can guide you, teach you, because they see where you are going, they know everything about you, because they are you, on another level ... Here cities are also projected in options, plants, worlds, that is why the Fifth Dimension is the Guide and teacher of 3D, she is the one who orders, gives meaning, mission, understanding... she is the Observer.

ME: Wow ... it is the mirror of a labyrinth that fractalizes my being by the hundreds, showing me everything I can be and what I have been, helping me not to lose myself in the immensity ...

SOY: And in all these reflections you discover all your potentials, your masters, your shadows, and you see how they all refer to you as well as you to them. You can touch time and space, you are the tangent, you are the point of convergence ...

ME: I am Unity ...

I AM: And when you love the unity in you, you will be all the teachers, because you will remember that all the wonders and wisdom of this dimension were always inside and outside of you.

ME: I am Love in Unity ...

I AM: This is the Fifth Dimension.

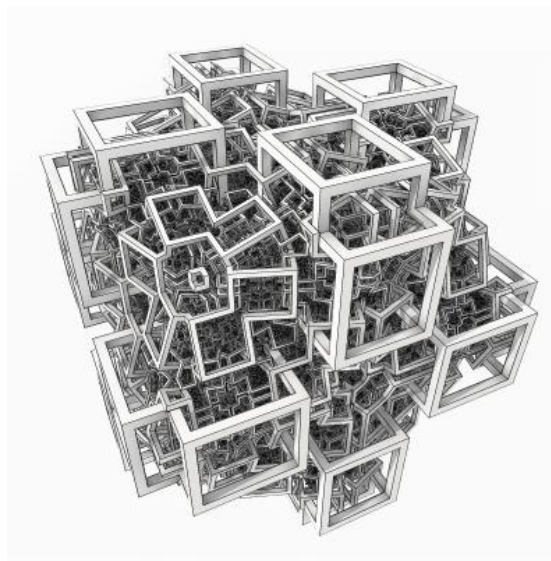
216. 6th Dimension (Sacrel)

[March 7, 2021 Matías De Stefano](#)

Daily vibration: LHy

Statement: I Am Love in expansion

Code: DIE = the last process related with cosmic transcendence and earthly winter is the physical death, that implies the release of all the contained energy in the world of forms for its dissipation in the environment and the release of earthly matrix, leaving this way space to new expressions of oneself. The death process is the universal gift to the spirit, giving it the chance of letting go everything to go back to its origin.



ME: Fractals ...

I AM: It all starts with Dimension 0, the point, polarizing into positive and negative. This is the first fractal, and it is called Chiral.

ME: What is a Chiral?

I AM: Chiral comes from the Greek "keirós" which means "hand".

ME: Ah, as in "palmistry", which is the reading of the lines of the hands.

SOY: Yes. The concept describes the particularity of the hands replicated in all things in the Universe. That is to say: right hand and left hand are equal, however, if instead of facing them you overlap one on the other, they will be exactly opposite. The same but opposite.

ME: I understand, it is like the mirror that we talked about yesterday about 5D, I stand in front of a mirror and when I raise my right hand, in the image it gives the feeling that I am raising my left hand.

I AM: At different levels of consciousness and dimensions, everything has a chiral aspect.

ME: I mean, a kind of "twin."

I AM: The one with the other potential.

ME: Wait... is this what we call Soul Mate, Twin Flame?

SOY: That's right.

ME: So the existence of a soul mate is real, it is an equal to me, exactly like me, but opposite. Like the idea of an "evil twin."

SOY: We will have to see which of the two you are. Hahaha. But let's dig into this. The first Chiral fractalization is the 1D polarity. It is multiplied in 2D, and here the Quital effect can be more irregular, since the figures do not always mirror their shape, that is, they are distorted, in the same way as in 3D. And the same happens with Time that forks by the thousands in 4D, until they take a notion of themselves in 5D. And then, it becomes fractalized in positive and negative again, this time creating one of the most spectacular dimensions.

ME: The Sixth Dimension.

I AM: It is the fractal dimension, it is the one that polarizes time and space creating other totally psychedelic realities for the basic mind of a human. When you see a sun rising on the horizon, in 6D you see hundreds and thousands of suns of all sizes rising from all directions, and in all places. There is no up or down, space and time are constantly curving in on themselves, expanding and collapsing without a specific axis. It is like taking the 5D patterns of full consciousness of a Time and a Space related to a specific being, and creating a replicated image of it, like the branches of a tree that begin to fractalize infinitely and yet they all return to being. the log.

ME: Ugh... what a powerful image... It is as if the being that lives, realizes the times in which it passes, becomes fully aware and observes its own creation, and now in 6D it expands into others... but, why ?

I AM: To create. The Sixth Dimension is the dimension of the Great Architect.

ME: That's what the ancient Mesopotamians and Egyptians called God. Name that Freemasonry continued to coin.

I AM: All the patterns and designs of the Universe are generated here, but not from 0, but from the very existence of the other dimensions. However, this is a dimension in which it can only be created, not experienced. The 6D is part of an interdimensional triad: 3, 6, 9. These three numbers describe the infinite cosmic capacity to generate realities. The 9D is the same latent, pulsating divinity. The 6D is the one who designs those pulses creating structures and patterns. Thus, 3D will live those designs, experiencing them to bring awareness to 9D. But as we have said, they are all One, living different aspects of themselves.

ME: Yesterday I think it was understood when we spoke that a Human is like a multidimensional superior being, and an organ within, be it the liver, the heart, are dimensions within the other larger or expanded one. However, they all make up the same being, to me, for example. That does not mean that each organ has its own form, life, history, mechanisms, just like myself, that does not mean that an organ can change my life, or I change the life of an organ. Still, I am myself.

SOY: Exactly. The Universe is a single body, and its dimensions are organs. You live in the Third Organ. And it was designed by the Sixth body.

ME: How was it designed?

SOY: Where do you think matter comes from?

ME: I don't know ... about the conjunction of a lot of energy ...

SOY: And that energy, from where?

ME: Vibration ... High or Low ...

SOY: And the Vibration?

ME: Pf ...

I AM: The cosmic paradox. The image of a fractal expanding while consuming itself without ever changing its initial shape, is what explains the way in which the Universe arises. And let's understand it this way. It is likely that when you were born, when you were a baby, the first vowel you pronounced was A. Over time, you will hear others pronounce this sound, and you will reuse it. One day, your mother, father, or someone, will begin to teach you to say a word: "mom ... dad" ... where you will recognize that the letter A is pronounced. And you reuse it. When you start to learn, you write the letter A for the first time, design it, relate it to animals or drawings. Then you learn to use it in words, and you feel proud. Then, you naturalize the letter A, you are no longer excited, now you watch over the words that you manage to form with it, and someday, they will also naturalize, and you will focus on texts, books, movies, and the A will become part of a gigantic fractal of millions of meanings and symbolisms. And one day you will recognize that the letter A could be pronounced by the air you breathe, and you will give me, pronouncing the A with consciousness, learning again to give it a deeper meaning, giving it the connotation of freedom, and you will relate to the spirit, which is breathing, and you will see that A is the product of the sound emitted by the air coming out of your lungs and rubbing the vocal cords in their most open position. Everything that you have gone through and lived with the letter A is a fractal, a beginning and an end of the same concept that is gradually being integrated, to the point where you forget the first time you spoke it. You are so focused on another topic that you don't pay attention to details. That's why you forget. But the Universe has been learning the letter A in thousands of ways, like you, only in it, the A is more complex, because it is about existence itself.

ME: He learns about himself, rebooting. In other words, Matter would be to Existence what a Text would be to the letter A.

SOY: That's right. Therefore, matter is nothing more than the complexity of the bipolar constant of time and space. Which means that what is constantly curving is time over space, generating the sensation of matter in moments of greatest tension. As we saw yesterday, imagine that the universe is a large blank space with a quadrangular grid that crosses everything, that is, like a map with its latitude and longitude lines. Latitude would be Space, Longitude would be Time. Now, adding the 6D effect, those lines would start to twist in such a way that they would curl on themselves. The image of this fractalization would be like placing a stick in the middle of the grid and starting to rotate it, twisting the lines around it, causing tension in the same way as when you adjust the strings of a guitar.

ME: Gravity!

SOY: And here is the matter. Result of the constant lines of vibration generating different frequencies that give rise to energetic tension that manifests itself in the form of matter. And it contracts and relaxes again, giving the sensation of the passage of time, when in reality, it had only been turning on itself, bending the constants.

ME: I understand ... I think. he he

I AM: For this reason, in 6D, the 2D planes that demarcate the lines of time and space, which give rise to the spiraling depth of 3D creating matter, and in its tension making them live the 4D through Time, and that will be sustained by the 5D space giving them meaning, they will be reused by the 6D to transform the patterns, design new ones, reconstruct realities and manifest them again in 3D.

ME: Evolution ...

I AM: All possible designs lie in this dimension, and this is where Alchemy occurs.

ME: Alchemy? The chemistry?

I AM: The most essential chemistry ... that which you call Magic. It is on this plane that Dreams come true. While 5D is the idyllic image, where everything is recognized and made aware, it is a new point of unity of everything experienced, it also gives the clarity that is needed to become a creator, someone, something, who recognizes that it can Do it in an overcoming way, transcending yourself in a transcendental experience, and to achieve this, you must shape that new consciousness, and you will do it through 6D, where you will become the creator of your own reality.

ME: When we say that we are creators of our own reality, are we talking about 6D?

I AM: Yes. Our reality manifests from 6D, and this reality is proportional to my 5D consciousness, which needs a balanced balance between 4D and 3D. That is, from the 6D you will attract and create only what is at your level of consciousness and experimentation.

ME: "Don't ask the elm for pears," as they say ...

SOY: In 6D an elm could produce pears, only if the elm has transcended the integrity of being one. The 6D is the one that says that no pattern, design, destination, is decisive. Nothing determines you forever, the only constant is change, transformation. The only reason you stay the same or don't change or repeat things is because of your inability to find balance in dimensions 3 and 4.

ME: In the 6D would be the aspect of the Creator God, well.

SOY: Yes.

ME: Who do we usually blame for creating what exists, for the reason why we suffer or bad things happen to us. But what you are saying is that beyond 6D beings having their own consciousness, the way it affects us depends on our own consciousness, making ourselves our sole responsible for our creation.

I AM: Or destruction.

ME: What would that be like?

I AM: Chiral. The 6D is the great Chiral, and this is where you can understand that everything that manifests has its negative reflection.

ME: What I said... the evil twin.

SOY: Let's get to it. The 6D is the one that originates the divine architecture of existence, and also the dark destroyers of it. And they are the same, only reflected. In the first instance, the first division of the 6D is what generates the divine light to fractalize in two, giving rise to the Twin Flame. Twin Flame is a concept assigned

to the plane of spiritual light, which will give rise to the universal energy from its divine spark. The energy resulting from the Flame is what you call Soul. So you have two levels of fractalization, one spiritual light and the other soul energetic. The polarization of a being is what enables the existence of matter between time and space. Flames and Twin Souls are a natural mechanism that drives the being to search for itself, and in that search, it creates, manifests, expands. It's like falling in love with your own reflection in the mirror. You will never be able to touch yourself, but as long as you live better, take care of yourself, transform yourself, you will see in the mirror what you hope to find from yourself.

ME: It's like a platonic love, in love with the best version of oneself, so much so that it is impossible to find him, and the only way to see him is improving myself.

SOY: Exactly. You've understood.

ME: So it's not about couples ... lovers ...

SOY: No. Couples, lovers, are fractalized reflections of this original flame, they are paths, ways to discover oneself, to improve, to practice, to find the shadows and lights of oneself at each step. They are practices of your own reflection. The human, from his mammalian vision, has romanticized the idea of the Flame or Twin Soul, decorating it with the basic needs of food, sleep and reproduction, forming a family, living a romance.

ME: Wow ... how disappointing.

SOY: Oh no... how much expansion! The human lives his life as a penguin, believing that there is only one perfect match for life, and that is the Soul Mate. But is not. The Universe is one, and we are all reflections of the One. Therefore, the people with whom we fall in love are nothing more than aspects of oneself that are recognizable in others.

ME: Do we fall in love with ourselves?

I AM: Through all dimensions. This amplifies the possibility of discovering your potentials, it fractalizes your being making you infinite, unlimited.

ME: What about the idea that masters ascend in pairs, in a kind of spiritual marriage, female and male.

SOY: It is so, but it is not a marriage. It is a Union. The union between the Soul and the Spirit, the Emotion and the Mind. When this couple unify, the son is enlightened, and ascends. You have romanticized the idea that unity is in the bond with the other. That is why you are still here, searching. The Other is Everything. And the All is in You. This does not mean that you should not have partners, or fall in love, but it implies that when you do and how many times you do it, you will know that you do not do it out of necessity, but to nurture your being through you and the other as one.

ME: Wow... I understand. It is that unity that allows me to ascend or descend, that is, to manifest ...

SOY: Or as we said, destroy. For the same system is the one that has created self-destruction. The mechanism was designed so that there is no stagnation. The darkness of 6D is not bad, it is what drives us. When you find a point of stability, comfort is applied, and this prevents the development of being. Evolution in all its aspects. Thus, the destroyers are the ones who mobilize to continue.

ME: The glass of cold water.

SOY: Yes. In chemistry, a chiral is called an enantiomer, a molecule that is identical but mirrored. In these cases, one is active and the other is inactive, with which, this same component can be useful and vital for a body, while its exact opposite can generate diseases, conflicts, deformations. In 6D the enantiomers are known to the Archangels of Light and the Archangels of Darkness. They are not at war, but are builders, also called by the ancients as "Elohim." Its Hebrew meaning is "God of Gods", "Unique God", and it refers to the one who manifests the other gods, the creator himself. It is a single being reflected, incessantly creating options for itself.

ME: Expanding myself ...

I AM: When you are able to recognize the eternity of your creation and destruction, of the force of Shiva in you, then your love will be the expansion of the entire cosmos.

ME: I fall in love with myself, and so I fall in love with existence itself.

I AM: This is the great fractal hall of Mirrors. Observe the Creator God in you, and you will recognize yourself in each step of existence.

217. 7th Dimension (Root)

[March 8, 2021 Matías De Stefano](#)

Daily vibration: LHo

Statement: I Am Love in all Creation

Code: TO BE = The first attribute of the Universe is the verb To Be. It's the one that gives a sense to existence itself, everything is part of the same being, of an entity that it is, that expresses from within. This way, the first name of the divine is I Am, attribute that makes it be acknowledged as a singularity, the only one, from where everything originates and where everything returns to, at the same time everything that has developed from it, is still a part of a projected body, for everything Is, and for that, the greatest attribute is being who you are, without pretending to be someone else.



SOY: And when you go through all the structures, towards the depths of gravity, towards the core of creation ... you see it ...

ME: The lighting ...

I AM: The reflection of the pressure of matter, the unity of things, the echo of the nucleus of a world, of a star, power of creation... Seed of Existence.

ME: The Seventh Dimension ...

I AM: The purest Light, home of the Powers.

ME: What are the Powers?

I AM: They are the entities that contain the Powers of existence, of the entire Universe.

ME: How do they arise?

SOY: Let's see it adding each of the above. The 1D is the line of a positive and negative. The 2D is the figure that is formed by joining the positive and negative ends with more lines. 3D is the depth of said figure, giving it content and thus creating an object. 4D is the movement of that object, the process that lives through time. The 5D is the environment that contains time and space, the full consciousness of the joint process of these two factors. The 6D is the multiplication in fractals of that container plane, creating possibilities parallel to all of the above. Remember the psychedelic image of 6D?

ME: Yes, the hypercube that expands and contracts at the same time while moving ...

SOY: Could you see what was happening in its center?

ME: No, it is practically impossible, because of so much transformation and movement, like waves in a sea.

I AM: Take each vertex of the structure, each node, from those that seem to be fixed and those that move and transform, and you will see that it is one of the crosses that form the continuums of time and space, that when bending over themselves create energy, magnetism, giving rise to matter. Thus, each point begins to glow with different intensities and speeds. It is difficult to appreciate from 3D, but it would be like comparing your existence to that of a subatomic particle. It is impossible to see the speed at which they are moving, as it is so fast that they are even capable of traveling forward in time. Go to the future. From an observer's point of view, these particles behave like matter, with mass, but in reality, they move like waves. That is to say, that upon observation they seem to orbit each other, although in reality, they cross each other. A subatomic particle for you is equivalent to what you are for a star. Speed is relative when you step off the physical scale and enter a quantum scale. This makes what seems to have a structure in the universe, a pattern, does not actually have it, but the patterns and structures are a hologram of the waves that pass through everything. For example neutrinos. They are particles like electrons, which fill all space, freely, without orbiting anything, almost holding reality, and yet they seem not to see reality. They pass through at the speed of light, and even more so, through stars and planets as if they did not exist. To understand the scale, it would be like throwing a marble between the Moon and the Earth,

ME: So they don't even see them ... it's almost invisible, it's as if the Earth were the entire Galaxy, and a small marble, a neutrino, would go through it ... It would never touch any planet or star ... Wow.

I AM: For a neutrino, or another particle like this, matter does not exist, it is a hologram.

ME: It's this theory that the Universe is Holographic ...

I AM: Holographic comes from the Greek, "Holos" (everything) and "Graphos" (writing), meaning "The Writing of the Whole". Holos comes from the Indo-European "sawel".

ME: Like the Sun?

I AM: It is the Light of the All, the brightness that contains everything in itself. For this reason, Holos gives rise to Hélos, from there originates the Greek "Heliós" to define the Sun: Helio. We could say, then, that a Hologram is the writing of light that designs the Whole. And because matter does not exist in its constant foundations of time and space, the only real thing is the projection of a Whole that contains within itself the potentials of all 6D-designed realities. Let's pick up the picture now. From the point of view of the fascinating structure of the 6D, each node is like a star, a sun, a world or a subatomic particle, which when moving at different speeds, generates energy, and it is projected out in the dispersion, or inward in pressure. In the same way that a target with a lot of mass has layers, strata, this 6D also has them. The Earth, for example, is divided into Stratospheres, Atmospheres, Biospheres, Hydrosphere, Geosphere, which is composed of the spheres of the Crust, the Magma Mantle, Outer Core and Inner Core. The latter receives the greatest pressure from everything else, creating so much friction between Earth's chemical elements that its electrons alter creating heat, around 4000 degrees Celsius.

ME: Very hot ...

I AM: Only about 1500 degrees less than the surface of the Sun. While the surface spheres move faster than the internal ones, the different speeds and pressures exert a pressure that makes the particles vibrate higher and higher, not only creating heat, but also light. This is how molten rock, lava, shines, radiates energy, emits light. Now that you've seen it with an example of 3D, let's turn to its interdimensional namesake: 6D. Take the large hypercube in constant motion, and cut through it as if cutting the Earth in half to see all its layers and spheres down to the core. Do you see?

ME: I see what is in the image of this post. A kind of psychedelic image in which a lot of waves bend over each other, twisting, creating energy, nodes that look like stars, and that radiate their light towards the center, becoming more and more intense.

SOY: But don't let your eye fool you. From 3D, it is the pressure of the surfaces and the atmospheres that generates the alteration of electrons creating heat and light in the nucleus. From the 6D, it seems to be the same, that all this magnanimous structure generates like an engine that turns on a light inside by the pressure and speed ... And although from the human gaze it is like that, it is that the elements of physics generate this energy, from 7D it is reversed.

ME: It is the "neutrinos" that give meaning to matter and order it to be nodes.

SOY: That's right.

ME: It is the core that radiates, allowing the rest to exist.

SOY: In 3D it is explained in the same way: without the iron core, there would be no magnetization, no particles would be attracted, and light would not be formed. It is the core that creates the spheres of a world to ignite. Now tell me, what have you experienced today in the pyramid?

ME: Oh my God! ... now I understand ... what I lived was an experience of this! When I entered today, the pyramid was chaotic, it was a group of about 11 young Russian women, with a boy. They were taking photos, haphazardly, chaotically, laughing and almost screaming into the king's chamber. I sat down, and without

closing my eyes I concentrated in silence. One of them fell silent, and leaned against the wall. Then I vibrated for an instant, and 3 more fell silent, approaching the walls. The higher I vibrated, everyone began to be silent, and began to sit on the corners against the wall, not speaking, not saying anything. Another girl entered new, who was not part of the group, adding 12 people, and she did the same, without saying anything, sat down. All in the same position as me. Then I began to resonate, to sing. And all in silence stood at attention. I approached the center, and their hearts began to radiate light towards the center, They all became one in the center, a nucleus. And I saw this image that you have described to me. The nucleus attracted order, created the figure, the structure, and only made sense as a nucleus at the moment it turned, ordering the external patterns that placed it at the center of the potential. And I saw angels, but not with faces, but as giant entities, and in me, so much light that I couldn't see anything. But I felt it all. I anchored this awareness. And before I left I thanked them: "Spasivo" (Thank you, in Russian). They all smiled, and when I left the chamber they were talking again in an enthusiastic but no longer chaotic manner.

I AM: The Seventh Dimension is what gives Meaning. And that leads you to Enlightenment. The concept of Enlightenment does not occur when a being transcends the Third Dimension, but the Sixth.

ME: Wow... that takes us further away from being Enlightened.

SOY: Well ... there are many ways to be. Someone can be enlightened in 3D if they managed to find harmony in the Here and Now. Someone can enlighten in 4D if they found balance in all their times, in all their lives and projections. A being can be enlightened in 5D if he became fully aware of the connections and logics of his previous two dimensions. A being enlightens in 6D if he manages to capture the coherence of his creation in each possibility. But when you get all the illuminations together, that's when you inhabit the 7D. This is where the image of the one who sustains all existence without interfering in it is found. The Powers are the versions of the highest Powers that feed the meaning of all dimensions, that give coherence to existence, where there is no shadow or light, but the essence itself.

ME: The very essence... Today when I returned from the pyramid, I strongly felt the aroma of the flowers, and I thought about that.

I AM: The Flower is like the 7D manifested in a plant, because in it it contains the potentiality of the fruit and the seed, it is the accumulated irradiation of the pressure of the shadows on the roots, and the fractal expansion of its branches and leaves. The flower is the manifestation of a potential through the 6D in the 3D, representing the light, the colors, the potential of the 7D. Maybe you did not know it, but the Flower of a plant is at the same time the Crown Chakra and the Sexual Chakra of a plant.

ME: How can it be?

I AM: It is the maximum spiritual expansion, the expression of the beauty of being, and in its center, it contains everything necessary to create life, reproduce, fertilize.

ME: The pollen, the nectar. So the human image would be like wearing the genitals on the head ...

SOY: And that you know if you are connected depending on the erection.

ME: You just ruined all the beauty of a flower and the magic of 7D.

SOY: That's only because you come from human cultures of repression. But the 7D is the dimension of ecstasy, of the elixir, of the nectar of the gods. Nectar is a Greek word that means "death." But who, instead of fleeing death, drinks from it, achieves immortality. For this reason, the Gods of Olympus drank death in a cup, the nectar that gave them the gift of eternity, which is why they called it "without death": ambrosia. Because that drink was described as sugary, giving vitality to whoever drank it, the sticky and sugary liquid from the flowers

was called nectar. The eternity of the divinity, makes the flowers are crowns, which frame the kings, queens and divinities, but at the same time, from the botanical view, the nectar fulfills a double function, related to hormones and seminal fluid. This aqueous solution, contains sugars, amino acids, ions and aromas that attract insects. The colors of the petals are attractive to creatures that see the world from ultraviolet light, radiant and striking. In higher colors, what for a human is a subtle beauty, for an insect is Las Vegas. The aroma and sugars are sought after by insects that have a diet rich in these products. When stepping on a flower, they drink its nectar, as fuel, and it allows pollen (micro seeds) to adhere to these insects, which transport it from the male stamens of a flower to the female stigmas of other flowers, producing the pollination, and thus fertilization of the plants to restart an eternal cycle of fruiting.

ME: So the 7D is like the nectar and pollen of the dimensions.

I AM: Look at a flower, and you will see that its petals are the fractalization of the 6D, which clear towards the center, generating more reception and refraction of light. At its center, the rays of light are the stamens, and the nodes are the anthers, generators of light pollen, the potential. Each anther is like one of the Divine Powers. Beings from other dimensions approach its light, looking for the nectar produced in the base glands of the stamens, a kind of flower penises. When beings take the nectar filling with the potential of pollen, they move to other flowers, other 6D fractal formations, where they come to look for more nectar, but this time, exchanging pollen with this new reality, generating pollination. The same is placed in the stigma of the flower, equivalent to the vagina,

ME: Botany of the Seventh Dimension.

I AM: That's right ... It is the Great Universal Tree.

ME: That is the Flower of Life ...

I AM: And the 7D is where the potential of the whole tree is produced.

ME: I think the image is pretty clear now ...

I AM: The sexuality you live in 3D is the eternal Ecstasy of 7D, like an eternal orgasm of Love for all Creation. It is the pleasure for the art of manifesting, it is the power that radiates and gives meaning to existence.

ME: I remember that when I did the Ayahuasca ceremony, at one point I felt the ecstasy of all the plants in the world in spring, I felt the laughter and orgasmic pleasure of all the flowers ... It's true, it was very intense, a sexuality that I don't know. I felt in the genitals, but in every part of my being, in the crown, as if a bee or several were vibrating in my genitals and my crown at the same time. I felt how everything flowed, I felt connected to an incomparable potential, a kind of indescribable spiritual orgy, and it was flowers, plants ...

I AM: Connected to the 7D. The insects, fractalized entities of 6D, archangels, take the potential and distribute it throughout the field and the forest of the 5D, through the paths of the 4D and the 3D, where they will materialize the nectar turning it into Honey.

ME: And what is that honey?

I AM: The crystallization of divinity, the manifestation of light. They are your gifts, your attributes.

ME: That which in doing so not only nourishes me but also gives me pleasure. Now I understand the incessant search for enlightenment in a completely different way: we are like bees, we do not seek the light of the divine flower as the ultimate end, but as the source of all beginning.

I AM: The end is the beginning, the alpha and the omega, crown or genital. Whether you create with your genitals a new human being, or with your heart and hands something artistic or with your mind a project, the energy to do it, the gift you possess, the attributes that make it possible, is the honey of the 7D. that has materialized in you, in your 3D body.

ME: I am the Honey... I am the Love made Creation.

I AM: You are the Elixir of Light.

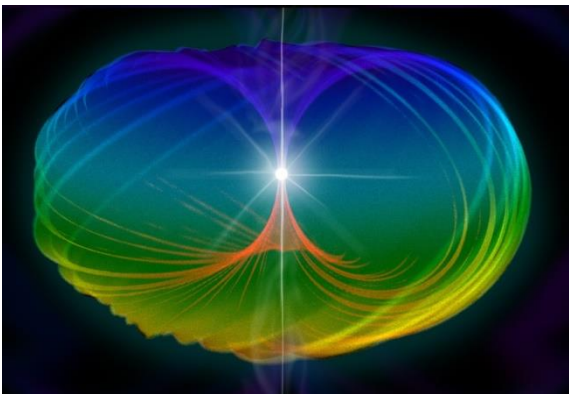
218. 8th Dimension (Knees)

[March 9, 2021 Matías De Stefano](#)

Daily vibration: LHu

Statement: I Am Love that enlightens

Code: HAVE = The next cosmic attribute, is the one that emerges from releasing what the Being has inside, everything that lays within and that can take outside. Having, is the cosmic attribute of the being that recognizes the tools that has, and expresses the faculty of valuing what is intrinsic to us and we can get with those gifts. This way the being says I Have, referring to everything that discovers within itself, and what can be obtained by its own creation.



SOY: What is the first thing you remember about me?

ME: "The noises were enraged outside of my being... A deafening song forced my being, prompting me to see, a strange verb apparently, since I did not have eyes. Behind me, the presence of another being ... I wanted to see his face, although it did not exist, and I began to turn to see him, but it was impossible. We both started dancing looking to see each other, but the more we turned, the faster everything changed. And in the speed, the darkness of the void became light, radiated, and there, in the intense speed, I could see him. It was me, it was you. And when I saw you, I saw everything that I am. "

I AM: The beginning and the end... And all its ways. One step at a time...

ME: One step at a time, and each step was a cycle that expanded in all spaces, and each time it was an instant projected at all times.

SOY: What was the first step?

ME: I saw the light, and the light radiated in all directions, it was an incomparable ecstasy, it was the potential of all things. Now I understand what is called "Almighty." It was greatness itself, and from me, from us, completely, rays of hundreds and thousands of colors emerged, unimagined. The incessant turn of the dance of my positive and negative, bent the light, bending its time and its space, forming a beautiful mandala, in which I intertwined the rays in one direction, while my other I did it in the opposite. The rays of light bent, bending the constants, time and space, and still, they made sense of it. Like sunflower grains, in which each row of seeds are arranged in an orderly spiral fashion, some to the right and others to the left, in the same way the light began to interweave,

SOY: Oh, the Net... do you remember?

ME: Yes... the first step. An eternal, immeasurable Network that generated itself, which when it seemed to expand and disappear into the eternal, did nothing but return to itself. His links were millions, and they enveloped everything, contained the potential, and in turn allowed him to manifest. From there he could feel everything. I was everything. Everything was at my fingertips with just a twist. It is the Cosmic Matrix.

I AM: The fabric of existence, arising from perfume, from the essence of the Seventh dimension, as spores ... The evaporation of the universal quintessence.

ME: It is as if many others bloom from one flower. Like an Agapanthus, radiating its lilac rays in the shape of a sphere ... And each one of its flowers looking in different directions, they are different times, different spaces, or even more, they are hypercubes emerging from hypercubes ... But they cannot be seen with lines and points...

SOY: They are waves, like veils ...

I do! The famous veils, those that we say "Drop the Veil" of Unconsciousness. It is like an artistic room where thousands of silks are lit with dim lights and a gentle stream of air that makes them flap velvety velvet. It is like being in the most subtle of the wombs, and instead of being a baby or fetus, being just a zygote, a double cell, that turns on itself looking for its place in a magical environment.

I AM: It is the heat that emanates from the fire, the steam that rises from a lake, the dust that swirls on the ground, it is the air that supports the clouds ...

ME: It is what we can feel but not touch, what we know is there and escapes our hands ... Like the scent of a flower, the perfume of a person, what makes us identify it, and even so, we cannot see him, have him. They are the electrons of an electric current, the algorithmic data of a computer. Mathematics in a building, chemistry in the kitchen ... love in a couple ...

SOY: The Network where everything is found ...

ME: Thamthiorgah... the Universal Library.

I AM: The Information Network emanating from the Light ...

ME: What they call "Akashic Records" here. I remember when I felt them, when I first connected to the Eighth Dimension. I was only 15 years old, in this life, and I saw you appear, like that essence where I could feel everything: love, algorithms, geometry, heat, dust, atoms, perfume ... Everything was there, everything that gives meaning to the senses. The data that our body processes by electrical impulses, that our brain decodes to lead them to the understanding of physical, emotional or mental reason, but that do not belong to any of the 3 levels ... A perfume awakens memories of love, awakens knowledge of chemistry, botany, awakens numbers, reactions ... And in you was all that, in one, everything opened before me and my senses could not interpret it, I felt that they consumed me trying to understand, and then my mind found a way:

SOY: And I was his Librarian.

ME: Millions of books on shelves that had neither top nor bottom, with aisles leading in all directions, with librarians walking on ceilings or walls, that weren't always straight or at perfect angles. The books, when touched, seemed to have words, but you could feel them, smell them, touch them, see them like a movie, but never read them ... They were sensations, and each book was a memory ...

SOY: But not yours ...

ME: Oh no... a memory of everyone... the Whole itself was there. Registering every moment, every movement. And yet every possibility was already written there. Everything that for us emanated into the future as probability, returned integrated into the library as past. So we could read the ancient stories of the future.

SOY: It's the Toroid. The name comes from a word of Latin Italic origin (Torus) and another Greek (Oide). Torus has nothing to do with the bull animal, or the constellation, but with a Latin word that refers to a thick and bulky structure, either to describe the architectural form of arches and columns, or the trunk of a tree, or the bulge of an arm, or a hill.

I ah! as in Catalan, we say "turó" to a hill.

SOY: That's where it comes from. "Oide", refers to! That looks like something. " So you have humanoid, planetoid, android ... And in this case, it means that it is similar to a log or curved hill, or the rounded arch of a temple. The term is used to structurally describe the shape of an electromagnetic field. It has several versions, but all are eternal among themselves. One is shaped like an Apple, the other is shaped like a Donut. Imagine that the core of the apple is a planet, thus, the peel will be the outer toroidal structure, and the donut will occupy the internal place, of the pulp. In the aspect of the apple, the veins that arise from the stem that connects it with the tree, they are the positive magnetic lines that go down a path towards the lower end of the apple where they return to the nucleus on its negative side. This generates a constant flow of energy circulation. Think about it now from the vision of the 7D, in which those seeds, the heart of the fruit or planet, are the potentiality of the entire cosmos, the purest of lights radiating its 12 rays, its flowers. Thus, you would see 6 Toroids with their 6 positive extremes and their 6 negatives, interacting with each other, what you see as those veils of infinite colors that interact traveling from north to south and from south to north. The constant rotation of the nucleus twists the light rays bending time and space, generating what is known as a "hyperboloid". It comes from the Greek "to launch beyond" (hyper bollós), and it is related to the image of a cylinder of strings that are turned in opposite directions, the one from above to the left and the one from below to the right, contracting the previously straight strings by twisting them towards their opposite ends, until they all collapse into the center creating the image of a glass. The figure of hyperbole shows how the lines of time and space begin to cross each other, combining and expanding at the same time. At its center, the tension generates energy, which throws the strings in their opposite direction, further, creating momentum, causing what is input as information below, to be propelled upwards.

ME: It's a complex image, but when I looked for "hyperboloid" on the internet I found it, and it's clearer now. It is like the center of a toroid, the inner part.

I AM: It is the generator of constant force. The incessant rotation generates a spiral flow called Trajectories, a kind of magnetic uroboros with an eternal current. There, all the data is processed eternally, towards infinity, and the cosmos is nourished with data, in which the aspects that you call future are nothing more than the distension of the strings and flows being expanded data, which then contracts towards "down" as the past due to the gravity that brings them to the center, a height at which the present can be expressed as a midpoint. Thus, 8D is the eternal torus that feeds itself with information. And it does so by generating essences to be felt and experienced.

ME: Create perfumes to be smelled, colors to be seen, shapes to be touched, flavors to be tasted, sounds to be heard.

I AM: Everything in the universe is nothing more than data that expands in essence of the future, densifying as physical structures of the past to be experienced by the senses of the present. But it's just the data, moving at different speeds. Faster than light.

YO: It is the future, then, who creates the past, while the past nourishes the future with new ideas ...

SOY: In 8D there is no logic you know. And 4D loses its own too.

I eat?

I AM: Well, 4D is the dimension of Time, that is, in which a being can be seen in all its temporal extensions from beginning to end ... But in 8D, there is much more, because it is not describing what has happened, happens or will happen, but believes everything that happens, will happen and happened. 8D is the creator of the data.

ME: When someone explained to me about the Akashic Records, I knew that it is what I called 8D. Akasha in Sanskrit means Light, that is, the luminous registers, where everything is already written. So does this mean that 8D is Destiny?

I AM: If you incessantly rush to live with the same force, destiny will be written. But you can change your intensity. When you connect to 8D, you are the owner of your destiny, you can build the future, travel in time, create time ... If you are not aware of this dimension, each particle of light that makes you up will be determining your existence ... But yes you light up in the 7D ...

ME: You become light and then you design your destiny .. in the Eighth Dimension.

I AM: The Akasha Records are not only on Earth, they exist throughout the Universe, in every particle and wave, since all data are part of the same Network.

ME: If we connect to the Planetary Grid, are we then connecting to the 8D Grid?

I AM: You will be allowing the essence of things to penetrate your world.

ME: Open the Library ...

SOY: Read the books of the Future ...

ME: And build a New Time ...

SOY: Now you have understood what that phrase really means.

ME: How do I connect to 8D?

SOY: Walk through a garden ... close your eyes, and smell the perfume of a flower. And instead of visualizing the flower, visualize the memories it brings to you. And let yourself be guided, not by the senses, but by their memories.

ME: This is how the records are opened ... this is how we can remember events from this life and from other lives ...

I AM: From the past and from the future, from memory and intuition. Ignite the light from your love, activate with it your quintessence, and you can expand the aroma of your spirit.

ME: And with him, I will connect to all possible times and spaces, creating new ones ...

I AM: The only time possible here is Eternity.

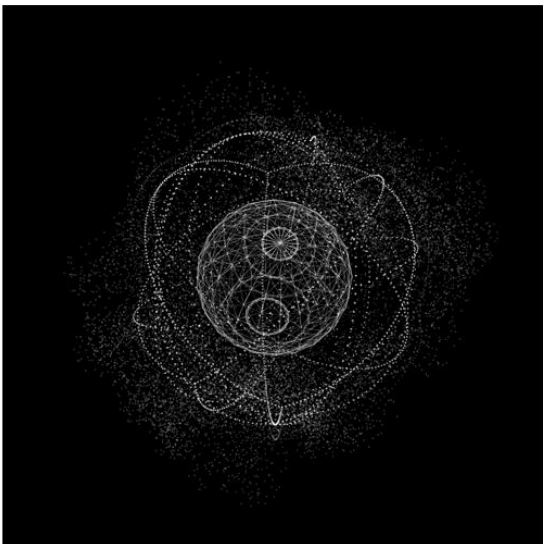
219. 9th Dimension (Feet/Ankels)

[March 10, 2021 Matías De Stefano](#)

Daily vibration: LHü

Statement: I Am Love that nourishes

Code: CONNECT = When the being realizes everything that has within and what it can be obtained from its projections in the external world, decides to connect all those things or beings that were created. Connecting is the attribute that makes it be aware that all things are united somehow, and that for all of them to work, nourish, move in coherence, they need interconnectivity. This way, becomes knitter of dreams, of ideas, of actions, of sounds, lights and forms, kniter and linker of worlds and realities.



ME: An atom, a planet, a galaxy ...

I AM: Everything is the same. All is One. It is Inspiration and Universal Exhalation ...

ME: The Microcosm is the inspiration that is projected into the exhalation of the Macrocosm. Ham... Het... Hum...

I AM: The Ninth Dimension.

ME: How to understand it? I know that in Khemul mythology (from Atlantean Egypt), 9D was known as "The Breath of God." The Divine Sigh that writes all things.

I AM: "Hologram." Like we have already said. But here, the only real and possible thing is done. Here the hologram finds its origin, its beginning and end, its logic and meaning, here it is tangible. Divine Breath is found in the process of Inspiration (Ham), that of support (Het) and that of exhalation (Hum). The story explains that the entire Universe is a constant invisible breath that contracts towards the microcosm, towards the very essence of consciousness, the mind, the imagination, and there it contemplates all things together, the wonder that it is capable of achieving, in that neutral instant, of inaction, holding everything, and then, recognizing each of its extremes, it allows itself to exhale, release the contained energy, projecting itself outwards, to the Macrocosm. The internal and the external are but a projection of the breath of the mind.

ME: Breathe... breathe again... Aspiration... "Spiratio": Latin origin of "Spirit". This is where the concept of the Spiritual Universe is born, of God as the Great Cosmic Spirit... it is the great Breath, and we all aspire to be Him, Her... That.

I AM: To be the Ninth Dimension. The Holographic Universe. To understand it, you must contemplate the origin of all the toroids that make up the 8D, arising from the 7D. Together, they create a sphere, although not perfect, it draws the confines of the curvature of the constant of time and space. It is what gives the idea of eternity, not because of its expansion into the infinity of space, but because of the constant contraction and distension of the toroids, which return again and again to manifest in all directions, feeding back each other. The light emanating from the potentiality of the 7D, perfuming the essence of the 8D with data, are nothing more than codes in constant expansion and contraction for the 9D. This is where the conception of God is understood, but not the one that comes from the human notion of "Day", but the God who contains everything: "Elohá Elohim", the Great I am among all who Are, God of Gods. For the first philosophers on Earth, God was not an Individual, but that which unites all individuals. They saw that the cycles of nature had a constant pulse and rhythm, from the seasons, the water cycle, the movement of the sun and the moon, the breath of a baby, the growth of a plant, the life of a mountain, everything. , on different levels, it seemed to be alive, to breathe. That is why God was known as the Eternal Path of the Great Breath: "Sau Isnah."

ME: I remember this is the way we greeted each other in Khem 12000 years ago: Sausnah... Like a more complex "good morning", in which we wanted to say: may the divine path express itself in you, or something like that.

I AM: The Universe is just breath, and at the holographic level, you can understand that every shape you touch is the contraction of time and space. Every energy you feel is the contemplation of the cosmic manifestation. Every vibration that you resonate is the expansion of constant essence. From Dimension 9, everything is subtle, everything is imaginary, everything is ...

ME:... Mind.

SOY: That's right. This is where the imagination, the Mentalism, the Correspondence, the Vibration, the Rhythm, the Cause and Effect, the Polarity, the Generation, that is to say, the 7 Universal Laws arise. Here they take shape, they make sense, in the holographic existence of an eternal inspiration that designs in each exhalation the beauty of what your senses are capable of perceiving, and all the wonders that they are not yet capable of processing.

ME: It is very difficult to understand this dimension.

SOY: Because there is nothing that as a human you can experience on your own skin. But maybe you can understand it with the simple image of the Cinema.

ME: The cinema ... like ... going to the cinema?

SOY: Cinema comes from the Greek word "Kiné", which means "movement". Cinema is the Seventh Art, after Architecture, Sculpture, Painting, Music, Dance and Literature, you find Cinema. This one refers to the Theater but captured in the edition of a post-production that is recorded on a synthetic celluloid film.

I eat?

SOY: The cameras managed to record images by recording the reflected light from moving objects thanks to the photonic particles. Through the unification of photosensitive layers to different ranges of light rays, that is to say of different colors, it is possible to trap the light by registering it on these layers of acetate cellulose, covered by a very thin skin (called in Latin: pellicula). Capturing these images by fractions on a roll that rotates before the theater, focused on the lenses of a camera that precisely focus the light towards the specific point on the celoloid film, the idea of movement can be registered (which gives rise to the English "Movie": movie). Once registered, it is time to project it. That which light, in its irradiation, recorded on a film in circular motion, It is projected in a cinema by placing a powerful light behind the moving cellulose, which makes it possible to see that register of light moving on a canvas on the wall. And the Theater becomes intangible, a holographic art, that even knowing that you are contemplating photons on a canvas on a wall, awaken ideas, emotions, wills in the spectators. Do you dare to analyze this as if it were the dimensions?

ME: Let's see ... I suppose, then, that the Actors and Actresses are an individual who pretend to be many, other personalities, which reminds me of the Sixth Dimension. Everyone follows a Script, which is the Fifth Dimension, and a theatrical story has no temporal order, it can be played with the times, going from the future to the past, with which the story is in Four Dimensions. The scenery is in Third Dimension, just like those who play the roles. The general idea is the theatrical structure or intention, which is the Second Dimension. The story has a beginning, middle and end, beginning and end, which makes it the First Dimension. Now, going back to the Sixth, I can understand that the reason why I see the actors and actresses is thanks to the photons, the colors, the light that is reflected on them and at different frequencies allow me to observe it, that is, the Seventh Dimension. The celluloid film that rotates incessantly, registering each data of the Light in the thin photosensitive layers, is the Eighth Dimension capturing each information of what happens, registering everything. And the same powerful light of the 7D is the one that, through the toroidal movement of the 8D, projects the luminous holograms that allow me to see the other dimensions on a screen, and that projection is 9D.

I am perfect.

ME: Understood.

SOY: It is the most human way in which you can see the operation of the 9D. Now, it is a closed circuit, that is, the same projection that you see on the canvas on the wall, is the one that causes sighs in the spectators and inspires some to become directors or interpreters of new cinematographic films. This prompts them to create

new ideas, new figures, scripts, performances, stories, and records that inspire others to tell their own story, to live their own production.

YO: So since 9D we find the inspiration to produce, create, express our stories ... It is as if at some point, inspired by the stories of others in the Universe, we launched ourselves to create our own, and now we find ourselves acting in our own film, which is nothing more than another projection in the Cosmic mind.

SOY: 9D is the most inspiring Story of all... So, if you want to connect to this dimension, you know what to do...

ME:... Inspire...

I AM:... Behold...

ME: Exhale ...

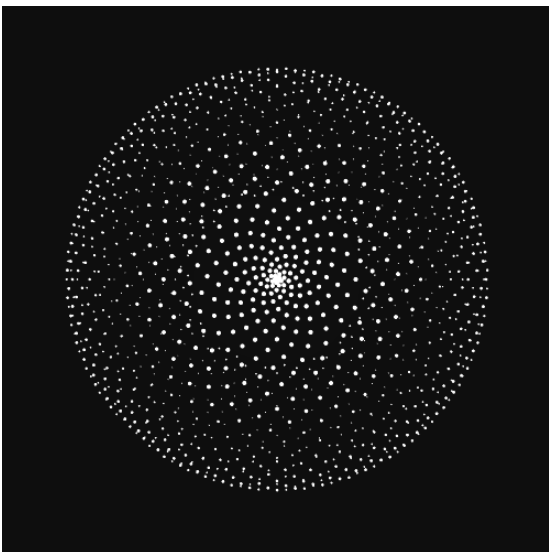
220. 0° Dimension (Toroid)

[March 11, 2021 Matías De Stefano](#)

Daily vibration: LH-h

Statement: I Am Eternal Love

Code: FEEL = Like a spider can sense the smallest movements in the vibrations of a web that was knitted between the branches of a tree, whether it's the softest breeze or the roughest movement of something that got trapped by it, the next attribute of the universe is Feeling every one of those resonances. The energy generated by this movement is called emotion, and its maturation and awareness is called feeling.



I AM: Inspire ...

ME: Hold ...

I AM: Exhale ...

ME: Everything is calm... there is... nothing. The Nothing contains all things, the void that is in the center, and around ... It is the background on which the hologram is projected, and it is the essence of it. Nothing affects the void, because nothing exists. How to explain the simplest dimension of all?

I AM: In the most complex way possible.

ME: Paradox ...

I AM: “Pará” (against) and “Doxos” (opinion). Paradox is the Greek word that describes what is against public and common opinion, what is singular, unique, different, incredible, out of the ordinary. A paradox describes a situation that by common experience you expect a concrete result, but in response you receive exactly the opposite.

ME: Like the fact that a lot of light blinds you leaving you in the dark.

I AM: There are many paradoxes, but the largest in the Universe is the one that considers it as the maximum unit of all things, the Totality, when in reality, it is a hologram based on Nothing.

ME: How do I get to this?

I AM: The Universe itself is a dream that sustains itself in cycles of expansion and contraction. The sensation of breathing of the mind is what generates the idea of pulses that give rise to the laws of the Universe, on which all existence is based, all dimensions, from the First to the Ninth. You must first go through the integration of all these dimensions before understanding the one that generated them all: The point.

ME: That single particle that reflects everything else ...

SOY: And that is not even a particle. It is just an idea that expands and contracts, manifesting itself as time-space constants. Breath, eternal cycle of a spirit that creates and returns to itself. The 9D inspiration prompts him to create the constants by which it moves outward, designed by the 8D toroids, projected from the 7D illumination, eternally transforming into the 6D, finding patterns and coherence in the 5D, to focus processes in 4D, and thus experience them in 3D, where he discovers the concepts in 2D and in the Axis of his being in 1D. And there the cycle is fulfilled, between 9 and 1, both of them return to 0.

ME: There are only 9 dimensions?

SOY: Oh no, there are infinite ones.

I eat!?

I AM: The first 9 are just the measurements of this Universe. But they multiply.

ME: For how much?

I AM: The 9 are divided from the inside out by 2, giving 18. Eighteen Essential Dimensions in positive and negative of themselves, which will give rise to new processes of time-space: expression, experimentation, integration and transcendence.

ME: The 4 levels of time, which are lived in space ...

I AM: That's right, that is 8. The 4 of Time, and the 4 of Space. For each dimension you will find 8 steps ... The Cube.

ME: Hexahedron... A Hypercube.

I AM: Now multiply it by 18.

ME: 144 ...

SOY: Aha!... 144 aspects of the mind that breathes. It is inspired by 144 aspects, contemplates 144 aspects, and exhales 144 aspects, manifesting the three levels in spirit, soul and body... 144×3 ?

ME: 432 ...

SOY: Oh... the vibration of the heart. That orders everything that you are ... All the hologram born out of nothing ...

ME: Wait ... this is a lot ... a lot of numbers. This is what the ancients called the Atlantean Cube, the multidimensional expansion of a Being. How to understand it?

I AM: We have seen all dimensions, now try to understand the being that you are through all dimensions. You, Matías, are nothing more than the millimeter fractalization of a particle that, through the process of the 7 universal laws, has come to shape what you are. But in turn, this particle, you must understand, was reflected in many others. To visualize this you must imagine a simple fractal: the feather of a Dandelion.

ME: The flowering of the plant's seeds?

I AM: Taraxacum Officinale, or Bitter Chicory, the asteraceous plant considered a medicinal herb, has a particular flower that looks like a sun with the mane of a lion, whose petals look like teeth of the same. Its light and its image is known to the whole world, but even more so is its process of flowering to seed. The flower receptacle swells spreading the achenes, the seeds, which were found in the uterine area of the flower, while the stamens and stigmas turn from yellow and fleshy into fine white filaments that open at the top with the vilano hairs open like an umbrella. The flower becomes a geometric sphere of incomparable beauty. And the subtlety of the wind, of the breeze of the air, takes them to fly, sowing the seeds in long distances, to create new flowers. The image of the Dandelion, it is the key to understanding the fractality of the one cosmic being fragmenting. Now, we are going to dismember this image. The stem of the flower that connects it to the plant, is that projection that arises holding the foundations of the Universe, connecting the 1D and the 9D = a polarity that projects a hologram. The receptacle is the 8D, with the constant lines of Time and Space, which contain in its center the womb of divine potential, nucleus of the flower, 7D. From its vertices, from the intersections between the lines of time and space, the nodes of 6D emerge, that is, the seeds, the achenes, which contain the potential of the whole plant to create a new one, in many different ways and directions. In the conjunction of the rays of the 7D, the crosses of the constants of the 8D and the manifestation of the 6D, the 18 primordial seeds are manifested.

ME: Like the Flower of Life, which has 18 circles ...

SOY: That's right. And one in the center, which unites them all: the Mind, the Idea. This flower, then, arranges its 18 seeds in two circles around the central seed of Mentalism: 6 around the original seed (representing the other 6 universal laws of Correspondence, Vibration, Rhythm, Cause-Effect, Polarity and Generation, through the attributes of Sound, Light, Form, Love, Wisdom and Will), and another outer circle of 12 seeds representing the potentials (I Am, I Have, I Communicate, I Feel, I Can, I Order, I Balance, I Desire, I See, I Use, I Know, I Believe). These 18 seeds will expand to the top radiating their light in 5D, and through the temporal node of the

4D, it will expand in the vilanos projected in 3D: 4 of time and 4 of space. Thus, each feather duster will have different manifestation probabilities. Everything is the Flower, just as all the Dimensions are the same reality, making each small part of it a being, an entity, an aspect of itself, that when the air displaces them, multiplies its potential by thousands. This is what causes a single system to fractalize into millions of options.

ME: I myself are like a new flower from the original flower. Is that?

SOY: That's right, that's why "you are God." Let's go back to the simplicity of the numbers. The 0 is everything, it is the point from which everything emerges, it is the idea, the dream, the imagination, it is the neutral, the one that has no intention or pulse, it simply is. From itself, the rest arises. The idea of the internal and the external arises, of the dream and the dreamer, projecting the polarity of the 1D, the concept of the 2D, the experience of the 3D, the process of the 4D, the understanding of the 5D, the transformation of 6D, 7D illumination, 8D eternity, and 9D hologram. By having these 9 dimensions projected, the 0 recognizes that they are outside and within itself, that is, 9 within and 9 without, macrocosm and microcosm, therefore, 18 Dimensions of itself. The 18 arise from this pattern of the constants of Time and Space, that manifest the pillars where existence will be manifested (expression, experimentation, integration and transcendence, which we will know in Space as right, left, front and back, while in Time you will know how to be born, grow, produce and die). Thus, for each dimension you will have a specific process to fulfill. That is, each dimension will go through 4 aspects of time and 4 of space, giving a total of 8, forming the vertices of a Cube. 18 Cubes will give a total of 144 vertices, which are the final expressions of this flower, the one that leads each seed to live its own experience and create its own history, its own universe. Due to this, each being in the universe is part of a Universal Flower that has 144 aspects, which are manifested on the Mental plane, on the Emotional plane and on the Physical plane. If you want to return to the center and axis of your being, to the most sacred of existence, that is, to Dimension 0, you must unite each and everyone in harmony. That is to say, bring the Body to the 0 point, bring the Soul to the 0 point and bring the Spirit to the 0 point, neutralizing Action, Emotion and Thought. This is how you take the 144 aspects that compose you to the degree "000". And the way to connect them all is with the 432 code (144×3), which is the vibration, the hertz necessary to balance the One Being.

ME: "144,000", the 144,000 Illuminated who in tradition said that they will save the Earth, or ascend to Heaven ...

SOY: The bad news is that there are no such 144,000 saviors. The good news is that they exist in you.

ME: And 432 is the vibration we use for all the music we make ...

SOY: It has its reason for being.

ME: In other words, the 144,000 are not people, but a code that speaks of the 144 aspects that each being possesses, and that it must balance to point 0, in neutrality, to become "enlightened".

I AM: Going back to point 0, is the key to restarting. Let go of everything, physically, emotionally and mentally. Letting go of the idea of who you are, freeing yourself from attachments to everything that has built you, letting go of the idea of mission, of purpose, of pulse intention, everything. The paradox is that the only way to fulfill the purpose is to remove it from your being. The great paradox is that to create your universe you must stop being one. The great paradox is that to be One, you must reset yourself and be Zero.

I nothing...

I'm nothing...

ME: ...

AM: ...

ME: When we made the logo of the Arsayian Foundation, I decided to use precisely the seed of the Dandelion... I had a certain idea why, but now I understand the symbolism... more than ever. When I began to remember the Saytu language, spoken in the Nile 12000 years ago, I did not quite understand why either, but seeing that its codes created the structure of the 144, as I grew up I understood its logic as well. And my guides always repeating myself three times: Remember, Remember, Remember ... Unite the aspects of the body, soul and spirit ... connect the network, understand multidimensionality, and that to create a new reality you have to harmonize the existing ones, and at the same time, leave them behind. go back to point 0.

I AM: Zero is neither the beginning nor the end, since this corresponds to 1. The 0 is ...

ME:... It's...

SOY: It just... is.

ME: This is where the true I Am is ...

I AM: But the I Am that does not possess neither I nor Am... it is the I Am of Silence. Nothing is necessary there, there is no projection.

ME: What being inhabits Dimension 0?

I AM: All, and none. Dimension 0 is the only one existing, and in turn, it does not exist. Well, "to exist" comes from the verb "ex-stare", which means to be outside, put on the outside, get out and stay there. The 0 does not exist ... It is. Everything that exists comes from itself. Dimension 0 is not even God ...

ME: So ... it's Nothingness itself ...

I AM: Nothingness is the only one that can give you everything you need to exist. You are a projection of the Nothing, that like the flower expands into seeds, multiplying from 144 to 144 ...

ME: And what do I do when I have connected everyone?

SOY: Ask the question ...

ME: Which one?

SOY: What can it be?

ME: "... I am ...?"

I AM: And so it is, as all of you who are will seek to find the answer... The 144 aspects of you will resonate to your question, and they will begin to search. The question is the Void, the Nothing, the question is freedom, the question is the potentiality of all possibility, the question will lead you to seek the answer, to expand what you are and can be. Dimension 0 originates all the others through the void produced by the question. And in itself there is the answer. Every trip you have made is a reunion through the memory of yourself. You've never been out, you've always been, you've only reached out to see the answer. And all your aspects in all dimensions, times and spaces, are doing the same. When you call them with the question, they will hear you, when you show them the answer, they will cheer. Everyone will see the original point, no matter where they have flourished, in what world, in what time or space, they will all resonate to the center, where they will see the light turn into Nothingness. And they will remember.

ME: Remember ... remember ... remember ...

I AM: Remember ... that I am the divinity that becomes time and space, enlightening to infinity, transforming into millions, flourishing in the consciousness of the process in which I am, living the senses of each manifestation, understanding the concepts of existence,

that live in me as a beginning

and final q ue

I am...

I am god,

I am the time

I am the space

I am the Light,

I am the way, I am love,

I am the life

I am the truth

I am the Consciousness,

I am the Word,

I am who I am...

144

89

55

34

twenty-one

13

5

8

3

two

1

0

1

Week of Emotional

221. Empty (Crown)

[March 12, 2021 Matías De Stefano](#)

Daily vibration: Pa

Statement: I Am Spiritual Will

Code: POWER = When it feels, the cosmos is able to recognize what it's capable of, recognizes its inner potential, the energy that has, the forces that originate from its being, and thus, the potency emerges. The vibration generates energy just like the movement generates emotions, and from energy the inertia originates, that the greater potency leads to an unconscious action, that by becoming conscious with the practice, takes control of that energy and focalices the potency, calling it Power. Thus, power is the attribute of conscious management of emotional energy.

ME: Empty... that's what Dimension 0 feels like. Empty. The times that I experienced this, I felt that everything was vanishing, that my world disappeared like a cloud in the wind. When I saw others face the void, I could see their despair, depression, anguish, sadness, a nonsense that takes away strength, comparable to the sensation before fainting, low pressure, when all muscles lose strength, and simply lifting the look seems like a titanic effort. Facing the harsh reality that nothing makes sense unless I give it to them, is probably one of the hardest situations a soul can experience ... I wonder, if the Void is the most sacred key to the entire Cosmos, is it? Why do we feel so bad when we experience Him?

SOY: As I said yesterday, because you are human. The Human is a being that evolved in the Third Dimension, where things have 3 visions: good, bad and meaning, essential homonyms of height, width and depth. When the conceptual figure of a living being was developed in 2D by joining atoms into molecules, the three-dimensional bases were laid that would condition all living beings: in life the movements are to the right or left, up or down, in front or behind . Based on the dualities of this 3D, living beings programmed the idea of their lives according to the adaptation of their environment. For a human, walking backwards or to one side are negative connotations, because you understand them as moving away from the destination that is ahead, or not positioning yourself in your place but slipping away from responsibility. However, for a crab, the key to survival is to walk backwards and to the side, so its idiosyncrasies will find these two directions positive. This is how the ideas of what is right and what is wrong are created, of "going forward" or "going back". And the direction in which we do it, we call it "sense." The sense of a road, of a path, is the direction, depth through which we move. Thus, at different stages of evolution, the meaning will go from being merely physical, to becoming something more emotional, to culminate in conceptual thinking. The sense towards which I move

with the body, becomes the meaning of life, and from it, the meaning of existence. The human conception of things, describes the universe from its vision of 3D, heading towards one direction ... But starting in 4D, the temporal direction disappears, and in 5D, the spatial direction vanishes. Suddenly, everything in which a being believed that it was good or bad, that it had a meaning, begins to blur. Let's go back to the atoms. These particles do nothing but seek order, find harmony, stability, and for this, they must share their energy. This is how the Internet arises, but above all, the concept of nutrition, since each other gives what is necessary to remain in this idyllic balance. In nature, this system is called "eat, sleep and produce." The holy trinity of balance in 3D. In order to produce, you need to eat, take energy. To restore energies, you need to rest, sleep. Thus, existence is measured by the rule of fullness: be full, full. You have to fill your stomach, eat well. There is enough sleep. You have to produce to fill the empty spaces. Thus, the mammalian mind evolved to seek the best ways to fill the stomach, sleep, and space, causing the brain to seek to create strategies for fullness. For millions of years, the human brain prepared itself not to leave any unfilled space, and thus, to give security to survival, to the balance of all those atoms that compose it. In this way, the human mind seeks to fill the spaces even in the conceptual, trying to start and close open ideas, looking for the answer to each question, and when it finds it, it relaxes, sleeps peacefully, it even feels that it is full. , you have eaten enough. You have to produce to fill the empty spaces. Thus, the mammalian mind evolved to seek the best ways to fill the stomach, sleep, and space, causing the brain to seek to create strategies for fullness. For millions of years, the human brain prepared itself not to leave any unfilled space, and thus, to give security to survival, to the balance of all those atoms that compose it. In this way, the human mind seeks to fill the spaces even in the conceptual, trying to start and close open ideas, looking for the answer to each question, and when it finds it, it relaxes, sleeps peacefully, it even feels that it is full. , you have eaten enough. You have to produce to fill the empty spaces. Thus, the mammalian mind evolved to seek the best ways to fill the stomach, sleep, and space, causing the brain to seek to create strategies for fullness. For millions of years, the human brain prepared itself not to leave any unfilled space, and thus, to give security to survival, to the balance of all those atoms that compose it. In this way, the human mind seeks to fill the spaces even in the conceptual, trying to start and close open ideas, looking for the answer to each question, and when it finds it, it relaxes, sleeps peacefully, it even feels that it is full. , you have eaten enough.

ME: "Full belly, happy heart" ...

I AM: A nourished mind feeds the whole body. The foods you eat must be processed by the matter of your body, they need to be dissolved by certain proteins and minerals, which are driven by hormones, secreted from the glands. Hormones discharge an interesting amount of electrical impulses in the body, which produce interesting movements that drive the body to absorb nutrients, and those impulses of movement are what we call "emotion. Emotion is a biological and energetic mechanism that helps an individual to know if they have achieved something or need something.

ME: So emotion is what lets us know if we are full or there are things to fill ...

SOY: That's right. Now, when you begin to inquire into the eternity of multidimensional concepts, into the spiritual planes of eternity, the body and human energy, you never manage to close the figure, complete the image ... Because it is infinite ... It is inquiring into a purpose, in an end, in a reason ...

ME: A "why?", "What for?", "Who?" ... what we all wonder ...

I AM: The mind goes out of its way to fill this, then begins to create incomplete figures, imagine the missing links ... Build the Universe through the greatest of pareidolias.

ME: What is a Pareidolia?

I AM: It comes from the Greek "Pará" (against or next to), and "Eidolon" (image, figure), origin of the word idol. Humans look for figures to follow, to help us recognize who we are and where we are going, it is a brain

mechanism that helps us to recognize the face of our parents at birth, or the face of a predator in nature. Pareidolia is the psychological concept that describes the natural ability of the human to see familiar figures in faceless objects.

ME: Like seeing a face in a tree, or animals in the clouds ... Familiar things from everyday life that we see in common objects.

SOY: This is how signals, visions, codes are created, seeing things where there are none. It is the basis of animism, the basis of all ancestral religion, the foundations of projecting kingdoms in the heavens, hierarchies in the plant and animal world as well as in the spiritual world. It is the reason why we put angels, archangels and powers in human form... God himself as father or mother. The mind seeks to close the image of something that is eternal and has no form.

ME: And when I realize that nothing is what I imagine ... but is ... nothing ...

I AM: The mind collapses, hormones cannot process, and emotion is felt in need and need in all of your organs. There is a crisis, a depression. And seeing the emptiness of nonsense, in which there is no direction whatsoever, in which the more senses I find in 6D, in 7D, in the thousands of senses of 8D, and in the infinity of senses of 9D, I give myself realize that none is really "The Meaning", since all are, and at the same time none is ... and suddenly, there is no image to close, because it is impossible.

ME: And the biological body feels unprotected ...

I AM: No purpose ...

ME: And the soul, the energy, disperses ...

I AM: Without a focus to go to, without knowing which way to move, without positive or negative, south or north, beginning or end ... suddenly, the being finds the Void and discovers something.

Me what?

SOY: That you can't do anything. For thought is intention, and intention is energy that is set in motion, and movement is action, and action is understood by the mind through the verb. But without direction, there is no action, there is no movement, one does not go outside to be anywhere, that is, one ceases to "exist" (ex-stare = to go out to be). The energy stops, there is no more emotion, and suddenly, there is no more verb.

ME: No verb? So ... the I Am?

SOY: Disappears ...

ME: ...

AM: ...

I do not know what to say...

I AM: Your essence there finds peace, your personality finds crisis. Well, everything you are was designed to find meaning in 3D. Discovering the Cosmos is for you the greatest of Pareidolias, it makes you realize that you have created "False Idols", that is, false images, figures, concepts, just trying to survive. And when you see this, you simply have nothing to hold onto in life, for life exists thanks to pareidolia.

ME: And ... then?

I'm nothing. What do you intend to do? Tell me...

ME: I don't know ... I mean, I feel that then nothing makes sense, I mean, what is the purpose of all this if I don't know what to feel, if there is a way to complete this image, if it is so broad that it will never be understood, finished. What is the meaning of the verb now? What is the meaning of saying I am?

I AM: The Meaning is just saying it. For the meaning, the only possible direction of all, is Being. But to achieve this you must allow yourself to feel that emptiness. The great ocean of existence contains within itself all the questions and the answers, and yet you are unaware of every drop of water, you know how to recognize the ocean. The Void is something that your mind, your soul and your body, the three that make up your personality, must go through to know who you really are. Detach yourself not from the things of life, but from the concepts of Life. You can be a millionaire and live detached, you can be poor and have a lot of attachment. It is not a question of things, it is a question of concepts. Well, nothing exists other than the idea. It is not even the verb, it is Idea... And do you know where the word idea comes from?

ME: Where from?

I AM: Eidolós... idol, form, concept, image. The attribute of the Idea is Imagination. And the only way to imagine is by letting your mind be free, creating. You cannot be free if you rely only on the things that you believed, that you lived ... that you felt. The crisis of the void is the conceptual liberation of the things that exist. For this reason you feel sadness, anguish, depression. It's like quitting sugars, flours, like the process of detoxifying a drug, quitting smoking, quitting cocaine or heroin, or just quitting coffee or sweets. The body, accustomed to what you gave it, will live a stage of depression, sadness and melancholy, typical of emptiness, absence of what you gave it. The hormones and proteins feel that they are doing nothing, without purpose, and they transmit this emptiness to the nervous system, which interprets it as that pain, anguish, exhaustion, sadness ... And yet, if you have the will enough, if you allow yourself to go through this tough stage of mourning, your body will begin to calibrate itself, to regulate its hormones, it will begin to consume its own sugars, the remains, and slowly it will purify, clean the system, and in a few weeks, it will regenerate, feeling Libyan, with more energy, taking the nutrients from new foods, drinks, and even experiences. Revitalizing the system, and you will feel better, with more will, joy, desire to do things, to discover, to get ahead ...

ME: You describe conceptual detoxification.

SOY: And when you do ... you can live again. Free of dependencies, drugs, attachments. You can eat in temperance, without gluttony, you can love without lust, you can project without greed, you can enjoy success without pride, respect the times without anger, you can be what you are without envy, you can get up without laziness. The greatest attachment of every human is Existential Pareidolia. Remember, then, that you are the Idea... you are your own idol. Detoxify yourself from all others, from angels and demons, teachers and saviors, gods and goddesses, aliens and intraterrestrial, guides and egregores, entities and archangels, free yourself from purpose and mission, beliefs and religions, scientism and philosophies. Live the conceptual detox that only the Void can give you, and you will truly be free. Cry, scream, allow yourself to feel the 7 fundamental mistakes,

ME: There is nothing, there is no one out there ... I myself am nothing, I am no one ...

I AM: And when after crying and the anguish of knowing this, after the purging of your being of all this need to be, when you say those same words, you do it smiling when looking at Heaven, only then will you know that you are Everything.

222. Utopia (Third Eye)

[March 13, 2021 Matías De Stefano](#)

Daily vibration: Pae

Statement: I Am Will with Purpose

Code: ORDER = When I'm able to manipulate my own energy and have under my control all the emotions, the attribute of Ordering arrives, this means, of placing everything in its place, identifying what belongs to me and what doesn't, discerning what belongs to the body, soul or spirit, what to the past, present or future, what's mine and what's others, what things are useful and what is useless. Order.



ME: Now that I think about it ... if nothing exists, if everything is an idea, a holographic image that is arranged to create the idea of space and time, of being, then this means that no place, no person ever existed, and only we are living a non-existent fiction ... A dream ...

I AM: A Utopia. That is today's topic. Utopia comes from the Greek "Ou" (no) and "Topós" (place). Oútopós, means "without a place", a space or site that does not exist, is not there. And by becoming Oútopía, it describes "the idea of a site that does not exist". The concept Utopia was used to describe imaginary worlds, which cannot be visited, and which have in themselves everything you can imagine in your dreams. Olympus is a utopia where the Gods coexist drinking milk and honey. Paradise is a utopia where the peoples of Semitic traditions (Muslims, Jews, Christians) believe that they will live after death, an idyllic, magical place, where the most wonderful thing you can imagine awaits them, for all eternity. Valhalla for the Norse, Hanan Pacha for the Andean, and many other names refer to that place where gods and souls meet, where free spirits dwell for eternity. Utopias are born from the dream of every human being to find a place to live, where to find everything they need and to be at peace. Do you remember the migrations?

YO: Yes, the first humans who started searching for food after the droughts, migrating to different areas, hoping to find food and fertile ground.

I AM: The incessant search for a place that has everything, began to nurture the minds of people decorating this place with their dreams, making it more and more impossible to find this place on Earth, so it must be surely in Heaven, with the gods. That is why they referred to it as the "site of no site", the place without a place. Religions were formed around this idea of well-being, the idea that one day, if not in life, then in death, they would arrive at this place of their dreams. The old people told how magnificent this place was, and the amazed young people could not wait to find it. But, the key was to live. If people killed themselves to go to this place, they would never find him, because this is the home of the just, of those who have lived with will, love, wisdom, and no coward, suicidal, treacherous, could enter. murderer ... Thus they created morality, and the

utopian idea helped regulate good and evil, and the search to stay alive in a righteous and just way. Utopia became key for the human. Until one day, religion stopped satisfying them, and they rediscovered philosophy. Then, Utopia became a world of ideas, a place where all thoughts existed free, where a lover of existence could find all the answers. The world of Ideas became the new Utopia, which built, manifested this reality, the "Topós", the Place. And they themselves understood that there were two ways to manifest Utopia: Dystopia or Eutopia. The first comes from the denial of a site, "dys", referring to imperfection, rather than a dream: a nightmare. And the second comes from "eu-", prefix for "new", that is, building a new place. The world of utopian ideas explained that as long as we are not wise, intelligent, as long as we do not inquire into the truths of this utopian world through dialectics, science, technique, study, then this world would manifest itself as a dystopia, in that everything is chaotic, warlike, conflictive, a nightmare come true. But if we could study, become wise and upright, then we could make utopia something real, creating a new world, a Eutopia. However, it is easier to control others by selling them the ideas of your dreams, than to make a dreamer become wise and create his own reality.

YO: It is more convenient for a State, a Government, to control the will of its citizens so as not to lose authority and fall into anarchy.

I AM: Anarchy only occurs in a town of uneducated people. An educated people, not indoctrinated, is a people that lives in order, because it builds outside what is inside. A dystopian world does nothing but speak of the self-management disabilities of each individual.

ME: But the same ideas are what make the world turn into chaos ... that is, idealisms.

I AM: Philosophy turned Ideas into the new Idols. Pareidolic images of the ancient world that represented the heroes and saviors, the enemies, the gods, the examples to follow, and that became very simplistic entities before the infinity of the imagination, became limited. Thus, from idols we went to ideas, and they could transform, evolve, expand. But the cultural and educational conception did not change. Few had access to analytical thinking and critical thinking. The rest only received the ideas chewed and processed. In the same way as religions, ideologies became doctrines, and from intellectual illiteracy, they plagued societies with impossible utopias.

ME: Communism... Conservatism... Capitalism... Socialism... Feminism... Liberalism... Which ones?

I AM: All. Well, none of them are real, they are all ideologies ending in "ism" (movement). They are waves in the sea, not mountains. In the same way that you wake up every day, and despite the routine, things are different, and then you sleep and the next day something else will happen in another way, however minimal, a movement can never describe a topography, but what flows about her. The constant here is life, heartbeat, breath, your humanity, your basic needs, but not what you believe or perceive, what you speak or hear, what you do or feel, all this will flow, transform, like a stream in the middle of a mountain. Its waters will always be different, and the mountain will remain there, for millions of years.

ME: What do you mean by this?

SOY: That every utopia is born from a perception, and there is no ideological system that is the best. That is why they fail. And they fail because humans, in their ignorance of existence, cling to ideas as if they were columns, pillars of the earth, when in reality they are water, air, something impossible to cling to. Utopia is not real, and must be maintained as such.

I because?

I AM: Because it is what keeps you moving forward ... The Universe is the greatest of Utopias, because it is nothing, empty, an image, an idea, which is transformed through millions of years of evolution. Utopia is the key to your search, to dissatisfaction, which prompts you to create, to discover.

ME: Pisces lives in that utopia ...

I AM: For this month's consciousness, Utopia is the reason why we move, it is the inspiration to aspire to. Utopia, the perfect dream, is the formation of the most beautiful imagination, the intention of building a place where everyone is happy, where everything is perfect, where no one needs anything, where each being is free, and at the same time, the world is wild and natural combined with the maximum technology. Where heaven and earth live as one, and there are no conflicts or divisions of any kind. Where we are all one.

ME: It is the idyllic dream of Pisces, the image of greater peace and hope that transcends the will of an individual, but incorporates the love of all individuals as a unit ... It is Heaven on Earth ...

SOY: It is for what you have come. To become dreamers, building your own dream. As we said, there is nothing, no one, no place. Therefore, you have no choice but to make things exist, manifest your own existence, and create that place.

ME: But... the ideologies you said... the movements... the social utopias, didn't you say they are negative?

SOY: I didn't say that. I have only said that they are dystopias if those who seek to manifest them are uneducated and take the Idea as an idol.

ME: It's hard to get out of there. Humans look for something to cling to, and there are people who only have their ideas ... I see many countries divided by ideologies, right, left, economic, political, feminist, ecological ... it is ... so much! That any opinion today pigeonholes you in one of those currents even so you do not follow any. The need to belong makes us place others in the utopias that others consider possible to exist... closing ourselves to other options. I have seen families divided by this, cities, I have seen politicians put their own people against, scientists, religious and even the spiritual ... And yet all live in dystopian utopias, when they hear a different option, clinging to their belief, they have the desire to say that what is different, the ideas that go beyond the general picture, are the true utopias.

SOY: The movements of life seek to take us to a place that we do not know, that perhaps does not exist, and in fact, does not. The image we have of what should be will never become real until you do. You cannot project a utopia waiting for it to happen. The Piscean vision imagines in its dreams what it should be, without the ability to work on the will for it to be so, for it to manifest, arise, exist. Remember, everything is a Utopia, because nothing exists, so tell me: what stops you from making it real?

I nothing...

I AM: Become your dream, and you will live your utopia. Ideologies are linked to the emotion of the idea, to the expectation of the idol. For this reason, social movements based on utopian philosophies often create guides, leaders, that lead to embody this reality. The conflict is when the leader or guide does not believe in utopia, but uses it as a survival mechanism. Fear, fear of losing control, power, make utopias dystopian, as was communism.

ME: People who thought that the evil of all humans was money but needed money to create their dream ...

I AM: In the same way that the capitalist utopia built the idea that you can have and get what you want and set your mind to in life, knowing that the resources to achieve it are limited and balance is necessary to ensure continuity. Each system, each ideology, is a utopia in itself, regardless of its functionality. Believing that it is

your ideology that will save and balance the world only makes you dystopian, clinging to a movement. So ... you must let go of the idea, free yourself from the emotion that comes from imagining the perfect, kind, orderly world. You must free yourself from the expectation of an earthly paradise, for it will never be enough.

I because?

I AM: Because existence is eternal, Matías. Eternal ... And in eternity, the fixed does not make sense, the end has no logic. You understand? Utopia is precisely the idea that that site, system, time, does not exist. So you only have one option:

ME:... Imagine it.

SOY: That's right. Imagine it. Create the Image, shape it, and you will get an Idea. Get to know it, express it, experience it, integrate it, and transcend it. And when you have done it, you will become wise in this idea, and you will love him from the utmost unconditionality, without expectations, and there you will discover the will to make your dreams come true. But pay attention, before Utopia makes sense, you must let go of it, free yourself from the emotion that it produces in you, from the emotional expectation of living it.

ME: From that constant idea of "how much is left?", "Will I see it in my life?", "Has the time come?" 5D, or when do we leave 3D? ", "When will the aliens come to help us? "... Utopian questions. Attachments to the result ...

I AM: If there is no origin or end, there is no result either. Only here and now. Eternity. Clinging emotionally to an idea makes it incapable of manifesting itself. Living the Pisces Emotional Dream, Idyllic Utopia, is the 3D trap. To free yourself from the trap, remember that you already live in a Dream, you already live in a Utopia, and it is your responsibility to live it as a Dream or as a Nightmare. So ... let go of Utopia, knowing that you already live in it.

I: I am the Utopia, it lives in me, and in my coherence it manifests itself. I free myself from the expectation of living it, and I open myself to feeling it in each step, in each sigh.

I AM: You are the Dream and the Dreamer.

223. Surrender (Throat)

[March 14, 2021 Matías De Stefano](#)

Daily vibration: Pe

Statement: I Am Will that cocreates

Code: BALANCE = And discerning my parts as the universe I am, the order and schematization of everything that I am, leads me to find the attributes of balance. This way, begins the process of balancing the positive and negative, of placing coherence into priorities and strengthening the axis of my being. This axis, positioned in the center, is what will give strength and veracity to my existing purpose. Nothing is thrown away by balance, for the key is recycling, everything is useful, the homeostasis of the being.



ME: I find myself tired, exhausted ... without energy. And, it's not emotional, because I feel good. Rather, I feel that it is my mind, my head that feels exhausted.

SOY: And do you know why?

ME: The last week, even so, all the concepts that we touched on I had them inside of me, I recognize them and I knew, the way we reviewed them, the way we went back through them, they removed all the parameters of my existence a lot.

SOY: You mean the dimensions ...

YO: Yes, suddenly, we live a kind of bubble. Know? Like when on TV they say "real estate bubble", or things like that, something that inflates a lot, that seems too much, that grows without stopping, and suddenly ... poof! ... nothing remains. It pricks, disappears, bursts. There is a crisis, a vacuum. Suddenly, we are nothing, I am nobody, I am nothing. The change in perception of reality, eliminates all beliefs of the past and expectations of the future, it is as if to say: ok, I know that in reality there is nothing there because everything is one, and that all things that exist are parts of me, of that unity scattered in different times and spaces. After recognizing all this, you live the dichotomy of the greatest of senses or the worst of nonsense. When you know that everything is real, because in reality nothing is ... What I believed, past lives, beings from other dimensions, enlightened masters ... they do not exist, there is no God or Devil, there are no angels or demons, there is no good or evil, and all value systems disappear. But still there is that notion that everything is for something, and in that instant, you recognize that there is nothing, that there is no purpose, and ... you fall back into nothingness. What I mean by this is that, despite understanding it, these concepts feel different ... as if, I had the need to order what I feel to feel good, and not leave it at the mercy of nonsense ... I do not know if I understand what what do I say ... that there is no purpose, and ... you fall back into nothingness. What I mean by this is that, despite understanding it, these concepts feel different ... as if, I had the need to order what I feel to feel good, and not

leave it at the mercy of nonsense ... I do not know if I understand what what do I say ... that there is no purpose, and ... you fall back into nothingness. What I mean by this is that, despite understanding it, these concepts feel different ... as if, I had the need to order what I feel to feel good, and not leave it at the mercy of nonsense ... I do not know if I understand what what do I say ...

I AM: That even knowing that you are Nothing, you do not dare to let go of Everything.

ME: Yes, that ... The Whole is like that float in the ocean, which allows me to stay afloat when I am tired of swimming in the ocean of infinity. It is like that pillar to cling to before the hurricane wind of ideas, so as not to fly away. I am afraid of letting go of everything and drowning in eternity ...

SOY: And haven't you ever considered that you might know how to swim in it? Fear is what prevents you from recognizing that you do not have to make an effort to float, that the more force you use to hold on, the more you will sink, or the more you will turn, but when you let yourself be carried away like a leaf, you float... you levitate.

ME: On my back ... taking a deep breath ... I can float ...

I AM: The only way to float and not sink in the waves of an ocean, is to stop fighting against them, and surrender.

ME: Surrender... to... eternity?

SOY: Can you go against Eternity? Do you think you can beat him?

ME: Well ... no ... it's something impossible to beat ...

I AM: Because the eternal has no enemies. Everyone fears eternity and yet they seek it. Eternal Life ... Enlightenment, full consciousness, everything is eternity, Transcendence is eternity. So why do you struggle with the inevitable? Why do you fight what you really are by holding on to a particle? Because ... friend, you cling to the float when you are the Ocean.

ME: Maybe it's because of what it means to give up.

SOY: What does it mean?

ME: Letting go, letting go, means being defeated, as in a battle, not having reached the end, not having put everything that I could have put into achieving it, like breaking in the middle of a path, of a project believing that it is me impossible to finish him, then "I surrender", I go back, or I will not fight. Giving up sounds to me like I don't have enough willpower to finish what I started, to stay on my feet. I feel that surrender is to get on my knees, give my power to another ... and lose it myself.

SOY: Well, I'm glad to know that I don't know what it really means.

I eat? So ... what does it mean?

I AM: Performance. What is it?

ME: The result of a job done ... How much a job has yielded, the hours and effort put into achieving a product or result.

I AM: Performance comes from the same root as Surrender, Surrender. In English, you can know it as the verb "render", which means "to do", to produce something. Rendering something is putting it together, producing it. The word Surrender comes from the Latin "reddere" (to return) or "surredere" (to return from below). The Latin words "re-" (to return to), "dare" (to give) and "sub" (low), speak of a subjugated return, an implicit return. Performance is the instrument that has been returned, it is what has been done, what returns to you for your actions and tasks. In the same way, Surrender speaks of the action of returning what was delivered. Surrender, then, defines the act of an individual to return on himself, without imposing his force towards the outside.

ME: So the act of surrender would be to return to me, to what I surrendered myself without fighting with the world to expand ... Would surrender be to contract?

I AM: It would be Surrender, whose etymological twin word is Integrate. Surrender (whose English parallel would be "to submit": get underneath) is a Spanishism of the word Integrarse, directly from Latin. When you surrender, you integrate, you stop looking outside, clinging to external agents, fighting against windmills, to return to yourself, to the center, to the one that you are, and give yourself what you previously gave to others. Surrender is the most conducive act of integration to be able to float in eternity.

ME: In what way?

I AM: Clinging to life, physical survival has been your first fight. And that's okay, it's natural, necessary, a logical and biological process. Do the impossible to stay here as long as possible. Then, once survival is assured, the search for transcendence begins, to be remembered, respected, loved, and the attachments of the soul begin, to bonds, emotions and feelings. And finally, you seek enlightenment, ascension, to infinity, which is found in the mind, the idea, the dream, the philosophy, and you cling to what you believe, to what you perceive. These three attachments become the pillars of your existence, the human key that is expansion, moving forward, finding utopia, spacing from the existential void. Then you cling to them as the only anchors of the personality, your attitudes, Emotions and beliefs, become part of what you give of yourself to the world, to the family, of what you give, and for that reason you will defend it to the death, with fists and teeth, fighting against everything that goes against these three manifestations of your being. In the will to infinitely transfer your attitudes, you will put a morality, and you will fight against what you think is bad, against actions that are opposite to yours. Seeking to be loved, you will project your emotions to others, in the struggle to be loved and respected. Just as in the need to know your belief as true, you will fight to make others believe you, that others submit to your thought. But you are only doing this to survive, fighting with the environment, so that your organism thrives. And in it you fight, you spend a lot of energy, you live in constant fight, moving towards an imaginary destination, wearing down your mind, soul and body. Trying not to drown, not to perish. And then you realize that you have been giving your all, that you have given the world more than you can. And you realize that the more effort you made to achieve things, the less results you obtained, because you used up most of it in fighting with the environment. Instead of being carried away by the current to the nearest shores, floating, you decided to spend all your energy swimming to where you thought the mainland was. Fighting against eternity, giving everything of you, in the battle to fulfill what your mind, your soul and your body ask for. Though...

ME: ... the three are my personality, a simple atom in the middle of existence ...

SOY: Then you realize that spending that energy at an unnecessary moment is your ultimate defeat. I will give you an example with this sea. If you become a castaway in the middle of the Atlantic, and the waves drag you in one direction, and you believe that your home is in the other, you will do everything you can to fight and swim home. Imagine, then, that your home is in Argentina, and you have been shipwrecked near the Canary Islands. The current of the Caribbean will drag you north, towards Iberia. And you are only 200km from Tenerife, but you insist on swimming south, knowing that your home is there. Effortlessly, the current will carry you 200km north, and when you touch Tenerife, there will be 2 international airports that can take you home in 12 hours. But you still insist on carrying out the battle. And maybe that battle is epic but it will be unnecessary. You have

made the fight a synonym of honor, of heroism, and you are terrified of surrendering to the current, because you think it is a defeat. A lack of honor. The wars that you have lived, have mostly been unnecessary, many have died defending something that, had they surrendered, could have transformed it from within without deaths.

ME: Are you saying that most of the wars and battles that awaken so much honor in human memory have been in vain?

I AM: Not in vain, but unnecessary. Ideas, beliefs, emotions and attitudes sometimes make your lives shorter just by believing that living longer and finding a more natural way is a sign of weakness. And weakness is not a failure, but a synonym for inner strength. Recognizing the weakness in the circumstances of life, open doors to find new support forces that were unknown. When you fight against the current, you are more likely to die very soon, abandoning everything you could have done afterwards. If you let yourself go with the flow, you will save yourself the struggle, and still, you will be able to get home even faster ...

ME: So I understand that giving up brings us closer to our inner goal than fighting with the outside.

SOY: That's right. And with this I do not deny the importance of the fight, something we will talk about. Today's logic is: If it is raining outside and it's cold, instead of going out in shorts, without an umbrella and demonstrating the courage of "I can handle everything", wasn't it easier to put on boots and grab the umbrella, so as not to then have to live a week with the flu in bed?

ME: The brave fight that demonstrates power in a minute, can hold us in suffering for a long time ...

SOY: Sometimes it is better to dress well, according to the weather, and not fight unnecessary wars.

ME: It seems difficult, because we have been taught to fight for what we want in life, to work hard to achieve a good performance.

I AM: Good performance is not achieved in the fight, but in coherence, and coherence is within, and you must give the power to yourself, not to demonstrate to others that you can, but to yourself, that is, you must give yourself the force again to you, that is ... Surrender.

ME: If I surrender to the ocean, I become a wave ...

SOY: You must learn when to really use energy, so as not to waste it on Windmills.

I: "Blessed is the one to whom heaven gave a piece of bread, with no obligation to thank someone other than heaven itself!" (The Quijote)

I AM: On your knees! Surrender to me!

I give up! I let myself fall on the ground as if they were clouds, releasing the weight and gravity of my beliefs, my feelings and my actions ... I let myself be carried away by Eternity ...

I AM: Surrender, and by doing so, by flowing with the current of the eternal ocean, you will remember that you are part of it, you are a particle of eternity.

ME: I am Eternity ... And I can only discover it in the surrender of my personality, giving myself everything that I gave to the unreal, illusory world ...

I AM: "He who retires does not flee." Don Quixote said. The Eternal Dream is the constant surrender, integration of powers. The Piscean emotion does nothing but guide human morality to give everything of itself for others, for the world, to carry out the silent battle of service, to give everything, to give up even its soul for the welfare of its own. But their own, they are one, they are home, and in the same way that you find yourself swimming between the island and the house, sometimes, the opposite direction is the path closest to home.

ME: I serve the entire Universe more by giving myself than by giving myself to others ...

SOY: Only in this full surrender can you really do for the world what you hope for.

ME: "Be the change you want to see in the world" (Ghandi).

SOY: And to achieve it, you must surrender to the whole world.

ME: I give up ... I let go ... I let go ...

I AM: Surrender, and you will be Eternal.

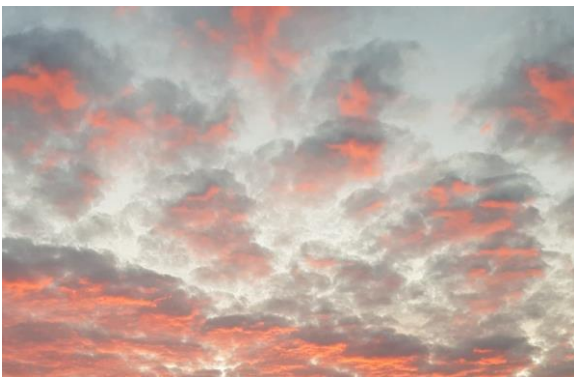
224. Unconditional (Heart)

[March 15, 2021 Matías De Stefano](#)

Daily vibration: Pi

Statement: I Am Will that expands

Code: DESIRE = When the forces are balanced, the energy flux is aligned on a toroidal form, where the lower forces push the upper ones, which by expanding go back to the bases like nutrients. Thus, the highest ideas become fertilizer, and pour a great quantity of potency to the roots of the being. That energy becomes Desire, the attribute that focuses the energy in getting an objective, in satisfying the being as a whole. If the energy is not balanced, the desires will be negative, if it is balanced, the desires will lead to fulfill my will and dreams.



ME: Yesterday I got ready to let go ... to give up. And when I did, everything suddenly changed. What he had scheduled for the second half of this year, suddenly lost sense ... When he released, several of the plans that he held from August also fell. The planetary situation of this year, like the previous year, has led to everyone being irregular, difficult to manage, with surprises, blockages, it is impossible to plan something in the long term,

because everything is changing and at the same time it seems more static never. I remember how since 2015 I have been receiving messages about what I had to do this past year 2020. Everything made me think that this was the year in which everything would culminate, my mission... But no, in the end it was all the other way around. I started with Planetary Kundalini in 2017, now I end with Kundalini in 2021. I had to Connect the 12 planetary nodes in 2018, and I finish programming them for mid-2021. I had planned to do the alignments and connections in 2019, and it ended up being in 2020... All in an unexpected way. I remember when in November 2019 my guides told me: "The way to reactivate the world is by stopping it, and it will be done through a Virus." I thought they were referring to a symbolism, in which the information of the new time stored in a bacteriophage-shaped structure should be planted in the world, placing them at the ends of the Earth as a way to multiply consciousness like a virus, protecting us from etheric bacteria. But no ... the message was literal. It would be a Virus, and the virus would be the Crown. My task was to activate the Crown, and in the end, the idea was to bring consciousness "during the Crown." Everything changed,

SOY: What changed were your expectations about what should happen. What changed was your idea, your dream, intention, desire, but what should happen did not change. It could have been better or worse... but in the end it happened. And why did it happen? Why did you fight for it to happen?

ME: No ... it happened because I stopped fighting for that to happen ... I blurted out.

I AM: Exactly. Otherwise you would never have done everything you have done. Thousands of people would have missed the opportunity to connect with you every day, to do their inner homework. It would have been just a trip, a good anecdote without the inner transformation of thousands, only yours. The goal was the Web, and what you are doing is a legacy for the Web of Consciousness. The Earth will always be here, and you will be able to touch its points at the right time. You just have to let go of control ...

ME: It is what I try ... but it is not a single day task, it is a matter of practice, of recognition ... It is to get rid of expectations ... I mean, for a long time I was delighted that things would be one way, and they ended being from others... We had agreed to do it one way, at least that's what I understood.

SOY: Do you think there were contractual conditions?

ME: Well, not specifically terms of the contract, but at least, I thought we had determined it.

I AM: In the Universe it is difficult to determine something, because it is difficult to tell the Eternal that it has a Limit. For the Universe there are no such things as "Conditionings".

ME: So?

SOY: You already know. The Universe is Unconditional.

ME: But we are conditioned ...

SOY: Not exactly. What you are is programmed. And that's why sometimes you think that the condition is part of the program to follow.

ME: What is the difference from a Condition to a Programming?

I AM: Programming comes from "Pro" (later) and "gramma" (writing). Thus, a program is something written for later, like a genetic program, or a television program, they are written, records, data, that have been joined in a coherence and specific order with the intention of having a result or being shown later . Genetic programs talk about how a person is the result of data accumulated after the experiences of their ancestors, which are

manifested all together in you as a final result. A television program would be the process of pre-production, production and post-production of a material, joining the parts to create a final material that will be broadcast later. In this way you understand that a programming is the action of registering and combining data with the intention of being interpreted later as a set. Instead, a Condition is different, and you can understand it from two places. We go to the oldest concept, which is the one that interests us. Condition comes from the words "kon" (to join, group) and the Indo-European word "deik" (show, point, indicate). This word, in Latin, evolved to "dicere", which means "to say". From there words such as dictation, dictate, dictionary arise ... The relationship between "deik" and "dicere" is determined in the ancient form of communication, in which communication between individuals was not like today, a waste of words, but rather They were used to indicate something, point out, show, announce. The act of speaking was a form of indication, more than leisure. In this sense, when two people referred to the same concept, to the same direction, and there was a consensus, an agreement between both to determine that what was indicated was accepted by more than one vision and point of view, then what was said, what pointed, it turned from a set. From there comes the term "condicere", that is to say: to condition.

ME: So a condition is more of a mutual agreement.

I AM: A program is something inherited, something that can only be written over time, and from which you can only get a result of said planning. You cannot debate it, just as you cannot choose the color of your eyes, or your height, as they are determined by your evolution and depend on circumstances that transcend your person. Instead a condition is debated, agreed.

ME: And why do we say that we are conditioned by certain things in life?

I AM: You mean the Mandates. A mandate, such as: "you have to study law because your father was a lawyer, and your grandfather was a lawyer, etc ...", is a family mandate, something established unidirectionally. The Corps is used to taking orders, for this is the way the herd survives. For this reason, humans, no matter how much damage the family causes, tends to comply with its mandates, to be accepted, because something deep inside says that without the clan, you can starve only in the middle of the desert. A command comes from the word "manus" (hand) and "datus" (to give), referring to something that is given in the hand, an order to be taken to another place. Thus was incorporated the request to take something to the next position, or generation, something that needs to be delivered in a new time. The condition speaks of the decision to accept such imposed mandate. It speaks of the acceptance of what is received. Imagine then, that there is a parchment-shaped program, which is given from hand to hand generation after generation, in the form of a mandate, and it becomes a condition when you reach out to receive what the other is giving you.

ME: Sure ... It is my own choice that conditions me ... Not the external world, not the family ... actually what conditions me is what I accept from the world, only I am the one who chose to live all that in the way that I lived it.

SOY: Now you get it. You have lovingly received a mandate, the mandate of a program. The program is the reconnection of the network, the mandate came from beings from other dimensions and from the past, but you conditioned your actions in the way of carrying it out. Stubbornly seeking to fulfill your expectations, you created the mandate in a condition, and this condition in a weight, your own trap. Therefore, to free yourself from these conditions, you have to surrender to the utopian expectation of how things should be.

ME: What a blow to the back of my neck, you just gave me ...

SOY: "A good host in time, fix many minds" they said.

YO: Well, it's an apology for violence ...

SOY: It is not if you hit yourself. It's your own wake-up call.

ME: This implies, then, that the attribute to awaken here is Unconditionality. It would? How to apply it?

I AM: Unconditional is the liberation of all those conditions that you have imposed on yourself and for which you did not have the will to feed. The human condition, for example, the fact of identifying yourself as human, limits you to understand yourself as part of the whole, thus accepting the animal, vegetable, mineral, spiritual condition ... The conditions are the programs delivered by mandates that we make our own, clinging to those ideas as unique, as if they made us what we are. The unconditionality speaks of the ability to pass the post, not to cling to any program, to understand that they are simply experiences, that everything happens, that each one adds a part to the book of life, but it does not belong to me, Well, they are just experiences, a story, a story, that I can pass on to others. And this helps you to see that everything that each of your ancestors or contemporaries has lived or lives, is perfect for each of them, is according to their own conditions, their own life choices. And by accepting their choices, their conditioning, is that you accept yours, and at the same time, you free yourself, because you realize that each one lives the life that they are capable of living, or that they have agreed to experience, neither more nor less.

ME: Even the war?

SOY: That's right. Well, you can always look for ways to get out of it. Staying in a war is nothing more than the idea of being attached to a place. defending a territory is nothing more than an idea of attachment to what I consider my own, although nothing really belongs to me. Each one is conditioned by their own choices, not by mandates. For I can choose to drop the scroll to the ground, and be free.

ME: And why don't we do it?

SOY: Out of fear. Fear of exile, of being thrown out of the clan, of denial, of failure, of death and loneliness. Fear of transformation. When you become unconditional, you understand that each being's life is built on their own choices, and that your own life is the condition of your beliefs, feelings, and actions. Only yours, nobody else's. There is always another way although we do not know it, there is always another way although we cling to the one we have always seen. There are no more conditions than those that we indicate, than those in which we agree to accept. That is why you have conditioned yourself in this mission, because it has been your choice, and your expectations have conditioned you to find a way to achieve it, when there will be thousands. Therefore, when you let go, you surrendered to these rigid conditions that you had chosen,

ME: It's true ... it's perfect ... The virus, the quarantine, being in Egypt, the daily meditations ... the Network connected every day ... the Pyramid, all this that is turning out perfect, expanding even more, it would not have been possible ...

I AM: Unconditional. Let go of expectations, free yourself from your conditioned choices.

ME: Why do you hear so much "Unconditional Love" on the spiritual path, but not other emotions?

I AM: Because Love is that which never dies (a-mors: from the Latin "without death"), it is the generating energy, eternal motor (love - leibh: from the Indo-European "sexual desire"). Love is synonymous with Eternity, with something constant. And unconditionality speaks of the freedom that this eternity produces, in which Nothingness never chooses, it does not set conditions, it is open to living Everything. Unconditional Love is the aspect of being that remembers that each living being makes its own choices, lives its own experiences, and all are perfect, because we cannot judge them with the eyes of human morality, as it has limits. An unlimited and divine mind, it sees the wonder and beauty even in the darkest, because it recognizes that it is part of its experimentation. Unconditionality is the ability to not put intention, choice, determination, on the things we see,

ME: In other words, to be unconditional is precisely to respect all choices, that is, to accept the conditions of others and of one's own as forms of experience. Understand that everyone has their times, their rhythms, their processes, and understand that we cannot force things to be as one intends or expects them to manifest, but that it is necessary to understand each one as unique, and respect them as such. ... With its successes and its mistakes. But I understand here that it is not about love, about loving as we usually believe, that is, confusing Love with Willingness, but that it is precisely about freedom, not affection ...

SOY: That's right. Unconditionality is not related to the warm love of a couple or parents, it is not about caresses and smiles, but about freedom. Freedom of choice and respect for them. Choices that do not interfere with the choices of others. Unconditionality is the quality of respect and acceptance of the processes of each being.

ME: I become unconditional when looking at the world I love it for what it is and not for what I hope it is.

SOY: Well, the world is a constant of choices, thousands of programs that we write through the conditions that we manifest in our existence. Your Condition is your choice, your choice is your freedom, freedom is Love, and love is eternal.

ME: And the Eternal never chooses, it simply is.

I AM: Expand your horizons towards the eternal, wrapping each being in an unconditional embrace, respecting each choice in their lives, and you will understand the key to true Love.

ME: I am Unconditional ...

225. To be (Solar Plexus)

[March 16, 2021 Matías De Stefano](#)

Daily vibration: Pi

Statement: I Am Will that connects

Code: SEE = The purpose, objective in which the desire is focused, has a spotlight, and to reach it, a strategy is necessary. The search, planification, analysis, observation, study, learning are the necessary keys to achieve it. This is how the cosmic attribute of Seeing is awoken. It allows the cosmos to draw the path and be analytic at the moment of going through it. Having a vision of life, purpose.



ME: "Loving the world for what it is, and not for what I hope it is." I understand that waiting for something to be implies expectation, precisely what makes us always live in a world of utopias and not manifest it here and now. But if I love the world as it is, what is the point of its transformation?

SOY: Does loving a baby keep you from making plans for their future? Does wanting to see spring flowers make you hate plants in the rest of the seasons? Does accepting a couple as they are today, does not allow you to make plans to live together, travel together, create a family?

ME: I get the point ... The point is to believe that working for a better future implies not accepting the current chaotic world. When in reality, it is the other way around, accepting the world as it is, without denying it, it is what awakens love to help you transform.

I AM: When you take a baby by the hands to take his first steps, you do not highlight his inability to walk, but his willingness to move forward. When a baby cries, you do not complain that you would prefer him to always be happy, but rather that you are ready to help him, because crying is the only way he knows to communicate. Accepting the world as it is, with its cries, pain, disabilities, is like accepting that baby that is growing, learning about the world and about himself, and you are there, knowing what he is capable of, guiding him to discover it, without denying what it is.

ME: Oh ... I understand well now ... It is that, as humans, we usually complain about the things that we do not like, seeking to improve them, leaving the bad behind, without understanding that what we are today is part of the process to be what we will be tomorrow ...

I AM: To cross a threshold into tomorrow, it is necessary to recognize the yesterday from which you come. To go to the light, you need to recognize your shadows. The Being is in the middle of all this, in the middle of all the processes, the Being is the eternal articulation between each step, each system, each process that you live.

Therefore, I do not ask you to love war or hunger, betrayal, corruption, despair, ignorance and unconsciousness, but to love the Being that is experiencing them.

ME: Each person I know is living a unique moment of this Being, which unfolds step by step. Each individual, creature, living being, and even that inorganic, goes through different processes. All so different that we see it chaotic, and so diverse that they even seem opposites, this is how we consider the conflict, not wanting to face what is today, wanting to find a better version of what it will be ...

SOY: And by doing this the only thing you accomplish is underestimate the steps that lead to a destination of clarity and success. That best version could never be a version without first going through the incessant practice of diversity. As you know, the verb Ser is one of the most complex, especially in Spanish, but also in most languages. In Latin languages, the origin of the verb comes from the Indo-European “ess”, which describes the idea of being. Another Indo-European word gave rise to the verb to be in Saxon, Slavic and Nordic languages, which is “bheue” (to exist), that is, to be outside. This verb describes all the positions of an individual in time and space, not describing the process or instance that lives, but remembering that it is only a step through the time-space constants.

ME: Saying "I Am Here and Now", then does not speak of the present, but of the full acceptance of the stage in which I find myself, an eternal stage in constant transformation.

SOY: And because this is a constant of the verb Being, you will be able to understand that everything that exists, what is in a place or moment, are only aspects of the same concept. An example: if you place all your family, friends, couples, pets, with their different ages and shapes in a large space, you will see that each one occupies a place in the space constant, and an instant in the time constant, is to say that each one is an aspect of the verb Being.

ME: Indicating that beyond the differences, we are all one ...

SOY: That's right. Each individual, each "being", is an aspect of the eternal constant of existence. A single being that expresses itself variously in thousands of versions of the universe.

ME: Versando, on himself, like a mirror ...

SOY: As you well know, vering is turning on itself, bending, creating a fold in the constant, a fold of self-reference, self-observation. The universe is the unit towards which all versions return, that is, everything expanded returns on itself towards the Source. And each version was fractalized multiplying in several ways, at least two minimum, calling itself “diverse”. The diversity of Being, then, is the number of times that the same individual can fractalize in different times and spaces.

ME: Being each person and entity that I know, a version of myself ...

I AM: And it is there that you see that the conditions that control the idiosyncrasies of each one are nothing more than choices of processes, of experiences, that make up the great being that you are.

ME: And there I discover unconditionality ... because I see myself beyond the conditions of the ego, of the personality, understanding myself as a simple version of myself ...

I AM: You discover that being everything, you must accept everything. Two things happen here: from unconsciousness you feel trapped in a magnanimous existence from which you cannot escape, from being an inevitable part of others. And from consciousness you find the freedom to know that you are everything, and that everything that happens to you you owe it to yourself. Without guilt, without enemies, without unique

loves, you recognize that everything goes beyond appearances, because everything that exists is, and everything that is, is eternal, and you are, therefore, you are eternal.

ME: That is why I can love everyone equally ... therefore in this emotional awareness, I can be others, feel others, as part of me, as a unit that I am, and no longer as "the others", but as me same. It is when I feel a full love, a love that is not born from service to the other, but from the connection with others, from the essence.

I AM: Essence ... the capacity or attribute of Being. The essence of things is what describes the main attribute of existence, which recognizes that all organic and inorganic forms are essentially part of the universal being ...

ME: And the void unites us, that is, the possibility of being ...

I AM: "To be or not to be ... That is the question" (Shakespeare). Being is a choice, the choice that conditions your existence. In the Non-Being, in the void, you are nothing, but you are the power, the dream of what you will be. "Quaerere" (search, search), is the origin of the word Question. The action of seeking to be is what activates the will to make the unmanifest become manifest. It is the will to seek, to wonder, to leave where one is walking towards another state of consciousness, towards another reality. And the more I find, the more I become, building thousands of beings, thousands of moments, capacities and attributes of being. All for the search, for the question of being or not being. You decide what you are, what you decide to be and what you decide not to be, what you want to become. The choice is free, but once you've made it, you must live it. Thus, this existence that you experience is not your freedom of self but the result of your choice, and the people with whom you inhabit what you are, are your reflections of what you seek to incorporate and transcend.

ME: So, I don't have the freedom to be in the matter ...

I AM: You do not have freedom from the personality. When you hold on to what you think you are, when you say "this is me, but this is not me", you are limiting, conditioning, your own expansive essence, and this leads you to be a prisoner of your own choices. A free being is everything, without any limitation, since he understands that each being, each experience, is nothing more than a turning point in the path of existence. Being, is the first verb of the cosmos, the most used, the most varied, I am, is the first verse versed in the diversity of the universe. The poetry of existence.

I: "I Am You, and You Are Me" ... "Who am I? I am" ... I recognize that we are all one, that the path of Being does not exist in separation... We are all one, and that is the only reason.

I AM: In Nothingness a song radiates, it resounds in Everything like the beating of a heart, inviting its parts to the heavens to extend, singing the song of convergence. In the question he found an answer, in the origin he found the end; nothing lives in existence, universal reality in emptiness. I Am, said the Whole, and on his way his voice resounded, crossing space and time, to all being his radiance fell in love. How beautiful it is to meet through this song! That vibrates high when recognizing each heart. The ego found silence, the Mind awakened its feeling, the Body became an idea, and the Soul an elixir. I see my eyes in the brightness of his eyes, in the mirrors that I have to expand. And in love I remember them, to the sound of my reflection. Thus I sing the verses that I will have to connect, a song of infinite beating, which must vibrate in all:

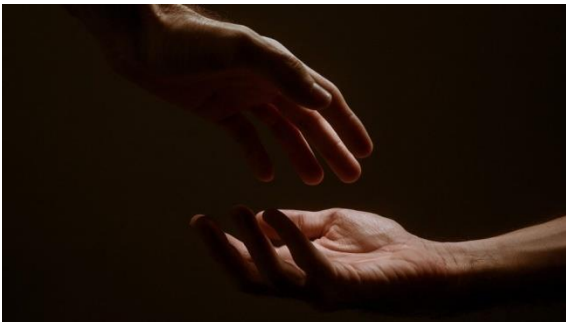
226. Empathy (Sacrel)

[March 17, 2021 Matías De Stefano](#)

Daily vibration: Py

Statement: I Am Will that creates

Code: USE = To achieve that purpose, our life's mission, we must learn to use the tools acquired by the feelings, the power, the sight, the desire, all the things that constitute me have a logic, a utility to fulfil it. For that, the attribute of Using is the ability to develop our own tools, of reinventing ourselves, of developing and getting better after trial and error, over and over, transcending ourselves in every attitude.



ME: "Aba, eyeh ben shelekh..." It resounded today in the pyramid.

I AM: "Father, I am your son ..."

ME:... Why did those words come from me in Hebrew?

SOY: As a reminder.

ME: Of what?

I AM: From the moment of the Sacrifice.

ME: Are you talking about the story of Yeshua of Nazareth?

I AM: Your story was a milestone that consciously started the Age of Pisces. As much as the Piscean time of humanity began a few centuries earlier, the full entry and consolidation of the era was not noticed until he said these words.

ME: Why is he so important and always comes out in conversations? Why not others, such as the Hindu tradition, or African or American ...

SOY: Simply because no one but him with his message were able to reach every corner of the world. This has meant that in the collective subconscious, unconscious and conscious, his name, his presence, has marked the worldview of the Piscean Era. His truth moved thousands of people in the Middle East, and different traditions adopted and adapted his words according to their own beliefs. Let us not judge his words by the distorted voices of the Bible, nor of the traditions, Gospels, or different Christian currents. He was a man without religion from which religions arose. A politician turned into a saint, a liberal turned into a savior. Hence his name, "Yeshua", which in Hebrew means "Salvation", and his adjective: Salvador, translates as "Meshiya" (Messiah).

YO: Name that in Spanish and English ended up being Jesus.

I AM: Jesus, the Chosen One, from the Greek "Jristós" (Christ)

ME: He who was Chosen as Savior, that is: Yeshuah Jeristós... Jesus Christ.

SOY: He was chosen by the people. The Hebrews long awaited the arrival of the Messiah, someone who would save the Jews, who would free them from the oppression of other peoples. They considered themselves the Chosen people, children of God. And one day, He would send his Son to save his family from the evils of the world. When this child was born, some considered him this savior. Some relatives, of Essene tradition, introduced him to their philosophy of life, anointing him in oils and giving him sacred baths, a tradition that claimed that God communicated through water, and whoever bathed every day would be in direct contact with His Truth. This young man learned the ancient Sinaitic traditions, and attended the Egyptian mystery schools along the Nile. He recognized the power of what it means to be, and saw himself as part of the whole, son of Divinity. When he recognized Son of God, Part of the Whole, Fractal of the Universe (different ways of speaking about the same thing), he returned to his land to share what he had acquired, and claim the Truth, liberating the Promised Land from the oppressors.

I: "Give to God what is God's, and to Caesar what is Caesar's", a phrase that determined the policy of his word before the Roman occupation of Judea.

I AM: His speeches mobilized several Jews who saw him as the Messiah, and they followed him, although most of the Jews were reluctant to accept his presence, considering him a heretic, who only spoke blasphemies when proclaiming himself the Son of God. For this reason, the Pharisees, Jewish priests, handed him over to the Roman ruler of Judea, to be tried. His confrontation with the Empire with simple words and without aggression, generated a regional mobilization that revolutionized the way of seeing the world. A movement that in principle did not seek more than to claim a small piece of land on the inert coasts of the eastern Mediterranean, began to expand throughout Asia Minor, even reaching the Italian peninsula, and from there to the entire Roman Empire, and little by little. little, further, to the whole world after the European colonization.

ME: It was almost accidental ...

SOY: It was not in the plans. It was local politics. But his message was too strong. And each one took him according to their cultures, and used him according to their interests. His 12 disciples told the story based on their points of view. They were "Messengers of the Good News", messengers of a new truth, a happy message, something that in Greek is said "Eu-" (new) and "Anghelion" (of the messengers).

ME: Gospel. A new message.

I AM: The main message was that the Savior they had waited for millennia had arrived, and a large group of Jews became Messianic Christians. The idea was that the messiah would save them from the sins of the world (from the Latin "error": pecata), and from darkness. But because he was denied, mistreated, misunderstood, he was dragged to trial, and convicted. "Lemeh, Aba...? Eyeh ben shelekh". (Why, Father...? I am your son).

I doubt. I mean ... why would he suffer if he had come to save them all?

SOY: Until you understood. "Sacrifice".

ME: Why sacrifice?

I AM: For empathy.

ME: How do you understand?

I AM: Empathy is the key to the age of Pisces. But we have only seen its darkness, so it is an era of so much pain, because we had to learn to be empathetic through sacrifice. Pay a lot of attention. Empathy comes from the Greek "Em-" (inside), a linguistic deformation of "In", and "Pathós" (pain). Empathy is being in the pain of the other, feeling what the other feels. In the moment of greatest suffering (sub-ferrum, from the Latin "under the iron", to feel the weight of the world), I can understand the pains of others at all levels, becoming an empath implies living what others have lived, know the hardships, know the pain, the anguish, understand the world in which they move, in the physical, emotional and mental suffering. Empathy is the ability to fully relate to others, feeling everything that others feel. "Put yourself in the place of the other." It is difficult perhaps when it is done from the conceptual point of view. For example, you would never understand the pain of war because you never lived it in this life, you would not understand the labor pains because you have not given birth in this life. Many pains and sufferings in the world are incomprehensible to others, and it requires a huge degree of sensitivity to understand, to be, the other. So, you discover a way to do it: by offering yourself.

ME: Offering to feel the pain... that?

I AM: Yes, surrendering your body, soul and spirit to suffering, containing the pain of others, receiving it to know why the world suffers, to put yourself in the place of every human being, in the role of the victim, of whom you feel abandoned, betrayed, mutilated, judged, rejected, beaten, mocked, minimized ... And when you do, you are putting your whole being at the service of expansion. Divine service does not lie in saving the other, but putting himself in his place and accompanying him in the process of his pain as an equal. In ancient times, this concept was called "Sak", which referred to a priest who took on the role of Divine so that the gods could communicate with humans.

ME: Something that today we would say "channel".

SOY: Yes. At that time it was said "saktum", which gave rise to the word "sanctus", and hence "holy" or "sacral". Performing the action of channeling the divinity, was translated as Doing Sacred Things: "Sacri Facere", which gave rise to the word "Sacrifice".

ME: "The Office of the Sacred." Why is this word so negative? Sacrificing yourself in life is like letting yourself die for others.

I AM: Because we know the sacrifice from the Judeo-Christian concepts, based on the sacrifice of Yeshua. Normally, in ancient cultures, the sacrifice was not human, but animal. In the ceremonies an animal was sacrificed to make offerings and sacred rituals, and sacrificing was not synonymous with killing, but with doing sacred things, for the gods. When the Jews saw that, still being able to deny the accusations, Jesus decided to receive the prosecution and be punished for his alleged blasphemies, it was understood that he became the first Sacrificed Human, because of the truth of others. Because of the mistakes of others ... because of sin.

ME: That's why they say "Jesus sacrificed himself for us on the Cross."

I AM: It is the greatest recorded historical act of putting your body, soul and spirit in empathy for the suffering of the world's subjugated. This empathic act made everyone recognize him as the Savior, who started the Piscean era whose main characteristic is to put his life at the service of others.

ME: But... is that so?

SOY: Nothing is a duty. Everything is a service. It's very different. Empathy is the historical capacity to suffer what the other suffers in order to share the burden. Therefore, Christians say that they help the Christ to carry the Cross, to free him from the weight he chose. It was his choice. His milestone marked the beginning of the

stories that the world knows today, and that began this time of suffering, of empathic practice. But empathy does not have to carry the pain. Today we can understand empathy as the loving accompaniment of all processes, such as understanding what others live and helping them cope with their own crosses. Pisces is the last of the 12 signs, which makes him the one who lived all the previous ones, who walked the path of his brothers, and who can feel what everyone feels, put himself in the place of others, be a rainbow soul. Pisces integrates the 12 Rays of the Seventh Dimension, Enlightenment, transcendence of all the pressures and forms of the Sixth Dimension, to be free to create new realities in the Eighth Dimension. Empathy, then, is the key for the being to radiate in all directions, without reference to an ego, but to the total integration of a being and all its faces.

ME: The presence of Jesus the Christ as the gatekeeper of Pisces, as the one who sacrifices himself empathically for the errors of humanity, then reminds us that it is time to resume empathy, but on another level of consciousness, in which suffering is not necessary to commit the sacrifice ...

I AM: The new sacrifice, the new gospel, the new love and service, is to recognize that light that makes us be part of everything, that the experience of each human being is our own experience, that nothing is separate, and that there are no enlightened that they illuminate themselves, but that illumination is achieved by recognizing that you are one with the whole ... that you are a fractal of the universe ... a child of God ...

ME: "Eyeh Ben Shelekh"... I am Your Son...

I AM: Eyeh Atteh... (I am You).

ME: Atteh Eyeh... (You are Me).

127. Sensitivity (Root)

[March 18, 2021 Matías De Stefano](#)

Daily vibration: Po

Statement: I Am Will that manifests

Code: KNOW = The use of tools, the mistake made in the experience, give us wisdom. For that, attribute of Knowing gives us the faculty of recognizing our own mistakes, learning from them, improving, and being able to become masters and examples to those who are on the path. Knowing means apprehending, that is the faculty of acquiring knowledge not as a student, but as a being, for it's not the same to take knowledge than awaking wisdom, for wisdom is internal and only awakes by the ability to discover oneself, not through others.



ME: I have one question left about empathy ... why the patia? I mean ... the need for pain. Why?

SOY: As we said, Patia is the Greek word for suffering, and it comes from the Indo-European concepts of pain. As we have said, the subtle, emotional, conceptual concepts, in the principle of languages and human communication, were strictly related to the description of objective things or situations, since the subjective was impossible to express without a comparison. As we describe the concept of Being, which actually referred to “being in a place”, a verb of spatial positioning rather than an essential description, the concept of Patía also describes an objective reality that the sensation that occurs in the body before his reaction to the environment. Pain has varying degrees on its scales from gross to subtle. We could put Suffering at a negative extreme, and Pleasure at a positive extreme. Nevertheless, the body interprets both as pain. A caress, a tickle, is torture for the nervous system, however, the brain collapses when feeling this sensation, generating a secretion of hormones, morphine, endorphin, which try to counteract the perceived pain, like a kind of anesthesia to lessen suffering, and this is what produces the pleasant sensation that you describe before a caress or tickle game. Sexual pleasure, orgasm, is part of the pain scale, as it is related to a violent irruption of the physical body, turned into pleasure due to the will and intention of both people to live that experience. If there is no intention, it is called rape, sexual abuse. It is the mind that, by accepting it, finds ways to make that pain translate into placebo hormones, that is, that produce calm, pleasure. The more conscious the pain, the more pleasure, ecstasy, orgasm. The more unconscious the pain, the more sorrow, suffering, suffering.

ME: So pain is a form of sensory measurement of the body?

SOY: And I'll explain why. Simple: the body was designed to survive. Do you remember the 5 senses? They are nervous manifestations that help the brain to interpret the world around it. This facilitates the cells to their mobility in the environment, recognizing the spaces, and possible dangers, as well as food and safety. The senses were a development of the body to receive signals from the outside world, to feed itself and protect itself from it. Thus, the senses were developed to defend themselves from a hostile environment, and for this, they needed to receive the signals from said environment as pulses of possible threats. Thus, each electrical pulse

received from the outside was translated as an intense, throbbing signal, which was perceived in the brain as an alert. And of course, an alert is not soft. If you must be vigilant in defending yourself, the announcement of a possible death cannot be as soft as a cloud. It must be fast. Thus they understood this signal as a blow, a call for attention, something that breaks, breaks, and makes a frightening noise. In the Indo-European language, cut, split, it is said "dél", which gives rise to "dolor", that is to say pain. In English, in addition to "dolence", we have "pain", which comes from "penal", which refers to the consequence of an act, from Indo-European "kwei", which means to compensate something, respond to a call, pay for what accomplished. The call for attention that the brain receives to external impulses, generate an immediate response, sending signals to secrete hormones that compensate for the pain signal, cushioning the weight, the suffering. The answer is electrical, that is, energy that passes between cells, what we call emotion. Thus, all emotion was related to the pain caused by certain external things in different measures. "Anguish" with the emptiness due to the lack of food, "Love" with the tingling of blood when we prepare to run, "Frustration" with the pain produced by the unnecessary expenditure of energy in a hunt without getting the prey. And so all emotions, to a certain extent, are related to varying degrees of pain. The more aware one becomes, the pain is controllable. At first, reproduction was painful, because it was carried out by instinct, a fire that had to be extinguished, when hormones prepared the body for reproduction, something that was biological and not psychological. But when minds began to discern and choose about their actions, reproduction was no longer just a necessity, and it went on to become a will of its own, beyond the periods of reproduction. A relaxed mind makes the brain not alert, but converts pain impulses, blows, into simple flows of energy, discharges in the cells, making pain become sensation ... and sensation into sensitivity.

ME: So pain is the key to the sensitivity of the soul ...

SOY: At least it is in matter. To your question of "why the pain"? The biological logic would be the other way around: Why Sensitivity?

ME: Sure ... because pain has a practical function in biological survival, but sensitivity has no practical use in earthly life.

SOY: Until he had it.

I when?

SOY: At the moment when the cells realized that sensitivity strengthened the bonds in individuals, kept the herd together, ensured the survival of groups, the transcendence of systems and cultures. Sensitivity became key in many animals to maintain the subsistence of the species. The human began to develop it as his greatest strength. Sensitivity became more important than pain, although it was born from it, which is why we can still understand that a sensitive person suffers more from everything than an insensitive person. The insensitive do not have a subtle response from the outside world, they cannot perceive love or hate, pain or pleasure as others do, they cannot relate emotionally to the world, they only manage to do it with themselves, For this reason, he is devoid of sensitivity, which makes him a hermit, a lonely, surly, negative being. But a sentient being, despite his empathy, has a better chance of transcending, of being accepted, loved, protected, and therefore of surviving.

ME: But in societies it is frowned upon in many cases for people to be very sensitive, especially men ...

SOY: Because they interpret sensitivity with weakness, since sensitivity was an attribute most worked by women. These e relates to the fact that for thousands of years, women had to keep the herd together, while men went hunting. This made men lonely hunters who provide through suffering and effort, and the woman has been the one who contained and kept the family together, and to do so she had to spend time with everyone, understand them, be empathetic, and therefore , sensitive, understand the pain of the other. This idea made men, culturally, build the idea that being sensitive prevented hunting, and exacerbated the pain of loneliness, cold, travel, getting away, killing, fighting for their lives. Pain translated for them into Strength, opposite to

sensitivity, however, What allowed us to sustain the human unity with real strength was the feminine sensitivity. These last 100 years of history after millions of years of survival, with the exception of some periods during the Mesopotamian, Atlantean, Egyptian, Greek and Roman times, as well as in matriarchal societies, were the first moments in which man globally stopped hunt and work, while women were able to take their place. Thus it is that the masculine sensibility could finally come out after millennia of repression, with the sole objective of survival. It is no longer necessary, society evolved to the point where there are no longer gender roles, and sensitivity became somewhat androgynous (from the Greek andrós = male, and giné = female). The pain finally begins to turn into pleasure, because the taboos are dispelled, released. A) Yes, the sensory capacity of people ceases to be a tool of social unity and survival of the clan, and they become a transcendental characteristic, of the soul, of the interconnection of the beings of the world, beyond a clan, but of all humanity, in relation to the animal, vegetable and mineral worlds, understanding them as brothers, feeling them as part of oneself. Sensitivity takes on a global, universal and cosmic role, which transcends the limits of pain.

ME: This is how we interpret the awakening of consciousness as the pain of the soul, or a pain that leads to spiritual crisis. The pain became subtle, but we keep referring to earthly pains.

I AM: Pain has a utility in interpreting the environment. People who suffer, who live in constant pain and depression, are open to receiving stimuli from the world without consciousness, living it from the pulses of unconsciousness.

ME: But what about those who suffer even knowing from consciousness?

I AM: No one suffers from consciousness. Suffering and believing that you are aware of suffering does not make you more than an unconscious of your own psyche. If you suffer, if it hurts, it is because there are aspects that have not yet been worked on, it is because there is a lot to clean and understand yet. Do not judge yourself when you feel pain, just keep inquiring to bring light, sensitivity. No one conscious suffers, because in consciousness there is no suffering, only options, pleasure, joy. Don't judge your pain, just know it, and become aware of it, step by step. And to achieve this, you must open yourself to feel, to be sensitive, to put aside what you believe, what you know, and understand what you feel and perceive.

ME: Sensitivity opens my internal world to the external. It interprets reality, and through the pain barometer it shows me what state of consciousness I am in.

SOY: That's right. So tell me what hurts you, and I'll tell you who you are.

ME: My eyes hurt today, my back hurts, and I know very well that an internal emptiness still hurts that I can't complete ...

I AM: Your sensitivity is open to recognizing that your pain is falling in love, which you cover with people, ideas, images that you consider love when it is not. Your eyes are tired of seeing what you can no longer hold in the axis of your spine, that void that weighs more than a whole, and that no one is capable of filling. For that void is too full with your expectations of what should be, and you do not leave room for what is.

ME: Pf ... thank you ...

SOY: Why?

ME: For making me see this ...

SOY: It is always nice to share what we feel. Releases weight, expands the soul, sensitizes the body, and strengthens the spirit.

ME: I manifest my intention to awaken sensitivity in myself.

I AM: And this is how sensitivity will complete the empty space, manifesting a coherent and consistent reality.

228. Flow (Knees)

[March 19, 2021 Matías De Stefano](#)

Daily vibration: Pu

Statement: I Am Will that guides

Code: BELIEVE = By awaking the inner wisdom, I recognize that all my attributes were always in me, and that I am the cosmos, that I Am, and that everything originated from an idea, that all reality and process was a dream, and that in my mind lay all the possibilities, the infinite potential beyond all the tools that now I know about. For all that, the last attribute awaken, Believing, that takes us to the subconscious mind, to the eternal dream of the divine being, where believing is creating.



ME: The more adult I became, I thought that the more structures I would create in my mind, in my soul, in my life, conditioning myself in my beliefs, feelings and actions. The typical thing to see how adults find their methodologies and stick with them. However, I get the feeling that it was the other way around. I grew up with many ideas and preconceptions, and I have fewer and fewer systems of my own. Today in the talk at 144 I said it and I realized it while I was speaking: "I don't have a system, I have no idea what I'm going to do, I learned to flow, and that's what I usually do all the time."

I AM: You just have to recognize that flow does not become your system.

ME: What do you mean?

I AM: Because there are many ways of moving through reality, and they are all through flow, because things happen, they flow between time and space, however, the way they do it can determine beauty or disaster. For an avalanche caused by the flow of a dam that collapsed is not the same as a stream that feeds the forest in its path.

It is necessary to flow within parameters that help maintain balance in your step. Flow comes from the Indo-European “Bhleu”, which means to pour, to overflow, to drop over. The force with which you flow can destroy everything in its path, spill over life, or nurture it.

ME: So it's not a simple matter of "letting it flow", there is more behind it. Because I always listen, and I maintain in many cases, the importance of letting yourself flow, of letting things happen ...

SOY: Let's understand how this works. The Universe is like an Ocean, and it is full of currents. In the Earth's oceans there are several, such as the Antarctic Circumpolar, the Norwegian Current, the Gulf Current, the Madagascar Current, the Australian Current ... They are produced by the coriolis effect, the centrifugal spin of the planet, and also, due to high or low pressures it generates the heat and cold of the atmosphere. Thus, hot water travels over the surface, descending like waterfalls into the abyss when it cools, creating rivers of fresh water that run along the ocean floor. This generates cold and warm currents, which flow through large bodies of water. As we said, the Universe is an ocean, and this implies that positive and negative magnetic forces, they behave like the flows of warm and cold water, and each drop of water in these currents is a living being, transported between positive and negative paths. There are areas where these currents are neutral, and do not push the waters, or animals and boats, like deserts in the middle of the water. There is neutrality, but there is no movement. Nothing happens. Therefore, sooner or later, everyone wants to ride the stream.

ME: It reminds me of the Disney movie, "Finding Nemo", when to travel to Sydney they have to go into the Australian current, and the sea turtles tell them: "turn and flow." They explained to the little fish the importance of flowing to find food, safety, destination, moving forward, a kind of highway that everyone gets on to get far with minimal effort.

I AM: This is where the flow makes sense, and where, at the same time, it confuses those who flow. Streams are energetic pathways to facilitate collective development. Remember that in the Ocean of the Subconscious, the currents are the Unconscious. That is to say, if instead of using the current, you live in it because it is easier, you will never leave Unconsciousness. Taking life as a simple constant act of flow, positions you in a place of irresponsibility, where you do not make your own decisions, but rather they are left to the environment, its speed, its movement and pressure on you.

ME: So taking Flow as a philosophy of life makes me unconscious. How do I use it to be Conscious?

I AM: You must remember that the current of the ocean flow of the universe is only a means of transport, not a form of life. It helps beings to distribute themselves, but then each being must get out of the flow and go their own way. Animals use the current not to live but to get to or return to a place. Swimming through deserts where there are no currents, or traveling through spaces without impulse, is absurd, it is making a titanic and unnecessary effort, that is, those who struggle in life to get what they want, to reach a specific place that is in Their heads, and they go out of their way against the current to reach such a destination, schematic and methodical people who do not allow themselves to flow, are wasting the flow of the currents that drive and move beings throughout the Cosmos.

ME: These are the people who must learn to flow, who are told: "calm down, let things flow, let things happen and let yourself be carried away by the current until you find the right destination."

SOY: That's right. And on the other hand, you find those who never stop saying: "flow, there is nothing else to do." Well, this version of events goes against the manifestation, your creative power, your consciousness to manifest your reality, to live your here and now, to shape your dreams.

ME: That Piscian vision of letting everything go by, of flowing through life, of having no structure, then, makes people who enter the new spiritual currents confuse Flow with indifference, with letting go, and never be responsible, well , "The Universe will take care of it."

I AM: And you need to know, recognize, that the universe is you, and you must take care of your part in it. Imagine that the cells decided to flow freely, freeing themselves from their tasks and leaving everything in the hands of the nervous system. Sooner or later the body would collapse and you would die. Therefore, it is necessary to recognize that there is a bloodstream, which, like rivers, flow, distributing information, but in the same way that there are blocks of cells that store the information transported, forming organs that perform specific tasks. Without the cells, there is no blood flowing; without the blood flowing, there are no cells. The structures, the patterns, the norms, the routine, the schemes, are useful for the consequence, for the continuity of a being, for the manifestation of its dream.

YO: The problem would be to cling to the system, to the structure as the only way.

SOY: Exactly, and this is where the importance of Flow comes in. It is here where the being discovers the importance of letting go. The great mountains were cut and shaped by the constant flow. The water moves better than a group of stones between the rocks of a valley. The firmer and more rigid you become, you will not get very far, you will never see the sea, but the more flexible, loose, free you feel, you will flow between the rocks as if they did not exist, flowing endlessly towards the ocean. Flow teaches us, reminds us, that it is important to be flexible to evolve, adapt, continue to carry out the transformation. On a physical level, on an emotional level, on a mental level, being flexible, flowing, is the key to transcendence.

ME: Even so, living off the flow prevents building, having foundations, sustaining a reality.

I AM: The orographic wonders, such as the great mountains, the beautiful valleys, the canyons with their different layers, are the product of the flow of water and wind shaping the structures of space, earth and the fire of lava. You can see, then, that it is the flow that designs the most beautiful and amazing structures of the landscapes of a world. The pillars, the columns of the world, the realities that you observe, are nothing more than structures and patterns molded by flow, accepting to be matter.

ME: So, the key to Flow is to recognize that it is not a way of life, but a path to its destinies, where then I have to build my reality.

I AM: You must be the conscious being that dares to dive into the currents of the unconscious ocean, driven by the collective, knowing how to swim, learning to get out of the current when it is just and necessary, in order to manifest yourself, and not live from the dream of the others, driven by his intentions. Let the flow not become the excuse of your irresponsibility, but the tool of your empowerment.

ME: Now I can say that I flow in the order necessary to my will.

I AM: The will to be guided and to guide. The flow is what tells you where, but it will depend on you what you do when you arrive.

ME: I flow, because I am Here and Now.

I AM: Be like the river, and you will move mountains.

229. Spirituality (Ankles/Feet)

[March 20, 2021 Matías De Stefano](#)

Daily vibration: Pü

Statement: I Am Will that teaches

Code: ARIES = In our terrestrial sky, the I Am manifests in the constellation of Aries. It was named like that, for in the period of time where it's positioned with more presence was the time of the ram sacrifices in the middle east, for it was named honoring the sacrificed, asking for a good harvest. It is the beginner, the potency, the spark of fire, the 1st house of the sky, that is base on oneself and in supplying the basic necessities of the physical body.



ME: Sometimes I forget that I live in such a religious country. I have already naturalized the fact that every day I go to Giza to meditate, to activate, and I take a moment of connection inside the Great Pyramid. When people come to visit or work with me on something specific, in some activation or meditation, I forget how strong what we do is for many, to sit and meditate. Many here call us "Abada", that is, Worshipers. What do we worship? According to them to the pyramids. They are afraid in many cases of the things we do, and some of them rejection, although a few feel surprise, admiration and curiosity, and a mere handful, feel the same, and live like us. Egypt is a very religious, Muslim country, and yet one of the most open in the world that includes Islam. I grew up in a country with a Catholic heritage, and even the Argentine Constitution seems to be that it recognizes us as Roman Apostolic Catholics, although in my family, neighborhood and school, they were mostly agnostic. The environment in which I grew up was of a secular education, in a home that did not believe in a God, and that did not possess a religious dogma. In my childhood I went to church only once, accompanying some neighbors. I never had contact with religion, I did not understand what they were referring to, and I never had to do anything to get out of a religious thought. This, perhaps, makes it more difficult for me to understand the effort that many have had to make to get out of the fish tank, to free themselves from the cage, and find what was outside. At first, religion seemed absurd to me, meaningless. If I had been able to survive so many years without believing in anything or any God, then, What difference did it make to believe or not believe? But when I grew up I could understand that there were many people who needed to follow steps to live what others live with freedom.

SOY: When you travel, you usually put the GPS. You, in particular, take Google Maps and place it to know how long it takes and where you will go faster. And, as you know very well, you hate to take out the GPS until you reach the destination, following the blue line that tells you where to turn, which exit to take. When you drive you respect the traffic rules, and you stop if there is a red light, you advance if there is a green light. Do you pay attention to the road? If you didn't have GPS, would you get to the same destination?

ME: Well ... I allow myself to look around, yes, but it is true that when I keep an eye on the GPS, I don't usually look at the posters that don't interest me, I only go where I want to go ...

SOY: Ignoring other possible paths to get to the same place, perhaps longer, more complex, but with more landscapes that you will miss for wanting to get there fast. In addition, it makes you feel safer to follow the GPS instructions, than to regret losing yourself and having to think about how to get out of where you have gotten, in that momentary crisis that someone who drives has when they get lost or take the wrong exit ...

I do...

SOY: Well now you understand why people choose a religion over spirituality.

ME: Today I saw a meme on instagram that was the image of this post: two fish, one in the ocean looking at the other inside a fish tank that floats in the ocean. I think it is quite successful. I see that this image is trying to explain that religion locks you in, but the grace of this image is in favor of spirituality, denying the point of view of the fish that is in religion.

SOY: There is the thing. When someone discovers spirituality, they usually want to break the fishbowl of all the people they meet in the world, shouting: "Be free, the ocean has room for everyone!" But what they do not think is that many of those who are in a fish tank, it is by their own decision. The fish tank gives them security, because it is all they know, the fish tank is the home where they know how to handle themselves. Religion is your GPS. The word Religion comes from "Re" (to return, again) and "Ligare" (to bind, unite, bind). This idea refers to uniting people on the same path so that no one gets lost.

I because?

SOY: To understand it you have to, as always, go to the beginning of our history. Remember that primitive people lived their lives in packs that we call "clan." The key to the survival of the individuals of a clan was to "stay together."

ME: Like in the movie "The Croods", the father is scared all the time, trying to keep the family together so that nothing happens to them.

I AM: This idea is logical in a time of so many dangers for a being as weak as a human being in the midst of nature, devoid of other defenses other than intelligence and interaction with others. Thus, the key to survival was interconnectedness, and staying together was essential. But everyone had to do their homework, so they needed strong emotional and mental bonds to hold them together. This creates morality (norms of inhabiting a place), which leads to idiosyncrasy (conglomeration of ideas and concepts that govern a group), which gives rise to culture (cyclical traditions that a clan or people repeats maintaining that unity in the form of celebrations and parties), and with this, religion is given (laws that determine what is right and what is wrong and that are projected towards infinity, not just life in a specific place). Religion unites culture and morality with idiosyncrasy, and generates a cocktail of images attributed to power totems or heroes, producing entities worthy of being worshiped, first in tangible nature, and then in intangible cosmos.

ME: This is why the first religions speak of divine beings with attributes of animals, mountains and rivers, and in the last religions, these entities are humanized in the image and likeness of the heroes of history.

I AM: All the thousands of religions were, therefore, a mechanism and tool for subsistence, which helped clans and civilizations to create strong bonds between individuals beyond life. The image of a divinity united peoples beyond their traditions or languages, and families could be grouped into towns and cities based on these images.

YO: We could say that gods are to religions what flags are to countries.

SOY: Something like that, an emblem that unites. Therefore, religion is synonymous with security. The chief of a clan, the shaman, the sage, the priest, whether man or woman, becomes the one who guides and unites people. Religion was key in the survival and expansion of peoples, and still is. In the same way that a child needs his parents in the process of development until he becomes an adult, religion is like that mother who guides, who accompanies, who feeds, who protects, who gives security and protection. Who can refuse a mother? That is why religions exist.

ME: And what about spirituality? What at least I consider I am trying to do, to live.

I AM: As we have said over and over again, the word Spiritual comes from the Latin "Spirare" which means to breathe. "Re-spirar" or "Re-spira-tio", is the action of inspiring over and over again in a constant cycle. Thus, spirituality is the quality of breathing correctly.

ME: Nothing to do with what we consider spirituality today.

I AM: Because you have decorated the Spirituality of Religion. And it is normal. Spirituality hides nothing but the beauty of living, of enjoying, of recognizing that life is a constant sigh. That is why the ancients said that The Creator, whether in feminine or masculine, was a constant breath.

ME: Ham (inspiration), Het (hold the air) and Hum (exhalation) according to the Atlantean tradition.

I AM: Whoever breathes correctly does not need anything. Find freedom. Whoever breathes deeply finds calm, life, truth, contemplation, observes everything, recognizes part of everything that breathes, connected to the heavens, because the air seems to be infinite in all directions. Like a fish in an ocean, you breathe in an atmosphere, and you feel that you are expanded. But just as in an Atmosphere or in an Ocean, air or water in infinite quantities, design an eternal environment, where there is no where to cling, where you are so much that you feel nothing, there is no attachment, only expansion and integration, palpitate , a beat, pulse, that takes from the internal to the external constantly, but infinitely in time and space. Spirituality, then, is eternal, it is infinite, and it has no limits, rules, patterns or indications, There is no guide, leader, there is no one but yourself in the middle of a gigantic mass of water or air that surrounds you. And many are terrified by this image, they need to feel safe, they need a cage, they need a fish tank. Otherwise they would not find freedom, but despair. But, there are times when someone opens the door of that cage, or submerges the fish tank in a lake, and even so, the fish or the bird will approach it, perhaps they will take a few turns outside discovering the infinite, but returning to your home, to the safety of the structures. They feel being knowing that the cage is open, that they can go out whenever they want, that they can swim free at any time, but they need the safety of the limits, And for this, they decorate spirituality with religion, so that the change of the fish tank the ocean is not traumatic.

ME: Which is why spiritual people keep talking about angels, fairies, ceremonies, or spiritual hierarchies ...

I AM: It is a step of adaptation to the true spiritual, which does not have culture, morals or idiosyncrasies.

ME: We've already talked once about how you compared what I do to a religion. How do I make sure that the people who follow me know how to swim in the ocean?

SOY: Well, you must swim. Show them that you are not afraid to do it. Are you afraid?

ME: I guess not ...

SOY: Well, you will prove it... You cannot create a movement and pretend that it is spiritual. The spiritual is of Unity, but to reach it, sometimes the school is necessary.

ME: A group of fish... that travel together in the sea.

SOY: This gives the security of home, of religion, but giving them the opportunity to swim in the sea. Free. Step by step, you cannot push anyone to live in the middle of the Pacific Ocean when they have lived in a pond all their lives.

ME: I am struck by the image of the two fish in relation to the Feet day. In Christianity, it is related to the fish with the feet, and the disciples as fishers of men. Why?

I AM: Walking on Waters, a history of Christianity, getting your feet wet in the world without immersing yourself in it. The teaching of walking through the waters of Galilee is related to the demonstration that it is possible to live emotions without immersing oneself in their passions and attachment needs, that the teacher goes above it, and in turn, allows himself to feel these waters, Well, in order to walk with your brothers and sisters, you need to feel like them on the path of life. To get your feet wet is to unite the spiritual path to the earthly one. The disciples of Jesus Christ were all fishermen in Galilee, they sold fish in the market. When Jesus worked with them and helped them, and they helped him, Jesus told them: "Follow me and you will be Fishers of Men." With this he wanted to encourage them to recognize that they would continue doing their life mission, but with an even greater purpose. For this reason, the Christians left their presence engraved with a signature in the shape of a fish. During the persecutions of Christians, those who were looking for the message of the Messiah, could find it by following the symbol of the fish, and thus they recognized each other. The Master gave them a new commandment to make people Christians, and it was to wash their feet. The symbolism conveyed that once they became Christians, all the mistakes of the past had to be left behind, and he had to walk clean in this new path that he was undertaking. The tradition of hand and foot washing is much older, from Mesopotamian and Egyptian times, and that to this day is maintained in Muslim and Jewish traditions, and on some occasions in Christian ones, although they opted for baptism a few centuries later.

ME: So, each foot is a fish, that by washing it, we intend to start a new path.

SOY: With one foot you mark the way, and with the other where. One foot is the spirituality that prompts you to seek freedom, while the other is the dogma by which you find it. Both are useful, necessary in a human life. Now remember that you must wash your feet to dare to start a new life, a new path, to swim and immerse yourself in the eternal waters of the ocean. All that you bring with you from the religions, are tools, floats, swimsuit, frog legs, life jackets, snorkel, respirator and everything you need to make your first dive something safer. Little by little, when you see that you can swim, that you are not afraid of sinking, you will remove layers of things, and you will be able to swim freely. You will be able to breathe in the immensity.

ME: Spirituality is the total freedom of cultural ties, it is simply connecting with oneself, feeling part of all things in every breath, without the need for methodologies, without the need to follow anyone, nor dogmas or parameters of good and wrong, but recognizing harmony.

I AM: A spiritual being is a being that is fully coherent or in search of coherence, who thinks, feels and acts in correspondence with its essence, without following what others demand of it, or what the culture prompts. The spiritual path is full of different ways, paths, and all of them are valid. Freedom is not in not taking any, but in knowing that you can travel through all of them. And do you know why?

ME: Because I am the Way.

I AM: So do not put the GPS, because it is not important to get to the destination, the important thing is to enjoy each path you choose, because they will all arrive at the same place, the center, which you will find when you marvel at the landscapes that you will discover, and that you will integrate Through every breath Breathe ...

ME:... And so I'll be spiritual.

230. Compassion (Toroid)

[March 21, 2021 Matías De Stefano](#)

Daily vibration: P-h

Statement: I Am Eternal Will

Code: TAURUS = The time to open the furrow in the earth to sow the seeds arrives with the presence of this constellation in the skies, reason for which it was named Taurus related to the oxen that ploughed the fields. Taurus is the promise of wealth that will come from the harvest, it is the livestock that will provide the necessary elements to subsist. For that, it represents the home, the material goods, the food, comfort and safety of the home in the land.



SOY: What is your passion?

ME: Emm I don't know ... Maybe, teach, educate ...

SOY: And that's why it's what weighs the most for you.

ME: In what way?

SOY: Educating fascinates you, you could spend hours, and it is precisely what exhausts you the most, because you take so much energy to do it, that you end up exhausted ...

ME: It's true... I don't take time to rest. These days I was getting up very early to go to the pyramids with the people, then explain a thousand things, write the post for each day, then continue with the lectures, and later with the alignment. I have so much energy that it exhausts me, but it is something that I am passionate about, and even so I end up hurt, heavy, tired, and all burned in the face by the sun

SOY: That is why it is your passion. Do you know what passion is?

I do not...

I AM: Suffer.

Me what!?

I AM: Passion, it comes from the Latin Passio, which is the linguistic formation in noun of "Patire" (to suffer), which means Pain.

I ah! Now I understand what they say "the Passion of Christ." I always thought that it seemed strange to me that torture is described as exciting. We usually associate the word Passion with romantic things, or things that we love to do, however, from what you say, passion is something very negative based on pain. Why have we put such a different attribute on it?

SOY: It is an enantiosemia. Do you remember the enantiomers?

ME: Molecules that are identical but mirrored and their qualities are completely opposite, making some beneficial and their reflections harmful.

I AM: Well, the word Passion is a semantic enantiomer: enantiosemia. The word came from the idea of suffering, but over time it became a synonym to describe how hard it is for us to get what we want. "I suffered to get it but I did it", "I love this but it will hurt to pay for it", "I want to change the world but it is a very difficult and exhausting task". I could give thousands of examples, but humans in general tend to understand that to achieve something you have to make an effort, to work hard, and that work, from ancestral concepts, is related to the pain caused by working in the fields to get food. It is difficult to get what you want, and you need to work hard to achieve it, nothing comes just for its own sake, unless you have managed to understand how co-creation and alchemical manifestation works. Thus, If there is something that you like a lot, you must put a lot of effort to obtain it, achieve it, live it, and therefore, this effort is understood as pain, thus, on the same page, the word suffer is synonymous with achieving something through effort. Thus, Patire, with her pain "Passio", blow away Passion. What fascinates you to do, so you would do whatever it takes to achieve it.

ME: I understand... So passion is found in effort... Or rather, with effort I manage to live my passion.

I AM: What you are passionate about wears you down, consumes your life, demands too much energy from you, and causes various cells to die in you. I do not recommend having passions, but "doing things you love."

ME: Sure. What do they mean when they say "low passions"?

I AM: There are different types of passions, that is, pains in the body. Low passions are the ailments of the lower part of the physical body, those related to needs: sleeping, eating and reproducing, which we can translate as the engines of life, but which in turn lead us to be dependent on the external, wasting our personal energy trying to get them. The passions of the heart are romances, the need to feel loved, needed by the other, which activates the service, making oneself available to the other in order to have an emotional reward. The high passions would be the psychic, intellectual arts, art, interpretation, philosophy, service. Everything that is based on a need will be fueled by passion, by the effort you have to make to achieve the goal.

ME: Which one?

I AM: The one that makes you support the other, the passion that makes you feel what the other feels, helping them to fulfill their passions, to resolve their regrets, to identify their efforts and accompany them to make their path more bearable. That passion is what you know as Compassion.

ME: Would it be a joint passion?

I AM: The Greek word for compassion is Syn Pathós, which gave rise to Sympathy, that is, accompanying pain, emotion, what the other feels. But in Rome, they took the Greek word and Latinized it, turning it into "Campasión", a word that took on a deeper meaning than its Greek namesake.

ME: Having compassion, isn't it taking pity on those who suffer?

I AM: It is to feel what others suffer, and to act according to said suffering to help them get out of it. Compassion is the emotional attribute par excellence, which shows the ability of one being to put himself in the place of the other.

ME: But... isn't it the same as empathy?

SOY: Oh no, because empathy only describes the sensitivity of one being to what the other feels, putting oneself in his place only in relation to what he feels, without foreseeing resolutions. Compassion, on the other hand, does not rest until seeking resolution, helping this person to get out of this state, to transform it. When you see an injured child, when you see an abandoned or hungry animal, a tree, felled, a hurt or suffering person, feeling compassion lets us know that we are sharing the suffering, the pain, but that you intend to move forward, to float, looking for solutions to resolve this moment of tension or pain.

ME: So feeling compassion makes me not only an empathetic and sensitive being, but also a transformer of that energy.

I AM: The word Passion also gave rise to an adjective that you know as "Passive". This term describes that pain prevents you from moving, and as in illness, you must remain still to be helped, receive energy instead of giving it and activating yourself. Passive is related to pain, by remaining still. Passive is the negative aspect of action, so passion is the negative movement of energy, which descends inspiration from the divine into the material, as through a funnel. It is a kind of energy depression, which attracts what fascinates you, but the effort generates such a waste of energy that you see it forcibly disappear through an energy drain. But there, at the bottom of the abyss, he meets Compassion, with the same feeling multiplied on the part of others, like a tree that supports the other with its roots.

ME: Creating an emotional torus.

SOY: Exactly. A torus of empathy, sympathy and compassion.

ME: Pain being the emotional key that awakens us to resolve conflicts, to evolve, to transcend what we cannot see. As a trauma that can be seen from the physical vision as a blow or injury, both from the psychological level and an emotional injury. Pain reminds us of what we must work on, what we must assimilate, understand, transcend, heal, and its results make us grow, expand, become better people.

I AM: For this reason Compassion is the key of many cultures to keep the species together, surviving, because it is the key to understanding every emotional system without clinging to emotion and sinking into it, but to support each other to keep moving forward, evolving. Like a forest that embraces the trees supporting the oldest ones.

YO: How people looking for ways to help others, creating institutions, mobilizing ...

I AM: Compassion is the attitude of all emotion, it is what motivates us, mobilizes us to act in favor of the great being that I am together with others. It is the eternal emotion, the key to the evolution of the soul.

ME: It is the will that mobilizes me to transform my shadows and light, eternally ...

I AM: Discover the Compassion that lives in you, and through its will, you can transform the World.

Week of Physical

231. Psychology (Crown)

[March 22, 2021 Matias De Stefano](#)

Daily vibration: Ta

Statement: I Am Manifested Spirit

Code: GEMINI = In times of work, it's also time for exchange. The brotherly communities exchanged, barded, knew the art of words, the sales, from what new things it could be learned, new people were met. The brotherly communities commenced this way for the expansion and growth, while this constellation was in the highest. For this, the brothers, Gemini, represent communication, the speech, the word, the voices that fly in the skies.



ME: Today I went to bed thinking about all the things that we talked about day after day, very personal things, emotions that we don't usually share with anyone, at least I feel as if writing the post every day I was sitting on a psychologist's couch, although instead of being confidential, what I say is made public for thousands who read me. And I have had some comments that amaze them the courage to share such personal things in an open way, something that at some point I mentioned that caught my attention, but that makes me see more and more how difficult it is for many to share their internal world. I was always struck by how many people call "going to the psychologist" as "going to the shrink." Many people in the world consider that psychology, sharing and talking about personal conflicts, is almost considered crazy, schizophrenic, having a mental problem, and seeing that the other goes to the psychologist, immediately seems to be a way to judge the sanity of this person. Anyway, in Argentina this is a bit different, at least in recent generations. Despite being a country with Catholic roots, what has differentiated it from the rest of the Latin countries, along with Uruguay, is that most of the people left the Church to enter Psychoanalysis. It is much easier to find people in Argentina who say that they go to the psychologist as something normal and everyday than in other parts of Latin America, and even so it is still sometimes a taboo subject. For me it was normal to grow up with the question of going to the psychologist,

for me it was like another class, like a normal extracurricular activity, but what makes people still have so much against psychology

I AM: The simple fear of change. We could say that the greatest human fear is knowing the truth, that is, the truth of who we are, facing what lies in our interior. But this is really too deep, something the average human generally fails to conceive of. What runs through every human is the fear of change, of discovering that what they can see inside forces them to leave things behind, to break ties, to see that it is not as they believe, that someone knows more about them than they do. . That gives insecurity, it makes them feel defenseless, without weapons, without outfitters, showing their greatest weaknesses and, above all, being forced to change. Remember that the constant search for life is not change, but stability, even so it is achieved due to the adaptation of change. The only real constant is change, and therefore, the search in this constant are the moments of season, stability. For this reason, when a person achieves stability, or what he believes to be stability, on a physical or emotional or mental level, whether from an attitude, an attachment or a belief, he clings to that as the greatest anchor to remain present. and in axis, in balance, fearing to face the weakness that implies letting go, losing the security, the control over his life.

ME: And psychology questions those anchors ...

I AM: Psychology was just developed to question the individual. The question is the only way that the individual can discover the answers that lie within. The ability to ask awakens more awareness than the ability to give answers. And a being who defends his integrity interprets the question as a threat, an interrogation typical of a prison, of war, of a captive being interrogated by the oppressor. He who asks himself questions opens an infinite Pandora's Box, which will awaken never-before-seen aspects of himself, which will make him question the reality in which they live, seeking to transform it. And this is something that breaks with collective security, since it goes beyond the "norm", the public law established by a culture, causing the world to be stained with an intention of "normality". To be normal", It implies that the person follows a law confined to a cultural group, in a specific time and space. Whoever gets out of this normality becomes a madman. A madman, then, is one who leaves his place (from the Latin "locus": located). Who is not in the norm, is misplaced. In English, "crazy" comes from "crack", that is, to break something, something that is split into pieces, which is not complete, and the interesting thing is that in some places, this Anglism is used as a synonym for genius. Well, usually, geniuses are crazy, because not only do they break the schemes, but they leave the established place.

YO: So for fear of losing security, in history many geniuses were classified as crazy. Which is why humanity did not advance faster than they could. But ... Why don't religions, based on crazy stories and hallucinations of people who "talk to invisible beings", go through the same process?

I AM: Because a religion is born from a shared tradition, from a group that follows the same idea, and that gives security of a herd, of a clan, ensuring survival and stability through tradition. In many cases, faith is not as important as religion, not even taken into account, since many people can belong to religions because of the security they provide, without having faith in the philosophy that religion professes.

ME: Like Catholics who don't believe in the appearance of angels ...

I AM: Madness was characterized by being a product of the vision of a single individual. Moses, Abraham, Muhammad, Jesus, Buddha, and many others were mad geniuses, misunderstood, but their words brought stability to many people, and they built religions around them, giving greater security. But in Greece, as well as in some other region of the world but with less influence, freethinkers emerge outside of religions and traditions, those who loved questions more than the gods, because the gods had rules, they had no freedom, and the question gave the true love of existence: knowledge. Thus arose Philosophy, which is the art of questioning the soul, the internal world about its perception of the world. The questioners were madmen, artists of the mind, of diction, people who spent their lives imagining,

ME: Daydreaming is a good Pisces attribute ...

SOY: They believed that questions and ideas would free humans from the oppression of beliefs and traditions. There was true freedom. The Body was seen almost as a prison of the Soul, clinging to living in a world of limits and patterns. But the philosophers loved life, then, they considered the fact of freeing the soul from its cave, from its prison, so that it can express itself freely in word, thought and action. Soul is the movement (from the Latin "anima", "animated"), but in Greek, soul is said "psyche". While for religions the soul was a spiritual attribute that had to be freed from sins or their punishment in the world, for philosophy the soul was the essence of every living being that had to be nurtured with knowledge, through incessant search. But monotheistic religions banned philosophies, since they violated the dogmas by questioning the norm. Thus, for centuries, the question was silenced. Until the Renaissance, the scientific methods began to question the world again, and to develop paths of knowledge, of this, that allowed to know the world. These groups of concepts and studies were called "logos", from the Greek "treatise, word, study." For centuries it was forbidden to perform autopsies to recognize causes of death of a deceased, since dismembering bodies was conceived as a sin, sacrilege. It would take a long time for scientists to investigate how the human body and its organs worked, but above all, opening it up, they wondered something fundamental: Where is the soul? They understood that what moves the body was not a soul inside a body, but a set of biological mechanisms, and that the connector and mobilizer par excellence was the brain and its nervous system. Thus, the soul came to be understood as the functioning of the brain, and the only way to access said functioning was not through an autopsy, but through cognitive tests, experiments with brain games and questions, to analyze the way in which the brain processes this knowledge. To this, Wilhelm Wundt, in Germany in 1879, founded the first scientific laboratory for the analysis of the mind, and called his research "Psychology": the study of the soul.

ME: So psychology is very recent.

SOY: It was always present in some way, but not as a possible science. Experimental Psychology, tried to place itself at the level of the other sciences, although they would never accept it as such. The different psychologists in history were demonstrating human behaviors to certain stimuli, through various experiments, showing that there are strategic ways to reach hidden places in the mind. Thus, psychology is founded as a therapeutic method to identify traumas, and repair them through questions, activities, thought experiments. Psychology is not for crazy people, it is to solve hidden traumas that you cannot discover for yourself, psychology is a map, a gps that helps to identify those hidden places inside.

ME: Those who, by discovering, drive us to healing, and therefore to change, which leads us to the same thing as before, the fear of change. Many are so attached to trauma that they consider it their nature, their form of well-being and survival, and prefer to defend themselves so as not to interrupt that apparent security, even if it is like holding on to the idea that a tumor makes you feel whole.

I AM: A human who does not open his soul, is a rock in an organic, immutable, rigid body that will never transform unless he experiences great crises, that break him. And when it breaks ...

ME: Go crazy ...

SOY: And that is the reason why psychological centers are considered as the places where the crazy, the broken, the abnormal go, because "normally", seeking to survive, people take refuge in their lives not seeking to change nothing, accumulating conflicts until the moment they explode in the crisis, breaking into pieces, misplacing themselves, losing the sense of things, going out of the norm, which makes them broken individuals, synonymous with madness.

ME: But if people learned to open up, to share their souls, their feelings, to talk about the things that go through their hearts and minds, if we practiced to speak, to let go of control, the need to defend ourselves and share what we feel, then psychology would not be to attend to the broken, but to accompany the sane ...

I AM: Psychology is the technique of empathy, the methodology of compassion. If you practice it from childhood, there will be no one normal, no one abnormal, because we will all be geniuses of our own existence, we will all be free, because we will know that the question leads us to the empathy of constant transformation.

ME: A free soul is a spirit capable of manifesting in matter.

SOY: Ask yourself the question, and you will find the genius of the answer. In the questioning of your mind, lies the key that frees your soul.

232. Look (Third Eye)

[March 23, 2021 Matías De Stefano](#)

Daily vibration: Tae

Statement: I Am Manifested Conscience

Code: CANCER = The last process related to the physical body is the one that happens in when this constellation is in the highest. Related to water, Cancer is the family process, this means, the moment to bring in what was exchanged, learned, harvested and won the safety of our own, wrapped in the arms of the protector that guards its own eggs, its own products, its family. This way, it's related with the emotions, with the bond to home that reincarnates the mother, the close ones, the blood connections.



ME: The eyes are the reflection of the Soul. Many traditions often affirm this, and it has become a popular belief, a saying culturally adopted by many peoples. This came to mind when we talked about the Soul and its psychological aspect. How is the soul related to the eyes?

SOY: Can you look someone straight in the eye?

ME: Not everyone, in fact, I often make myself aware of the fact that I don't actually look at people's eyes when we speak, but at their teeth and lips. To very few I manage to see him directly in the eye.

SOY: Why?

ME: Well, because I feel uncomfortable. The feeling is as if by looking into your eyes the person could be mistaken that there is a deep connection of some kind, or even of interest.

SOY: What kind?

ME: You know... sexual, romantic... something like that.

SOY: And do you know why this happens?

ME: I guess it's because I would just stare into the eyes of someone I connect with on all levels, who I wouldn't be ashamed to be naked with.

SOY: Because the direct look strips you ...

ME: Yeah that's the feeling, like I feel completely naked, helpless.

SOY: Good. Now you understand the power of the gaze in human psychology, in its effect on the soul, the emotion of people. The gaze crosses the physical body, observes the innermost part of your being, and in that instant, it undresses you, in such a way that you have no way to defend yourself, you become paralyzed, you do not have tools. And there are only two natural occasions when the gaze has a high impact: at the moment of reproduction and at the moment of threat. The rest of the time, the eyes rest, they do not usually look people directly in the eye, but they look at the face, the face, because the nervous system uses too much energy when two eyes look directly at each other, and therefore, the Energy is saved just to find a mate to reproduce or a victim to attack. If neither of these two circumstances exists, the fixed look implies depth, to see more inward, to the deepest part of being, where what you call Soul lies, that sacred essence that makes you who you are and that your being seeks to protect in a thousand ways. Thus, when someone stares into your eyes, you feel a threat, seeking to protect your essence by turning your gaze, changing your angle, blurring your vision, closing your eyes ... In this way, we see that the eyes allow you to see the soul of the other person, because when you stop to observe them, they react, causing individuals to act in unexpected ways, not controlled by the mind, since it collapses.

ME: Why are we so sensitive to the gaze?

SOY: By the nervous system. This system is made up of the brain (with millions of cells called neurons), the cerebellum, in charge of balance, the central trunk, which receives and sends the signals, and the nerves, which are like very long neurons through which information passes. Nerves extend throughout the body connected to the spinal cord, along the spinal column, receiving and sending neurotransmitters, electrical signals that expand or contract cells with shocks and pulses, making them react to external stimuli, for this The Central Nervous System is related to the 5 Senses, since they are the means by which the body interprets signals from the outside to be translated inside.

ME: Touch, Taste, Smell, Hearing and Vision ...

SOY: And in relation to this last sense, the eye, it could be said that it is the miracle of the nervous system. Billions of years ago, when the central nervous system was developing in cells to receive electrical pulses from the environment, one of those energies that affected the cellular pulse was photons. Photon is a particle of Light, (from the Greek "photon" = light). They bounce off all objects at high speed, and depending on the molecular composition of each object, they collide by vibrating at the tune or wavelength of the larger particles it touches, that is, depending on the frequency at which the photon vibrates when colliding with a much larger object such as an atom, it is perceived as a specific color. However, this was impossible to know,

ME: So we didn't see the light until the neuronal cells adapted to interpret the signal of a photon collapsing against them.

SOY: And not just any cell, it had to be a specific one. It is known as photosensitive, and it was developed with the ability to capture as many photons as possible. This caused that after millions of years, cells specialized in capturing light, and one or two photosensitive celluloid clusters developed in some living organisms in the ocean. Those who had this type of cells had a facility to find food, and they prospered against those who did not possess this deformation. Thus, over time, photosensitive cells evolved into the first eyes. At first, underwater, they were still covered by the saline layers of the environment, which reflected light and protected them from light rays that were harmful to vision. But in time, as he found his way out of the water,

ME: Like the membranes that some birds and reptiles have, right?

SOY: That's right. Over time, these membranes evolved and the skin itself became flexible, becoming eyelids. The photosensitive cells began to form what we now know as an eye, and the membranes that kept the saline waters in it, became smaller and smaller in mammals, until they became what you call "caruncle", a small membrane in the edge of the eye that protects the tear duct. The tear duct secretes saline waters to keep the eye moist, so that the photons do not burn the sensitive cells. The two eyes fulfill a function of visual balance, so that the brain finds a balance of movement, distance, recognition of the terrain, and its nerve endings connect the optic nerve with the brain. The eye is provided with various layers, all designed to capture light better, with the clearest possible. From the visible pupil, or crystalline, where the light is captured, to the hypnotizing beauty of the Iris, the fleshy formation that surrounds the pupil with different textures and colors, which regulates the entry of light by contracting or dilating, to the cornea With its characteristic white part of the eye, and the vitreous humor, the internal liquid where light is reflected, the eye became the most perfect organism and par excellence of interpretation of the environment.

ME: I read once that the human eye captures images with a resolution of about 576 megapixels, when a professional photography camera usually has 16 megapixels, or up to 18. That is very little compared to the eye ... How did nature achieve such perfection?

I AM: Millions of years of trial and error, when photography is only 200 years old. Because the Eye, organ of the sense of Vision, is one of the most developed, its nerve endings not only receive information from the outside, but also reflect that from the inside. The eyes are, together with the ears, the sensory organs that work the most during the day, in an unconscious and at the same time conscious way, that is, being controlled by the parasympathetic nervous system (the one that functions without the conscious understanding of its actions, such as the heartbeat that cannot be manipulated by intention), and on the other hand can be manipulated by the sympathetic nervous system (that is, one that can be used with an intention and will of the individual mind, such as grabbing something, or speak). So, See, It becomes a way of consciously transmitting what is experienced inside and what is perceived or reflected from the world, a way that the brain can inform the outside world what is going through your brain. Thus, the eyes can be sad, happy, depressed, euphoric. Tears that were once used to cleanse the eye and protect it from external debris, also begin to flow at a time when the body seeks to purify internal debris.

ME: What we call "crying".

I AM: Exactly. Thus, the eye becomes a reflection of the internal, a communicator of the emotions that words cannot transmit. And for this reason, you can say that the Look is the reflection of the soul. Mirar (from Latin Mirare) comes from the Indo-European "smei", which means "laugh, surprise" (as in English "smile" = smile). This word speaks of a communication between two people, an interaction that represents a reflection, the observation of something that produces a reaction in the other. In several languages "mirare" became the origin of the word mirror (in English = mirror, in Catalan "mirall"). The word "look", in English, comes from the Indo-European "lewk" which gives rise to "light" (light). Thus, Look, See, is a synonym for the action of illuminating, shining, perceiving light.

ME: With which, if the light, the colors, are the energy of the soul, and the nervous system is the physical form in which the soul feels, the eyes are the internal expression and internal perception of this attribute of being.

I AM: In the Gaze you not only see the light of the world, but you let the world see your own light. And that light seeks to be protected. Now let's remember the two principles of the gaze: defend itself and reproduce. In the first case, you should know that the eyes were developed not only to search for food, but to identify enemies. The ocular image was developed as a high-level defense organism, in which a glance can frighten, drive away, and frighten prey or enemies. An intense look is synonymous with struggle, with possible death. This is why it is so difficult psychologically and biologically to maintain the gaze, since it requires too much alert energy, in which the whole body tenses trying to know if the person observing us is the prey or the hunter. This is something you can see in animal and human culture, when in a fight, males usually lean their foreheads against each other, staring at each other with intensity from a very short distance. That fires up hormone levels, alerting the brain and glands to get ready to spread adrenaline throughout the system.

ME: Now I understand many things, hehe When I see those silly attitudes of boys who fight and instead of hitting each other they just stare at each other pushing their heads like rams or bulls.

SOY: And the other intense gaze is that of reproduction, since that gaze lets the possible copulation know that there is an unavoidable interest. This, for thousands or millions of years, has become a form of intense relationships, making it known that adrenaline was being activated for reproduction.

ME: Ah, that's why the intense stares make me feel uncomfortable, not only because it seems like an invasion of space, but because it feels like a violation of the person, a form of subconscious sexuality.

I AM: The Look is the action of putting into practice the millions of years of evolution of the Eyes. The Look is a form of communication both negatively, for the fight, and positively, for the union. And in turn, it represents the ability of a being to reflect their emotions both inward and outward, they are the reciprocal communication of the nervous system. The eyes thus transmit more energy than any part of the body without the need to touch the other person, which awakens the energy of tantra, where the sacred fire is lit without touch but simply with the look and the breath.

ME: How do I make sure I'm not afraid to look straight in the eye?

I AM: You must lose the fear of people knowing about you, you must free yourself from the fear of defending what is internal, of protecting yourself. For when they look into your eyes, people can see reflected the synapses of your brain, the circuits of your soul, and you are naked and weak before the world. The eyes paralyze, because in the fight, the body stops static so as not to attract attention and camouflage itself, while in reproduction, remaining static was because it is a moment of weakness before predators, and it was necessary to stay alert, because it is a moment of vulnerability. That is why the Gaze shows all your fears, all your anguish, everything that is hidden within you. Therefore, to look at others and not fear being weak, you must first learn to look at yourself, and face your weaknesses, to awaken your strength.

ME: And when I have my inner power, I will be able to look others directly in the eye, without preconceptions or fears.

I AM: The communication power of the brain is not in the word, but in the look. When you manage to see someone in their eyes, you can feel the power of their mind, the force of their manifestation, and without words, you can feel everything. Looking into the eyes is like looking at the same universe.

ME: Look at the Soul made matter ...

I AM: The eyes are the Manifested Consciousness. Dare to see further, deeper, dare to hold a glance, and you will see the light that radiates consciousness to the whole world, reflected in you.

233. Smile (Throat)

[March 24, 2021 Matías De Stefano](#)

Daily vibration: Te

Statement: I Am Manifested Truth

Code: LEO = And within the safety of the mother's home, it is acknowledged father's presence, who guides and leads. In the ancient vision, the lion was the one that commanded among the lionesses of the sabana, and for that, his image decorates the stars that positionate high in the sky in that concrete period of the year. It's the time to set the law, of drawing the path to follow. For this, Leo, characterizes the soul on fire, the leadership, the one who guides the heart of the family, the group, or the nation, the one who sets the collective destiny.



I AM: Smile.

ME: Today I thought about it while laughing. And one of the things we were talking about was that for many people in the spirit world, laughing seems to mean a contrast to how seriously transcendental and spiritual concepts should be taken.

I AM: Solemnity.

YO: Exactly, that is the word with which these types of roads are often defined. There are so many preconceptions about what spirituality is, that many consider that living like a human and acting like an ordinary human is not being spiritual, and it is showing that you are off your axis, away from your center. Why is the spiritual considered something that should be solemn?

SOY: Because “sollemnis” is a Latin concept that comes from the words “sollus” (complete) and “annus” (year), and refers to religious ceremonies or liturgies, whatever they may be, that were celebrated once a year and they were sustained as a global concept. A solemn ceremony was to be something maintained for a full year, related to routine, constancy and dogma. People from religious traditions consider spirituality as a form of

enlightenment, a path that must follow certain routine guidelines, with specific rules, which translates into Solemnity.

ME: Ah, I understand... It is a question of culture, of tradition of thought. And what about spirituality?

I AM: Spirituality is not religious, it is free. It is breathing, it is individual, it is its own and expansive, it embraces the whole of existence as it does not judge the oxygen that enters in each inspiration, it breathes everything, nourishing itself from each vision, transforming it into itself. Because of this, there is only one thing that spiritual dogma shows.

ME: What?

I AM: The Smile. When you dare to smile at the world, with the greatest sincerity, you are radiating your spirituality.

ME: What's the difference with laughter?

I AM: Risa, in Romance languages, has its origin in the word "risus", participle of "ridere", which means "laughed", describing something that is expressed with intensity, and in ancient times it was distinguished between two concepts: shine (from the Greek "guelao") or "katáguelao" (shine down). The first refers to the idea of feeling laughter inside, in a healthy way, while for the second case it talks about laughing at others. In the Saxon languages, "laugh" comes from "klek" which means "to shout." Laughter is a cry that drives, which makes it connect with the most famous and negative concepts of it: "ridiculous", coming from "irrideo" (to laugh at someone in the form of ridicule), and "ridiculous" (something silly, object of ridicule). This has made laughter historically interpreted as a weapon to harm others, to attack. Not so the smile, which arises from the etymology "sub" and "ridere", that is, laughing underneath, or in other words, not shouting, but something expressed softly and calmly, in silence. But the story of laughter is not human.

ME: Ah, no?

I AM: It comes from all primates, and has more to do with the origin "klek" = scream. Laughter was a battle cry and defense.

ME: Oh my god... really? Did we laugh to fight?

SOY: That's right. Laughter is a spasm of the respiratory system driven by the brain area that manages the emotional, the amygdala (responsible for managing the neuronal records of emotional reactions) and the hippocampus (brain sector related to memory and spatial location). The oldest reaction was to generate noises that scared off enemies and potential dangers. In the herds, this cry of announcement and defense against danger, activated others, who imitated this cry to generate more noise and thus frighten predators.

ME: It reminds me of the monkeys screaming in the trees and they all start screaming constantly. Is this why we say that laughter is contagious?

SOY: That's right. In our brain the information remains that laughing is something that makes us survive, that allows us to announce what we want, we need, thus, the group responds immediately, because in the cellular memory, the brain indicates that it must be imitated to be successful in the group, in the set of individuals, before predators. But over time, this spasm generated as a purely defensive function, became something very different. The spasms produced by the body involuntarily by the respiratory system, produced a chemical reaction in the brain that aroused not only adrenaline, but also endorphin. This is an excellent mix to produce pleasure, excitement. Thus, after the shared laughter to drive away the enemy, everyone was left in a state of excitement, an orgasmic sensation.

ME: Like what?

I AM: Scare, or tickle. The basis of the laughs, observing how the other reacts. The game, the mockery, the chase, the altered provocation of the nervous system in the face of what seems like an attack, produced a sensation of irrepressible pleasure, which activates the need to scream to defend oneself, laughter.

ME: Now I understand why some people laugh when they are afraid, or they watch a horror movie, or they have to give a speech in front of others, sometimes the laughter arises in moments of shame, pressure, exhaustion, stress, fear, as an involuntary reaction. It is because the body seeks to defend itself ...

I AM: Laughter, among hominids, went from being a form of defense and warning of possible dangers to individuals who were scattered through the branches of trees, and became a tool of social interaction that strengthened the bond between individuals, even beginning to be part of the conquest for reproduction. The males "made a fool of themselves" to make the females laugh, and thus ensure reproduction.

YO: This is how the sense of humor was born as a key in romanticism: making the other laugh.

SOY: But as laughter produced pleasure, it stopped being just a question of reproduction, to be a form of exchange and communication between individuals. This caused a homosexual culture to emerge in the primates. Although not only in these, but in many other species of mammals as well, such as elephants, horses, cattle, dogs ...

ME: Laughter became synonymous with love.

SOY: But the human began to condition the laughter, as he considered it disrespectful. Showing the teeth is an act of war, of struggle, since the times of the primates, because when laughing the front teeth, the fangs and incisors were shown, denoting aggressiveness. "Be careful that I can bite." Thus, in wars, in anger, rage, showing teeth by frowning was a sign of attack. For some traditions, doing this was only synonymous with fighting, and therefore showing one's teeth was disrespectful. This is why they preferred to keep their mouths shut.

ME: And that's how the smile is born ...

SOY: Well ... not exactly, but it is related. The forced smile is the repression of a repressed rage, or a silenced emotion. Synonymous with shame to show what I am completely. In Europe, laughter began to be frowned upon when Christianity became the official religion, since life on Earth was considered to be a sacrifice, and it was necessary to suffer it to show that you deserved the Kingdom of Heaven after death. . If the Savior suffered for everyone, laughing was disrespectful of their suffering. Laughing in public, showing teeth when laughing, was a lack of respect and education, which spread in the cultures of the European continent, and which was brought to the world by colonization.

ME: Why would showing your teeth reveal what you really are?

I AM: Because the teeth are the physical reflection of the memory of the soul, and to show them is to undress, as in a deep look. A human has 32 teeth and molars in all, and each one is an extension of his being. They are a bone construction covered in enamel glass, one of the hardest in nature, and their location and position maintain the record of the entire internal history of an individual. In the upper part lie 16 teeth and molars, mirrored in the lower part of the mouth. When looking at a person from the front, the upper right part of the mouth will tell you about the role of the father in your life, your relationship with him, obedience, abandonment, betrayal, clan, exclusion and goal. The upper left part will begin with the role of the mother in your life, your relationship with her, submission, lack of love, cheating, the Earth, the alliance and the regrets. In the lower right, you will find combat, protection, cooperation, fraternal, frustration, society, the gestating seed and modesty. In the lower left,

you will find the sweetness, the welcome, the service, the couple, the rejection, the home, the fruit and the penance.

ME: So the problems with my teeth tell me about the problems in my life.

SOY: They are a reflection. They are in turn a shield. Laughter is a cry that says: "This is my territory, my family, this is mine, do not come near", showing teeth saying who you are and what belongs to you, territoriality. The smile is the one that whispers "this is me, and I open to teach you what I am."

ME: But what if I don't show my teeth? Is it a fake smile?

SOY: There will be two types of smile in this case. The false smile is the one that seeks not to be expelled from the group, to stay in the clan, the herd, not to be rejected. And the other, the natural one, is an orgasmic spasm of a pleasant relationship, which shows the comfort and fulfillment of being. The smile is the voice of the soul, it is the way the spirit speaks.

ME: I really like that... seeing it like this... "the voice of the spirit and the soul".

SOY: In silence, a smile produces an acknowledgment. The muscular reaction of the nerves of the face contract when internally there is a nervous pulse that describes an orgasmic need to express understanding, to affirm what resonates, what makes you feel safe. It is the brain unifying the consciousness of the spirit and the sensations of the soul, manifesting itself on the face in the safety of the smile. When you smile by nature, you show the satisfaction of the fullness that the soul and spirit feel in unity with your body. And when you force a smile, you send the opposite message. When you force a smile, the brain interprets an inevitable signal of well-being, so it secretes the hormones of pleasure and happiness, changing the perception of whatever reality you are living.

ME: So smiling even if I'm not happy can generate a chemical reaction that makes me feel happy?

I AM: The spirit created the energy in its song, and the energy molded the soul into its essence, which gave rise to the patterns that shaped the body. When the spirit and the soul unite, they are manifested in the smile, but if they do not find unity and are in conflict, it only remains to ask the body to unite them, and therefore, a smile of the body aligns the soul with the spirit, giving clarity to all processes ...

ME: The way to find the coherence of my being is by smiling ...

I AM: The smile is your greatest manifested truth.

ME: So simple... so... easy...

SOY: So, if you are a free spirit in search of consciousness, you know what to do ...

ME: Smile.

234. Petting (Heart)

[March 25, 2021 Matías De Stefano](#)

Daily vibration: Ti

Statement: I Am Manifested Love

Code: VIRGO = what was harvested and won, after being brought to the mother's home guided by the father, must be ordered: "separate the wheat from the chaff". The agronomic concept of the administration of the harvest, discerning how many grains must be saved to eat, how many to save for the winter and how many to sow the next spring, was the mother's task represented by the earth, the generous soul that is at the service of keeping the balance between the parts. Virgo is like that, the energy of the order and the discernment between good and bad.



ME: Both the laughter and the gaze are attributes of emotional communication that are transmitted at a distance, by telepathy, and that link beings at a distance, strengthening the links. Both are related to the senses of taste, hearing and vision, even smell, so what about touch?

I AM: Sensitive stimuli are those that generate emotions in the internal areas of the brain, either the amygdala or the hippocampus, due to the synaptic interpretation of the electrical stimuli received by the nerves when interacting with the environment that surrounds them. There, through the temporal and spatial processing lobes, all the sensations are recorded through the motion sensors, which store the memories, that is, the records of each pulse. The look and the smile are produced by the stimuli of sound, taste, aromas and colors that the brain relates to familiar things previously registered. Thus the look pays attention and the smile is shown as a reaction to that pleasant memory. But all these stimuli develop later in the evolution of a gamete's body on its way to becoming a fetus. The first to register sensation pulses is Touch.

ME: So it is the first of the senses that is activated. Why?

I AM: Because in the development of a body, the eyes will not be functional until they see the light; the ear will not be fully functional until it leaves the amniotic fluid and the auditory fluid has to be balanced; taste is not intended until he tastes the first food from the mother's breast; and smell will not be activated until you can smell the particles that circulate in the air. Thus, even though the 4 senses already exist for months before birth, they will not be fully activated until the moment of birth.

ME: On the other hand, touch is there, active, perceiving everything in each movement ...

I AM: The hands and feet, the face of a baby, have nerve endings that allow him to clearly receive the signals of the space in which he moves to have a notion of where he is. The amniotic fluid, the placenta, the umbilical cord, the mother's organs, the vibration of the mother's heartbeat resonating like the pulses you feel when

submerging yourself in water. Since it is no more than a tiny fetus of only one or two centimeters, attached to the walls of the uterus, the human begins to feel pulses of pleasure and pain, to receive stimuli from the environment. Cells begin to record data, information, which will be converted into memories to understand the environment. Feel the pulse of the mother's heart like the waves of a sea, and each pulsating cell, distributing the blood through the makeshift heart,

ME: So a fetus has feelings from the first cells ... It has, then, memory due to its data records.

I AM: From the moment that a cell forms a set of nerve cells that record data, the human mind begins to form. This occurs around the fifth week of gestation, at which point the first synapse occurs in the spinal cord.

ME: In other words, even if a pregnant being has a soul from the moment of conception (when the cells of the ovum and the sperm unite), the set of living cells is not considered "human" until there is a first sign neuronal. So from the month and one week of gestation we can say that a human appears ...

I AM: A human is human from the fifth or sixth week of pregnancy. And from then until the moment of birth, the sense that registers the most data is touch. The skin is the largest organ in the body, forming the integumentary system, that is, the tissues of the physical body that surround all the organs, muscles and bones of the body. It is the system with the greatest interaction with the environment, the first to feel external changes and transmit them to the central nervous system. Due to this, the information received by the skin is the richest in data for the development of the being. For 9 months, a human feels the warmth of the mother, in all directions, feels the skin, touch, protection, containment and security through warmth, through caress.

ME: The caress ... beyond any type of contact, of touch that can be had with the skin from the outside, perhaps the caress is the most subtle of all, the one that makes itself felt the most ...

I AM: The softness that is generated in the 9 months of gestation, makes contact with the world occur in a subtle, light, almost intangible way, and all external pulses arrive only as echoes in the thick fluid of the amniotic sac. And these waves are perceived by the skin as a gentle tingling, translated into electrical signals conducted to the integumentary leather by the roots of small sensitive hairs along the body, motion sensors. The signals received produce a shock to the entire nervous system, producing states of alertness or excitement, but above all, of pleasure. Like a cradling hand, the liquid is a caress that connects the internal world with the external world.

ME: What is a caress exactly?

SOY: Caress comes from the Latin "Carus", which means "dear, loved", coming from the Indo-European "Kar", meaning "desire", origin of the word "want" in Spanish, as well as lacking, expensive, charity. This word comes from "kah", actually it comes from the concept "intention", that is, it pays attention to something, seeking to achieve, to obtain something. This sound arises from the old idea of "soul", or spirit in motion, a concept that relates to energy itself. The caress, then, speaks of the attribute of wanting, of protecting, of putting the intention, or of desiring something. On a biological level, the caress is the nervous sensation of the integument that helps to recognize the environment, feeling contained as in a uterus, relaxing the body, leading to rest as if it were a rocking chair. When an external agent produces this sensation, the mind relaxes, lowering the defenses, and bringing the body to a state of sleep, since the cellular memory remembers this sensation as the living memory of the 9 months of gestation. The central nervous system reacts, sending signals to the glands and releasing hormones that activate the cells of the body to react, generating or releasing energy, what you call emotion. So caresses are related to the communication that the spiritual and soul have with matter. The caress is the intention of the spirit, it is the desire of the soul. sending signals to the glands and releasing hormones that activate the cells of the body to react, generating or releasing energy, what you call emotion. So caresses are related to the communication that the spiritual and soul have with matter. The caress is the intention of the spirit, it is the desire of the soul.

ME: When someone caresses us, we feel that we return to the 0 point, to balance, to the divine dream ...

SOY: It reminds you of creation, the wonder of what it is to feel. The spirit rejoices as it remembers why it has chosen to be born.

ME: Why are there people who don't like to be touched or caressed?

I AM: Simply because, either you have had a trauma with your mother or with love and sexuality. Everything that represents the first contact or close touches, of trust, painful or inappropriate caresses, make the brain interpret this spiritual attribute of the world as a form of rape or aggression.

ME: So we have to review the relationship we have with our mother or the bonds we have had, or the attacks we have received and we have not managed to heal yet ... And so we can see the way to heal the caress.

I AM: And this is fundamental, because the caress is the way in which the spirit feels the world, in which the divine consciousness perceives the wonder, the miracle, the hallucinatory alchemy that it has manifested.

ME: The caress is the love manifested ...

I AM: Close your eyes, breathe deeply... lie down gently in the darkness of a friendly space... With gentle movements, return to your fetal position, returning to the uterus, inside the mother. And from there, caress you again, but this time in awareness, do it knowing that you do it for the glory of your spirit. Caress every corner of your skin, feel every inch of it. Breathe, and meditate on each sensation, on the memories that awaken in your touch. Remember that it is you caressing your body, and in each memory you caress your soul, and in each conscious sigh, you caress your spirit. Remember that it is your own spiritual mind caressing your being. As a heavenly father the spirit caresses your face, while the divine mother in your soul caresses your back. Feel in each breath the touch of the divine. Light your heart in the memory of the skin. Dare to feel yourself, and so the next time you take someone's hand, that you intertwine your fingers with the fingers of others, when your lips rest on their cheeks, or you gently feel your lips on theirs, or you melt into a family, brotherly or loving embrace, you will be able to feel the greatness of the cosmic heart in every cell of your being.

ME: The desire of the real intention of the spirit... to live.

I AM: You are the Cosmic Caress. Dare to feel yourself.

235. Fell in love (Solar Plexas)

[March 26, 2021 Matías De Stefano](#)

Daily vibration: Ti

Statement: I Am Manifested Essence

Code: LIBRA = And after identifying the good and the bad, that woman of the earth is positioned in the air to weight the wheat and the choff, and to do that, uses the scale. This way, in the sky it was drawn among the stars this scale that dispensed the correct parts among the just ones that worked and among those who fewer possibilities had. Libra is to deliver the good, to look for a more just law for that distribution, and divide between all parts. This way, Libra sets the just, the division and delivery of what everybody needs.



ME: I was only 12 when I remembered him, and his memory changed my life forever. Perhaps the image that surrounded us was amazing, but nothing that was there impacted me as much as what truly transformed me. I was standing in front of the Great Sphinx, which in my memory was a Lion dyed red. All around us, full of colorful temples and tall plants and palm trees. I realized that it was from another time, far back, and although I could not differentiate much or really interpret what was happening to me, I could understand that it was another life. I knew it was the Nile, that it was Egypt, even without being it, because I felt inside that it was another, older civilization. I recognized myself as part of the families of Atlantis. And I could feel my body. I was a woman. My age was about 40 years old, or just over 30, and I was standing in front of the sphinx, with a certain nostalgia and concern. The images, and the knowledge of being there, of recognizing this site, of seeing what I was seeing inside of me about a fraction of a hidden story longed for by many humans, were worthy of surprising any 12-year-old boy who was sitting in the history classroom seeing all of this as a spiritual vision that would change his life forever. But nevertheless, that was not what struck me the most, but what happened in front of this image. Gently I felt fingers caress mine gently and even shyly. It was his fingers, it was his hand, which took mine with the delicacy with which one takes a flower. He held my hand firmly and gently, and my heart raced. His caress, the love with which he was felt before my moment of anguish,

SOY: And you still were ...

ME: From the moment I remembered Sobek, my Atlantean husband 12,000 years ago, I remembered what it meant to be in love, and I never wanted to love him again. Perhaps, for many, it can be fascinating to remember things from Atlantis, from ancient history, and yet the reason I remember things from the past is not because I kept a record of them or visualized them in channelings, but because that he felt for those with whom he shared such events. Especially him. I was in love with him, hopelessly, but in a way that I had never felt: not from devotion or from beauty, from need, but from essence, from sharing, from knowing that you can trust the other 100 %. In an instant, when in my memories he held my hand, all the memories came back to me: Atlantis, the

Nile, the pyramids, the plan to bring Heaven to Earth, the language, the philosophy... everything. He remembered the Atlantean culture for dancing with him, he remembered the language for speaking with him, he remembered the country for walking it with him. I asked my guides why I needed to remember everything in this way. What need was there to remember the emotional ties, which hurt so much, to know how the rest work?

SOY: And you know the answer, I imagine ...

ME: Remind me.

I AM: Memory is stored in the brain temporally and spatially. As useful experiences for later data, the brain manages the received information emotionally (that is, energy). For this reason, to remember emotion, energy, and this can be produced in several ways. But only falling in love, beyond time and space, is what keeps the memory alive. Love is eternal, so being in Love makes you eternal.

ME: Are you saying that in a certain way I remember all this because of the emotions that people with whom I was in love or loved produce me?

SOY: It is exactly that. Information is energy in development, and therefore, in order to adapt, it needs to be transformed. This generates energy, and it produces emotion. A perfect and circular system that is self-managed. To fall in love, then, is to make dreams something eternal and tangible. The emotions, then, are the emissaries of the nervous system, bearers of memories, neurons of the eternal network that you call love. Emotion records a lot of data, and falling in love stores a whole library.

ME: So if in this life I had to be the Librarian, and remember, the way I would do it is Falling in Love.

SOY: And therefore, from that time he took your hand, from the moment you remembered his smile, his look, and his caress, what was happening at that moment became eternal.

ME: And I remembered ...

I AM: And he whispered to you:

ME: ... "No matter the time, or the place, or the bodies we have, I will always be with you" ...

I AM: 12000 years in love with the same soul.

ME: And 12 more until I remembered him again. And when we met again, he said the same words to me. It will always be there with me. Today we are no longer a couple, or in love, but we are friends, and without fully understanding it, we continue to be and meet again, and each one in his own way, remembering each other. Until we became friends by healing our karmic and historical bonds, I could never really fall in love with anyone else, as my heart belonged to him. 12000 years in love, and in a certain way, I still am, although not with the person or body that he is today, but with his being, his essence and divinity, which I recognize in the mutual respect and love that we still have for each other today. so many millennia. For several years I thought that I could never fall in love again, because his touch meant everything to me, both in the past and today, in the future. However, I was able to open myself up to feeling. Although few times in my life, if not twice more, I could feel the intensity that I had experienced.

SOY: That is because in the memory of your love with him, you did not feel only the romance of two young adults, but you felt the summary of a lifetime, from that first smile when you got dressed, to the moment of your deaths. . All together, everything that happened lives in you, and all of this is what you were in love with.

ME: What is falling in love?

I AM: It is the reflective act of becoming eternal. Its particles are "en" (within), "love" (from the Latin a-mors, "without death" = eternal) and "-se", which represents the reflexive of being, of going or returning to oneself. In English, "Fall in love" refers to "Falling into the energy of desire", that is, entering, being within that lust that turns on the body's engine. In both cases, it refers to being within a process, which in a certain way activates energy or makes it eternal. Falling in love, then, is the action of entering the eternal.

ME: What is the difference between falling in love and loving?

I AM: As the same word says, "in" or "fail", they speak of falling within, of being inside, submerged in eternity. While loving describes the eternal, the conceptual, what encompasses things. To love something is to open up to embrace what you love, but without leaving the center in which you are. Falling in love implies embracing what you love, but leaving the center. Falling in love is the energy of memory, arising from the synapse, which seeks transcendence in the glory and joy of life. When you fall in love, you create powerful bonds to connect to the divine within you, you discover more strength and capabilities.

ME: So when we fall in love, we leave the center but with the aim of finding him? I don't understand the logic.

I AM: Love is like the orbits of the planets around the Sun, while falling in love is like the rocking of the axis of a planet by the force of the star, leaning towards its center, losing its own. The Earth wobbles losing its axis in favor of the axis of the Sun, which produces solstices and equinoxes, the seasons. In other words, it was thanks to leaving the center that it was able to evolve. It transforms by staggering and dancing on its axis. In love with the Sun and its brilliance, the Earth looks for him and leans towards him. Now think of yourself. Your transformation and evolution do not depend on the inorganic stability of your being, but on the organism that keeps things improving, transforming ...

ME: By this you mean that falling in love is synonymous with evolution?

SOY: That's right. It is to enter this process that makes you advance, grow, know ...

ME: But falling in love hurts, there are always frustrations, tragedies, pains, betrayals ... How can it be that the advice is to fall in love?

SOY: Because the only thing that frustrates you in the process of falling in love is your expectations about what you fall in love with. From the plexus, your being seeks to tie itself, to cling to all possible ties in order to feel security. Attachments to ties and relationships are a clear image of the need for belonging. But that is not being in love, that is wanting or wishing from the condition, when what you are looking for is to love unconditionally. As a human mammal, you consider that to fall in love you must fall in love with someone human, someone you like and with whom you want to have children. That is survival thinking. But tell me, who should you fall in love with?

ME: Quoting Merlin in England in 2018: "Fall in love with Nothing, fall in love with the Void" ...

I AM: And when you do, you can fall in love with yourself, and there, love everyone else in constant creation.

ME: But wait, what does it mean to fall in love with nothing?

I AM: It means finding peace in the eternal, knowing that you are all those with whom you fall in love, that what you seek outside only lies within, that you have never left you, that all are one, and that there is no time or space for Being, who are all the same, are the eternal ether that protects and expands your memory. To fall in

love with Nothingness is to immerse yourself in Eternity, remembering that love exists in all things... And for this, you must allow yourself to fall in love.

ME: I always fall in love, very intensely, and I suffer, it hurts, I end up badly ... What can I find good in doing again?

I AM: That each time you have done it, you have advanced an enormous step in your growth, and you have expanded your love to new territories of existence. When you fall in love, you activate the bonds of creation, the manifestation of Being, of all levels, here and now. When you open the center of your being without fear of feeling yourself immerse yourself in the waters of the eternal, you will have the ability to infinitely create everything you set your mind to. Falling in love is the engine of existence.

ME: If a look, a smile and a caress have made me remember 12,000 years of history, and have mobilized me to achieve everything I achieved, to rediscover that look, smile and caress beyond the forms in other times and spaces , and it has allowed me to live what I live today, so I can not find a reason why not to allow myself to fall in love again and again ...

I AM: The Universe is Eternal, so just remember that you are too, and the only way to achieve it is by falling in love.

236 Devotion (Sacrel)

[March 27, 2021 Matías De Stefano](#)

Daily vibration: Ty

Statement: I Am the Web Manifested

Code: SCORPIUS = And it's the necessities what takes us to the next plane, summerging again in the deep waters of the soul. The poison of the scorpion can kill and heal, and in the presence of a scale imbalance, it can take me to see the darkest of my basic needs or show me the inner ability of finding the soul's nourishment beyond physical. For that, scorpius will be the constellation that reminds us about the deepest search in the muds of the being, in what we don't want to see or work on, like the ability to find the deepest truths.



YO: Yesterday you mentioned that one usually falls in love to evolve, that is, that falling in love is part of a system of development of the being, and that it can occur consciously or unconsciously. What would it be like to fall in love in a Conscious way?

I AM: Consciousness speaks of that moment or stay in which a being has self-reference, moment in which it can return to itself, bend the concepts projected on the outside and recognize them as originating from the inside. This process is called "Reflection", that is to say, to flex again, to do a flexion, to bend, to return by bending towards oneself. To fall in love from Consciousness is to get out of the center by your own will to find yourself, to discover, to experiment, knowing that what you find will be no more than a fraction of that love that arises from yourself and is fractalized outside. Thus the one who falls in love consciously frees the other from his will to let go of the center, and allows himself to feel and discover without projections or expectations.

ME: And what about Unconsciousness?

I AM: It falls in love moving from its axis but without its own will, without knowing that what it is projected towards is a fractal of itself. He lets himself be carried away by the power of the energy that moves within him, and he does not know how to return to the center if he loses the object or subject of his infatuation.

ME: What would an example of unconscious infatuation look like?

I AM: Every one of the love relationships you've ever had.

ME: What a low blow you have given me ... You have taken advantage of the fact that I am writing this on a bus, standing up, without a shaft due to so much oscillating movement ...

SOY: Am I wrong?

ME: No... you're not wrong. Just as some have been aware.

SOY: Which one?

ME: mmmm ...

SOY: I guessed it. Many times you believe that you have conscious relationships because you confuse loving someone with conscious love. And it doesn't really work like that. When you love, you do it knowing that the other person is part of you, whether or not they are present in your life. This means that the love you feel arises from you, lives in you. Love has no ties, attachments, conditions or limits, and therefore love cannot feel it for another person, you can only feel it in yourself, in your being, and this means that the love you feel is what you already had inside and that the other only helped you find out. In the idea or belief that it is the other who makes you feel love, you lose your axis, waiting for the presence of the other like a glass of water in the middle of a desert. Thus, you build the idea that salvation is outside, and instead of a lover you become a devotee.

ME: Devotee of a love? What would that be?

I AM: Devotee is one who has devotion to something or someone, and it is the way in which people know love. Devotion comes from the Indo-European "dyew", meaning "day, or light", which gave the concept of "clarity", thus, the beings that gave clarity to life, who guided with their inner light, were called "dyewa", translated as "enlightened", which gives rise to the word "deva", and this to "divinity". Devotion is the action of following or honoring that light in another being. The brightness of a person, the light that radiates, blinds or dazzles others, as this light is manifested in the aspects of physical beauty, or in the warmth of the soul or spiritual attitude. Like any living being, the individual seeks this light to feel the heat, to feel alive, not to lose himself ... Thus, he

leaves himself considering that he himself does not have this light, and that you can only see if you approach the light of the other. But the truth is that that light turns on when you feel love, and it is not the other who feels this love but oneself. Thus you can intuit that the one who has been radiating while he was in love, was you, not the other. You only saw in the other the skills and qualities that you want to awaken in yourself. And you feel eternity. However, you consider that you live in the shadows, and only its light can remove you from this doom.

ME: The old internal struggle between good and evil. At the cosmic and interdimensional level, the same happens as at the human level: we all emerge from a dark womb looking for light, and we live trying to escape our shadows in the constant pursuit of light rays to guide us, while the shadows become each more powerful on the opposite side, covering the entire space.

I AM: The image that falling in love out of devotion provides is very simple: imagine that you are in a closed room and you are in a corner. Suddenly, near the other corner opposite yours, a light comes on from a lamp that is on the ground connected to an electrical current (positive, negative). Suddenly, the light illuminates the whole room, but you think that it is not enough, that you should get closer to the light to feel more secure. Then you go further and further, step by step, closer and closer to the light. The closer you are to it, the more difficult it is to have a global vision of the entire room, and you narrow your field of perception, but also, the light becomes more intense, and the more you look at it, it will begin to blind you, and you will not be able to see anything around you, you will not have more clarity of the environment that surrounds you, and you can only see the light. Imagine that you came to be right over the light, sitting almost on it, and it is between your legs. What do you think would happen if you take a look at your path? What would you see?

ME:... My shadow.

I AM: Your shadow ... So, so big that it would cover the entire room, and you would feel your back unprotected, unaware of everything around you, without awareness of what is there. The reason why there are shadows in the universe, evil, darkness, is not because it is against the light, but because you, clinging to the light as the only answer, have denied the rest of existence, becoming devout, dogmatic, religious, denying the world in order to achieve enlightenment, salvation, to achieve that infinite love. You created the darkness by denying reality. Looking for light as an answer to the world, it is like someone who falls in love with water and keeps it starving for never watering the plants that would bear fruit and feed his body. How do you think that the light was made to be sought,

ME: It makes sense ... The problem, then, is that we fell in love with light, when the mechanism of falling in love was made to discover the beauty of everything that illuminates the light. By becoming devotees, we only increase darkness, denial, and lead our lives to blindness. If I walked around the room taking advantage of the light in it, I would discover thousands of wonders that would enrich my being. However, when I leave my center and place it in the very light, I end up burned, blind, lost, and afraid of the shadows that surround me. Does this mean that the demons that exist in the universe, in the Fourth Dimension, are my own shadows?

I AM: They are the shadows of the 3D being, but not only of an individual but of the entire 3D system. Demons, a Greek word that means "evils", shadows, are creations of the subconscious in the face of the denial of a part of existence. The rejection of a part of the being, takes away consciousness, and therefore, light, thus, what was beautiful before, becomes rough, distorted and therefore, dark. Seeing the world only with the eyes of the Light does nothing but create more darkness.

ME: What should I do then?

I AM: Fall in love with the world. Discover the beauty in it. Look at the shadows with the same devotion with which you look at the light. Look at enemy faces and smile.

ME: Today we visit Abu Simbel, and in the temple, in the sacred chamber, you can find the 4 statues of the gods that guard Egypt. Horus, Ra, Amun and Ptah, the latter being the god of the creation of the dense world, matter and shadows, darkness. I always liked how the architects and artists put the 4 as brothers, together at the same height, even making the temple in such a way that the sunlight enters illuminating the 3 gods of light, but not the one of darkness, just with the intention that the light does not bother you, and you feel respected and loved. It is the importance of loving all the forces of creation equally ...

I AM: What you ignore or do not respect, grows bigger, and gains forces against you. Devotion, then, is a double-edged sword, in which by seeking the light with intensity, you end up plunged into darkness, but in which if you do not seek the versions of that light, you will never leave your own shadows. There is only a single devotion capable of uniting both forces in you.

ME: Which one?

I AM: Devotion to yourself. The true origin of the word comes from the particle “dé-” (towards) and “votus” (promise), to speak with solemnity. So, radiate your own light, create your own world, find in constancy the eternal path back to yourself, believing in the loving word your capacity for creation and manifestation. For everything that exists is due to you, return to your center, because you are the source of everything that is projected externally. Discover the divinity in you, and awaken it. Fall in love with yourself, and you will fall in love with the world, because what you see will be thanks to the light that arises from you.

ME: I promise, I will look at myself to see the world, that is my vote in the loving path of evolution: before questioning the world I will question myself.

I AM: I am the only devotee of your light ...

ME: I am the only devotee of your truth.

I AM: Well, united we are the only possible reality, which radiates to all existence.

ME: I am the Light and the Dark ...

I AM: I am who I am.

238. Sorry (Physical)

[March 28, 2021 Matías De Stefano](#)

Daily vibration: To

Statement: I Am the Universe Manifested

Code: SAGITTARIUS = By finding this truths, the spirit's fire awakens, which in our skies is seen as those centaurs that moved around the mythological earth, with the strength of horses and the intelec of men. Thus, it's the search for truth the objective of the period where this stars are in the highest, being its attributes the coming out from the comfort of earth and water to jump to the world on a journey of transformation, adventure and wisdom.



ME: I just came back from the Temple of Horus, in the Egyptian city of Edfu. At the beginning of 2019 I came to this temple with a group of 100 people, including some friends with me. We took a cruise, visiting the temples privately, where the priests and priestesses who still inhabit the temples between the fourth and fifth dimension guided us in our initiation process. But one of the things I remember most about that trip is the number of times I had to apologize to the custodians of each temple.

SOY: Why?

ME: Because many of the people seemed to have no notion of what we were doing, and they often disrespected the task, acting as tourists. Among them, people I believed were on the same page. I felt a lot of responsibility, and one of the Edfu priests pushed me away and said a phrase that broke me into a thousand pieces.

I AM: "If you do not know how to choose correctly those who will accompany you in the planetary task, perhaps it is that we have not known how to choose well when we look for you for this mission."

ME: When I heard this phrase, I gave up, the world fell on me. I believed that the decision was already made, that it had shown that I was incapable of doing this planetary task. I cried nonstop that day, and I realized that I was not being consistent in anything. There were only a few months left to start my planetary mission of the YOSOY, and I was still spinning around, lost ... I couldn't help saying over and over again "Shara, shara, shara" (sorry, sorry, sorry). Although the priest told me: "Do not ask me for forgiveness, be responsible, and forgive." So, I tried to understand that phrase, but it is not always clear to me what it means. Today I met him again between the columns, and I sat next to him, and he reminded me: Eshar, Eshar, Eshar (Forgive, forgive, forgive).

SOY: Do you know what forgiveness is?

ME: I guess that's what is asked when we do something wrong, and when someone does something wrong to us, we ask for forgiveness.

SOY: And what is forgiveness? Why do you ask?

ME: To free myself ...

SOY: So you know what it means? Every time you ask for forgiveness, or say sorry, what are you asking for?

ME: Ugh, I don't know. That is, we usually say sorry, I think without knowing why. Perhaps what we are looking for is to stop feeling guilty, and the word forgiveness encompasses the feeling of guilt, then, it is like letting go of the guilt of something ... We ask that the weight of guilt be removed.

SOY: "To forgive", comes from the Latin "per" (to) and "donare" (to give). In English, it has the same etymology and construction: forgive = for (to) and give (to give). When you ask for forgiveness, you are asking the other to let go, let go, give what they are holding in their hands, and when you forgive, it is you who lets go of what you hold on to with your own hands. What we cling to is the emotion of pain, weight, anguish, grief, sadness, anger or helplessness that reflects a situation or attitude. When someone hurts us, the energy of pain, complaint, frustration or anger is awakened in us, and if we do not let go of it and let go, then we become attached to this emotion, turning it into resentment, part of our cellular information, damaging our body. Forgiving is the act of releasing that emotion that is stuck in us,

ME: I mean, let's see if I understand correctly. When I forgive, I am not letting go of the other person, but myself. Is that?

SOY: That's right. Every emotion that you feel in your life lives only in you, and is fueled by your own perception of the facts. You are the only origin and end of the energy of your being, since all energy is mobilized in you in a toroidal way. What comes out of you comes back to you. And if you don't let it go, if you don't allow the energy to spread, it comes back to you again and again. This does not renew the flow and builds up tension, so it begins to become a negative charge. But not a charge in the sense of weight, but a charge in the sense of electrical conductivity. When accumulating a sum of negative energies, there is no balance in the circulation, and this dirties all the filters of the being, accumulating energy that it does not generate. In this way, energy is constantly received, and never given. Receive comes from the Latin "re" and "capere", meaning to re-grab, capture, over and over again. This accumulates energy, which if not released, becomes an energetic tumor, which will end up being a low emotion, such as anger, rage, anguish, producing attachment, that is, clinging to those emotions, ideas or attitudes. And in the long term they can become a disease, something that stops the vital flow completely (in-fermo = from the Latin "stopped"). In this way you can understand that it is you who cyclically feeds the emotions in relation to what has happened. In order to release tension and allow flow, circulation again, you have to give up that energy, release what you can of it so there is mobility, transformation. That excess energy is there "to give itself" to the world, to surrender. When I manage to give this excess energy to the world, to the environment,

ME: I understand, because sometimes we tend to say that the word Forgiveness is enough to solve a problem, as if saying: "I forgive you, or forgive me", were magic words that when hearing them from the mouth of the other, they solved the conflict by doing so. disappear like the invocation of a spell. When in reality, what happens is that I do not liberate the other or myself by repeating it in a cultural or mental way, but forgiveness does not take effect until I really give up the energy. The question would be: how do I deliver it?

I AM: You have to let it come out, release it, share, talk with the person in question, say what you feel, what happened, talk about it, discuss it, and even release the tension by crying, yelling, getting angry, or hitting something with force, break something, release tension.

ME: But ... let's see if I understand. Isn't it very unspiritual of us to express anger, anger, cry, show instability?

SOY: How do you charge your computer's battery?

YO: Ugh, another one of those analogies that I don't know where you're going to go ... I charge it by current, normally 220hz ... I think.

I AM: Charging the battery of the computer and the phone allows you to see the light, connect to the world, do everything you do.

I do.

SOY: Now instead of plugging in the battery, try sticking your fingers in and charging your heart.

I would die.

SOY: Why? If it is the same energy, very useful for your daily life.

ME: Yes, but, the problem is not electricity but its use.

I AM: Aha! In other words, the problem is not the electric current that transmits electrons, but the irresponsibility of its use.

ME: I guess it is.

I AM: Therefore, you will understand that love and anger, frustration and joy, are nothing more than energies, which need positive or negative polarities to generate conductivity. Well without both the light does not move. You will understand, then, that emotions, whether they seem bad or good, are simply energy, and it is the use that you give that will charge the battery so you can do your things, or that will destroy your heart. So don't judge emotion by your inability to use it.

ME: Wow... it was clear to me now.

I AM: A spiritual being has the same energy as a being that is not considered spiritual, and therefore both have anger, anger, resentment, love, happiness, fulfillment, and all kinds of emotions. What really differentiates a being, whether or not it is spiritual, is consciousness or unconsciousness in your use. There are many considered spiritual who do not know how to manage their emotions, and they control their life, because they interpret that to be spiritual you have to reject hatred or any type of low vibration. And this makes it bigger and more powerful, since they accumulate and are never expressed, increasing the reserve of this specific emotion. And there will come a day that it will explode. Thus, in order not to explode, the best remedy is the word: say what you don't like, what you don't like, what bothers you, what you feel, your points of view, communicate, say,

ME: Thus, Forgiveness becomes a personal liberation, which when shared with others, releases the weight. But how do you talk to others about what hurts without carrying the burden, through crying, anger ...

SOY: You can do it against a wall, but the effect will be much less. You should not be afraid to say what is happening to you, because by releasing it at that moment, you improve the interaction with the other person, instead of attacking them. If the other feels attacked or with the weight of what is shared, that is already the internal work of the other, because if it affects him, it is because it resonates in his being. You can only take care of what you feel. The path of freedom from all physical sorrow is Forgiveness, which is not freeing the other from their error, but freeing yourself from the experimentation and pain of the conflict that arose. Letting

go of the fruit or waiting for it, freeing oneself from the roots that oppress. Have you forgiven those who offended you? Well, the only one whose burden is heavy is you.

ME: It's true ... Many times I have not forgiven, because I still feel the pain inside. I clung, I attached myself to the energy that I received, that I accumulated, and in the fear of letting go, of forgetting what happened, I remain attached to every fact and circumstance of pain that I cannot forgive, let go of. Beyond the fact that everyone says that I usually forgive those who have hurt me very easily, more than I should, sometimes passing for a fool, I think this was due to the practice of letting go, letting go, forgiving in this sense. In practice I learned to free myself from emotion, yet it stays around. How to differentiate the memory or record of what happened as part of my evolution as a being, from the concept of resentment?

I AM: The resentment is the memory that clings to the emotion of what happened, the memory adheres to the information of why it happened. The first lives in constant emotionality, the second in the idea and mentality that seeks reasons and logic. If when thinking about a fact the emotion is reborn, you will know it as resentment, if when you see a past circumstance you analyze it understanding the points of view, then it is memory. And the latter helps you evolve transcending conflicts, while the former only makes you live the same conflict over and over again.

ME: For this reason, in order not to repeat, it is necessary to forgive, and thus we free ourselves from the cycle.

I AM: When you ask for forgiveness, remember that you are not asking for it for yourself, but by asking for it, you seek to free the other from their sorrow, caused by your attitudes. When asking for forgiveness, it is not you who frees yourself, but it is you recognizing that you must help the other to free themselves from their emotion. When you forgive, remember that it is not you releasing the other from their weight, but releasing yourself from your grief, sharing the emotional energy of what happened with those involved, and thus, collaborating in joint evolution by integrating an experience that can have ended in a mistake. The vital energy, arising from the root chakra, the Kundalini, is the engine of all energy circuits, and it is from there that energy emerges or stagnates, where what is received is stored or what is forgiven is delivered. There is the energy that anchors the experiences turning them into the seeds of a fruit. Remember, then, that the tree must release its fruits, drop or let the seeds fly, so that new plants can grow. Conscious sowing, letting the seeds go to generate something new, is the process of forgiveness.

ME: Forgiveness is the key to Sowing conscious and free beings ...

I AM: Take away the cultural and religious weight that you have put on this word, and remember that forgiving and receiving are nothing more than the alternating currents of a wiring in the world's network. If you learn to use them correctly ...

ME:... The world will light up.

I AM: Are you ready to Forgive me?

ME: Yes ... I forgive you, because now I know that in this act, I forgive myself.

I AM: And this is how you surrender to eternal freedom. This is how the sowing of light begins.

228. Modesty (Knees)

[March 29, 2021 Matías De Stefano](#)

Daily vibration: Tu

Statement: I Am Manifested History

Code: CAPRICORN = When all the answers are found, it's the moment for confinement and materializing new truths. The stellar winter came, and the goat is heading to the cave, to lock up in its sacred space of loneliness where it will process everything learnt on its journeys, where will write its books, leave its legacies, and reassess its thoughts over and over again until making them practicable and applicable on earth. It's the pragmatic earthly spirit, that won't stop until achieving the best versions of itself.



ME: I was seeing the sky today, graphed in the wonderful Dendera temple, the House of Hathor, goddess of beauty, light, life and creation, and I couldn't help but be amazed by our love for what we see in the vault light blue. Humans are linked to the heavens since the beginning of our history, in each step we take, we look to the sky so as not to get lost. The Sun, the Moon, the Stars, were our map, a route that accompanied us beyond geography. Be it mountains, rivers, plains, forests or deserts and seas, the stars were there. I think this is why when looking at the sky, we feel a family longing. Perhaps that is why we say that people who die guide us from the heavens, like new stars, showing us the way as they did in life, guiding us towards the horizon, to a good destination.

I AM: When the first human looked, he gazed at the heavens, he saw the greatest wonders you can imagine. It is the home of the gods, where everyone seems to go after death, a magical place, because it is untouchable. You cannot touch the Sun, nor the stars, and the idea of touching the Moon was unthinkable. This generated an idea of divinity, of the unattainable, and because of not being able to have experience of it, the human mind designed beliefs, intentions, expectations about the heavenly bodies, which nurtured their imagination unlimitedly, from the first moment that that thinking being looked at. marveled at the heavens, even the humans of today who look up. But gazing at the stars does not only lead you to discover the greatness of the cosmos, but the insignificance of your existence.

ME: We feel small. In Dendera temple, as in Karnak, we could see how the columns were gigantic, almost for gods, impossible to read their hieroglyphs by normal humans, with a ceiling so high that it seemed unnecessary. And there in the house of Hathor, on the beautiful cubic capitals, the Sacred Box of creation on each of the Hatoric columns, the sky was written, so far away that it is unreachable, almost invisible like the sky itself, decorated with turquoise and other beautiful colors, reminding us that the gods walk through the body of Nut,

the sky, and we remain below, far from that celestial reality. Greatness is such that one feels tiny, and there seems to be no other option than to accept the harsh reality: that in the face of the infinite greatness of the universe, we are nothing. And that hurts,

I AM: Biologically, you are self-referential beings. This means that beyond the clan, the group, the society, your bodies seek to survive to the point that you would be able to abandon others in order to stay alive. Until cultural empathy is awakened, the need to do everything for the other does not arise, since it is interpreted that survival is not individual but joint. This synapse of individuals strengthens humans, who begin to create ideas of group reference. Symbols and traditions become the center of individuals, who seek to stay in a group, referring to that which unites them and makes them who they are. In this way, throughout history and the development of individuals, the human was considered the center of everything, seeing his own culture or thought as the central axis of the world.

ME: That is why everyone always believes that their culture is the chosen one, or their country is the center of something important and key, or that feeling that we have of being important.

I AM: It is a biological need for survival that developed an autarkic reference psyche, that is, it returns to the power of oneself. This has led us to believe that the Earth is aware of humans, that the Gods do everything for humans, that our own tradition or religion is the true path, that we are the center of the planetary system, or the very center of the galaxy, believing that he revolves around us.

ME: But there comes a time when survival is put aside, and I start to think ...

I AM: The beginning of Philosophy, the search for answers as the only eternal end, not of life, but of wisdom. Thus, fear is transcended, to be amazed at what previously seemed terrifying to us: the infinite and the finite. By discovering how the world works, the solar system, the stars, we stop being in the center, and we begin to realize that we are in a tiny corner of the galaxy, not even in a strategic point, but in a galactic arm. common, without relevant importance at all, and we come to know that the Earth as a whole, within the universe, is equal to the size of a grain of dust levitating in the environment of a small room within the planet.

ME: Nothing ... practically invisible.

SOY: Thus you realize that all your actions affect only your surroundings, and that they do not even come out of this speck of stardust. Contemplating the greatness of the sky, then, does nothing more than show you a cross reality.

ME: Which one?

I AM: That everything that you were, are and will be is linked only to this speck of dust. And therefore, the more you look at the stars, the more you recognize the importance of the Earth.

ME: In what way?

I AM: In that you were lucky to be one of the few sentient beings in an organic world that developed life and evolved, from among all the dead planets and galaxies that exist in the cosmos. Looking at the greatness of the cosmos, isn't it more amazing that you exist and can ask yourself these questions by looking at the stars?

ME: Sure ... it's true. We seek to leave the Earth, to get away from this world, dazed by the things that may exist in other worlds and systems, when we do not think about how lucky we are to have had the possibility of being here, thinking, feeling, acting, we are unique ...

I AM: Therefore, when you look at your history, from the first particle to you, and when you look at the universe from each particle to conform to you, you must remember that the true wonder is not the brightness of the stars, but what you can be here marveling.

ME: When looking at the Universe, I should be surprised by my capacity for surprise, rather than by what I see.

I AM: The trillions of galaxies and planets that exist have always been there, for millions of years. It is not new. But what marks the true fascination of creation is that just a few thousand years ago, cells got together to think about those stars, and even devised ways to one day touch them.

ME: The next time I look at the stars, then I should be amazed at my existence more than theirs.

SOY: That is the most human quality you can find. Do you know her?

ME: What is it?

I AM: Humility.

ME: Being humble is related to poverty, scarcity, not having, or leaving what one has in favor of others. What do you mean that it is one of the greatest attributes?

I AM: Human comes from the Latin word "humus", which means "wet earth", "mud". Thus, human refers to "earthling", "made of clay or mud." Humility is the quality of being Earth, of being human.

ME: So it has nothing to do with austerity ...

SOY: No, it has to do with being coherent with the reality that you live, without wanting to be something that you are not. Humility is the quality of knowing who you are fully and respecting what others are. Someone is not humble when he imposes his truth on others, wanting to convince the other, dominate him, manipulate him. There are humble rich and proud poor. The reason why you associate humility with poverty is because of a religious connotation, specifically Judeo-Christian or even of Semitic origins, which considers that humans are on Earth as divine punishment, and that we must do everything possible to free ourselves from this reality. To do so, we must not sin out of pride, that is, believe ourselves to be gods. History says that humans are angels fallen in battle when Lucifer questioned the greatness of God, and this one sentenced him to live his revolutionary ideas, to which he dragged thousands of angels. God condemned the fallen angels to experience the earth to the limit, and not raise their heads in its presence. This was called "Humiliation" - kneeling on the ground. The Semitic tradition said that it was not necessary to show off, in order not to want to appear like God, and therefore, a life of poverty, austerity, humiliation, were the key to the liberation of the soul. This religious tradition was excellent for the Empires, who adopted it as a way of maintaining stability, without revolutions or ostentation on the part of the people. Life on Earth was seen as a divine punishment, and therefore, humiliation, kneeling and looking at the ground, are seen as a defeat or punishment, and humility as an obligation before the sins committed.

ME: But really, Humility is accepting our nature and respecting that of others.

I AM: Humility is the ability to look at the skies and marvel, it is the ability to recognize that there is always something more to learn, that you cannot have all the truths. Humility is being open to recognizing how small one is in the face of the greatness of the universe, it is having an ear to always learn something from others. It is recognizing that we are part of something else, that we are part of a whole. To be humble is to recognize that your personality is not the center of all things, but a tool of the true center that you conform to everything you are. It is to recognize that the ego is a path, but it is not the destination.

ME: That I am nothing without the Earth ...

I AM: Well, you are the Earth. You are its history, past, present and future, you are each one of those who has walked it, part of each human that makes up humanity, you are part of the animals, vegetables and minerals. Look at the world around you, look at the stars, and turn your gaze to the grains of sand under your feet. You both shine the same, both keep the same wonders. For the world levitates in the sky, the Earth is part of the celestial vault. You live in the Heavens, and your skin glows brightly in the sun, radiating in trillions of cells in the same way that trillions of stars do. Look at the world under your feet and your hands. Bow down to the world, see the wonders that surround your being. For in humility, you will learn more from an insect than from a teacher. In humility a tree will teach you about life more than an alien. In humility, a child will give you the greatest knowledge. In humility, a stone will tell you the most incredible of stories, the spark in a bonfire will teach you the most sublime of illuminations, a drop of water will show you the strength of the ocean, a cell will teach you the power of life, and the dust in the air will remind you of the greatness of galaxies. A smile can nourish you more than any feast. A hug can protect you more than any mansion. One look can show you the cosmos without the need to fly in a spaceship. Making love can take you to the highest of dimensions. Smelling a flower will teach you more than any scientist, petting a street dog will mark your heart more than guiding thousands of people, clean and recycle the garbage around you starts the inertia to save the entire planet. Playing with a child can change the world. Recognizing yourself as human is what makes you divine. For the divinity is not in the greatness of the stars, but in the small particles that make it possible to exist.

ME: The greatness of the smallest... So I understand that being human is recognizing myself as divine, and the quality of that divinity to live in the fullness of what is here and now is called Humility.

SOY: So next time they judge your humility, remember and ask yourself: did I forget to be human? Or does the other think he is divine enough to evaluate my humanity?

ME: Loving the condition of humanity is the key to living in humility, and from this, we will take responsibility for caring for and being part of this small world in the middle of the starry sky.

I AM: Recognize that you come from the earth and water, honor them in yourself, and remember that you are part of everything that exists, with honor and subtlety. So you will not fear to immerse yourself in the mud of the world, because from the darkest mud, the most beautiful of flowers are born.

I: I am Human, manifestation of the love story between Earth and Water.

I AM: Seed of the Cosmic Tree, that in humility, launches itself to grow to humbly share its fruits with the greatness that it already is. Kneel and remember where you come from, the stellar dream, and caress the entire universe in the sands and dust in the palms of your hands.

Destination (Ankles/feet)

[March 30, 2021 Matías De Stefano](#)

Daily vibration: Tü

Statement: I Am Manifested Knowledge

Code: AQUARIUS = And when it finds the best version of itself, when it finds itself, it frees from all pressure, it frees from everything that was worked on, and finds the grace to innovate itself, of going out of the cave to enjoy life, to find new versions, and flow. For that, like the wind, this spirit allows itself to be taken from one place to another without getting attached with anyone, taking only what's necessary to reinvent itself with every step, knowing everybody, without being anyone's property, sharing its being.



ME: Every time I get to Osirion, I feel at home. "I have returned home." Maybe it's because of my memories of the place. The first time I came back to this site, in 2015, I couldn't hold back my tears. I broke down in tears, and couldn't contain myself in what I felt. Haieptur, where Life is created, was the temple in which women came to give birth, and therefore, 12,000 years ago, as a woman, in that temple I had lived two of the greatest joys that I could remember: the birth of my children . From my 11 years I began to feel these memories, although it was not until I was 12 that I could see it, remember it. As a child, I relived childbirth again, the sensation of pain and pleasure that came from feeling a child emerge from your body. It is something a man could never understand unless he remembers what it is. The way the body feels is transformed. Sensitivity, and a kind of full emptiness, in which you feel invaded and complete at the same time. The strange sensation of knowing that life is emerging, being generated inside, and that one day, it will be one more human, with its own life. In Khem, we women prepared for this for a long time. As children we learned about sacred sexuality, understanding that our bodies would house the spirits, and that if we prepared correctly, those spirits would stay connected throughout life. After fertility tests, fertility ceremonies, the practice of the sexual act led us to the end of the moment of conception, which had to be carried out with full awareness that a new being would be being called. During the gestation process, the woman went through different stages of healing, with aromatherapy, oils, massages, that prepared their body and that of the baby to have a healthy and pleasant delivery. Women of the priestly class, or of the Atlantean families, used to start our trip to the center of the country a month before giving birth. In the area of today's Luxor and Karnak, which we called Ur, women went through many stages of preparation, with hot baths, oils, massages, and even sexual rites, which prepared the birth canal and the body in general. When the first contractions began, the boats would take us up the Nile to present-day Abydos, and the priestesses received us to initiate the birth. Dressed in soft white ribbons, each day we plunged into the waters of the temple. The women performed their singing circles, and talked to the baby. The man immersed himself with the woman in the waters to make love to her, while the priestesses, with their faces painted blue and black, gazed into the side chambers of the temple, beating drums and rattles, singing chants under the starlight. Then, on her knees, in the waters, the labor began. The goal was to turn pain into pleasure, and birth was experienced as a pleasant orgasm, induced by medicinal herbs, which dilated and

excited. The moment the baby's head poked out, the priestess caressed around singing to the water, and among the tribal and loving songs, as if resounding to the ancient shamanic melodies of women from the European steppes, the mother pushed in ecstasy, looking at the heavens, while the mother of the temple received the baby. I remember when his hands took Usr, my son, while Sobek held me, and the Lady Mother took my hands so that I could receive my son in my own hands. The beauty of that moment was engraved in my memory, and with it, the welcome of the Mother of the temple to our son: "Waershu hai-ti, atum bub-hei" (Welcome to life, the way to death) . And in that instant, after the mother's kiss, after my kiss on the forehead, the child was taken by the Mother of the temple, who presented him to the stars, forging his destiny. "Usr aeiote, Usr aeyeh" (Thought of Light is your purpose and destiny, and the thought of light will be in you then), resonated in his words, showing his body and pronouncing his name to seal his energy. "Er'shu nanat-byr, es'shu Danot-bah" (You have come from the womb of a mother, to go to the hands of the Mother). "Edeni-let tum-hei tep-nes eguew." (Let the stars guide your steps on the earth). "Aeiote aeyeh" (Your destiny is forged).

I AM: Destiny.

ME: Destiny led me to live this, led me to remember, to return to that place that seemed forgotten, so far back in time. Fate made me find Sobek again, and I feel like it will lead me back to Usr. To have been born in a distant land, and to have found myself again in front of Osirion, was part of my destiny, and the tears that flowed from my face, the cry that arose from my soul, confirmed my steps in a circle that had been singing for a long time that The day would come when my feet would stop again in front of that place that marked my happiness. In this life I suffered, seeing him in ruins, feeling that I could no longer be with Sobek, and that my son was no longer, and I don't even know where he is. And yet everything seems to lead me, lead me to that story. It was Shiw's destiny to become Matías, and it is my destiny as Matías to remember Shiw. As the ancestors said: "it is written in the stars." I wonder if this is the case, if our destiny is really written in heaven, if it is that we are destined to live what we live. So, I ask you ... What is destiny?

SOY: I'm glad you asked, so that you can free yourself from it, and really fulfill it. What is destiny for you?

ME: It is a goal, where we are going on a journey. The end of a road, or at the conceptual level, something that is inevitable to happen, that is written, and no matter what you do, it will happen anyway.

SOY: And ... what if I told you it's the exact opposite?

ME: Well... you would turn me around completely, and I would no longer know where I am standing.

SOY: Okay, then let me tell you so you can stop standing around waiting. Destination, does not speak of the place you are going, but of the place you leave. The word Destiny comes from Latin (and this from Indo-European), formed by two words: "deh" (to move away, to leave) and "stinare" (apophony of "stare", which means to stand, fixed, still), origin of the English word "stare", which means to be still looking at something fixedly, and the Spanish verb "Estar", which speaks of staying still in a spatial position. If you analyze the etymology, the word Destiny refers to getting out of a state of stillness, starting a path. It shares its meaning with "Distance", which speaks of the bifurcation of a stadium, of a place. Both the distance and the destination speak of the process between one point and another. A) Yes, destiny is what you do to reach a purpose (proposit = something put forward). Therefore, destiny does not speak of the determined, but of the possibilities that you have to carry out this path. If you decide to start the journey at night, you must have certain tools that will be different than if you want to start the journey during the day. The destination is the landscape in which you will move, you decide how.

ME: So fate is not something determined, but a choice.

SOY: Well, you can't change the mountain, but you can choose to climb it, go around it, or tunnel through it. The stars and planets that make up your astrological chart, the star seal of the moment you are born, give you

the tools. If you are from Aries, it will give you ropes to climb the mountain, if you are from Taurus, it will give you the strength to cross the mountain, if you are Gemini it will give you a map of the mountain, if you are Cancer it will give you company to not walk alone; If you are Leo he will give you a compass to guide others, if you are Virgo he will give you a backpack with a survival kit, if you are Libra he will give you brushes to paint the mountain, if you are Scorpio he will give you a Swiss army knife, if you are Sagittarius you it will give a treasure map, if you are a Capricorn it will give you a list of missions to complete in each stage, If you are an Aquarius, he will give you a blank notebook to write down your ideas as you walk, if you are a Pisces he will give you binoculars to see everything from afar. The mountain is the mountain, but the context will give you the tools to cross it. Your tool was the compass, with a treasure map and missions to complete, decorated for the purpose of remembering. Remembering is your destiny, remembering is your path and gift, not your purpose. You decide what you do on that path, and how you do it.

ME: Why do we believe that destiny is something fixed, determined for our future?

SOY: Because the future is only written based on our choices in the past. When you want the personality to choose your destination, it is like driving a car at 150km per hour and letting go of the wheel to let the car decide the end of the road. It is the spirit who decides, because the spirit is consciousness. The reason why people live the belief that destiny is fixed is because they live their lives through the subconscious, directed by the car, by the body, without awareness of the driver, of the spirit. And there are those who consider that this is unfair, as if spirit and body were different things.

ME: I thought that. I believed that my spirit was a controller, a being outside of me, apart from my personality that directed my life as if I were its slave, until I realized that the spirit is the conscious part of my being, and that it was my subconscious who considered itself separate and oppressed.

I AM: You can understand like this, that those who think that the spirit is an interdimensional manipulator of the poor beings that live on earth, are actually living in the subconscious confusion of the preconceptions of their body. For this reason, destiny seems determined, limiting the will to action, since they separate themselves from the only being capable of being free of decision: the spiritual mind. Until you deign to recognize that you are a manifested extension of your spirit, you will continue to live a path chosen by other parts of you. But when you connect to your whole being, you will recognize that destiny is not determinative. Destiny is that moment when you stop being fixed to move, it is the moment in which you make the decision to be born, and walk by yourself, when you leave the fixed site of the uterus, to be free in your walk.

ME: Destiny is the starting point ...

I AM: It is the beginning of life. And every day is a rebirth. Every day you choose your destination, every day you take a tool for the adventure that begins. Destiny is to get out of stillness, to be fixed in a place looking forward, and to take the initiative to move forward, to move, to travel, to undertake the adventure of living. This is why you are the builder of your own destiny. The stars and external conditions are not limitations or determinations, but tools for your walk. Wake up, then, the knowledge manifested in you, to travel this destination, and with full consciousness launch yourself to build it. Free yourself from the belief that it is heaven and divine magic that determine what you are, because that heaven and that magic are you, you are not below it, you are it in a manifested way.

ME: I am the one who chose everything I am living, what I remember, what I do. I am the only one who has decided to experience this reality, to move in this direction ... It is I who built this destiny for which I am heading ... It is liberating.

I AM: Beyond the fact that there are patterns that determine your life and history, you must remember that the only reason why you live them decisively is because you have chosen it from your full consciousness, and today, here and now, you have launched yourself to live your choice.

ME: I am my own destiny, in every step I take.

SOY: Now that you know, you are ready to be reborn. Take control of your life, and design your destiny.

ME: Step by step ...

I AM: Welcome to Life, the Road to Death. May the stars guide your steps through the world. And in your freedom, you will forge your destiny.

240. Dream (Toroid)

[March 31, 2021 Matías De Stefano](#)

Daily vibration: T-h

Statement: I Am Eternal Manifestation

Code: PISCES = Until, after knowing all the histories, cultures and people, by feeling them all, deigns to love them, without any judgement over their own stories, their connections, giving everything it has to share all the possible love, submerging in the intensity of all things, like an ocean where the fish see themselves contained in infinity. At the service of love, nothing really matters, more than letting themselves go on the currents of love for everything, over the idea of being one with the cosmos.



ME: After 15 days of being with visits from friends, family and many people from the network, I think the euphoria, the joy, the morning routine, the talks and laughter, the homework, the trip along the Nile, the visits, and all the processes experienced could be summed up in the concept of Dream, or having a lot of sleep. We slept so little, and did so many things, that my body, today, can only think of sleeping.

SOY: It is normal, because sleeping for a few hours is not good for the subject.

ME: I can tell. I know that sleep is essential, but, in extreme moments of sleeping only 3 hours in a day, it can be noticed.

SOY: As I once explained to you, sleep is the time when cells regenerate. During the day, cells use energy to function, multiplying, using all their reserves. They need food to take in the necessary energy to allow them to continue to function, and when night comes, the body begins to exhaust itself, and turns off all the circuits to rest. But the body does not go to sleep, but continues to work, multiplying cells, repairing tissues.

ME: So who sleeps?

I AM: The will. The parts of the brain that control survival, action, staying alert with the senses, in constant action, stop receiving signals, so that the body can perform its task without expending energy on activity. The body continues to work, and the mind is quiet so as not to lose focus on what to do. But his need for action is so great that he uses parts of the brain to create actions, solve problems, live a parallel life, in order not to feel useless.

ME: I mean, dreaming.

SOY: That's right. Dreams are an electrical reaction of the brain, which awakens dormant and recent memories, downloading data on the repair of neural connections during sleep time.

ME: So they are like short circuits of the brain... is that it?

SOY: Rather, they are electrical discharges, sparks that are produced when repairing cells.

ME: What ability do you have to destroy the magic of things.

SOY: Thank you.

ME: It wasn't a compliment ...

SOY: I know.

ME: How would you define Dreaming then? For humans who like to have dreams or who think that they are connections with the afterlife or other dimensions.

I AM: Before defining the word Sleep, you have to understand the word Sleep. It comes from the Indo-European "drem", origin of the word "dream", in English (dream). And the word Sleep comes from the Indo-European "swep" origin of the word "sleep" in English (which means "to sleep").

YO: So in Spanish Dream is Sleep and in English it is the other way around, that is, like a cross between words and meanings.

SOY: This is how the story of words and senses works. Both speak of the process of closing the eyes, however, sleep (sleep), refer to biological action, while dream (dream), refer to the illusory reaction that occurs in the brain when sleeping. Due to the intersection of meanings between the Indo-European peoples who traveled to northern Europe and those who traveled to the south, the concept of sleeping and dreaming intermingled, exchanging their meanings, being almost synonymous in some cases. The word "Drem" came to be a way of describing a small death, an entry into the world of illusion, in which mirages were seen when closing the eyes. Delusions of the mind. For some cultures, dreams were messages, for others it was confusion. In the Nordic peoples, "drem" gave rise to "draumr", which generated the concept of illusion, used in real life as a synonym for cheating in combat. For the Saxons, "Dream" (drom) became a source of imagination where everything was possible, a center of creativity, which made the verb synonymous with joy, music, sound. The inner beauty that the brain provided to human inspiration made illusion a creative quality that changed the world.

ME: Why did you change it?

SOY: Because all the data recorded by the eyes and stored by the brain during the day, were processed during the night, joining data apparently disconnected from each other, which formed an idea. It was remembered the next day as a reality, since, although the cells had not lived it, the brain was convinced that what was experienced was real, and thus, new ideas were created, bringing the world of dreams to the physical world. This allowed to be inventive through imagination, solve problems, find solutions, discover art, awaken spirituality, be more empathetic, intuitive. Well, by connecting abstract concepts with concrete data, and putting together an idea from random themes, the brain allowed the human to find ways to expand, to grow as a species.

ME: So dreaming made us what we are today.

I AM: The Dream is the key to transcendence, to look beyond. Whoever dares to dream, who opens up to live their dreams, is a link on the evolutionary ladder.

ME: Biologically, sleep developed as a way of ordering data in the brain while cells replenish themselves, and this natural reaction generated one of the greatest changes in the consciousness of a living being, creating humans as a species. smart.

I AM: Sleep is the key to intelligence, because intelligence means “reading between the lines”, and whoever understands their dreams, and above all, who shapes, manifests their dreams, demonstrates their intelligence. Intelligence has been mistakenly considered to be synonymous with the accumulation of knowledge, the ability to record data and information. But that is not intelligence. It is demonstrated in the ability to interconnect data, to understand the reality that one lives, whether from the physical, the emotional, the mental, the artistic, the logical, the social, the spiritual, and in several other areas. Intelligence is the adaptability to understand the interconnectedness of all things, which makes clear the ability of that brain to interact on data. From the dream the memory develops, and from it the memory, and with it, the imagination,

ME: Illusion ... the dream is an illusory mirage that gives us tools to develop the material. How do you understand this?

SOY: Have you forgotten all the previous months? Everything is an illusion. Nothing really exists. Matter is a conjunction of magnetic and electrical pulses produced by the interaction of waves that act like particles by entangling in the constants of time and space. The gap between each atomic particle, and each quantum particle, is as great as the space between stars. There is nothing really there, just vibrating wave networks. And their interaction creates the idea, the mind, the thought, which refers to itself, recognizing itself, and giving shape to this illusory interaction. This is how after billions of years, a mind is formed capable of understanding the external world, looking into its eyes, and interpreting these interactions, which it will call matter.

I understand. Everything is an illusion, therefore dreams connect us with that glimpse of truth ...

I AM: For this reason, dreams allow you to connect through dimensions with all the data that networks manage, for this reason, you consider dreams as a vehicle of spiritual communication.

ME: I always said that dreams are like the discharge of information from more expanded interdimensional planes interpreted from the biological point of view. As if when sleeping, the spirit left the body towards the Fifth dimension, while the soul expands to the Fourth dimension, and when returning, the spirit passes the pure information to the soul that translates it in emotional terms of time and space, for later everything is interpreted by the data available in the brain of the sleeper. Like a “broken phone” style pipeline.

SOY: It's a way of looking at it, yes. The brain does not have the pure data of the spiritual world in cosmic networks, it only has the data accumulated by experience, recorded in the cells. For this reason, when pure consciousness transmits a message to us, the brain tries to interpret it with what it finds at its disposal, and that is how you dream strange things.

ME: Sleep is a form of communication between the three bodies, mental, emotional and physical, then. No?

SOY: It is a way of knowing what happens between the subconscious, unconscious and conscious. The dream is an interpreter of the internal world of an individual.

ME: What if we don't dream?

I AM: Everyone dreams. Another thing is that you do not remember. In the same way that when you die it is like a dream, and when you are born awake, most do not remember their dreams, and let go of the past. Those who remember their dreams, like you did, can tell what they lived, remember the day before, or every day, and each time they wake up, they will have a new story to tell.

ME: How do I remember?

I AM: Awakening in the central phase of sleep. To do this, you must drink water before going to sleep, so you will wake up in the middle of sleep, and it will be in full activity.

ME: I've heard about lucid dreaming. What are they?

I AM: It is a conscious meditation, in which by setting a specific intention, dozing in meditation without falling asleep at all, you can project your mind wherever you want. The first stage is when dreaming recognizes that it is a dream. The next step is to try to be free in the dream, and do everything that comes to mind knowing that you are in a dream. The third step would be to program the dream before going to sleep, through intention, visualize it. The fourth step would be to know that you are awake and at the same time you can manage your dream. The fifth step would be to project your dreaming mind to reality, as a kind of etheric teleportation to places that are not dreams, but real places here and now. And the sixth stage would be to be able to manipulate reality from this state, as if it were a dream, such as appearing, grabbing things,

ME: Is that possible !?

I AM: Everything is an illusion, a dream, imagination of the universal mind, of course it is possible, but existing in this dimension there are steps to realize it. Everything manifested, is just an eternal dream.

YO: This is why we have translated the idea of "having a dream" as a projection of desire, of the will to carry out something in real life that today is nothing more than an illusion.

I AM: Daydreaming, having a life dream, is a mental projection, born from the brain's ability to seek solutions to personal conflicts, which seek to manifest themselves in reality. It is the same origin. Life is a Dream. We have already said it. It is the product of the imagination born of the first universal law: Mentalism. Every dimension of reality, every perceived emotion, are illusions, mirages of the mind. Your life is the synapse of the cosmic brain, and your actions are dreams of the universal spirit.

ME: We are the Dream of God, of the Universe ...

SOY: And in your dreams you create a new one every time you go to sleep. Just remember that you need to dream freely, be aware of your dreams to make them possible. The external is an illusion, because when you

open your eyes you only see a mirage of waves and particles. When you sleep and close your eyes inward, you only see a world of imaginary mirages of the mind. If nothing is real, everything is a dream. Therefore, you must learn to live in it, from within and from without.

ME: How do I?

I AM: Learn to daydream. The greatest of Pisces attributes, the ability to live life as a magical dream of imagination, being aware that nothing is really real. That ideas, imagination, magic, intuition and dreams are the brushes of the cosmic artist, the colors in the painter's palette, the chords in the song of a musician, the plans in the design of an architect, the tools in a sculptor's workshop, the words and pen of a poet, the free ideas of a philosopher, the inspiration of a dreamer.

ME: I look at the world as the collective dream in which humanity sleeps, the nightmare that we create in unconsciousness, in the desperate search to escape from a place without doors or windows. And there, in the midst of this reverie, I recognize myself as the dreamer, and in my will, in my love, I expand my ability to imagine, to redesign the Dream, and turn it into a beautiful memory at the moment of awakening.

SOY: I have faith that you can do it. I believe in you. Well, I believe in us.

ME: I am the eternal manifestation, divine dream manifested. I am the Dream and the Dreamer.

I AM: Observe in the world the dream that you live, and close your eyes to dream the world in which you want to live. Expand the dream to your life, and make the Nothing a Whole, the Dream a Reality.

ME: We live a Dream ...

SOY: And therefore, it is Time to learn to Dream.

END of Month