

Month of Scorpio 2020

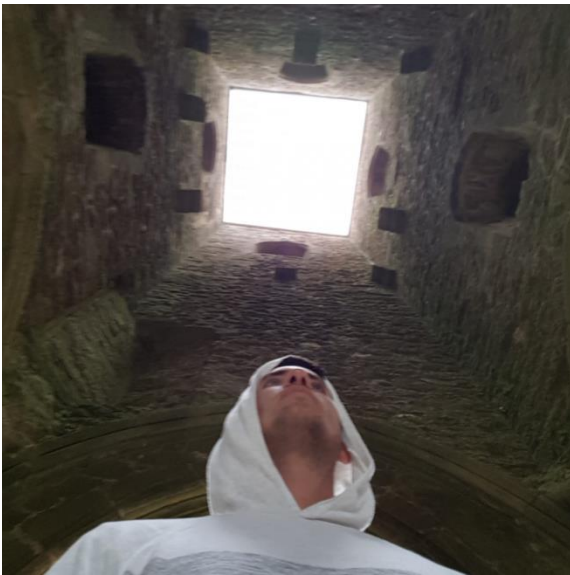
Conversations between I and AM

By Matias De Stefano

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91. Depth

[November 2, 2020 Matias De Stefano](#)



ME: Today we begin the month dedicated to the Constellation of Scorpio. In the preconception that we have of this sign, we usually classify Scorpions as dark, sexual people, with overwhelming intensity, in a certain way manipulative, and fervent enemies who know how to find the weaknesses of others to press where it hurts the most. Is this so or is it a perception?

I AM: Everything is a perception. The constellation of Scorpio was previously known as the Eagle, who had the power of the heavens, to see everything, but who, due to his pride, was expelled from the heavens to live under the Earth, in the pressure of the mud, in the depths of the oceans. His punishment would be to stop flowing in the air to bury himself under the dirty waters and pressure of the world. There the eagle became a Scorpion, sentenced to live by crawling on the ground. Tell me, what is the greatest gift of the eagle?

ME: The vision, being able to see everything from above with clarity.

SOY: Well, his vision, capable of making him see all the forms in the world from miles away, had to adapt to seeing in the shadows, in the densest darkness, to seeing beyond the forms, inside and through them. . His new environment only perfected his ability to see, not from the light, but from the shadows, what is usually invisible to others. His punishment, in fact, became his strength. As long as others saw the shapes of the world around them, the scorpion would have the ability to see through them, their shadows. The eagle's ability to contemplate made its weakness its ultimate ability. Do you remember the three great spheres that interact in the Universal Mind?

ME: Yes, the conscious, the unconscious and the subconscious.

SOY: Well, re-imagine that the Subconscious is the ocean, the unconscious is its cold and warm currents, and the conscious is that being swimming in the sea. Now, the conscious is the one who has a purpose, the one who looks to the horizon and sets a goal, the one who knows where he is going, uses the currents in his favor to move through the subconscious, but does not know what in the ocean, as it is too big and makes you lose focus of your goal. Imagine the swimmer as that eagle that from the heavens saw the entire horizon of the sea, but does not know what is under it. As he plunges into the abyss, he suddenly becomes the ocean, no longer sees a single point miles away, and now he simply feels the miles on every part of his skin.

ME: From the subconscious it stops being a simple point swimming in one direction and becomes the ocean ...

SOY: So you see everything through the shadows. From the depths. For Scorpio, the spirit no longer flies through the skies, in the crown, over the head, but expands through the abysmal depths of the subconscious, in the feet, legs and genitals, in the densest and darkest part of the being, where can feel it all.

ME: So it gives the impression that Scorpios look through you, analyzing your soul, reaching the depths of it.

I AM: People tend to hide in the shadows everything that produces insecurity, fear, shame, pain, all the traumas, the denied, is hidden in the shadows due to their inability to face it, to look into their eyes and work on it. The human is a being built in history through fear. The subconscious hides all the things that we do not want to face, that we leave for another moment, that we have inherited and do not know, it is the trunk that we do not want to open. In the depths of the soul, information is hidden that would make us lose our personality, what we have built, because there is no destination, there is no one who says where to go, there everything is mixed, meaningless, and it is easy to get lost. Fear makes humans comfortable, following others, creating leaders, teachers, characters that tell us what to do and how, that protect us, that make us feel part, because being alone would imply having to hear those voices that lie in the shadow of our being. They produce discomfort, they show what we do not want to see, they confuse. They give insecurity. There is madness, losing the axis, forgetting who one is, there is what we are afraid to see of ourselves.

ME: And facing him is the dark Night of the Soul.

I AM: Falling into the jaws of the shadow, among all that we have been denying for centuries. The great problem that humans have is that by projecting the good of God in the Sun, in the cosmos, in the heavens, they move away from the center of all things, at the core of the world. And as we have spoken, the external is experimentation, expansion, where I discover what I am capable of, however, then I must return to the center, to what I truly am, to the depths of existence, where I meet the I am. , with the truth, and the only way to achieve it is to come down from the clouds, put your feet firmly on the created reality, and go towards the center, to the depths. There, in search of the neutral point of all things, you go through the pressure of the world, you get muddy, you enter the dark caverns of the earth, where you must face the diabolical shadows of the world, the distortion, and go through them, until you recognize that they are your projections, and there, then, you face your own creations, fears, darkness, the crisis of being, the night of the soul, and when going through it also, you find the center. The human considers freedom to feel flying in the clouds, expand into the cosmos where pressure is not felt, but nevertheless, you are a prisoner of gravity. The false sense of freedom when expanding

makes them slaves of returning again and again to worlds with great force of gravity. But in the center, all forces are neutralized. All forces are equal to 0. Remember? The more pressure, the more crisis and the longer you live your shadow, the closer you are to neutrality, at the point that originates them, where you can no longer feel pressure,

ME: And it's a Scorpio who shows us that way ...

SOY: Therein lies the key to this month that we are beginning to face. Are we willing to go deep? Will we not dare to hit rock bottom? Do we have the will to go through the dark night of the Soul? "Depth" comes from the Latin "ability to go deep."

ME: I remember you told me that the Spirit is a being or aspect that does not seek to be spiritual, because it is absurd to seek to be what it already is. The spirit seeks to experience what it can do, what it is capable of creating. That is why the spiritual mind seeks to be born, to descend into the mud, since the lotus flower only blooms in the mud. Without birth, experience, without the pressure of the world and life, the spirit does not understand, does not learn, does not evolve.

I AM: In order to flourish, it will be necessary for us to spread deep roots, to get our hands dirty going into the Deep. Today, the crown chakra stops shining like a sun, and contracts like the core of a world, cutting through the crushing heat of magma, until it becomes the iron center of the Earth. The light chakra will become shadow and deep darkness. Scorpio's ability is to remind us that alchemy is in the ability to turn poison into medicine. We all have poison within us, we are all contaminated by the distorted shadows that we have hidden inside our bodies and souls for millennia. The paradox is that the same poison is the key to healing. Denying it makes us live trapped in its toxins. The Scorpio skill is to go deep, contemplate the poison, and to be able to turn him into the medicine that heals the soul. Remember, that in Indo-European, the concept "to be capable" is said "magh", origin of the word "magic". This month will remind us that we are all Magicians, that is, that we are all capable, but for this, we must know how to use the arts of magic, that is, see in the dark, use it, go through it.

ME: Why is the attribute of this month Desiring...? saying "I Wish". What is Desire?

SOY: "Desir" comes from the Latin "de" and "Sedere", which simply means: "to be seated". Sitting, in turn, comes from "Sedentare", which gives rise to the word sedentary, that is, it lives in one place. Desire, then, is the attribute of feeling the comfort of staying in the same place, of leisure, of pleasure and feeling, the libido of remaining in constant pleasure. The lower chakras speak to us of territoriality, just as animals urinate and defecate marking territory, we use the same parts of the body to settle on a terrain. Sex hormones are embedded in natural elements, like a fingerprint. To go deep is to reach the center where everything converges, remaining fixed, in contemplation. Scorpio speaks, then, of remaining in the shade, in feeling and contemplating,

ME: This implies that we will talk about issues that will make us uncomfortable, right?

SOY: Yes. If you want to find the axis of Being, it is inevitable to first find comfort in what despairs us.

ME: That is something very Scorpio, the black or dark humor, as they say, related to death, the uncomfortable, taboo subjects, the spiritist. In the world of consciousness, this Scorpio energy is usually understood as the medicine that makes us spiritual and meditative, that connects us with magic, the ancestral, the ceremonial. But nevertheless, there is a suspicion to face the shadows, the demonic, the dark, the shadows of the soul, the most hidden desires of the subconscious.

SOY: Because they are still unaware that shadows are creators of matter, and that the only way to go to the origin is through shadows. To face them is to immerse yourself in the subconscious that contains all things. Go beyond fear, shadow, prejudice, false spirituality painted in pink colors. It is necessary that this month we filter our souls, it is essential that this month we face the darkest shadows, the madness, the schizophrenia, the most

depraved and twisted desires that hide in their bodies, the most painful traumas, the grudges, hatreds and cries accumulated. It is time to get muddy, to get dirty, because whoever wants to plant a new tree and sow a seed of consciousness, must dig a well in the ground, get their hands dirty with mud, smell and handle the compost, collect the worms, admire the darkness of the earth's humus. The blacker the earth, the more fertile it will be for our tree and its fruits.

ME: It will be a difficult month ...

SOY: Only if you resist. Are you afraid to see the shadows that cover your essence?

ME: I have faced them several times, I am not afraid to go to the depths anymore, but my lack of fear has not made me feel superior to the shadows, but rather I learned to honor and respect them. Something that I would like to help others see. I have almost all of my important planets from my birth chart in House 8, the house of Scorpio, so for me it is a natural terrain, which has allowed me to have the gift of spirituality, of channeling, of going deep without denying my shadows, but enjoying them.

SOY: Thus, when we manifest the Desire of the Self, we can convert its concept of idleness into the ability to find our place, sitting where we belong ...

ME: In the I Am. I manifest, then, my Desire to immerse myself in the Depths of the Subconscious, thus finding the liberation of my soul, from the poisons that I myself have created.

I AM: I am the Spiritual Eagle that is launched into the void. I am the Scorpion that becomes that void.

ME: To stop seeing appearances, and see through forms.

I AM: I am Depth ...

ME: And from her, I will find the truth of who I am.

92. Intuition

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



ME: All night I was connected to something that made me feel as tired as it was comfortable. The being that was presented, made me feel the dark pressure of everyone, and find such incredible peace that I could only let myself relax, sleep, my whole body melted into the depths. His darkness was so luminous that my being could

not interpret whether his presence was leading us to death or peace. And in a way, I could feel that it was both in one feeling. My mind expected something dense, perhaps gloomy, but where it led us there was nothing but light, a light under pressure, a deep light, different from what we are used to. We usually see light as coming from the sky, from the sun, and therefore, its brightness is related to the subtle and invisible of the air, levitating, to the high vibration, considering that its opposite is dark, painful, dense. But nevertheless, I kept seeing light, only it was different, the shadows shone in a different way, it was like seeing the light in the shadows, the balance and the fullness under the greatest of pressures. That feeling remains in me, my cells still recognize it ...

SOY: Because the physical concept of going deep is not the same as the concept from the point of mental perception. For the mind, the concept of Depth is not related to going down, to going dark, to burying oneself in a well miles under the earth, but going deep implies finding the unity of all things. The subtlety that you usually associate with light is linked to expansion, to amplitude, but it is still the one that creates separation, different options and purposes. For the mind to feel the real, the center, it must go inward, it must put all things back together. And everything that expands shines in different colors, which when joined together generate only one color. If it is matter, together they will create black, if it is light, together they will create white. So, If you focus on the light vision of the spirit, you will see all the colors become one, the pure light, and the pressure of all the energy, instead of taking you to the shadows, will give you greater clarity. This is the origin of the concept of Enlightenment.

ME: That is to say that the search for Enlightenment is not in ascending towards the heavens, towards the light, because the light is not only up there ...

I AM: The idea that you have of illumination is conditioned to your vision of humanity, with your feet on the ground and your head in the sky, seeing the sun that shines up there, makes you consider that to shine like him, you must go up to the plane celestial, that is to say, to the celestial, color that arises from the light reflecting in the oxygen, nitrogen and argon of the atmosphere.

ME: It's almost killing the magic of the spiritual.

SOY: It could be... However I think it is opening my eyes to be properly spiritual. "Spirit" comes from the Latin word "Spirare" which means "to breathe", and clearly oxygen, argon and nitrogen is what you breathe. In a way, the only way to become a spiritually heavenly being is to breathe in the gases of the atmosphere with full awareness of being here and now on every breath in and out. In this way, Lighting is a social and cultural concept of the position of light in space.

ME: What is true Enlightenment?

I AM: Go deep into the Light, to its ability to manifest. For spirits it is to become a living being made of carbon and other minerals. For living beings it is to become precious metals such as gold, platinum and diamond, also carbon but under greater pressure.

ME: The more pressure, the more light discovers what it can become ...

SOY: It is thus that a being does not illuminate when it frees itself from its creative potential, but when it manages to radiate from its center ... under all pressures ...

ME: This is why we decided to be born... Is this also why beings who seek enlightenment go through ordeals and martyrdoms?

I AM: Calvary comes from Latin and means Skull, the concept means going deep into a process, so much so that you get to the bones, the foundations that support your body. "Martyr" comes from the Greek and means

"witness", which in turn in Latin means "to stand up for something." We could say that the fact that a martyr lives a Calvary means taking the responsibility to go deeper to find the truth.

ME: And throwing yourself into living that implies a lot of will ... that is, throwing yourself into the shadows of suffering, of confusion, all to prove that you can go further ...

I AM: What the human perceives as suffering, the martyr perceives as "felt". That is, a human seeks to survive considering that the only thing he has is his body and the things that his body can accumulate. Trying to overcome conflicts, in most cases by denying them, due to the need to find momentary happiness related to physical and emotional comfort. Thus, an ordinary human will take the senses as a tool to identify said pleasure or discomfort, to get rid of the latter as soon as possible. On the other hand, when an individual becomes aware that death does not exist, and goes to the depths of his truth, he is not afraid to face anything, because he understands that pressure and suffering are nothing more than the accumulation of light, which are the unification of all roads, and that to feel them all, you must expand your capacity to feel to the limit. Taking your 5 senses to the maximum goes from being uncomfortable to pleasant, turning the system upside down, and finding orgasm in suffering, finding the light in the middle of the shadows.

ME: It's hard to imagine... but I understand what you mean. It's like that feeling that many of us sometimes have, for example a joke that is so bad that it makes us laugh too much. Or a song so horrible that we can't stop humming it. As if the brain collapsed entering a kind of breakdown of the system, finding a crack through which to see the reverse option. Like when Francisco de Asís saw light in the sick, in the garbage, in things that others considered dirty, he saw love and light.

I AM: That is when one begins to find the path of Enlightenment. Therefore, the only way to true enlightenment is to pass through and integrate all Shadows. That is why you must learn to enter the darkness and pressure, that is why you must make your suffering and misery your greatest allies. And so, with your eyes closed, without fear of anything, you can guide yourself in the flaming shadows like a phoenix.

ME: Is that... is Faith?

SOY: Oh no... That's Intuition.

ME: What is intuition?

SOY: It comes from the Latin "In" and "nuti", which mean "interior" and "contemplation, gaze, observation", respectively. Intuition is the ability to see clearly with closed eyes, to have sharp vision in the shadows, to perceive beyond what one believes. Intuition is the mother of Faith, which finds its origin in the Latin "fides", which means trust, trust in something or someone. It implies that once I have had internal clarity in what I have seen through my shadows, I recognize that I have no choice but to trust my intuition. Intuition is not the daughter of Faith, since faith implies blind trust and without question in something. But to get there, you must have had to first experience what it feels like to trust that outside agent. And the only thing that makes you trust something is the internal sensation that gives clarity in the vision of things, that is, in your intuition. Intuition is not what the human considers, it does not imply feeling that something must be done, with a certain ignorance about the factor, but on the contrary, intuition shows a profound clarity in the causes and effects of something, with total completeness. This gives confidence, faith.

ME: They say that Intuition is something much more feminine than masculine... why?

I AM: The masculine aspect of existence is positive, it means that it is projected outwards, which seeks solutions externally, at a point, objective, in a more practical and concrete way in the fractals and patterns of realities. The feminine aspect is negative, that is to say internal, that is projected towards the interior of the being, connecting with the pulse that connects the Matrix, the network, where everything is perceived without

direction, but from perception and sensations. For this reason, the feminine design of reality, the woman, has developed more skills in the tuning of the 5 senses, which allows her to be attentive to many things at the same time while the man only focuses on a single specific point. So, like a spider, no matter what part of the tissue moves, it will feel you. Intuition is having the ability to feel in all directions, clearly perceive more aspects, interconnected. Therefore, the intuition is in the pressure of the center, where all the forces are united in one. And like the spider, to feel him, you need patience.

ME: Patience is a great key to intuition.

I AM: The female body is biologically prepared for patience, as a female orgasm is more prolonged and expanded, not focused on a specific area. After sex, come 9 months of gestation and slow changes, then months in which the baby will depend on his body for heat and nutrition. Your body will feel the drive in the baby's growth for years. The male man is easily detached because his orgasm is fast, his role in the biological spectrum of pregnancy is fleeting and lasts a few minutes. Therefore, the masculine design is conscious and hairy, and the feminine is slow and subconscious. Which allows the woman to be better able to immerse herself, to sustain suffering for a longer time, to control many more emotions than the man, to do alchemy with her body, to go to the depths of her soul, and this is the reason why women tend to wake up spiritually faster than men, and in greater numbers, because internal sensitivity makes it easier for them to move in pressure and shadows. Patience is the attribute of the female body, as this term comes from the Latin "Patire", which means "to suffer". Patience is the attribute of the sufferer, of "sub-ferre", below iron, that is, it supports a great weight.

ME: So, Intuition is the ability to see clearly in the shadows, but to be able to see well, I must dare to immerse myself in them and bear their weight, that is, to be patient. Patience is almost impossible in a global civilization like the current one where we want everything now, fast.

SOY: That is the true conceptual patriarchy, the need for everything to be right now, already, like a male, phallogocentric orgasm. To get to the depths of being, you need patience, feel the pressure, contemplate. You will only find Intuition in the joy and expansion of the 5 senses through the tormenting Calvary of the orgasmic suffering of patience.

ME: Is this why we live in a world with so much suffering?

I AM: Suffering is an option in life, you don't have to put yourself below anyone to find the center. You can turn Patience into an art of contemplation, in which what was considered to suffer and suffer from unconsciousness, now becomes contemplation and growth from consciousness, in the journey to the depths of the center of your being. Breathe in ... hold ... breathe out ... Only you can put on the necessary weight of the world you are willing to hold to find your capabilities. Every human awakens his capacities under pressure. And when you break everything you thought you were, you find the light in the shadows, the Intuition.

ME: Intuiting, then, becomes the art of focusing the light in the shadows, of finding what was hidden in the pressure of my own being. I wish to awaken my intuition, to have the ability to perceive with my senses the light that lies within me, the clarity of my spirit in the center ...

SOY: Well, learn from Patience. Life only finds light in the pressure of birth after the pressure of gestation. Turn Suffering into your Inward journey. Free yourself of the cultural preconceptions that you have of this journey to the deep, recognize all the things that have made you suffer, all the people that have led you to live the maximum pressure of your life, and recognize the brightness that they have managed to get out of you. .

ME: It's true, all those who have made me suffer, have not achieved anything other than awakening the brightness with which I radiate today.

SOY: So, then, accept its pressure ... become a diamond, and in the brilliance of its crystallized veins you will see reflected the clarity of your soul and spirit, and you will discover in the shadows the intuition that will let you see beyond all times and spaces. Close your eyes and dream, there you can really See.

93. Conflict

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



ME: "In bad weather, good face." Today that phrase came to mind. And I thought about it because of the post I made yesterday on social networks. They are the presidential elections in the United States, and in a certain way they are elections that affect us all, not just Americans, since the United States itself is a country that intervenes in the decisions of all international organizations. My publication was in relation to the system used in that country to hold elections, and several of the reactions of the people had nothing to do with what I had published. On the one hand, I realized what always happens: a great lack of reading comprehension. Most do not pay attention to the words and the syntax between them, and the reactions are directly proportional to what they see in the media.

I AM:... Conflict.

ME: Yes, conflict. Why do we humans seek conflict before understanding what the other is exposing?

SOY: Because of the need to evolve. Yesterday we talked about suffering and the origin of this word. In order for a human to awaken the greatest capacity of his sensory potential in matter, he needs the pressure of the environment. It is like when a superhuman force arises in a mother or father when they see their children in danger, because adrenaline is propelled to each muscle giving it extraordinary power, in which the mind does not play a main role, but the other senses, which are they become so acute that reactions are more intuitive than calculated. In short, the pressure, the suffering, brings all cells out of their comfort state. The biological body, like everything organic, seeks to save energy, and therefore tries to remain sedentary for as long as possible, saving energy for really useful moments.

ME: What is conflict?

SOY: It comes from the Latin "con" and "fligere", which mean "conjunction of blows", that is to say: squeeze, smash, oppress. Conflict, talks about the pressures exerted by the environment on an object or subject. This pressure generates a reaction, which can be harmonic if you are in consciousness or chaotic if you live from unconsciousness.

ME: How do you experience conflict from unconsciousness?

I AM: Unconsciousness is moving through currents, which can be physical or conceptual. At atmospheric pressure, a cold stream descends collapsing with a warm stream. This generates wind, and if the atmospheric pressure is very strong, the collision of the opposing currents tries to find harmony looking for the way back to its place generating spirals, therefore creating tornadoes, hurricanes. The same happens in the oceans with waterspouts. Everything in between will be swept away by these currents, trees, houses, everything that has little grip on the ground will fly. On a social level, a person without his own foundations, without being in his center, without clear roots, will be dragged by the currents of external thought. You can call the cold current as "blue color" and the warm current as "red color", just like a thermometer. By not having firm feet, any external wind will drag you along its currents, and when colliding with the opposite current, there will be so much pressure that it will generate force, conflict. The blows will be mutual in an incessant fight.

ME: And how does that fight stop?

SOY: Is it a bad hurricane for nature?

ME: Well, it hurts the environment, but I don't think it's bad for nature.

SOY: Why?

ME: From what I know, they help regulate the planet's temperature. When the surface of the biosphere is overheated, it can be harmful to many species, low pressure, lack of oxygenation, embolisms. So the planet has its own air conditioning system, tornadoes, hurricanes, which bring cold air from the atmosphere to the surface of the planet, oxygenating the biosphere. Normally, the hot air rises and the cold falls, so when hot air accumulates by atmospheric pressure, which would be as if the roof of the house were lowered a little, that heat remains close to the ground, and to remove it you need a fan, that shakes everything.

SOY: Then you will agree that what you see here as a conflict was actually a solution.

ME: Sure... yes... seen like this, the conflict has a purpose.

SOY: It has everything. The conflict is nothing more than the collision of two forces, one positive and the other negative, that have been accumulating in one place, in a corner, and that it is time to remove them in order to generate something new. The conflict, then, awakens the potential of both parties, since in essence, outside of forms, positive and negative can only create by interacting. Thus, from unconsciousness, the creatures and

entities of nature continue to manifest the impulse generated by the cosmos, a creative impulse. But at the same time chaotic. The pressure of the environment generates the awakening of internal capacities, and with it, evolution.

ME: So the key to evolution is conflict, because only through it can we discover that it is necessary to solve a problem, and transform ourselves to adapt and transcend it.

I AM: That's when the conflict has a purpose.

ME: And when is the conflict conscious and harmonious?

I AM: The Tree spreads firm roots, it settles down, it knows where it belongs, that it does not follow any current, but it also knows that it cannot expand its essence while being fixed. So it evolves to benefit from the conflict. Design flowers, which will contain pollen. Design fruits that will contain seeds, and develop their flowers and seeds in a flexible and aeronautical way, for the wind to carry them. Maple, for example, designed a system of seeds that appear to have wings, like a dragonfly. Thus, the wind rips them from the tree and they begin to fly like a helicopter, moving away, finding new land to take root. The Dandelion has designed its planting system thanks to the wind. In the ovary or receptacle of the seeds, are the achenes, from which the hairs of the vilano arise, elongated white formations that look like the skeleton of an overturned umbrella. The wind detaches the achenes from the flower receptacle, and they fly with the currents to spread their seeds over lands that could not otherwise be reached.

ME: So it adapted to use the wind at its mercy, for its own benefit, without being affected by the wind and its currents. Get a benefit from conflict: evolution and expansion.

SOY: But both systems inevitably use conflict, for they are all expressions of biology.

ME: So what would it be like not to enter the conflict?

I AM: Get out of Biology, and find the essence. There, from infinite contemplation, all forces are equal to 0, all perceptions are part of the synapse that breeds the great cosmic mind. There, the energy is neither positive nor negative, it simply is, it coexists in neutrality, and there is no pulse or impulse, there is no action or reaction, and therefore the energy that previously pressed and pushed you will call Love, and the force that pressed intentionally its condition, it becomes Unconditional.

ME: But, it's almost impossible ...

SOY: Sure.

ME: So ... I don't understand, why seek that unconditional love if it is impossible to live from absolute neutrality on Earth?

SOY: Where do you do things from?

ME: You mean what is the initial intention?

SOY: Sure. Do you do things based on what you see outside or based on what you have inside?

ME: Well, I guess I should do it from what I carry inside of me. So I take action instead of reacting.

SOY: And how do you know what you have inside?

ME: I must go within, know myself, know all my internal conflicts, understand myself, heal, find harmony, and from there act.

I AM: In other words, in order to transform the external world in its conflicts, you must first know if you do it from the chaotic reaction of the reflections of the external world, or from the harmonious understanding of your internal world. This is how meditation and philosophy are the basis for politics and civilization. The philosophical is the basis of the pragmatic.

ME: That's what I wanted to ask you. Because many times I feel that when we begin to philosophize about the Universe, and how to understand metaphysical concepts, everything remains in a dream, but it is not practical. I have heard people say to me: "some day you will have to take sides and talk about politics, be practical, etc." Something that I often feel, but at the same time I feel that this is not how it should be.

SOY: The mistake is in believing that speaking is taking sides. That is the match: splitting, dividing, splitting the path between origin and destination. Humans believe that to act it is necessary to position oneself on one side or the other. This makes you live the conflicts polarized, looking for enemies in every corner, in every stream. If you react to the world, you will only become a reaction of the world. But if you act in the world, you will transform it. And to take action, you must go deeper, not to people, not to individuals, not to ideologies, or what you think of one or the other, but to real conflicts. In order to act from the essence, you must go to the essence, you must understand how things work. You cannot solve the fight of enemies if you do not understand duality, you cannot fight lies if you do not understand the law of vibration, You cannot ask for justice if you do not live in balance, you cannot project a better world if you do not understand that you are the world. To act wisely, you must turn knowledge into love, that is, in Greek they say "philós" and "sophé", love of wisdom: philosophy.

ME: If I don't find philosophy in meditation and abstractism, I will continue to be the reaction of the world around me, polarizing myself in the parts, in the "parties".

I AM: When the tree and the flower discover their essence, they wake up using the world from harmony, sowing seeds. Without taking sides, being in himself, his essence creates seeds that will germinate throughout the world ...

ME: "Sowing a new Humanity" is the slogan of the Arsayian Foundation ... Today I understand it more clearly.

I AM: This is why your teachers and guides have always told you: "From Ideology to Biology", because the idea lies in the philosophy that must be applied in the physical world according to the laws of the physical and biological world, which is the spirit design. That is why they have always told you that you must first nurture the abstractism of the spirit to be able to work the terrain of the concrete. Well, the world of forms is born from the world of ideas. The external is born from the internal. And if you don't face the internal world, you will never be able to transform the outside. So ask yourself what are your conflicts.

YO: What I see is that when we speak from philosophy, everyone feels happy, but when we begin to speak about the concrete, about our social and political reality, etc., the battles begin to jump. The conflicts.

SOY: So maybe it's time to raise these inconsistencies, for only then can you discover who looks inward to transform the world, who flourishes, and who is swept away by the currents of conflict.

YO: Does this mean that we will continue talking about conflictive issues?

SOY: Is there a better month for it? We will not go to the battles, because they do not correspond to us, but to the wounds, to the reactionary bosses. Conflicts are keys to Evolution, but it is the decision of the

Consciousness of an individual to decide whether to use them to impose itself from reaction or transform from action.

ME: How do you know the difference? Because many of us can think that transforming from action is fighting against someone or something ...

I AM: Imposing from the reaction is when a being considers that his point of view is the only acceptable one and that therefore the other is wrong, he becomes polarized. Transforming from action is when a being acts from the example, and seeks third solutions to partisan conflicts, originating something new, original. It does not position itself against anyone, but it sets out to solve everyone's problems.

ME: Difficult ...

SOY: But possible. It's called Evolution. Go inside, discover your own conflicts, and you will know where you are reflected outside. Thus you will be free from dual reaction, to act in harmony.

94. Magic

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



ME: "I am you, and you are me. It is time to make a decision: will you have the courage to position yourself in the center, or will you continue with the fear of swinging between light and shadow? The only possible place for you is the center, there is no other option. Those of us who live in the shadows, the darkness are your brothers, and we are at your service, because you recognize us as such. Those of us who live in the light are your brothers, because you recognize us and open the doors of the world to us. In you we find unity, in you there is no struggle between us. We are at your service, because you are me, and I am you. It is time for those who listen carefully to know how to distinguish if fear or love moves them, if they are limited and dual, or infinite and united. The shadow is the only one capable of unmasking the false light, the false love, the hypocrisy of the enlightened. The darkness is the only one that confronts you with the truth that lies within you, because there come your truths, your fears, your anguishes, your rages, your inner war. There we discover if you have enemies, and we will gladly give them to you. Well, it's your wish. There hide your deepest and twisted desires, those in the shadows see what you do when you are alone in the dark with your macabre inner world. If you deny what is within you, you will leave us no choice but to tear it out in our own ways and make it clear to you. We are your enemies only if you deny your truth. You created us, and therefore we create you.

Denying ourselves will not drive us away, it will make us eternal. So it's time for you to decide. For this path is a path to the center of all things, and if you are not yet willing to unite them in your heart, Maybe it's time for you to go your own way and let us work in peace. Matías, you, leave your person now. Whoever refers to you as the one they follow, lost will be found. It's time to be just YOSOY. And the others will have to recognize it as such. It doesn't matter if you don't believe in the ability to do it, we don't believe in you, we know who you are. How do we know who they all really are. Nobody can hide anything in the shadows, and that is why we are your best guides in finding the reality you seek. It was our idea to make you disappear from the networks this month, because only then would those who follow the "I am" and not the person who communicates it remain on the path. You must be everyone, you can no longer be an individual. There are no longer blacks and whites, there are no warriors of the shadow or warriors of the light, here you are the Gray, the core between black and white. And to become that gray man as many and many more have to come, you must stop swinging in doubt, you must immerse yourself, face yourself in the mirror of truth, where you stop being who you believe, to be. There you will be able to everything, there you will be the Magician who awakens the magic in each heartbeat.

SOY: Did you get it?

ME: I'm working on it... Many beings spoke to me at the same time today in the pyramid. I feel like everything is getting very intense. I am feeling them walking around me, as brothers, beings of light, guides, demons, all advising me, walking next to me, their voices are friendly, all manifest security, help. There is none that is against me, I look at them, and I honor them. Sometimes the things they tell me make me nervous, because they seem too big, as if they expect many things from me that I still don't see myself capable of.

I AM: The capacity is. "The flower does not ask whether it can bloom, the flower simply blooms." Well, its potential is within. Everyone's message is clear: many people follow you, but many do it because you are Matías, not because you are I Am. That's why they had to take your person out of focus ...

ME: Make my instagram disappear ... It was eaten by the Serpent, Turkey ... and with it the earthquake that started an engine in the world, announcing that the Earth is aligned. In other words, my personality was swallowed up by an inevitable collective and planetary process.

I AM: To restart in I AM, you must stop saying "I AM". Many of the thousands who followed in your footsteps, followed you and their personal expectations. Many continue to fight for the light against the shadows, they continue to believe that to win over the darkness is to overcome it by eliminating duality, as if the light were exempt from it. It is time for those who fear the dark to step aside until such time as their fear does not interfere. For magic will be possible only from the freedom of condition and direction. Magic only arises from the power that unites all forces.

ME: One of the beings told me: "you must become the Magician." What he wanted to say?

I AM: "Maghush", in the Persian tradition: "he who is capable." From Indo-European "magh", meaning "ability". Magicians were the people capable of using matter, density, elements, shadows, having full awareness of light, of the divinity in all things, of the essence that unites everything as One. The Magus was an alchemist, which through chemistry towards the unthinkable, was the one who turned the invisible into the visible, the one who understood the laws of the Universe. Magic is for us to do a trick that amazes others, true magic is to awaken the awareness that we are all capable of doing whatever. The power of creation lies in each individual, the capacity for manifestation, expression, transcendence, the divinity that sleeps in you can awaken in your life. But to be a creator, there is no need to be afraid. It is essential that a magician transcends the fear of burning fire to know that it illuminates. It is essential to understand that the water that drowns is actually the rain that gives life. That the wind that destroys trees and houses is the same air that you breathe. Understand that the land that hurts and makes you suffer with its weight is the same that provides food and a home. A Magician sees the potential of shadow and light alike, understanding that there is no good or bad, that there are no demons

or angels, that the war that many fight is absurd and cyclical, since they will never win the battle from duality. The magician finds the truth in the essence of things. You are able?

ME: I feel capable. I know that I can do anything. My pedagogical soul is the one that sometimes fearfully tries to use personality so as not to scare or confuse the students who listen. It is true that I fear changing so much sometimes that they do not recognize me, or that they think that "something went to my head", an idea that distances me from others.

I AM: Nothing that goes to the center takes you away from others, but puts you equidistant from everyone. The more you are in the center, the magic will emerge with your ability, that is, your abilities, and in reflection, you will invite others to ignite this ability. Those who head to the center will find its magic. The Heart of the system is unconditionality, when there is fear and prejudice, the condition coexists, when you see a dark demon reaching out to you from the shadows and instead of shining and giving it to him, you deny it because you consider him an enemy, you do nothing but nurture the duality that will transport you to the incessant void. Not reaching out to a drowning murderer naturally makes you a murderer. And the cycle continues. In the heart, there is no condition, only love, pulse, because justice comes in the acts we perform, not in the ideas we impose. Capaz comes from the Latin "capax", from the verb "capere" which means "grab, take, take, pick up", thus being able is the one who has the ability and predisposition to take everyone's hand, to grab everything that is out there, to collect all the fruits, all the tools, without judgment of them. The magic, then, lies precisely in the ability to collect what the world gives you to create something new. You are able? it lies precisely in the ability to collect what the world gives you to create something new. You are able? it lies precisely in the ability to collect what the world gives you to create something new. You are able?

ME: Yes, I will, I am. Magic runs through my veins. I always thought that magic was what made me channel, or cause the rains and situations that many have seen as magical in my encounters, paths, in my daily life. But I understand that magic was never rooted in a supernatural force, that Merlin did not prepare me to use the magic wand or a spell book with crystals and medallions, capes and staff. Now I understand that Magic lives in each one of us, and that magicians only come to remind us. His words resonate with me: "Remember, remember, remember" ... We are all capable, "magic does not exist, living is magic."

SOY: And when you close your eyes and see everything you can do, you will ask yourself: how do I achieve it? Well, as we said yesterday: for a seed to germinate it needs the same soil that oppresses it. Light and Darkness, the subtle and the gross, are what make a tree bloom, bear fruit and expand new seeds.

ME: The magical arts involved using the tools of shadow to create light. "We are at your service if you see us as your brothers," said the dark one. "Dare to look me in the eye, honor me by showing you your conflicts, and I will give you the solution." "But if you see me as your enemy, I will not hesitate to occupy that place you have given me." His sentences are coherent, they do not hide anything, the shadows contain the tools, what the magicians called chemistry, subconscious, ceremony, ritual, spell ... And their result was clarity, healing, vision, light, resolution. .

I AM: Magic is only possible beyond judgments, and therefore, it awakens in the Heart, which pulses and unifies everything from and in the center.

ME: All humans marvel at magic, they all adore the stories of wizards, witches, beings capable of doing incredible things, but at the same time, everyone is afraid of them ...

SOY: The culture has made you fear them, because it is easier to control a few magicians than thousands waking up all over the world. Millions of magicians, of capable individuals, would create a new Humanity.

ME: But to awaken the magic ...

I AM:... you must love unconditionally from your I Am.

ME: That is why they invite us to face our own shadows in the mirrors of darkness... Embrace our own demons. If demons are matter-creating entities, having fullness and clarity from them will allow me to create realities.

SOY: So you discover from where the power that has been taken from you comes from. By taking them away from the shadows, from matter, making them fear the interior of the world, calling it Hell, they have made sure that you never look inside, where your own demons reside, and thus never discover your own power.

ME: Who did this?

I AM: Ancient social and religious policies, faced with the need to impose an empire, appeased and eradicated the inner power of the individual in order to eliminate their capacity for creation, calling them sorcerers and witches, heretics, those who did.

ME: But from the vision of Unity, what was the purpose?

SOY: If we go to the essence, it was simply the social fear of chaos that gave power to a few out of fear and bewilderment. It was not oppression, it was delegation of power. How to hire a guard while you sleep. The guard, in his eagerness not to lose the job you have given him, will do everything possible to keep you sleeping, but it was you at first when you needed someone to take care of you in that state of weakness. All Humanity became weak and hesitant, giving power to religions and governments. Thus, his strategy was to eradicate the power within. And since the creative forces of existence have strange, animistic, vegetal, psychedelic forms, all forms of the subconscious that unite us to the history of the Earth, what they did was to disconnect everyone from that earth calling it Hell,

YO: So this is why historically we are afraid to close our eyes, to speak of darkness, of demons, for a cultural mandate ...

I AM: You must transcend culture to find the essence. The magic that lives in you is the ability to create, but if you fight against the natural forces of creation as if they were your enemies, you will never be able to create anything. So don't be a hypocrite, and stop thinking that you've come to Earth to be a warrior of the Light. It is your time to take control of the truth: We are all One. Take responsibility, stop talking about black and white.

ME: I am a Gray Man. This reminds me of Gandalf the Gray. In the mythology of the Lord of the Rings, magicians have different ranks according to their colors. The white wizard, Saruman, appears to be from an already enlightened order of wizards, but is nevertheless the one who sells his soul to the Dark Lord.

SOY: Simple, because opposites attract. Whoever gets very close to the light, realizes that the Sun burns and destroys.

ME: The word Gray is related to the short and stubborn aliens who say they are bad for humanity.

SOY: Do you think that all black people are thieves and rapists?

ME: Of course not.

SOY: So why attribute evil to a color? It's called Spiritual Racism. Grays are called grays because people see them with that skin color. A Gray Man or Woman has nothing to do with short aliens, it has more to do with Gandalf, a wizard who lives between two worlds, between the world of the dwarves and the hobbits, knowing

the power of shadows, and collaborating side by side. with the creatures of all the Midlands with a purpose of wholeness and awareness, of freedom and love. Balance.

ME: To be a Gray Magician, then, is to be Able to manifest in Balance.

I AM: Welcome to the Shadows, Welcome to the Light, both pulse and impulse of the beat of your Heart, the only place from which you can awaken the true Magic.

ME: I wish to become a Gray Wizard, for I Am. Another question about Magic ... There are people who have told me that I am part of the "Cabal", what does it mean?

I AM: You may know him if I name him this way: "Kabbalah."

I ah! Kabbalah, the mystical and esoteric study of the Hebrew Torah.

I AM: When Moses received the messages from God on Mount Sinai, he transmitted his truth orally. It was said that the truth could only be spoken, for God creates through the word. Thus, Kabbalah (which means "to receive" in Hebrew) would be the way to transmit wisdom, and the Torah, written knowledge. Mystical scholars used to understand that all life is a word of the Divine, and they could see in plants, animals, stones, all the truth of God. This was against the Hebraic and Christian traditions, so the Kabbalists had to hide, becoming a secret society. Haunted by centuries, the Hebrew traditions were taken as political plots in which anti-Christian mystics worshiped the devil in the form of animals and plants, trying to bring down governments to control the world. So,

YO: It amazes me that people instead of investigating history are launching themselves to criticize others with words that are not insults, but basically to say Cabal as an insult is almost openly called Antisemitic.

SOY: You have to immerse yourself in your own shadow to see the story. And many are very comfortable creating enemies so as not to take responsibility for their own hardships.

ME: Well, now I know that when they tell me that I am part of the Cabal, I will be able to say: yes, of course, because it is no longer necessary to hide the love for creation and the philosophy of the manifestation of the I Am. I am the Magician, I am the Magic, I am the ability to Be who I am. And my word is Creation.

I AM: Abbrakadabrah! (I am a creator as long as I speak

95. Anguish

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



ME: Speaking of the importance of going inward, when I immerse myself in myself, I find only one great emotion that encompasses my entire inner being, perhaps the one that most defines my inner world, enveloping my essence, and that is Anguish. Defining what you feel is strange, because it comes from many emotions, which I cannot relate to each other. Sometimes it invades my whole being causing me to fall into a crushing depression that can last a day or a week.

SOY: What do you feel during that time?

ME: As if I was short of breath, I can't move my body, and everything loses meaning, it becomes cloudy, nothing is clear. It is like looking outside without seeing what is there, with a lost look. Desire is lost in all senses, the sensation is like plunging into pain without logic, without reason. Sometimes I try to understand the origin, and yet there is none. What is Anguish?

SOY: First of all, Angustia comes from the Indo-European word “angh”, which means “tight”. Etymologically, it describes the fact that more than one thing is tied and tightened against the others, becoming controlled, narrow. Imagine then, sadness, melancholy, anger, rage, love, euphoria, pleasure, joy, all of them, that move through your body, being caught, tied by a noose, and pressed one against the other. None can move, they just remain still, static. If the energy does not move, everything that previously mobilized you ends in silence, generating a sensation of existential emptiness, because existence is movement. Thus, anguish surrounds the essence, because it is the last negative emotion that you find on the edge of neutrality.

ME: In other words, anguish, unlike melancholy and sadness, does not have a reason for being, does not have an object of reference, but is the sensation that occurs when all the others are united to the limit of existence. to return to the center ... This explains why people live an anguishing nonsense that we cannot relate to anything when we get closer to the truth of our being. It is as if nothing has meaning, not love, not struggle, not purpose,

not sharing, nothing. Everything becomes irrelevant, and in a second you can feel all the emotions of your life, without leaving one outside, but they all have that same color, that same aroma, the anguish.

SOY: Do you know the astronaut syndrome?

ME: Which one?

I AM: Solipsism. It comes from the Latin "solus" (to be alone) and "ipse" (oneself). The syndrome speaks of a person who distances himself so much from the reality in which he lives that he has to believe that nothing else exists than oneself. That everything is a dream, that everything you see exists only in the mind. Astronauts, cosmonauts, are the ones who most present this psychological pathology, because when seeing the Earth from outside, being able to feel the empty space around them, and live the experience that all the things they know are only in a small sphere, they carry for the person to consider that perhaps nothing exists, that everything is a dream, because where he lives there is no time or space. This envelops the person in an anguishing depression of unmanageable loneliness, which distances them from other individuals, from normal life on Earth, making them lonely, hermits,

ME: It sounds to me like what we have talked about going inward, to the mind, which is only one ...

SOY: Exactly. Solipsism is experienced by those who go very far, into space, or by those who go very close, within the soul. "As above, so below". The Law of Correspondence will remind us that going to the Moon or Mars brings us the same sensations as going to our Heart. For in both directions we approach the whole, where time and space lose meaning. And therefore, everything that inhabits them will also lose you.

ME: There is no longer logic, because you enter illogic, there is no point of reference, only I and my perception of things exist.

I AM: Anguish is the last emotion that is felt from the human world when touching the great black hole of the essence, of the I Am.

ME: But when we say that something causes us anguish, like seeing hunger in the world, or a war, or something that produces disgust, people use anguish to refer to an indefinite state of discomfort, discomfort, sadness.

SOY: That's something else. It is not Anguish. Anguish is like the thin layer that separates the spiraling chaos of the hurricane with the gentle stillness of the eye of the storm. Anguish has no direction, it has no purpose, it has no logic, it has no object on which to project itself. A war does not produce anguish, anguish can only be experienced by those who have survived the war, who without thinking about the war, cannot look to the future or the past, they cannot perceive a specific emotion, since they have lost all of them. Whoever watches a war or something disgusting, only feels aversion, sadness, anger, discomfort, but not anguish. Anguish does not have a focus of attention.

ME: And how would you define the anguish caused by remembering the past?

I AM: Melancholy. From the Greek "Melas" (black) and "Kholis" (bile), it represents that visceral emotion that makes you see everything black, that prevents you from seeing ahead, and you can only feel inside. Melancholy is related to the emotions linked to the ancestral and visceral, to the bonds that still weigh because you have not been able to get rid of them, therefore they return in the form of vomit, something unprocessed, unremarkable.

ME: In 2010, it was the first time I came to Egypt, I needed to be here, I wanted with all my might. My guides warned me not to come, they said that I was not prepared to face the current reality. But I did not follow his advice and came. I cried every day, and it was one of the worst trips of my life. I had a fever, diarrhea, vomiting. Every place I went awakened pain in me, memories. I thought that the past gave me anguish, but now

I understand that no, that it was melancholy, sadness. For years, through my memories, I felt these emotions in me, that idea of "all time past was better." I realize that I could not digest my current reality, I could not process in my stomach what my eyes saw today, because what I experienced no longer existed. Melancholy made me sick from a very young age, leading me to constant emotional depressions. Every person I remembered, country I felt, all had something that I had not finished digesting yet. "Black Bile". But every so often, when I connected with the Universe, with interdimensional memory, the emotion was different, there was nothing, there were no sensations, there was no one to cry for. I was trying to search in other dimensions for the same thing I could feel here: longing for someone, loving someone who had had to leave, feeling anger for some enemy from another dimension, or attachment to some entity ... the memory of the cosmos, the fewer emotions I felt, the fewer beings existed there to be missed. There was no attachment, there was no emotion. And the sensation stopped being melancholic, because there was nothing to process, faces, kisses, caresses, laughter, nothing, I only felt pulses, and they all led me.

I AM:... The Anguish...

ME:... the Anguish... there it was, the moment I remembered that I was Everything, that Everything was Me... "I am that I am," he said, I said to myself, it resounded in the Universal Mind, and I felt very alone.

I AM:... Solipsism...

ME: Without feeling any emotion, I could perceive that nothing existed other than me and my thoughts, I could feel at that moment the great universal oxymoron: the full emptiness, where all are one and one is millions. And there I felt the greatest anguish of all, knowing that I was everyone, that nothing else existed. Suddenly, I even felt fear, but it immediately vanished in the centrifugal force of anguish. Nothing made sense, as my mind had given it to him.

I AM: The Universe is a polarity that does not arise from two aspects, but from oneself. As you have said, the Universe is an oxymoron, born from the Greek words "Oxys" (sharp) and "Moron" (blunt), therefore, an absurd concept that in itself contains dualities: "deafening silence, eternal instant ... ", Which reminds you of the feeling of uroborus, something without purpose, without end, in which its very duality is a mere perspective from unity. If emotions are pulses of positive and negative energy that swing in the polarized cosmos, then the way to get to the center and unity of things is only through an emotion without purpose. What is the universal oxymoron par excellence?

ME:... "An anguishing love"...

I AM: When the Universe expands, you can only feel love, because love is the emotion that connects everything, that manifests creation towards the external, the positive. But when separate creation seeks to return to the center, unifying things, it goes the other way, towards the integration of the expanded, looking for the interior in the form of a negative. Thus, he uses depressive anxiety to find the center.

ME: So the anguish felt on the spiritual path is a way of knowing that we are unifying all things to find the center of the cosmos ... right?

I AM: And in that moment, you see the eye of the hurricane, peace, plenitude, harmony, Love. The culmination of anguish is that moment in which you recognize: "If nothing makes sense, then I have given it meaning me, then the only solution is for myself to give it a new meaning again. "

ME:... And I become the Creator.

I AM: As in vibration waves, for a wave to advance and expand, it needs moments of low and high frequency, in which the waves contract or distract, when curves, valleys and hills you call, concave positions and convex.

The concave position of a wave (up the hill) implies a positive point of expansion, while the convex position (down the valley) implies a negative depression. The movement of light at high speed is due precisely to this position. If you want to propel the light through a straight cable, you will need a great initial impulse force to get it to the other end, otherwise it will lose clean and jerk, stopping midway. But in a spiral cable, the light, its particles, will resume jerk on each new descent, propelling the next one, increasing its strength instead of losing it. Now think, then, that depression has an overwhelming logic: to help the expansion of light.

ME: Sure! In other words, every process of internal crisis, of a dark night of the soul, of anguish, is nothing more than the convex curve of the Universe pushing itself to create. That is why many artists are depressive, because that way they manage to find more wealth in the inner world.

I AM: In a world of external productivity, factories, fields, hard work, depression, anguish and sadness are seen as weaknesses, a loss of strength useless for work. This has classified them as mental pathologies, and has made everyone try to avoid denying them. Fear of these emotions appears, and this wears out the person. Who does not dare to live his inner world in depression, cannot find his truth. The fear of falling into that uselessness has turned this process into something lasting and meaningless, a trap for the mind ... But if you know what it exists for, then it becomes useful.

ME: Well, Anguish is the other face of Love. Two emotions that make up the unique force of Creation. The Full Void.

I AM: The next time you see the Anguish envelop you, do not escape from it, just remember that it is that strange sensation that occurs in your organs when the descent in a roller coaster approaches, but you know well that after the descent, there is no more to climb, that at the end of the tunnel, there is always light, because without the darkness that surrounds you, you could never identify it to shine.

ME: When I feel the anguish of nonsense, I will immerse myself in it, with the desire to find myself, with the desire to wake up. It is difficult to submerge, I know, like jumping into a lake of cold water, but in its piercing coldness, it is where I find the activation of my expansive inner heat, the pulse that is activated, the energy that is exalted. Anguish then, stops being my prison to become my catapult towards Love.

I AM: The starry sky that you see above you is due to the dark night, in the same way that the brightness of your soul is visible by the darkness that lives in you.

ME: I am the Void in Fullness.

96. Confusion

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



ME: Many people usually comment or ask me about topics that are heard in different media, such as conspiracies, hidden governments, plots, entities that control us, the matrix that dominates us, channels that speak of the struggle, the end, catastrophes, and on the other hand scientific or historical discoveries, or errors of interpretation, or about political conflicts, about the pandemic ... And sometimes I don't know what to answer or how to really help. Well, each song is like a Pandora's box that incessantly opens more and more conflicts, versions, interpretations ... Sometimes I feel that living in this world is desperate.

SOY: Things were simpler when the information was from a few, right?

ME: Yes ... Before there were few people who studied and researched, and their knowledge passed to a library and university, where some went, and the others trusted. There was clarity, tranquility ...

I AM: Ignorance is the greatest comfort factor for the ignorant. Ignorance is the greatest freedom for an irresponsible person. Knowing implies responsibility in decision-making and action. The key to the calm of the towns is the lack of information. In the same way that when you need to find peace and calm in the face of so much stress, what you do is meditate, silence the mind, silence the thoughts, leave the mind blank. Meditation, by emptying unnecessary data that you were processing without logic or practicality, helps you focus your energy and attention on a single point, and from there it frees you from pressure. Therefore, biologically, the masses choose to be ignorant, for comfort, for peace.

ME: It is almost contradictory to what we might think.

I AM: Think about it. Before there were wars, but the conflicts were clear: food, security, housing. These three crossed culture, education, politics, economics, religion ... The focus was clear, the problems were local, and they affected a specific community where everyone shared the same race, ethnicity, culture, tradition, language, faith, ideology, history ... All this changed with globalization and connectivity. Individuals went from being unknown in the masses and communities, and became someone with a word, who could access all information and also share it. Information ceased to be linear or hierarchical, and what we call "Networks" began to be built.

ME: Internet ...

I AM: Free press, free communication, free opinion. Do you know what the problem was?

ME:... Education for sure...

SOY: Exactly. In the 18th century, when factories were created with the Industrial Revolution, the peasants moved to the cities, and factories of people had to be created: Schools. "Skolé" was a military-type institution in Ancient Greece, where Hellenic peoples were indoctrinated to follow the laws. Public schools would create indoctrinated workers, where instead of educating people, data was taught. Instead of educating to philosophize

and reason, they were pressed to memorize information. This same system persists today. The educational institutions for the children of nobles, kings and bourgeoisie became Universities, and only these had access. With the secularism of the Republics after the French and American revolutions, the Universities also opened up to the world, but maintaining a feeling of Skolés. Thus, from a simplistic humanity focused on the 3 basic needs (food, security and housing) during the last 10,000 years, in just a few decades, it became a humanity inundated with data and information that they could not relate to their daily lives. For 250 years this system was maintained, and in the last 50, new technologies made an abysmal leap: going from a simplistic humanity used to receiving data, to a non-conformist humanity with the possibility of downloading and uploading data to a network of millions of individuals. In the last 10 years, more information has been shared than in the last 300,000 years between free individuals without intermediaries, that is, in all of human history. 000 years, in just a few decades, humanity was flooded with data and information that they could not relate to their daily lives. For 250 years this system was maintained, and in the last 50, new technologies made an abysmal leap: going from a simplistic humanity used to receiving data, to a non-conformist humanity with the possibility of downloading and uploading data to a network of millions of individuals. In the last 10 years, more information has been shared than in the last 300,000 years between free individuals without intermediaries, that is, in all of human history. 000 years, in just a few decades, humanity was flooded with data and information that they could not relate to their daily lives. For 250 years this system was maintained, and in the last 50, new technologies made an abysmal leap: going from a simplistic humanity used to receiving data, to a non-conformist humanity with the possibility of downloading and uploading data to a network of millions of individuals. In the last 10 years, more information has been shared than in the last 300,000 years between free individuals without intermediaries, that is, in all of human history. go from a simplistic humanity used to receiving data, to a nonconformist humanity with the possibility of downloading and uploading data to a network of millions of individuals. In the last 10 years, more information has been shared than in the last 300,000 years between free individuals without intermediaries, that is, in all of human history. go from a simplistic humanity used to receiving data, to a nonconformist humanity with the possibility of downloading and uploading data to a network of millions of individuals. In the last 10 years, more information has been shared than in the last 300,000 years between free individuals without intermediaries, that is, in all of human history.

ME: Only 10 years in an uneducated humanity. Just teaching.

SOY: Downloading information is not the same as uploading it. There is a lot of responsibility in sharing what you know.

ME: Yes, I always think that, that anything I say can be wrong, or I can be wrong, or it can be misinterpreted by others. Because education is a lifelong thing, we will always be perfecting ourselves and it is difficult to simply accept a piece of information as real the first time. It is a great crossroads.

SOY: Not bad, it's practice. But there are many more years to go to know how to use what you have. The networks are being misused, because the only thing that humans have done is to project their three basic needs into millions of data: eat, live, security.

ME: Yes, it's true, because everything that is discussed, talked about, is related to these three concepts, even if you talk about the Matrix or beings from other dimensions, it is as if the data and information have become more complex, but the essence is the itself.

SOY: Because without transcending the idea of security, the idea of housing and the idea of food, no matter what you talk about, everything will return to the same. That is why today humanity eats information, but never digests it. It is so much that there is no time to process.

ME: That's why there is so much confusion ...

I AM: The more information, the more misinformation.

ME: Why does this happen when it should be the opposite?

I AM: Confusion comes from the words "with" and "fusion", which in turn comes from "merge", that is, it refers to the mixed unification of many concepts. Perhaps all of them are true and real, but when mixed they are no longer clear and their logic, origin, truth is not understood. Imagine that you put different paints of the 7 colors of the rainbow in a jar of white paint and start to mix it gently. You will see how the colors that you clearly interpreted before, are becoming different things, that you can no longer interpret or identify their origin. Well now imagine that each individual on Earth has a color, and that the Network is the white jar. The more color, the more information, but if all that information is driven from unconsciousness, it will end up merging, ceasing to be the original to become something distorted.

ME: Humanity is probably experiencing one of its greatest periods of confusion. Both external and internal. Well, what I notice is that there is so much information in the media, on the Internet, in books, in schools, on social networks, it is what we channel, in researchers ... We all have something to say, and we all have the need to listen after millennia of not listening. We left the state of comfort, and now we do not know how to find it again, because we ourselves have become entangled in a computer trap. We can no longer say what is real and what is not. We have reached a point where the time of greatest information in history is also the time of greatest ignorance.

I AM: Because the human was not educated to think as a Human Being, but was taught to reason as a Social Person. They forgot the detail that the human is an emotional being that expresses, not a mental being that absorbs. Therefore, everything that is absorbed is translated on an emotional level into imbalance, key to chaos and inner confusion.

ME: How to solve this?

SOY: Confusion has a positive part to play in all of this. A human people in need of answers will do everything to find the truth. When free humans begin to produce different possible truths, the human begins to be overloaded with information, collapses, and enters a period of confusion produced by the external world. He loses confidence in what he sees, reads and hears, and decides to go the other way: inward. Close your eyes, take inspiration from yourself, and hear your own inner voice. The confusion of the external world has confused the entire world, collapsing it to the point where there is no other option but to find the truth in oneself, because if outside I can no longer distinguish it, then only the inside will remain. Here begins the journey of awakening consciousness.

ME: But this can lead us down complicated paths as well.

I AM: Sure, because this process has two faces: the Unconscious and the Conscious. The Unconscious will choose Ignorance as an escape from confusion. Who is happier: the wise man who knows the truths and recognizes himself responsible for them, or the ignorant who does not know all truth and denies himself responsible for them?

ME: The Ignorant... because he has found a comfort zone in ignorance. Furthermore, for the wise the goal will never be happiness.

SOY: Very good! Therein lies the most important thing. The wise do not care to be happy, because happiness is a hormonal state needed by the body that seeks security.

ME: Would you say that seeking happiness is a path of ignorance and unconsciousness?

SOY: Without a doubt it is. Well, it starts from a biological and cultural reaction, not spiritual or essential. The Unconscious Way, then, will seek to ignore what it hears outside and create its own story, the one that best fits into its systems of values and beliefs. The Conscious Path will go inward, to discover the void, and in doing so it will open its eyes and will not take any truth as its own, nor will it invent its own version of the facts, but will search in all external truths for the tools capable of bring its truth to the practical and useful in the common, in all humanity and in harmony with the planet.

ME: So from unconsciousness, confusion leads us to ignorance and the construction of our own history to which we cling out of need for security. And from consciousness, confusion helps us find an inner path rich in harmonious solutions for the outer world ...

SOY: In what way do you prefer to be confused?

ME: Consciously.

SOY: So everything you hear about the world, don't take it personally. Nothing is personal. Well, nothing really is real. Not even that which is. You can't base yourself on external truths, but you know they don't exist. You can only build in fusion of common truths, those that seek harmony with the whole, those that do not fight but build. Take the moments of confusion as a warning from the mind that it is time to meditate, to go within, to find balance. Confusion is your ally on the path of awakening.

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

SOY: And from there he was able to share. Doubt is the key to any statement, not the other way around. It is the question that awakens the way to the answer. It is confusion that invites you to seek clarity and order in a world of chaos. Make your weakness a strength, your shadow your greatest beacon of light.

ME: Confusion has nothing to do with Confucius, does it?

SOY: If you speak of the word, no. Confucius is the Latinization of the name of the master and philosopher Kung Fu Tze, from China, who left the foundations of a philosophical doctrine to find this harmony in times of chaos and confusion. His advice was helpful in bringing balance, and this is where you will notice that only by nurturing the people of the right questions will you awaken the conscious answers that lie within.

ME: The doubt, the question, as in Kabbalistic Judaism, as in the Greek education of the agoras: it is the confusion of the external world that awakens the will to find the answers in the internal world.

I AM: Contemplate then the confusion of your world, and you will know what questions you must ask yourself to find clarity. Quiet your mind, don't think, feel, breathe in, breathe out, meditate, recognize your environment, recognize that everything is a perception building possible truths, and launch yourself to build yours with the intention of harmony, where there is no polarity, duality, struggle, but integration and pragmatism.

YO: I see that for the spiritual world, the pragmatic is very important, that things are practical. Why?

SOY: Because practical comes from "prasso" in Greek, which means "to finish what I started". Things that are not finished are repeated, like ideas that fly without being manifested. That which you do not manifest, which is not useful and perceptible by the 5 senses, will not be useful for the spiritual world.

ME: If it's not practical, it's not useful ...

SOY: That's right, therefore, do not take the chaos and confusion of the over-information of the world as a mental weakness, but as the will of a species to become aware without the proper education. Teach and you will have an obedient society, Educate and you will have a conscious humanity.

ME: I will look at my confusion with different eyes now ... It is time to Educate ...

SOY: And for this, you must leave the school, and enter the soul.

97. Poison

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



ME: Whenever I have had the opportunity to see the sculpture of Laocöon and his sons devoured by snakes, a strange feeling invades me that takes me away from the story that tells this fact, and leads me more to think of something more metaphysical than myself. makes you feel a bit uncomfortable.

SOY: What is your story?

ME: Laocöon was a high priest in Troy, a famous kingdom on the northwestern shores of Anatolia in the Aegean Sea. The story of its end is what everyone still knows: the prince of Troy, Paris, falls in love with Helena, daughter of a Greek king, an impossible love, which makes Helena decide to leave with Paris. The Greek king would have asked Helen to return or would start a war against the Trojan peoples. But they themselves decided to respond in the name of love and there was no choice but to advance against Troy, a story we know from Homer's "Iliad". Despite the efforts of the Greeks, Troy seemed to win, so a soothsayer, Calcante, had an idea, feign surrender by delivering an offering to the city: a wooden horse, but that inside it would hide Greek soldiers who would open the city gates to the army from within. Laocöon was the only one who shouted in front of everyone warning of the trap, supported by his children. But then, two sea serpents, sent by Athena, devoured them in front of everyone, which made it clear that Laocöon seemed to be wrong. The horse entered, and well, the rest already know it ...

SOY: This is the myth. And what was the truth of the story?

ME: I suppose that the advance of the Persians on the Hittite territory in Anatolia caused insecurity in the Achaean peoples, and all the Hellenists, Greeks, decided to create a kind of barrier and defend the eastern islands and the Bosphorus channel, so do not them there was no choice but to try to take those lands to defend their interests and security. Laocoon was perhaps warning that the Greeks claimed to bring security, when in fact they planned to keep the territory. It's like, what promises us to do good but ends up being exactly what hurts us.

SOY: Like eating sugar, flour... It fills your stomach, it makes you feel happy, but it poisons you.

ME: Yes ... Everything we consume in the world today is like the Trojan Horse of the Greeks, everything is dressed as something that does good but ends up doing us badly ... When I see Laocoon and his children, I feel that feeling, like that who wanted to say: "Hey! Be careful that this could go wrong! ", but that he himself was eaten by what he said, and therefore no one believed him, and everything went wrong.

I AM: "Do what I say and not what I do."

YO: Yes. Beyond the story, the myth, and the fact that it explains a war situation, the perfect sculptural work by Agesandro, Polidoro and Atenodoro de Rodas some 2000 years ago, something very personal and metaphysical continues to awaken me, as if artists would in turn have summarized the history of each human, dying from the bite of their own internal poisonous creatures. The detailed face of suffering of the three characters, show the pain beyond the attack, but of having lost faith, of being defeated by the same gods they worshiped, betrayed by the same people they tried to defend, consumed by their own beliefs, emotions and actions.

I AM: In history, many philosophers, heroes, leaders, teachers, have been poisoned, reminding us in mythology and facts, that in most cases, the first poison is created inside.

ME: What is that poison?

SOY: Are you ready to find out what poison means?

ME: I guess so ...

I AM: Venom (Venom), is known to be a corrosive and destructive chemical compound of life that paralyzes and leads to death. It is a defense weapon of many creatures, such as the snake, the spider and the scorpion, who use these toxins to defend themselves or paralyze their victims and eat them with peace of mind. Thus, this word has for us a negative and destructive connotation of life. However, you will see the paradox when you know that poison is the origin of the word "Venus".

ME: The Roman goddess of Love?

SOY: Exactly, and do you know why?

ME: Clearly not ...

SOY: Because Poison comes from the Indo-European "wen" which means "love".

I eat!?

I AM: What you hear. It seems incongruous. Truth?

ME: Absolutely ... but, I don't understand why ...

I AM: The very word poison gave rise to the word "venerate." Venus and veneration are similar, because one venerates what one loves, what one admires, venerates gods, people, couples, loves, objects, places ... But the Venusian is not only related to pure love, but to all kinds of love, sensuality , sexuality, possession, attachment, the tender, the virginal, carnal, the taboo. The tenderness and pure virginity is represented by the Deer in Spanish, a word that also comes from "wen", but in its darkest aspect, it also gives rise to the term "venial". Venial refers to all that is sinful, lustful, the carnal errors of the blood, that which is unforgivable. The concept makes us see the negative aspect of poison, what it destroys. For ancient cultures there was no such thing as Good and Evil in an external way, rather, evil was interpreted as the inner poison of the person. The same blood that we carry inside can give us life or destroy us inside. In this way, life and love can also be understood as death and hatred, since they are not external opposites but internal expressions.

ME: You create your own poison from what you love ...

SOY: Tell me, who really started the Trojan War?

ME: Paris ... for his love for Helena ...

SOY: And tell me, how did you find Helena?

ME: Looking for the most beautiful, looking for true love ...

SOY: And who was capable of giving her that love?

ME:... the Goddess of Love... Aphrodite (Venus).

SOY: Do you remember how Aphrodite gives Paris such a woman's love?

ME:... Oh! I already remember it! "The Apple of discord"!

I AM: Eris, the goddess of dispute, created a beautiful apple destined for the most beautiful in the world, which was awarded both Hera, Athena and Aphrodite. To get out of the dispute, they decided that a third party would give their opinion and make the decision, and they chose our friend Paris, prince of Troy. The three of them offered Paris things, Power, Wisdom and Love, respectively. Paris chose Love, so Aphrodite kidnapped Helena, the most beautiful woman in the world, for him.

ME: Love was the Poison that started the War ...

I AM: In the ancient interpretation, the sacred trinity that every human must recognize is Will, Wisdom and Love, the three goddesses. The bone of contention is in the constant dispute that individuals make to devote themselves between what they will put as the main motivation of their lives. The Power, the Will of Hera, gives capacity for action, manifestation, pragmatism, the realization of every objective in life. The Wisdom and mental strategy of Athena leads to a calculating mind, outside of emotions, that can foresee all future movements, giving understanding in existence and glory in consciousness. The Love of Aphrodite encompasses all the emotions, the feeling of fullness in life, the unity of all things, and in turn, all the comforts and pleasures of human life. Humans often choose Aphrodite, because his gift is immediate, pleasant, related to the long-sought idea of happiness. But feeling love without having inner power makes us live for others destroying our own lives. To love without wisdom is to live in disorder, because energy does not have a specific direction. In the same way that having power without love makes you selfish, that wisdom without love makes you a frivolous calculator. That power without wisdom makes you a tyrant, that wisdom without power makes you useless. It is a holy trinity. But nevertheless, Love turns every emotional and energetic base that mobilizes your wisdom and will into fuel or poison. Thus, for the ancients, mismanaged love is the poison of the soul.

ME: Wow... it makes sense. As in a snake or scorpion, the very thing that saves their lives is what can kill them. They carry within themselves the death sentence of others and of themselves if they do not know how to administer the doses.

I AM: Everything is based on harmony, coherence, knowing how to use inner power in a balanced way. We all carry a poison inside us, because we all have mismanaged love energy.

ME: What would that be like?

I AM: Jealousy, control over the other, attachment, punishment, projections, emotional manipulation, addictions both sexual and drug addiction, anger, resentment, hatred, pain, desire for revenge ... All of this is poison that once was love.

ME: How do I make my poisons pure love again?

I AM: You must first accept that the poison exists in you. That the kundalini serpent is not flowing in your favor, and has curled around your waist biting your sacrum as it happens to Laocoon. Then, you must identify what is that poison that eats away at your life. Thus, you must identify when you have lived it, when was the first time or circumstance in which you felt it. And there you will discover that it was born from a failed love, that is, from something that did not meet your expectations of feeling happiness. You expected to feel, and something stopped it, a thought, idea, belief, situation, emotion, circumstance, something changed or did not go as expected, leaving a void that needed to be filled with something, and that something became your poison. That sinks you, into the dark and dirty waters of the subconscious ... And that is why today I advise you that before sleeping,

I will do it. So I understand that poison is mismanaged love, and that when people say: "you have to eliminate that poison" or "he is a poisonous person" or "he swallows his own poison", and all those phrases, you have to rethink them recognizing that we have created this poison ourselves to defend ourselves from something in which we feel weak, due to lack of love. Like the snake, the spider and the scorpio, they created poison in order to supply tools that they did not have, and in this way they could protect themselves. "If the love I seek does not allow me to radiate, then I create a poison to take care of myself", it would be the logic of the body ...

SOY: The mind has created stories and myths to remind us of our greatest regrets, therefore, in the legends are the maps to psychology. Myth comes from the Greek word "mithos" and means "story", that is, words that become action. Psychology, comes from the Greek "Psijé" (soul) and "logós" (knowledge), that is to say, that myths are the words that narrate what the soul knows. Never take them literally, because their narrators told stories that only the soul of a poet in love could understand. That is why now you know that the story of Laocoon hid what your soul felt and your mind could not explain: the frustrating gaze of someone who suffers the betrayal of wisdom and will in the hands of love that, without awareness or empowerment, becomes the poison of the soul.

ME: Now I will look at the sculpture with different eyes, as well as at my own weaknesses and poisons. I will put all my intention in recognizing you, and from there liberate you in consciousness and empowerment, returning you Love again.

I AM: Meanwhile, humanity will continue to fight for the Apple of Discord ... trying to identify if Will, Wisdom or Love is the most beautiful thing in life, creating meaningless wars, until the day they see that all three they were just as beautiful and beautiful, and that the apple can always be shared.

98. Crisis

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



ME: During the alignment yesterday, a Serpent master spoke. His presence is already familiar to me, and every day I feel more how he is about to collaborate with our network. He was the first dark person who came to help us on our Initiatic Paths along the Nile, and he taught people what Unconditional Love truly means. Many always hope that he returns, because he is very direct in what he says, and yesterday he was, as always. He reminded us that the reptilian brain is the one that knows how to survive in this world, and that if we want to learn to live in harmony on Earth, the first thing we must heal and integrate is that brain, based on hunger, security, survival, the reproduction. Most of us who walk towards the light and spirit of consciousness, we tend to move away from these 4 concepts, which is why they are the main ones to appear as conflicts. The masters of darkness say: "look at us, and listen to what we have to explain to you." Sometimes I feel that in the spiritual world you want to start your house with the roof, when you first have to dig and lay the foundation. Every human is so immersed in basic needs that he does whatever it takes to cover them, without measuring the consequences, and in greed, he seeks power, control, accumulation of goods. The teacher yesterday told us bluntly: "You blame the reptilians for controlling their lives, but it is time to recognize that you are the reptilians." And that is a great truth, it is humans who act like reptiles, fighting for the most basic needs, as if we were still animals. He told us that if we want to transform ourselves we must change our skin, and they know how to do it. It is as if we are asking a pigeon for advice on how to crawl on the ground. Only a snake can explain that to us, and we are more similar to them than to doves. He said they will control our systems until we stop acting like children and start taking responsibility without blaming anyone outside for our own hardships.

SOY: He is right... In his own words: "You are precious gems wrapped in your own shit".

I know it. His words are harsh but clear. And this truth is overwhelming for most, because it takes us out of illusion, and makes us put our feet on the ground, recognizing that things are not going to be corrected by thinking beautifully, in the same way as a house that has fallen by a storm will not rise again with prayers. This is a breakdown of belief and value systems.

SOY: But a break that makes it grow. Like when you discover how babies are made, or that Santa Claus does not exist. When you have the first big argument with your parents; When your heart is broken for the first time. Or that moment when they betray you. When you have to move from school, home, city or country. When you have an accident, when you discover that what you have been told is not true; when you face your first epiphany, or your first awakening of consciousness... When you fall into the deepest depression.

ME: ... It's as if the mind, soul and body were broken in two... they split in the middle, a before and an after. Between consciousness and unconsciousness ...

I AM: It's called Crisis.

ME: How do you define the crisis?

I AM: It comes from the Greek "krinein" and means "to divide, to split, to separate". In the mind, the word "krinein" has given us the concept "criterion", that is, the ability to discern, to separate things, to classify them; having criteria is knowing how to understand things well and place them where they belong. In the soul we have the concept of "criticism", which speaks of identifying disparities, what is not correct, the harmoniousness of the unbalanced, and disseminates them according to the tastes, the sensory and therefore emotional perceptions of each individual. In the body, krinein has given us the word "crisis", that is, when we perform an action that separates the former from the later, as a path that ends and another that begins.

ME: But we call the physical crisis in the same way as the emotional and the mental... An emotional crisis, a belief crisis, a physical crisis...

SOY: Yes, because Crisis refers to the act of a cut with something previous. So it relates to every level where a cut happens. Every Crisis is an Opportunity to start over from 0, start a new path, but crises are not necessary.

ME: And why do we live them then?

SOY: Because no matter how much people ask for changes, nobody wants to change. To change things, it is essential that all the subjects involved are transformed, begin to modify their way of life, thinking, relating to oneself, others and the environment, as well as their daily activities. For convenience, no one wants to make a transformation. Cells cling to what they can, to what they have and have produced, as a way to ensure survival, therefore excess energy is accumulated in the form of lipids, so as not to discard anything. If I keep accumulating without transforming my diet, sooner or later those lipids will go to the bloodstream generating cholesterol and clogging the veins, causing a heart attack, which we call "change". Crises are changes, they are 180 degree turns that place us at the other extreme,

YO: In other words, the crises we are experiencing are because we have not been taking responsibility every day for the things that could harm us, and we wait at the last minute, where everything accumulated simply acts violently.

I AM: The transformation is a long journey that involves paying attention to each rock that you step on, becoming aware of where it takes you, and which rocks are best to sustain your walk. But if you run on the road, accustomed to it without paying attention to the moments of transformation that life demands to evolve, then one day you will trip over one of those rocks and fall face down to the ground, well in the comfort of everyday life and routine you will not see that the road is unfinished. That's where the road splits in two, the break.

ME: I've lived it ... several times ...

SOY: Tell me.

ME: Maybe my first big crisis was that day in school, when I was 12 years old, when I began to remember my past. Everything changed for me there. My guides were preparing me, but I did not pay attention to what they were saying with the necessary seriousness, and this changed my way of relating to the outside world, I became introverted, silent, ashamed. But that crisis led me to remember and know everything I know today. Another great crisis was in my 20s at the University, when it was time to start my mission and I refused, but life forced

me to leave it, since I began to channel in the middle of the class and lose control of myself, ending 2 times in the Psychiatric Hospital of Río Cuarto, moment that I understood that I had to go home, and there it all began when they called me to attend congresses, what made me known for the talks at the Ater Tumti. The next great crisis that marked me was during the Harwitum Way in 2012, where in the middle of the way I felt that I was not doing what I had to do, and I got sick, I entered a great crisis when I arrived in Finisterre in June, the end of the Camino de Santiago. It was there that I met Sobek in this life, and it was time to decide to just continue leaving others behind. After this, in 2017, on the Dragon Road, when I drove my car from Ushuaia (Argentina) to Guadalajara (Mexico) going to the lakes of the planet's column, in which I was facing personal preparation stronger than I lived, tearing apart my mission, purpose, sense of everything, with a company that did not seem to understand what was happening to me, and that I do not blame for it. The path tore me into a thousand pieces so that I could find the truth behind everything I was doing, and I seemed to run so that the truth would not reach me. Although it was inside of me. In Mexico I collapsed, and went into a deep crisis that left me in a state of shock and autism for at least a month. This reminded me of my true purpose, the I Am. But two great crises were missing: in 2018 I would face the strongest love crisis I had when I recognized that soul in Switzerland, which led me to the abyss of emptiness, to nothingness; And in 2019, many misunderstandings and betrayals that in just one month took me away from all the film projects, couple relationships, the sponsors of the YoSoy trip and a large part of my family and friends. I could say that these have been the great crises that I have faced so far in my life, and yet here I am. Well, the last crises I no longer lived as an ordeal, but as a liberation.

SOY: Why?

ME: Because I released a lot of prejudice and expectations, a lot of dependency ties that prevented me from being myself. All my crises were very painful, as every crisis is for each person from their point of view, and even so, I can see that I would not have achieved anything that I did if everything remained the same. I realized that all those crises would have been perfectly avoidable if instead of continuing to push like a stubborn bull, I had taken moments of contemplation, flexing my mind so I wouldn't have to break it. Crises were never the problem ... but it was not allowing me to transform myself along the way.

I AM: The Crisis is like Death: it marks the inevitable end of something for the undeniable beginning of a new path. Death cannot be avoided, but you can prevent it from happening in any corner if you take the correct precautions: pay attention, eat better, listen, know how to discern, be cautious, go step by step. This way you will live much longer, and what were crises before, will become evolutionary leaps. But if you can't avoid them, then take advantage of them.

ME: Taking charge of the crisis, being responsible for recognizing that one has only been carried to such a destination, and one will only be able to overcome such an end.

I AM: The crisis, then, ceases to be seen unconsciously as death to become consciously resurrection.

ME: The next crisis will be my rebirth.

SOY: And so you will stop having to break into pieces, to recognize that they are fractals of the same reality, that you are eternal, infinite, love in constant transformation.

99. Perdition

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



ME: After a crisis, there is nothing more normal than asking ourselves: "where am I?" And immediately we come to more questions: "What did this happen for? Why? What did I do? Worth it? What if maybe I have to drop everything? Has everything I have done up to now worked or was it in vain? "

SOY: It is normal to ask yourself all this when you lose your way, when everything that you considered normal suddenly ends. The normal thing in humans is to believe that when they live a crisis nothing that they have done has been worth it, because no matter how much you have moved, you have ended up badly and suffering. That's a very short-term look. You are so focused on the emotion of the moment, so on that sensation of the present, that you interpret past and future with the same emotion. It is there when everything seems to lose meaning. And therefore, you do not have a point of reference, of origin or destination.

ME: It's the feeling of total doom ...

SOY: And it is exactly what it is about, the perdition.

ME: In what way?

SOY: Tell me, what is discovering?

ME: It is removing what is covering something, and seeing that which was covered for the first time in my life.

SOY: So you had no prior idea of what was there.

ME: No. Otherwise it would not be to discover, it would be to rediscover.

SOY: And what does "Discover" imply from an emotional perspective?

ME: Well ... I think it implies enthusiasm, ecstasy, joy, surprise, fulfillment ...

SOY: So something that you did not know before causes many positive things in your life ...

ME: It depends, if what I discover was something good or a horrible secret ...

I AM: Both will lead you to emotions that will exalt your way of living, will change what you previously believed to have to adapt to that new thing that you just saw. A discovery is a truth that comes out, regardless of how horrible or beautiful what was covered.

ME: Yes ... that's right.

SOY: Then, when you discover it, what you previously had as knowledge is no longer useful and you need new mental, emotional and physical tools to adjust to this new reality that you discovered.

I do...

SOY: Without having anything before ... So you have to leave everything you brought with you to go back to taking new things ...

ME: That's right ...

SOY: So everything you brought, now is all "to give." Do you remember what word we got from this concept?

ME: "Forgive."

SOY: Exactly. Forgiveness is the positive concept in which the soul, the conscience recognize that they must let go of what they were attached to, let it go in a loving and transforming process. But what if I don't want to let go, and life forces me to change through a crisis?

ME: I lose everything ...

I AM: There you find the negative aspect of the word Forgive, which is "Perdition." This word has the same etymology as Perdonar, meaning the same thing, but in its case, it evolved into the verb "Perder" in the Latin languages, and "Loose" in the Saxon languages, which means "cut, divide, leave a part".

ME: They mean the same... of course. One arises from the inner will, out of love and consciousness of liberation (Forgive), and the other arises from the outer pressure, out of fear and unconsciousness of punishment (Perdition).

I AM: The sensation of being lost in life, does nothing more than highlight those moments of unconsciousness in which you blame the external world for your misfortunes, believing you are the prisoner of a destiny that you yourself have drawn in another dimension. The crisis shows you that you do not know everything, that you must discover yourself. To do this, you must take into account why life needs you to get lost. It all begins in the safety of the known path, when you think you know, wise of your walk, and you have turned what you see into your routine. You cling to what you know and can control, and you design your life accordingly. The attachment to the path and the known life, generate attachment to the mission and destiny, generating an idea of security in the purpose towards which you are going, even if it is not more than a projection of your desires, and not of your truths. . So, When the moment of truth arrives, nothing that you have created by belief will allow you to fulfill your purpose, because your true mission in life is in tune with your essence, not with your personality. When you project your destiny according to the desires of the personality, covering your essence more and more, the force of the universe will pressure you to discover it, and to really see what was in you.

ME: "You are a precious gem covered in shit," said the Reptilian.

SOY: Do you understand him now? Your life is about discovering yourself, understanding that this shit is nothing more than compost for your life, but that for fear of shining like a gem, you have done nothing but cover it by removing the purpose of compost and gem alike. The crisis is that bucket of cold water that removes all the shit in a hard and unexpected blow, leaving the gem unprotected. There you find that you have built your whole life on the basis of the compost of your personality, and not of the gem of your essence. Then you find yourself weak, without any meaning, because everything you have built was for your compost, and for the compost of others, but not for you, for your truth. So, you have no choice but to leave everything, to release it by force, because life cries out to be yourself. The hardest detachment is leaving everything you believed in both your past and your future. And letting go of it all is called Perdition.

ME: I have felt lost many times in my life, trying to do what others wanted, in the search for myself, I have lost myself. It's a horrible feeling. Sometimes you get lost in your own thoughts, losing the logic of all things.

Sometimes he gets lost in the emotion of the soul, entering a deep pit with no way out. Sometimes you get lost with your body, not knowing where you are or finding your way back. I have lived them all.

SOY: Tell me.

ME: I remember that time my guides told me that I should do Ayahuasca. I refused for months. They said that I was so projected into earthly life doing things for my personality, that I could not hear my spiritual essence, and I needed a tool from earth to achieve it. But I did not want. And I suddenly started to feel that nothing made sense. My mind felt a huge void, strange, without direction, even my internal GPS vanished, there was nowhere to go. I was in Mendoza, Argentina, and when I went out to the street to go home, I realized that I could not understand where the north was, I went back inside the boys' house, and I told them that I could not leave because I did not know Where was it. It was the first time I consciously experienced doom. This led me to travel to Chile to do my first ayahuasca ceremony, and 3 days before, they stole everything I had with me. My guides told me: "you have to start from 0". That's how it went. I felt all that year that my mission, my idea of myself, was not the same, that everything I believed about me had changed, the concept of the universe, of purpose, of my beliefs, I saw everything from a complete vision. It turned my head completely. They told me that a person should live at least 3 points 0 in his life for each of his bodies: mental, emotional and physical; crises that lead to a state of total doom, of restart. It turned my head completely. They told me that a person should live at least 3 points 0 in his life for each of his bodies: mental, emotional and physical; crises that lead to a state of total doom, of restart. It turned my head completely. They told me that a person should live at least 3 points 0 in his life for each of his bodies: mental, emotional and physical; crises that lead to a state of total doom, of restart.

SOY: And the second?

ME: I think the second involved the Heart. That 2017 for me was terrible in that sense. The same week that I started the Camino del Dragon in Patagonia, my grandmother died, someone who means too much in my life. I felt that when I left on my mission I abandoned her in her last days, and that destroyed me, accompanying me all the way until I fell into that depression and collapse in Mexico that made me return home and spend a month with autism. When I came to myself, I traveled to Europe, where I ended up making my trips to Mount Kailash and Brittany, which led me to Switzerland to find that love of the Void. There I ended up emotionally collapsing, and after that it felt like my system rebooted.

SOY: And the third?

ME: Well... I guess it started with Mount Kailash facing death, and continued in Scotland, on Mount Storr on the Isle of Skye. In the first place, I almost died of a stroke and frostbite at 7000 meters of altitude doing the Kora path, and I literally began to see the light at the end of the tunnel. In the next one, I got lost in the mountains through winding roads, and the clouds covered me, leaving a terrifying and macabre landscape in which the cliffs began to be slippery, and I could not find my way back. I was trapped on a cliff where I couldn't see anything at 2 meters, and if I moved maybe I would fall into the void. There I felt that this could be the day of my death. I was afraid, I will not deny it, my whole life passed by, and I felt each of my cells trying to defend itself in tension. But when I relaxed and meditated, A cloud moved and showed me the way It was difficult to get out of there, but I made it. That day I wrote my will. I felt that I had never thought that I could die, and that I should be more careful.

SOY: When you get to the end of things, the only thing left before you are possibilities. People associate the word perdition with a defeat, almost like the fall into the infernal abyss, in which the soul has no return, does not find the right path. However, for the Universe, which is a creative being, there is no interest in the straight path. The Universe imagines possibilities, it imagines diversity, and what it tries to do is discover more about itself, find what it cannot see clearly from the beginning. So it traces paths, history. You need to lose yourself in order to find yourself.

ME: That phrase is key ... The Universe is in a single point, everything comes together there, and it is inevitable to think that he created all this in order to discover what he was capable of, that is, that he needed to lose himself to find himself, he needed to give everything yes to see a new option ...

I AM: You lose yourself in life because you have created a destiny that is not the real one, and by losing everything you have built, it is when you discover the possibility of what truly lies in you. The doom, then, is the universe pulling you out of your mental, emotional, and physical comfort zone so that you can see other forms.

ME: I take those moments more clearly now. I see now that despairing of getting lost, as it happened to me in the mountains, leads nowhere, and that the solution is to sit down and rethink where I was going. The moment of perdition is the moment 0 of reboot, not the loss or end, but the reunion and the beginning.

SOY: When your soul is lost in life again, now you will know what to do ...

ME: Let go of all destiny, and remember that I will always find myself inside.

100. Reflexes

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



ME: Today is 11:11, Portal day, a day that reminds me of many things that have changed my life. The first time I heard this was at the beginning of 2011, when my guides told me that that year we would all start connecting to the Internet in one Portal day. They told me that the mirrors of dimensions would be reflected between heaven and earth, and that this code would unite them all. Then I saw it: "11:11". On November 11, 2011, the calendar marked 11/11/11, and beyond the fact that it would be a day like any other, it would not be for the Collective Mind.

I AM: Our brain evolved to find harmony in the world, balance between things and solve everything that is out of balance. Therefore, when he sees capicúa numbers or palindrome words, he finds rest, harmony, because both on one side and the other he can understand it. Seeing an equivalency, he relaxes, finds himself in order, and this is what he interprets as a sign that things are going well. In the collective psyche, the global mind, that one day on the calendar at all times makes us see this numerical congruence, makes all brains, for an instant, see a code of order. A connection.

ME: And that's why they asked me that instead of me going out to look for people around the world, just put that code, on a specific date, in a specific place that everyone would recognize. "The Hall of Mirrors."

I AM: "ERKS", Encounter of Sidereal Cosmic Remnants (K).

YO: This is what they called the intraterrestrial city of Capilla del Monte, in Argentina, many years ago, when intraterrestrial, millennial aliens in our world, began to communicate again with the people on the surface. My guides told me that I should go there to connect with my mission. And as much as I refused at first, I ended up accepting. Upon arrival, I met them in meditation in the mountains, and they told me that there, in the Hall of Mirrors, all beings could find their true Self, because as in the salunes of illusions of a fair, the Universe expands in billions of beings by an illusory mirage. Past, Present and Future in all spaces, are observable and connected from there, and our task in the 11 days: 11 was to trace those connecting lines of ourselves through Time and Space to unite us all. Therefore, the 11:11 Meeting would not be between people, but between fractals that we would launch to reconnect all our parts. Reflections in the hall of mirrors ...

SOY: Have you been able to reflect yourself?

ME: I don't know ... but maybe the proof of it was the magic we lived through, the rain that blessed both meetings in 2011 and 2018. They always said that the rain would tell us if we had achieved it, and so it was ... Great rains torrential.

I AM: Water is a natural mirror, and therefore all water beings are reflections of each other. Life is a constant fractal of oceans that reflect light on millions of waves, radiating in different directions, sizes and shapes, but finally water, a mirage in the middle of the sea. When you are blinded by a single reflection trying to reach it, you will realize that it will be impossible, because depending on your position, the brightness will change. Every wave is not fixed, but instantaneously mutable, and therefore every conception of permanence is nothing more than an idea of perception. Going to the hall of mirrors is to look at yourself as a wave in the middle of the sea, mutating, transforming yourself in all your lives and parallel universes, as well as in the other living beings that surround you.

ME: What is a reflection?

I AM: It comes from the word "Re" which means "to return to", and the word "Flectere", which means "to bend, to divert". A mirror deflects light by bending an image, making it return to you, which is why we speak of the reflection of a mirror. All light is reflected in water, in life, causing all photonic particles in the environment, the sun, and those that we emit ourselves, to reflect in the water that lives inside others. To understand it, you must remember that the things you see are not reality, but what your senses can perceive from the photonic particles (light), collide against the atomic particles that make up things and fly away. Many of those will return to your eyes, interpreted according to the force or vibration with which they were expelled at high speed. But you never see the object but what the light particles communicate to your nervous system about said object. Therefore, no observation can be real and objective, since your presence emits these particles through what you call the electromagnetic field or aura, affecting objects around you or under your observation.

ME: This is what they say that "the observer modifies reality."

SOY: Yes.

ME: Which implies that there are past, present and future observers, and all of them condition each other if they manage to look into each other's eyes ...

I AM: Well where there is water, there will be a reflection, the light will return to you, and it will modify your perception of what exists. Thus, everything you see outside is nothing more than an internal perception, since the reflections of reality are precisely your own light image bending and returning to you reflected in the inner sea of the people or living beings around you.

ME: Life itself is the Hall of Mirrors, it is not necessary to go to an intraterrestrial city, then.

I AM: So the only way to escape from the hall of mirrors is through ignorance and unconsciousness.

ME: What would that be like?

SOY: Well, when I ignore that the outer truth is only a reflection of the inner truth, when in despair that everything I see and happen is nothing more than my perception, I prefer to silence that consciousness to allow myself to live in peace. Imagine how difficult it is for any living being to become aware that each instant is nothing more than a reflection, and that everything can be analyzed.

ME: It's maddening.

SOY: That is why the brain learned to select the data in packets that the vast majority of it stores in the Subconscious, where at least 70% of all information is recorded.

ME: And the Unconscious?

I AM: Save at least 29%

ME: Which leaves us 1% for the Conscious ...

SOY: You don't need more. Only Unity is enough to be Conscious. The point is to use it well. It takes practice to enforce that 1%.

ME: And what would that practice be like?

SOY: Be open to everything and not have a closed mind to only my point of view. Seeing the side reflections out of the corner of my eye and not just what is in front of me. Expand the spectrum of vision.

ME: This would imply that instead of seeing every signal in the universe that I receive from myself, it is being permeable to the strongest and most striking signals. Taking into account that everything is a reflection, my 1% will be able to identify errors or messages faster when we make mistakes.

SOY: It's like when someone doesn't understand what you have said and makes a statement against you. If his comment does not affect you, it is because it is not a reflection. If his comment affects you, it is because the particles are reflecting you.

ME: But does that mean I'm wrong then? That is, if someone reflects me with an external criticism, then is it that I am wrong or that I criticize?

SOY: It is that you have not explained yourself well. When you look in a mirror, are the reflections accurate?

ME: No ... typical, if in reality I raise my right hand in front of a mirror, in the reflection I will see myself raising my left hand.

SOY: So nothing is so literal. No? It's like the one who thinks that if you were a Nazi then you will be a Jew in the next life. If you were rich then you will be poor. The Universe does not understand such reflections. The reflections are related to the things that we are not communicating or emanating correctly from us, which does not imply that the external comes in a literal way, but in a distorted way, only reminding us that there is something to correct, and that it is not necessarily directly proportional to what you see. You will identify the reflections for the things that come into your life, but you will identify what you have to work on for what deserves your full attention. If in a rose bush what you see is the withered rose, it is that your brain is resonating in the withered.

ME: And what about the idea that the brain seeks to solve problems? Could it be that the brain has seen the wilted rose because it is looking for a way to find harmony there again?

SOY: If you are not an architect, nobody will bring you plans.

Me what?

SOY: If your mind was not prepared to understand plans, the universe will not give you plans to analyze to build. The mind finds the faults that it must solve according to the previous knowledge about those faults. In other words, seeing the withered rose on the rosebush is a sign that your brain has been designed to find it because it vibrates in that tune. Now, you can choose to live in constant struggle seeing wilted roses and never enjoy the rose bush, or you can make the decision to fix the wilted rose so that you can enjoy the rose bush.

ME: And how?

I AM: First accepting the reason why you see the withered rose. What moves in you? What memories does it create?

ME: For example ... my eyes have a great facility to detect criticism. They do not affect me emotionally, but my mind tries to see how to correct it, answering, solving ... And I realize that one of the reasons why it does this is because all my life I had to give explanations of what I am. As "it is not normal" what I am, with each family member, friend, partner, teacher or school teacher, even with those who listen to me, with everyone I must always explain everything about what I am, because it is difficult to understand. So my brain adjusted to having to explain everything, and when it sees a misunderstanding, it needs to respond immediately.

SOY: You are at least identifying the reflection. But what is the light that emanates the cause of that reflection?

ME: The fact that I always show myself in a different way. As much as I am honest and sincere always saying what I am, I am so many things, so many memories live in me, that being myself implies being many things at the same time. And that is often confusing, because I always do different things, I channel different beings, I seek different purposes, and it depends on the day and the dimension with which I connect, I see one thing or another. If one day I am very from the Sixth Dimension, I will not be able to see human beings but codes on a three-dimensional plane, which makes me serious and frivolous. And if I'm from here, in the Third, I laugh, I make jokes, I play ... sometimes that is disconcerting, because I realize that many of the people who communicate are usually always the same or maintain a line that accustoms those who listen. I now realize what it is that I emanate.

SOY: So you understand now why you move so many different things. Because they move in you, inside, and the ones you don't like about yourself are the first ones you see outside.

ME: What should I do?

I AM: Pay attention and use it consistently. Do not react, but act. Do not seek to change who you are, simply use what is within you for a common benefit. Explain your reflections, helps the reflection of others.

ME: Well, we are all reflections. That is what it literally means... Beings of light that can see their colors reflected in the shadows of matter.

I AM: That is why it is the shadow who can show you the light. You live in a world of shadows where the light you see is illusion. Close your eyes and perceive the light that surrounds you, outside and inside, stop seeing the light to feel it from the shadows. There, the photons will have no choice but to reflect on your pineal gland, letting you see the inner lights, the ideas in the imagination, illuminating your inner shadows, seeing the reality that you see reflected on the outer. Go to the core, and there you will realize that the great magnetic field of the Earth, the Toroid that protects life, has its origin in the iron core inside the planet.

ME: The deeper I close my eyes in the core of the Earth, the closer I am to each perception in the electric discharges of the magnetic field.

SOY: What color is it?

ME: It's ... the aura ... I see it as a dream of the heart ... it's green, emerald ... it's Northern Lights and Austral ...

I AM: It is the celestial reflection, the mirage that can be seen in the heavens of the solid and dark iron core. When you watch the northern and southern lights appear in your starry night, their emerald tones like rivers of light between the clouds, you can tell that you are seeing the dark center of the world projected in the reflections of the luminaries on the eternal sky.

ME: In the same way that when I look at everyone who lives around me, in their smiles and their looks I will see the lights that are projected from the depths of my heart.

SOY: Smile, and the world will smile back.

101. Humor

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



SOY: "Knock Knock" ...

I: ...?

SOY: I said "tok, tok" ...

ME: emmm, who... is it?

I AM: TOC. OCD ...

ME: Who is it !?

I AM: TOC... TOC

Me who?

I AM: Your Obsessive Compulsive Disorder.

ME: Uff ... I don't know if the joke is good or bad ...

SOY: The good thing is that he doesn't lie.

ME: Do I have any OCD?

SOY: Is there anyone who doesn't have one?

ME: I suppose it's something for everyone... In different measures. What exactly is an OCD?

I AM: A disorder is a mental or emotional psychopathy that involves “turning (around) once I am on the other side (behind)”, that is, it cannot go straight as stipulated, that it goes against the current, and therefore it cannot fit within the social harmony or collective behavior considered normal. Obsession comes from the word “siege”, that is, a thought that settles fixedly in the mind and does not go away, it remains sharp. And Compulsive basically is that it repeats itself incessantly, because it is a constant pulse, like the heartbeat. Thus, an obsessive compulsive disorder can range from biting nails to not being able to step on lines on the street and having to always walk on flat sites because otherwise a person can die.

ME: Can a person die?

SOY: Depending on the disorder, if the person does not do what his mind and emotion tell him, terrible things can happen.

ME: I think now I remember an OCD that I had. When I was a child, and even today it sometimes happens to me, although not so much, when we were driving in a car and looking out the window, I had to take a gentle bite with my incisor teeth every time we passed a tree, as if counting them with the grinding of teeth.

SOY: Luckily there are no forests in the Argentine Pampa, otherwise you would live in the dentist ...

ME: hehe, yeah, I thought so many times. I think that since I lived in Europe that disorder disappeared. I remember that a friend, during college, had developed the OCD of having to close all the doors, windows and cupboards perfectly, and each time she got up to the bathroom, we would open everything for her and leave it in the middle. He despaired. Then he left ... I think it was due to the stress of the study. Also a friend from school

had the OCD of telling jokes after each sentence, he made us laugh, but I realized he did it to hide sadness. One day, laughing non-stop I told him: You don't have to make me laugh, I know you want to cry because of what happened to you ... That broke him, he started crying, and then he didn't make any more jokes every 10 minutes, he made them every so often , but we could already talk.

SOY: What do they all have in common?

ME: We were all nervous, or sad, we were all, stressed, under pressure, and we did not know where to make it out ...

I AM: The brain, as we have said, is an organism developed to store and interpret data. It seeks to order things to find harmony, symmetry, balance, and only then will it feel that it fulfills its function. When you hide something in the depths of the subconscious, out of disgust, out of sadness, because you are overwhelmed, when you cannot consciously process things and hide them in the shadows, all that energy that the brain has to solve the problem must be applied to something. . Thus, the subconscious looks for reactions to order ideas, things, thoughts, situations, and in this way the tension ceases to be on the focus to be resolved and falls back on something banal, without any value, but that receives the weight of everything that lies inside. What did you feel when you counted trees with your teeth?

ME: That I connected them, I felt that if I didn't do it in any of them, there were things that were left loose, like holes in a fabric, I was desperate to think that they were not all connected to that invisible network.

I AM: The pressure you felt as a child with what your guides, teachers and memories transmitted to you about reconnecting the network, the responsibility of making thousands of people listen to you, having to show yourself to the world, the questions of how you would achieve it How to speak, how to face the shame that the public gave you, manage to go to all those parts of the world that seemed so far away ... "How?" to all of it. A 12-year-old could not process such responsibility. So your brain silenced it by counting and connecting trees with the teeth that you would use to speak and show yourself to the world.

ME: I've never seen it like this ... now it makes a lot of sense. So... it was myself trying to protect myself from pressure, from stress.

I AM: What your mind does is protect itself by creating a parallel reality in which to put all the focus. Remember that your body only cares about living and surviving, it does not care about your spiritual search or transcendence of being, because it was designed to protect itself from threats and to keep you alive as long as possible, and sometimes it must even protect itself from the truth. For an individual who grew up wrapped in lies, will understand that they have been useful to stay alive, and therefore, will find comfort and security in the lie, making the truth a threat that can bring chaos, destruction, discomfort. This is how the brain, the emotion, prefer to deny that reality and create a fiction, a lateral reality, whereby tension is released.

ME: Wow... it's awesome.

I AM: All religion, culture, scientific thought, spirituality, philosophy, ideology, are parallel realities created to hold on to a sense of security, based on more digestible lies.

ME: But... you just put science, a factual and objective study, in the same bag as religion... How is that?

I AM: Anything that is considered separate from the other is a parallel survival thought. I did not say science, but scientific thought. We have spoken that the void, the nothingness is the only thing that unites us all as one, the rest are only lateral projections.

ME: I understand... So, the brain, the emotion, creates illusory feelings and ideas that release the tension of the conflict so as not to have to face a possible collapse of its defense system.

SOY: Exactly. Thus the brain develops one of the most powerful psychological tools of lateral thinking.

ME: Which one?

I AM: Humor.

ME: Make you laugh? In other words, I interpret that creating a parallel reality at the brain level is, for example, making a joke about something uncomfortable.

SOY: It is a way to begin to understand Humor from a current perspective, yes. As we have been talking about, when faced with a stressful or traumatic situation that involves too much effort on the part of the body to resolve, the brain looks for a different way to release tension. Psychologically this can be seen with jokes. Humor has different ramifications, from the healthiest to the darkest, and all of them generate a different way of facing a reality that they are not willing to take as absolute truth. Humor, being funny, is a way to relax, to release tension in a rigid and tense environment.

ME: Like when in a talk with a lot of information and tension about the topic to be discussed, the speaker makes a joke and the tension relaxes making the information flow easier.

SOY: Humor creates a fictional reality that releases pressure from bodies and minds. The cultures that have suffered the most, those that have been the most deceived, those that have gone through the most conflicts, have developed a greater degree of humor than the most decisive peoples in their average population, since it helps them to release constant tension by creating parallel realities. , making them feel more comfortable in chaotic environments. For this reason, the Mediterranean, Caribbean, African, and Latin areas of the Americas tend to have a population with a higher degree of humor. While the peoples most linked to the land in a sedentary way, such as indigenous peoples, Asians or the cold order of the harsh winters of the northern countries, the mood is harsher and more closed, without going through so much the entire population.

YO: This explains why in painful or uncomfortable situations, many tend to seek humor to get out of tension. And also why great comedians are usually people who have suffered a lot.

I AM: Humor is an escape route to a brain and soul in constant tension.

ME: But what about the humor they call "black" or "dark"? I mean, there are many types of humor. Laughing at others, laughing at situations, laughing at oneself, laughing at tragedies ... And humor often generates more problems than it solves, creating more tension. Something hotly debated today is "the Limits of Humor." Is there a limit to humor?

SOY: No. The limit is established by morality, and morality is related to a social and community agreement. Humor is inherent to the human, and cannot be prohibited by ideological law. Now, what happens today, the reason for debating the limits of humor, is due to the large number of conflicts. The problems and tensions have ceased to be local for 10 years, and have all become global. You could tell me that global conflicts affect us all since Colonialism in the 15th century, but the truth is that until the free circulation of the internet on personal mobile devices, there was really no real globalization. Today the collective problems are not just a possible war, but "what Juanita told Pepito about his hair", and everyone can comment on Twitter and make a conflict that affects millions. Overexposure to conflicts of all kinds makes the use of humor more exacerbated. If before a conflict generated 3 jokes, today it has a million conflicts generating three million jokes. All of these parallel realities will reflect the way everyone's psyche is trying to defend itself.

ME: Ugh... what chaos in something that seemed as simple as making people laugh. What then is Humor?

I AM: Humor comes from the same root as Human: wet earth.

ME: Really?

I AM: Humus, humid. The way of how the wet earth became a joke is as follows: In the early days of Greek philosophy, Aristotle pointed out that all bodies were made up of the 4 Elements. The human was born from the Earth, from its chemical elements, but which at that time they could not understand. In turn, the water ran through it. All the ancient ideas said that the human had been born from the mud, between the water and the earth, molded by the gods, they had been given the fire that allowed the beat of their heart, the soul, and their spirit in the air, the breathing. But later, the scholars of the human body, taking into account that the human was born from clay, divided the inner world of the body of man and woman into 4 different muds that they called "jimós" (liquids). The Romans, they took this Greek idea, and they kept it, calling these 4 liquids as "wetlands", "humidity", differentiated as: blood, yellow bile, black bile and phlegm. These were known as the "4 humors" that make up the human. But later, in the expansion of the Empire, the doctor Galen affirmed the existence of a fifth humor, the quintessence, which he called "pneuma" (breath), which gave rise to the concept attributed to the lung organ. Thus, respiration, from the Latin "spirare", gave rise to the word "spiritus", that is to say: the one who breathes the breath. Thus, the fifth humor would become an attribute of the soul: which in Greek you know as "psijé", origin of everything that today you call psychological. For this reason, humor became part of an attribute of the soul, when in reality, its origin comes from the dark waters inside the body ...

ME: That's why you associate Humor with Scorpio.

SOY: Exactly. The deep waters of your body, which contain the essence of your life, the ones that do everything to keep you alive, they are the ones that awaken the mood of your soul. Humor, then, is an attribute of survival, which you have to turn into a tool of consciousness. The quintessence of your soul is to take the poison and turn it into medicine.

ME: This is how healthy laughter ...

SOY: From being an escape route to protect yourself, humor can save lives by freeing them from stress. Laughter, grace, seek to escape from reality, from conflict, and the more you run from conflict, laughter, humor will become a poison that will generate even more tension and conflicts in a world like today. But when faced with conflict, you recognize that humor is key to organic healing as well as spiritual liberation.

ME: "Human laugh", they told us on 11/11/2011, in the Encounter of Souls, the beings who spoke through me repeated it several times ... "Human laugh" ... Now or I understand ... today, today 101 of the alignment, the same code that those beings used that magical day 11:11. The ERKS code, which is "IOI", and its teachers telling us "Laugh... laugh humans!", Laugh humans, and you will be free.

SOY: Having a good mood goes much further than a good joke ... Knock Knock ...

ME: Who is it?

I AM: I am

ME:... and the joke?

SOY: Do you see me with a humorous face?

ME: Maybe you could use being a little wet every so often ...

SOY:... I think I understood...

ME: It's called a green joke... and it has nothing to do with the Heart chakra.

I AM: Human laugh ...

ME: Laugh with me Spirit ...

102. Resentment

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



ME: Today is Friday the 13th... one of those days that people consider unlucky. What's so special about this day?

SOY: Nothing ... only that it coexists as a collective code of bad luck ...

ME: What is luck?

I AM: Luck comes from the word "sortis" which means "lot of land", that is, a plot to plant. In the division of lands in the Roman Empire, the Draw or Lottery was precisely to distribute lots of land for planting, and not all of them are good for crops, so everything depended on chance. In English the term "luck" (luck) originates from "galukki", from the language of the Franco-Germans meaning "fortune", that is, the wealth that one could accumulate "under lock and key" (connected to the term "lock", closed).

ME: And what does this term have to do with Friday the 13th?

I AM: This date is related to the Christian world. In the first place, according to Christian tradition, Jesus was crucified on a Friday, with which the weight of his death before sinners falls on Friday. On the other hand, what

marked Friday the 13th as a tragic day was because precisely a day like today but in October 1307, the last Templars were assassinated at the hands of Pope Clement V and King Felipe IV of France. The situation was basically that the Crusader Knights, during the crusades in the Holy Land around 1100, discovered inside a Temple the hidden secrets of the history of Jesus Christ that would change the vision of the Church. Thus they decided to create a secret Brotherhood to protect this knowledge, and they called themselves the Knights of the Order of the Temple, that is, the Templars. All the roads of what was once the Old Roman Empire, were now frequented by these medieval knights, who ensured protection to travelers between east and west. Due to the instability of the region and the thieves who stalked travelers, the Templars created an economic security system based on checks. The travelers, instead of taking their wealth with them, had papers authorized by the Templars for the value of their wealth that they could exchange for food and accommodation, and even collect the value of their goods upon arrival at their destination. In other words, they created the first Banks. They grew so economically because of this loan system that they had even loaned money to the King of France himself. The Vatican Kingdom, whose power at that time was based in Avignon, France, he felt threatened by the growing power of this group, and together with the King they decided to chase after them. They gathered them all together and one Friday the 13th they were publicly executed. Since then, the Templars are a legend. But what most popularized this fact was the curse of the Templar Master Jacques de Molay, who years later, after being arrested, in memory of that fateful Friday the 13th, condemned the Pope and the King to die in less than a year and 13 generations. more from them. Thus it was, that that same year, both the Pope and the King died. What was popularly taken as "the curse of Friday the 13th", related to heretics, witches, and many others who cursed the ecclesiastical and monarchical state.

YO: So it was a tragic day, but it turned out to be a seed for the liberation of the people... so it could almost be a day of good democratic omen... right?

SOY: Well... yes. All the traditions that many hold today are born from a negative vision of the world on the part of the Church and the Monarchy.

ME: The other day I read a comment that said that we are working for the satanic religion, and I knew all your explanations that the world is of the devil because the atoms of life have a base of 6 particles, so our composition is 666, and that by worshiping matter and the Earth we are worshiping the devil, and that we work for religion surely. He had never read so much incongruity together, saying that we are religious when his arguments used all the same discourses of Christianity.

SOY: It is a matter of habit. Europe has been Christian for approximately 1700 years, which made the world Christian during colonialism, for 500 years. We could say that 80% of humanity has or had a Christian family or ancestor, and therefore comes from a Christian tradition or religious environment. This is not just something religious, because religion adapts to the cultural, and becomes tradition. Like people who celebrate Christmas, Easter, the Magi, and don't believe in any of that.

ME: We live in a futuristic world with medieval traditions ...

SOY: It smells stale, doesn't it?

ME: Quite ...

SOY: Does it bother you then?

YO: Well ... I have to confess that yes ... I am bothered by the hypocrisy of a humanity that criticizes using the same tools that criticize. Like what I said, being anti-religious but they believe in evil and the devil. Or speak of love and be one with all but say that you have to eliminate religious or political leaders. Or those who seek harmony, freedom and spirituality outside of religions, but blame the same enemies of religion that they deny,

such as Freemasonry, the Illuminati, the Reptilians ... I mean, I don't know, no matter how much we evolve in the forms, the essence is still the same, everything still smells old ...

I AM: Stale ...

I do...

SOY: Do you know what word comes from "stale"?

ME: Which one?

I AM: Grudge.

ME: And that, why?

I AM: Rancor comes from the word "rancere", and it refers to smelling bad, something that is old, past, and that begins to generate an uncomfortable, rotten smell. Latino writers have coined the concept "rancor" to refer to an idea or circumstance that smells bad, that smells of the past, old and rotten. In English the word resentment also comes from Latin, "resentment" means "to feel again", something that returns again and again to be perceived by the senses, something old that is felt again, in this case as specified in Spanish, through smell.

ME: Smell, which is the sense related to the third eye ...

SOY: Let's analyze. What my eyes see and my ears hear have the same information center: the core of the brain, in the pineal and pituitary glands. But there is a third one that goes directly to both glands, the smell, the one that perceives the invisible. Remember that breathing (spirare) gives rise to the word spirit, therefore, what the soul and the spirit perceive is related to smell. This is what you call intuition "having a good nose", or when you sense something negative you suggest "this smells bad", in the same way that when a plan seems promising you reply "it smells good to me." Smell is related to intuitive memory, and therefore the best way to treat emotions that disturb the soul is through aromatherapy. When you get sick, you usually lose your sense of smell and your lungs often fail ...

ME: As now with COVID19 ...

I AM:... That indicates that the system has stopped and has lost the spiritual connection, the ability to perceive, and needs to regenerate again. When you don't smell anything, your spirit has disconnected, you need strong smells to reawaken your sensory capacity and for your spirit to re-ignite in you. Now, when you only smell ugly things, your brain is reminding you that there are rotten things around you, you must clean the environment of negative energy. It could be said that many environments are full of energy rancor, which does not come from the human emotional plane, but from a vibrational density that must be transformed so that new airs flow better.

ME: And what about the grudge that every human knows? I have two of my best friends who boast that their grudge is the greatest of their strengths as well as their shortcomings. Why would it be a virtue and why a defect?

SOY: As I said before, the center of the brain receives information from the words it hears and from the situations it sees. Hearing and Vision. Every person you interact with in life will send you signals, electrical pulses that will be registered by your brain, by the hypothalamus, in positive and negative signals. In this recording, the data is converted into magnetic pulses that affect the chakras, and from them to the hormones of the glands. This translates words and situations into emotions and feelings within our body. In this way, the

brain already has more tools to identify people or circumstances and know how to respond to similar situations. We have talked about this, it is to save time processing similar things. Thus, if a new, different person awakens a similar emotion in me,

ME: That's why sometimes when we meet someone we usually say: "It reminds me of such a person ..."

SOY: Exactly. And you will even begin to compare, to know if you should act in tune with what you feel or not. The mechanism that is activated to identify whether or not that is the same emotion is called Smell. A keen nose will not only smell aromas, but energies. The more emotional people have a greater sense of smell because they have a greater number of internal registers. Thus, the sense of smell makes it possible to foresee situations before they happen, reading, rather smelling, in the environment the similarities with the previous data. When what is going to happen tends to be negative, the smell awakens the old smells that warn the Sympathetic system from the Parasympathetic system, that it is necessary to react according to that old putrid smell, and thus the Rancor is awakened.

ME: wow ...

I AM: Grudge is the acuity of the olfactory system inside our brain that is capable of quickly identifying old, dirty, painful, annoying and uncomfortable situations, awakening the elephant memory, remembering each situation, the hows, the what, the why, the who, the where, all the data to the fundamental questions. Grudge is a useful system to prevent similar situations, to be alert and defend against external dangers.

Me but...

SOY: There is always a but. There is rancor as a method of prevention, and rancor as a way of life. I'll put it in a simple vocabulary: resentment as a prevention method is the same as having sex with a condom, to take care of possible illnesses. The resentment as a way of life is considering that having sex is what makes you sick, then dying a virgin.

ME: Clear the example.

SOY: I figured it out.

ME: So what you're trying to say is that people who live by resentment are always looking at everyone with suspicion and a foul-smelling face, refusing to make contact with new people in case the same thing happens as before. It's like deciding exactly what you were saying, not having relationships of any kind with anyone else because you consider everything a possible smelly reflex.

SOY: On the other hand, the resentment used as a biological ability, is the one that helps you not to trip over the same stone twice, to foresee situations, to be intuitive, but not closed to what will come.

You know? I realize now that many of the people closest to me are very spiteful, but precisely because I don't have a grudge, and I need them. These people often tell me that sometimes it is even annoying to see that I do not learn the lesson and I always fall back into the same in relationships with people. Sometimes I thought that not having a grudge, that having the natural ability to forgive, made me a better person, but it is precisely what always brought me the same problems. When I learned to listen to my resentful close ones, I was able to forgive but respecting myself and taking care of myself, knowing how to set limits. This made me lose friends, but I realized something important, that I gained freedom. Before I lived for those friends, and they hurt me just as I hurt them, forcing through forgiveness and gratitude a bond that had to be released in order to grow. If it weren't for the resentment of those close, he would never have understood. But nevertheless I know that many of these spiteful people are also very closed to new opportunities and live in situations of the past ...

I AM: Everything in the universe is a tool. If life gives you a hammer, you must learn to drive nails, not to hit others on the head.

ME: Of course, the problem is not the hammer, it is what I do with it. So, Grudge is the Scorpio smell useful to work the Piscean intuition and live in a Cancerian security. But if I cling to the past, resentment will become my worst enemy, preventing me from moving forward and transforming myself.

SOY: Therefore, if life gives you lemons ...

ME:... Make lemonade.

SOY: If life gives you grudges ...

ME:... Make a good perfume.

103. Arrogance

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



ME: Every day I try to read the comments of all the people who write on YouTube, on social networks and on the Blog, to get an idea of whether what I am sharing is understood or not, if there are doubts, questions that I can solve later during the talks. And when I do this, I can't help but think about how exposed I am, that is, my life, my shadows and lights, sharing a large part of me. There are two unknowns that I have always asked myself when I questioned the way in which I should communicate: on the one hand, the fact of exposing my life as an example of everything I say, and on the other, placing myself in the center of attention. My big theme was always neutrality. I have always maintained in my spiritual existence, before being born, that the most important thing is neutrality, and during my life I have made the effort to be neutral, over and over again,

removing my essence from many things to be able to be, and yet I never succeeded. Well, life always led me to be more of a fictional character than someone external who tells things from the outside.

SOY: Well, your concept of neutrality was a bit confused in dimension.

ME: What do you mean?

I AM: Being Neutral in the Ninth dimension is not the same as being Neutral in the Fifth, much less being Neutral in the Third, the ways are different. Imagine that Neutrality is Photosynthesis (the process of assimilating light in the plant kingdom to create sugary foods). The way in which this process will be carried out is not the same in fungi, as in trees as in phytoplankton, since the ecosystems are different, and the way to carry out this process is different. Thus, in a world based on excessive polarity such as the Third Dimension, duality generates a central point where to discharge the tension of the two extremes. Thus, neutrality is not located in the observer, as it would be in the Fifth Dimension, but in the Observed, the object or Subject. Therefore, in this dimension, neutrality does not lie in getting out of oneself to see everything, but to focus fully on one to refer to everything. Self-reference is the neutrality of the Third Dimension.

ME: This makes sense of everything my guides said about going to the Center. When in the North Orkney Islands, in Scotland, I was reminded of the importance of placing myself in the center. Neutrality is in locating as self-referent in the process of self-observation.

SOY: This can be confused with Selfishness. For a person who begins to self-refer, has no other option than to recognize that all the things that he contemplates outside are projections of what he perceives inside. Thus self-analysis is constant. Stop judging the external world or turning your will to help others, to find the coherence of the internal world and strengthen others, reflecting on the outside.

ME: When I was on Mount Tabor, Israel, I had a crisis about showing myself on camera. We were filming the documentary "The Recorder", and I felt dirty talking about myself, like I was not being neutral, just talking about myself. I went to the mountain alone, and there a being, a teacher, gave me a very hard talk. He told me: "You are nothing more than a tool, your face does not belong to you, your story belongs to the world. Stop wanting to take pity on your individuality, when your Ego is useful for your Spirit and the Network for which you were born. "

SOY: Hard but accurate words ...

ME: On the one hand my human part felt disappointment, I think, it was as if they told me that I am worth nothing by myself, or that what I believe to be is nothing more than a small piece in a larger gear. And on the other hand, my whole being felt a gigantic relief, an enormous release that returned my soul to my body, a soul seeking to escape. I understood that I could not escape from a reality that I myself had created ... Matías is just a character created by my Higher Self, that is, my only truth, in order to show a path of his consciousness. It is as if I were a reflection in a mirror, and all the reflections that are seen in me find the truth or the spirit through that reflection, then, I am a means, a tool. It was difficult for me to accept it as a human, the fact that life and spirit put me as the center of attention,

I AM: What is your fear?

ME: Well... I'm Argentine.

SOY:... And what does that mean?

YO: Everyone in the world, and even Argentines themselves, know that one of the characteristics of our national culture is arrogance, self-centeredness, petulant ...

SOY: And why do you think that is so?

ME: It's the typical thing they call "stereotypes." Not that everyone is like that, but it is like the common vision. We have a reputation for "believing ourselves to be the center of the world", for being "smarties". There are phrases like "An Argentine solves all the world's problems by having a cup of coffee."

SOY: Or "mate" ...

ME:... Yes, that is more viable. It is also said "God is everywhere but he works in Buenos Aires." There is a sense of a strange national pride, being that all at the same time tend to refer to others, be it the United States or European countries, since we are all immigrants.

SOY: Well, you must remember the formation of the Argentine spirit, like many of the American countries. Due to being countries with short and formed histories of many nationalities, in the middle of 1880, a nationalization of the spirit of the people began to be generated to unite people with different origins. To create the spirit of a non-existent nation, without a common history, it was necessary to consolidate confidence in a new concept. Schooling worked as a way to generate love for a country that did not exist at all.

ME: Sure ... Spanish and Italian immigrants especially, Germans, Yugoslavs, Poles, French, Irish, and a few more mixed ones like Greeks, Turks, Syrian-Banese, all had to be united in some way.

SOY: And outside they were taught that they should have pride in the country. All the nascent countries in America since 1776, were forged on the idea of National Pride.

YO: I have seen it in Chile, in Mexico, Brazil, in the United States, it is very strong there ... But despite this, we Argentines have the reputation of being arrogant.

SOY: Argentina was the first country in America with the highest nationalist schooling in the 19th century. Do you remember Sarmiento?

ME: Ugh... yeah. Domingo Faustino Sarmiento. For some a hero, for others the worst of history. President around 1880, father of education and school. He brought French women to teach throughout the country, and his idea was that all the people had to be educated to be like Europe. He proposed bringing all the immigrants to populate Argentina with Europeans, giving away lands, houses, education, opportunities. This is how he made sure to create a country of European culture in South America. At the same time he said that the problem was the natives and mestizos, whom he ordered to kill, persecute, eradicate so as not to contaminate their ideas. So, Sarmiento is a somewhat dual character who could be both revered for his educational work, as well as repudiated for his racism and incentive to genocide.

SOY: Your ideas made Buenos Aires known as the Paris of South America. His work for the Europeanization of Argentina generated resentment against the most native peoples with a large population in all bordering countries, generating an idea of superiority over the Original. Thus, in schools, the idea of superiority and arrogance that bathed your culture was forged. Do you know what arrogance means?

ME: No ... I mean, I know the feeling: believing yourself superior to others.

SOY: Arrogance comes from the Latin "ad-ro-gare" which means "to take ownership of something". It comes in turn from the Indo-European "Reg", which gives rise to the word "regnum", that is to say "That which belongs", and its owner and possessor the "regis", who "registers" its belonging, words that in Spanish origin to "king", "queen" and "kingdom". In English, "King and Queen" (king and queen), could come from "cynn" in Germanic languages, related to "clan, family, race", being "Kingdom" (kingdom) the "domus" (house) of the father of the clan.

ME: So arrogance comes from the sense of belonging to something.

SOY: And above all, to defend that something with courage and vigor, which brings us to the key word: Pride.

ME: What does it mean?

SOY: In Spanish, the word comes from the Franco-Germanic languages, "ur-gul", which means "petulant and lush", that is, someone with strong convictions of himself, to the point of discrediting others, and that is vigorous, vital, energetic for it. In English, "Pride, Proud" (pride, proud) comes from the Latin "prodis", which gives rise to prodigy, meaning "useful and with remarkable qualities".

YO: So being proud of something, from the Spanish etymology would be negative, and from the English etymology it would be positive ...

SOY: Well, both have their pros and cons. But let's add it up as follows: To be proud of something is to recognize that you have remarkable qualities and that you are not afraid to show it and share it with others. On the positive side, this is acknowledging yourself, self-referencing, valuing yourself, and getting the best of yourself. In a negative aspect, it can make you believe that others are less, and that they will be under your power, which will make you arrogant, someone who believes they have a right over others, considering them almost their own.

ME: When we say: "I am proud of ...", I am referring to the fact that I value someone's quality, the gift that the other or that I myself possess, which I would say "I arrogate or he arrogates", making me arrogant. Now, if I put what I "arrogate" in a position of superiority, that is where the negative connotation awakens.

I AM: Neither pride nor arrogance, as you will see, are negative qualities. Rather, they speak of the ability to recognize what you are capable of as an individual, to position yourself where it belongs and fearlessly share and say: "yes, this is me and this is what I can give of myself." Both are concepts of self-reference, of empowerment, of discovering that each individual has something, a gift, to share, and that if I don't go within myself, I will never be able to find it and activate it. In a natural mechanism, pride and arrogance become the natural action of showing without prejudice what I can do. The spider is arrogant about its web. The butterfly is proud of its wings. The eagle is arrogant about his vision. The bear lives proud of its strength. The lion is arrogant of his dominion. The tree is arrogant of its roots. The flowers are proud of their fruits. Why can humans not be proud or arrogant of their gifts and abilities?

ME:... Morality. Globalized Christian traditions have a communist basis: no one can be more than the other, because arrogance, pride, are sins that God punishes. Many monotheistic traditions have punished originality as witchcraft and heresy, stoning the concepts of personal growth, of showing what one is capable of. Thus they ensured spiritual feudalism, mass control through poverty. Nobody aspired to more, because "of the Poor will be the Kingdom of Heaven."

SOY: Thus the culture demonized originality turning it into arrogance.

YO: Until capitalism came and took it to the other extreme ...

SOY: And that's where we find the other side. Leaving God aside, the success of individuals was divinized, putting the Arrogant as an idol, Pride as the only way of personal empowerment. Glorifying the Ego over the Self.

ME: What's the middle ground?

I AM: Neutrality.

ME: We go back to my conflict.

I AM: In the Third Dimension, it implies recognizing the power you possess and making it useful to others to discover your own power. The Pride of your Arrogance at the service of the Community.

ME: It all seems so contradictory ...

SOY: When it is not at all. For the only way you can show others how to find the Center of yourself is by going to that center in you. By finding your center, you can show others that center.

ME: How not to fall into extremes?

I AM: Identifying them. You live in a world of water based on vibration waves, there is no straight path, that is a fallacy. You will always fluctuate between positives and negatives. Balance does not lie in rectitude, but in the ability to move. That is, in the capacity for observation and transformation that prevents you from stagnating in one aspect or another. Life is a constant transformative oscillation, so there is no straight path. Learn to dance.

ME: Everything that lives in me is my power. I chose to be born in a land that refers to itself with pride and arrogance, and perhaps that is a tool that allows me to keep showing my face and speaking without fear of speaking my truth. "Solving the world over a cup of coffee" ...

SOY: Be proud of what you arrogate.

ME: So I can help others to be proud of their arrogance.

I AM: And to find that the power of the Self lies in the Center of oneself, and in the valuation of said center in the heart and capacity of others.

104. Panic

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



ME: During the alignment yesterday, November 14, a being with excessive hyperactivity appeared. He reminded me of one of those kids between the ages of 5 and 10 who can't stop moving, playing, asking questions, running around, laughing, constantly changing the subject and making jokes. He wanted to enter me to speak, but given his dissipated and chaotic energy I refused, telling him that I would translate for him. I asked how to present it, and he said "Pedro", to which I knew it was silly, and he started laughing. He told me so many names in game form that in the end I decided to call him "Entity".

SOY: And what did he say among all his hyperactive incoherence?

YO: He said something very coherent, but long and difficult to explain simply. We were talking about the importance of recognizing the axis to which one belongs, related to the topic "Arrogance", and it occurred to me to explain the importance of being in the right place for each one through the image of a point and a circle. The point is an axis, but without the circle you don't know what its center is. And the Circle, without the point, does not recognize the axis of itself either. This shows the importance of each one taking his place proud of what he is and has in it, without wanting to take the place of others or believe himself above others. They are all fundamental parts. So here a theme came up: If each individual is a center, then what is their circle to identify if I am well placed? There this being appeared and said: "the Law of 12".

SOY: Oh sure. The Law of Twelve.

ME: What does it mean?

SOY: Well ... we go in parts. The general concept says that every being is composed of 12 parts that complement its whole. First of all, the Unit is divided into polarity: positive and negative. Both generate a third force, neutral, which is the manifestation. The image you see here is a point that was projected in two and the two are reconnected in one.

ME: I mean, a tetrahedron, right?

I AM: Yes. This tetrahedron represents the Being that is projected in a triune base that we call Vibration, Energy and Matter (also recognized as the concepts of Sound, Light and Form). The Being is projected from its Internal aspect to its External aspect, thus creating a mirror image of itself.

ME: Another tetrahedron ...

I AM: Creating the image of the Merkabah. Now, this being projected to the external, the point opposite to the initial Being, will also have its triune base, but this time upwards. That triune base will be the attributes of the Being, that is, Love, Wisdom and Will. The Merkabah, then, is a concept in which the Cosmos is projected from the inside to the outside through Vibration, Energy and Matter creating the Universe at its other end, and the Universe, to return to the Cosmos, must integrate its aspects of Love, Wisdom and Will. When the 6 aspects balance each other, Divine Meiosis occurs.

ME: That is, the division of one cell into two. As in the first step of pregnancy.

SOY: That's right. In other words, the Cosmos and the Universe will divide in two to create two realities that are the same but that move in different ways, creating two other trinities. Here, in this new divine cell, the Cosmos will be called Time, and the Universe will be called Space. Time will project its trinity, which we call Past, Present and Future, while Space will project its trinity, called Height, Width and Depth.

ME: The two cells will have, then, a north pole and a south pole each, and between the 2 they will have 12 attributes, 6 in each sphere, two merkabah ...

I AM: And united they will manifest an oscillating world, with a physical north and south pole, a magnetic north and south pole, and 12 portals: Vibration, Energy, Matter, Love, Wisdom, Will, Past, Present, Future, Height, Width and Depth.

ME: The Icosahedron combined with the Dodecahedron ...

SOY: That's right. This is something repeated throughout existence. Every being is referenced in code 12 to find the center, the axis. When the 4 poles align, the 12 portals connect to the center... and...

ME: Wait! I just understood something! The date, the task, the alignment of the 12 Nodes!

SOY: Tell me ...

ME: It's the same as being Hathor said on 11:11. "The path of stars opens, as long as a star shines from its inner heartbeat, the path of stars opens, the mother's song will sound, the world vibrates and resounds, the most powerful song, her voice resounds in the eternal, vibrate in your heart, from the center the cube radiates, you are cube made here, you are time and space united... Vibrate and turn on the one that resonates, now the doors up and down; we are in the middle of us hearing, we are the life and beauty of the light, Hath Hur, we are the mother that vibrates in you, we are the mother that is reborn in you, we are the mother that vibrates, we are Hath Hur, and the sky of stars shines in your heartbeat, let them sound loud in their voices, they must emerge from the center. We are here for the Great Mother, this is the 11 hour, It is time to be ready because the hour 12 has arrived ... tick, tock. The voices of the Nile speak... Heaven on Earth speaks to the great mother, the 11th hour is the moment to face the great wait... tick tock... ". His message speaks of the Cube, a hexahedron. It is composed precisely of two tetrahedra, a merkaba. A Cube is the result of joining two tetrahedra in Merkaba position! The Cube is the Earth Element, the Earth itself. When you multiply a cube you have 4 trinities and 4 poles (2 of the physical aspect and 2 of the magnetic one), 12 nodes, the 12 Portals of the Icosadodecahedron. The Hathor were those who by resonance created life, meiosis, mitosis, generated the multiplication of realities, what they call "Parallel Universes", Interdimensional Portals, or something that has been said a lot: "Another Earth". So, you get two hexahedra, the two cells that interact with each other, one with data related to time-space and the other universe-cosmos. The sum of the ends of a cube gives 8 (eight vertices), but if you have 2 cubes it will be 8-8. The date... August 08, 2021. Miryam's message: "three times three you will see the Blue Moon", referring to the fact that in 9 months we would have the great test, in the month of August.

SOY: And what happens in August?

ME: About 3 years ago, the north magnetic pole began to move rapidly towards Russia, but it is now, during 2020, that it did two things that had never been recorded: approach the physical north pole as never before, and cross the meridian line that separates West and East, entering the opposite hemisphere of the world. It is a paradigm shift. Our cerebral hemispheres are guided by the magnetic pole and the hemispheres of the Earth. That the pole changes, implies a change of mentality. The interesting thing is that when the magnetic pole crosses the physical pole, a 4-leaf clover shape is created at the magnetic level that resembles 2 crossed infinity symbols, two 8s.

I AM: The two cubes become visible.

I do! Exact. That is why this year is so important, because from mid-2020 to mid-2022, interdimensional doors are more permeable, the two cubes will be aligned. What Hathor said is that if we shine and we are on our own axis of stars, we can make ourselves heard between all times and spaces, singing the song, the vibration that connects both merkabas, the two Earths.

SOY: And how do you do it?

ME: All the alignments that we are doing are in relation to the 12 constellations, the 12 portals. We are preparing for the task date together: 8-8. 12:02 am on the 8th of month 8, 2021. "1202882021". That day we must align both cubes, and for this we must hold our own axis. As I said, to recognize an axis, you need the twelve that hold around it. Point and Circle. A circle composed of 6 negative-feminine and 6 positive-masculine aspects, interspersed, that generate the vibration wave, the way in which light moves, the water waves that create life.

SOY: Everything makes sense, doesn't it?

ME: A lot ... Everything comes together.

SOY: And the message from your friend "Pedro"?

YO: You said that those 12 portals of the Earth are the same 12 portals as the constellations, which in us are reflected in the 12 organic systems at the physical level, which awaken through the emotion of the soul in the links with 12 people who remind us the 12 concepts we need to find the center, the personal axis. Complex. Can you explain it to me?

I AM: When the Physical North Pole and the Magnetic North Pole align, it is compared to a watch whose hands mark the exact time: the 12th Hour. The hour hand marks the millennia or eras, the minute hand the centuries, and the second hand the years . We come from Hour 11, the time of Mirrors, but when the hands of the magnetic north pole touch the same meridian of the physical north pole, the number 12 at the top of the clock, then the new time will begin, the new day. And everyone should start to wake up. When the hands are all aligned, it is like a huge cog in an ancient clock, in which the twelve constellations, 12 portals, 12 territories, 12 towns, 12 people, 12 organs, 12 concepts, must align.

ME: "The great test ..."

SOY: Here your hyperactive friend, the Entity, expressed himself. For millions of years, there are beings who seek to remove everyone from the axis, to test their firmness in the system of the law of 12. They test who are the best fit not to lose the axis, neutrality, and still recognize that its center is based on 12 external aspects. In the first place you must recognize the twelve constellations in you, your astrological chart, know the map of your soul. Get to know it. Second, your 12 organ systems, knowing how you take care of them and in what state they are. Third, identify the 12 concepts that define you in life, whether negative or positive, but that make you stay in yourself, on your axis. And fourthly, recognize the 12 people in your life that you relate to these concepts.

ME: Four steps to align the 4 tetrahedra that make up the two cubes, the two Earths ... This is how I find the axis for my own brightness, to be a star that sings and resonates within the Great Mother Earth.

SOY: And for this, you must face your friend Pedro. Do you want to know his real name?

ME: Yes ... sure.

I AM: "Pan" ... Peter "Pan".

ME: Is it a joke?

SOY: Of course not. "Peter Pan" is Peter the Faun. In a way he was playing with you. "Bread" is not what you eat, it is the name of a Greek divinity, a very mischievous Faun or Elf, who appeared out of nowhere in people's homes wanting to play, have fun ...

ME: He said... "Have fun."

SOY: Although sometimes scary. It is a divinity related to wild life, herds, fertility, for that reason it was related to sexuality, virility, fun, but also with an irascible character. So if someone dared to disturb him, he would wake up the beast in him. It speaks of the wild part of the human, of the lowest passions, carnal, anger, rage, sex, fear. Above all fear, the origin of all low passions. For this reason, falling into fear, fear, despair of what may happen, survival, rage, anger, all of this, is the same as falling into the House of the Faun, something that in Greek it is said "Panoikós", what today you call "Panic".

ME: The greatest fear, the root of all evils that prevent us from finding the axis. That's why Panic himself told us last night "it's not our job, but I'll give you some advice." Now I understand everything. If we can identify the 12, balance the 4 groups of 12 in us, there is nothing to fear, there is no insecurity, because we will be at our center.

I AM: All the fears come from the insecurity of losing the mainland, the place to which you belong, of losing the reference points. The 12 around you are points of reference to yourself, by identifying them you will be able to adjust your own biological clock to the Earth's clock: tick-tock.

ME: And start Hour 12.

I AM: Stop fearing the future, the future, stop fearing your own wild strength, the doubt of how, of what, and take the advice of Panic itself: have fun, dance, because the great imbalance in your life is the having lost the reference of the law of 12.

ME: Like the 12 apostles ...

SOY: They are codes that everyone has used, because everyone has it inside.

ME: Ugh, it was a lot of information. How to help people transcend their panics?

I AM: Show them, make them aware, acknowledge them. What are they useful for in your life? What do you get? How are they not useful? What are they preventing you from doing? Identify all your fears, as they are all useful, they are the basis of your biology, they are the basis of your survival, they are the fundamental tool that has allowed you to exist. Fear is a great ally, panic is the force of nature that helps you exist. Therefore the key is in your 12 organic systems that have been formed by fears. Identify everyone's fears. But in the time of Consciousness, they are no longer useful, unless you remember Peter-Pan, and play, have fun, because life is a dream, life is a game. And when you recognize the conscious security in your 12 pillars, there you will find your axis.

ME: I will meditate on all this, and we will continue talking about it ...

SOY: I will always be here. Now, Tinker Bell is flying.

ME: Like a star in the Heavens.

105. Melancholia

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



ME: Everything I said yesterday was very intense. Information that I have been receiving for a long time and separately, begins to close and understand. I keep marveling at things, how everything is interconnected in a perfect way, the puzzle makes sense.

I AM: That is why I always tell you, do not despair before the signs, before a dream, message, channeling, dream. Write it down, record it, but don't put your mind on it. Let it settle. When you receive information from the world around you, it is like receiving pieces of that puzzle of which you cannot understand the image, and one day, you will discover that small piece that gives meaning to all the others, and you understand the image that you have been building for years in just a second.

ME: It's fascinating... This is life clearly.

I AM: Universal Entropy, the concept that everything is chaotic and leads to greater chaos, is perception from the point of view of life, of experience, where you see the parts but cannot see the whole. When you close your eyes and instead of despairing, you wait, and contemplate, you will see that little part that gives meaning to everything else, like that moment when you place yourself in a point of view where you see the precious mandala that makes up the whole. There you understand the concept of Universal Syntropy, in which you recognize that everything tends to order, and is part of an overwhelming logic. The order has always been there, you just can't see the whole from where you are standing.

YO: That explains why beings from other dimensions tell us about the future as poetry, as codes, because what is future for us is just a landscape for them. We see the car in which we are traveling, and they see the landscape ahead, from above, as if on a hill, the one who is driving cannot see the curve behind, but the one who is at the top can warn us that we will have to turn. They don't see the future, they see the global landscape ...

SOY: So you can understand better. And from where they are they can't see the details either. They may see the curve, but not the wells there. Each being will tell you a part, their point of view, of the past, present, future, from specific distances. A divine mandala, a fabric that expands in all directions in a magical way.

YO: I can imagine it when I close my eyes... it's... beautiful, it's the Web. We are all interconnected in it in different layers, and each being that speaks to us through it tells us in their own way what they see from their place. His advice is a team effort. When we talked about the Law of 12, it reminded me of a Russian Doll, a mamushka, in which the systems are repeated in the same way one within the other, fractals, where our organic

systems are like the star systems of the constellations. Everything connected, like a huge clock with its gears, small and large, all indispensable.

I AM: Atlantis. Do you remember the main idea of the city?

ME: Connect the gears of the 3 Times and the 3 Spaces. Three concentric circles surrounded by water, connected by bridges in the 12 directions, towards the domains of the 12 Families. Many sites were built like this for this purpose. Three groups of priesthoods, in charge of different topics. On the Nile, they were the Emenien, Arsayien and Idilien.

SOY: What did they use it for?

YO: They said it was a way of living with all of us in all directions of time and space. Connected. A way of feeling the presence of all those who were in other dimensions, realities, times, of living together and being able to communicate. We lived in places that allowed us to interact with more things than what we saw.

SOY: And what happened when civilization fell?

ME: The cities stopped being used, and the circles too. Only alugos were kept for specific tasks in portal moments, such as solstices and equinoxes, but they no longer lived with the other dimensions, now the world was divided between the living and the dead, the here and the hereafter. Water was the way of talking with them, with "the others", and for that reason every so often a trip was made on the river to navigate with beings from other dimensions, and we called the origin and end of the Nile as "Nan-ah" (The sacred window that today they call Lake Victoria) and "Habbadabtra" (the mirror of the beyond, that today they call Lake Karum). Dividing the two worlds made people fear going to the other side, or fear of communicating with the dead or those who inhabit between dimensions. There was insecurity,

I AM: Ghosts ...

ME: Rujm el-Hiri, the circle of Golan Heights, in Israel. I just remembered. Three concentric circles connected by lines. In modern Hebrew they know him as Galgal Refa'im, that is, "Wheel of Ghosts." I've been several times, and ancestors have always come to speak. I could see the wheels turn, and in doing so, it was like a kind of machine that combined time and space, where the projection of all history could be seen. They said that its form refers to the 3 levels or bodies of being. Subconscious, Unconscious and Conscious, which are manifested in the Physical, Emotional and Mental, anchored in the thought of the Intestine, the Heart and the Brain. Inside the Russian doll we are the physical part, the biological body where realities are anchored, we are like the gravitational weight on which all the subtle planes rotate. Therefore, by putting ourselves in the center of things, all other planes find their destiny and order.

I AM: Since the Great Web of consciousness was disconnected, millions of beings roam the lower Astral without finding a center. Ancestors who have not known where to go, soldiers killed in battle, souls in pain, many refused to abandon the life that was taken from them. They live anchored in the longing for what was, clinging to the bonds of those who still live in the physical system.

ME: So ... since we stopped having coherence with the interdimensional wheels, many beings have been trapped, without finding the bridges between the circles or spheres. Wandering in the waters, in the boats of Charon.

I AM: Matter is like that black hole that absorbs light from galaxies, it is a point of such gravitational force that every celestial body that does not have its own axis is swallowed up by its forces. Your bodies are like black holes for the lights of the Fourth and Fifth Dimensions, and if the gears with all the planes are not aligned, the bridges will be closed, trapping hundreds and thousands of beings that without axis or destiny are drawn to back

towards the center in matter and its gravitational weight. The need to live, to survive in history, turns fearful beings towards those who, united by resonance, inhabit the third dimension.

ME: What we call "loved ones."

SOY: And not so dear ... There are many who have been here for centuries or millennia, following their descendants, connected to them by biological links. Unable to process their energies, to free themselves, they remain tied to emotions, and share them with those who live.

ME: Like when we feel things that are not ours, or we get sick and say: "they are our ancestors." And so we end up doing therapies and others to heal them ...

SOY: Exactly. They cannot cross the bridges, the connections between the circles. The Earth is full of wandering spirits, who find neither shelter nor peace. That they do not find the way. Earth is holding a giant weight of millions of beings who still believe they live here but are actually lost between dimensions. It is a weight in the subconscious and collective unconscious that clouds consciousness, prevents a clear view of the horizon. It needs to be cleaned.

I eat?

I AM: In gear. When the poles are aligned, the Virgin will position herself in Heaven, and you will see her Starry Mantle ...

ME:... End of August 2021, beginning of the month of Virgo...

I AM: Aligning the poles will cause the three hands to line up at 12 Hour, and the jumpers will connect again.

ME: We will be able to guide many to free themselves, relax the weight, the tension of the Earth in the Fourth Dimension ...

I AM: "The Final Judgment." The moment to spread the fog, to be able to see ... Remove the Veil: "Apó Kalipsós"

ME: Apocalypse?

I AM: "A great sign appeared in the sky: A woman clothed with the sun, the moon under her feet, and on her head a crown of twelve stars. She is pregnant and screams as she suffers the pains of childbirth and the torments of giving birth. Then another sign appeared in heaven: A great red dragon, with seven heads and ten horns, and on its heads seven diadems. The tail dragged a third of the stars from the sky and threw them to the earth. Revelation comes from the Greek "apó kalipsos" which means "to remove the veil", conceptually "Revelation". The Apocalypse is not the end of things, but the end of blindness. Calypso was the daughter of the titan Atlas, one of the Atlantean daughters, who after the Olympic wars, was sent into exile to live on an island as punishment. His name represents what is hidden, what is not seen, what covers knowledge. The comfort of believing in what is seen, in the mundane, in not looking beyond, is what trapped men like Ulysses, holding him back from his trip while Penelope waited for him, weaving her web. To go beyond Calypso's chambers, it was said "apo kalypso." When the walkers realize that the world they thought they lived in was not real, the veil is drawn from their eyes, and they see the journey that awaits them. This is how humans find themselves, but this is also how all the souls in pain are waiting for the Apocalypse, the final judgment, where the fog of their consciences moves and they can see the roads.

ME: It's a lot of symbolism.

I AM: The Blue Moon will be in Virgo, Mother Earth, dressed in the stars. The Dragon is the Kundalini that crosses the 7 heads, the chakras, representing the physical world. The Birth of the New Humanity, the liberation of the children of the hidden knowledge. The 10 horns are the announcements that will sound. You will understand, there is no rush. But you know well now, the homework.

ME: What you're telling me is... very strong.

SOY: It is not. We all knew that we are preparing for the Apocalypse. The problem is that they created demonic enemies in him, when the only enemy is ignorance.

ME: So... what are the steps?

I AM: Penelope. This dedicated and faithful woman who waits for Ulysses, her husband, for 20 long years on his return from the Trojan War. Although for about 7 he remained with Calypso who made him blind to reality. Penelope, with faith, kept waiting for him. Many wanted to marry her, but she made a promise: she would marry again when she managed to finish a shroud that she wove for her father-in-law; but whatever he wove during the day, he unwove at night. Penelope represents the hope of the weavers of networks, that the expected moment will come. 20 years. That moment in which the hero, the Self, frees itself from the jaws of Calypso's illusion, seeing the truth, turning back to the weaver, who will finally be able to finish her Weave, her Blue Veil. In biology, weaving and unweaving refers to the tissues that make us up, and the suitors are the low passions, the instinctive emotions. That is why the Faun told you: the 12 Systems.

ME: Each of the biological systems are organic tissues that we must weave and unweave, becoming aware of them, recognizing them. And if I do, I free myself and all the ghosts connected to me ...

SOY: You release them from their Melancholy. Remember its meaning: "Mélas" (black) and "kholé" (bile). Bile is a secretion produced by the liver and stored in the gallbladder, which is released to the duodenum in food intake, since this bitter and oily liquid is corrosive, breaking down fats for better absorption in the intestines. So what do we understand by melancholy? Which are all those things that I have not been able to process, disaggregate, crumble to understand and assimilate, all those things not digested. Melancholy stops us in the past, trying so that things do not transform and remain as they once were, in the same way that if when eating we wanted the food to never change shape because it was too beautiful and you liked it. All the Ghosts of the world, both living and dead,

YO: So, the Apocalypse is not something external, it is not what announces the end of the world, but it is something that we are going to produce, something that removes the veil from our eyes, that seeks to make us transcend melancholy.

I AM: At the end of Times everyone wants to be saved, but no one will be saved if they cannot see the Instant of the Gray Man, of the Neutral Being, because only the Revelation of the Truth will make them free. All history and prophecy does not speak of real events, but of psychological circumstances. Processes of the soul processed by the perception of the mind.

YO: It's a great puzzle that we must put together this year ...

I AM: All ghosts are trapped in the shadows of this world connected to the human digestive system, to the center of gravity of the Plexus, where the Bile is located. The Melancholy that says "all past times were always better", makes us go to Egyptian, Mesopotamian, Greek and Latin stories, to understand their melancholy. Identify your melancholy, identify your ghosts from the past, and when it is Hour 12, when the Virgin dresses as the Sun in the Sky, and places her feet on the 7 heads of the Dragon, it will be the moment of Revelation. It is time to draw the Veil. Tic Tac... And everyone will find the way.

106. Hypocrisy

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



ME: In the moments that we begin to work our shadows, those things that bother us, it is when our denied, hidden, not worked aspects come out the most, and therefore, all our hypocrisy. I was thinking that the world of Spirituality is probably one of the most hypocritical of today, because in the search to be conscious, one dresses in hundreds of costumes to fit a spiritual parameter. Being accepted is almost a constant human condition that is transversal to spirituality as well.

I AM: Because spirituality is a biological condition, not an alien one. Everything that exists in matter arises by the Law of Attraction, in which Polarity, positive and negative, seek to complement each other and attract each other to form a reality. In order to find balance, both must do what is necessary to combine, perhaps leaving something of themselves or adding something external that helps you look more attractive, precisely. Thus atoms change their electron charges to attract each other, thus chemicals are modified to generate reactions, thus life is transformed to adapt to the environment. The path of physical existence is a constant modification of the essence in order to attract what is necessary and thus survive and transcend. Living beings begin to imitate their environment, changing colors, shapes,

ME: Pretending to survive.

SOY: Exactly. A chameleon changes colors to camouflage itself. A peacock spreads its tail showing many eyes to scare off its enemies, or attract females. An owl appears to be a log so as not to be seen. Insects camouflage themselves with the colors of their environment, such as the stick bug, the moth, the cuttlefish, the octopus, the leaf butterfly ... Strong colors, such as black and red, will announce dangers, poison, such as the coral snake, and others will simply dress in the same colors to scare, pretending, like the fake coral snake. Nature discovered mimicry as a form of adaptation and survival. Appearing what one is not was key to the transcendence of many species. All animals camouflage themselves in nature, they all know how to imitate, and it is the key to their existence.

ME: And the human is not exempt from it.

SOY: The only thing that humans have done differently is to become an intelligent animal. Human brain development has allowed it to camouflage itself in language, culture, personality, religion. The seed of all this is summarized in the following: "pretending what you are not to protect what you are."

ME: That phrase is a great key to understanding it. Our being is so subtle that the universe has built millions of layers to protect it, like an onion. Each layer is harder and harder, protecting the previous one, like firm shields, all pretending to be strong to take care of the soft and weak.

I AM: In the animal and plant world, that soft and weak refers to the organs, the heart, what allows them to remain alive. But when the human evolved towards the conceptual, the psyche, the soul, the deepest part of the being, became the softest. While the body protects its internal organs, its mind is dedicated to protecting its interior, its soul and spirit. Everything is a threat to the biological body, and therefore, it must defend itself. The evolutionary strategy took action through masking.

ME: Masks that allow us to take action ...

SOY: That, friend, is "Hypocrisy." It comes from the Greek "hypos" (mask) and "krisis" (action), which with its derivative "krytes", gives us the word "Answer". Thus, hypocrisy is the ability to respond with masks. In a time when we seek the truth, hypocrisy becomes a falsehood, a lie, a disgrace. However, it is the ability that has made you get here, and be who you are. How you talk, how you dress, how you move, who you hang out with, what you do, what you talk about, how you live. The individual owes everything to the pack. In mammalian groups that have evolved in the form of herds, families function as clans. The clans generate traditions and regulations, and whoever dishonors the clan is banished. Thus, human individuals do their best to appear and fit in, belong to the clan, honor it, so as not to be banished. With the advancement of society, this happens to different areas, such as groups of friends, school, university, jobs, social strata, and now networks, the media, fame.

ME: We take things that are not our own and we make them our own, assimilating them, becoming them.

I AM: Just as when you eat your intestines absorb nutrients from food, you absorb what is necessary from culture and the environment. You dress in others ...

ME: But ... "even if the monkey dresses in silk, the monkey stays."

SOY: One way to sum it up, yes. The essence is always there, inside, waiting to emerge between the fructose layers of the fruit, like a seed with the will to germinate. But this seed will have to break through the hard layers, the patterns that have been created over millennia, the structures that surround it. One of the greatest abilities of the human is his infinite capacity for creation. Everything he creates, imagines, designs, is a new pattern that will become part of the clan, and will end up disguising more and more the seeds of this family tree. The clan turns the fruit of action into something more important than the seed itself that the fruit contains. "Give results" is the key to the clan, that what is done provides. This is how the culture of service and work is generated, of generating fruits for all. But one day, the seed will have to create its own tree.

ME: So the patterns are tools, codes that we acquire to survive with the clan and within the clan, whether it is family or not, and all those patterns that we have been creating are useful, they are answers to problems, but instead of to use as simple answers and solutions, we decided to become them... And there we make the mistake.

SOY: It's like wanting to build a wooden house. You have nails and a hammer. The hammer is a pattern, which you can use to nail and join wood together. Human error is to consider yourself a hammer, and drive the nails with your forehead butting your head. Dressing in something that one is not, becoming something just by being accepted, is an animal point of view, of survival. But don't get me wrong, it is very useful.

ME: In what way is hypocrisy useful?

SOY: You are a hypocrite for example.

I suppose. But in what?

SOY: You are not the same with your friends as with the people you talk to.

ME: It's that with my friends I'm very rough, a lot of black humor, we talk and play with many things that if you are not part of a friendship they do not understand, that is normal... it happens to all of us.

SOY: Yes, but that is hypocrisy. You are one way with some and another with others. For example: when you drive.

ME: My mother and friends tell me that they are afraid to get into a car with me when I drive in countries like Peru, Bolivia or Italy... But in England and other European countries I am too polite and I respect all signs. They also laugh because it depends on the country I'm in, I try to speak with the accent of the place.

SOY: This is all hypocrisy. And when you channel, or incorporate, you take the forms of others. All of this is a tool called Hypocrisy.

ME: When they call you a hypocrite, it sounds ugly ...

SOY: By culture, they have turned hypocrisy into a morality bar, because being a hypocrite defines the people who hide the truth behind masks, such as thieves, the corrupt, the liars. Hypocrisy has become the negative definition, denying its positive position. It resigns hypocrisy as the ability to adapt to others, pretending to move easily through a different medium. Imitating an accent is a way of getting closer to the interlocutor hiding who you are so that he or she receives the message more easily. In a deception, but a useful deception that benefits both if the goal is to share. As in Attraction, you have to become attractive for a better reception and assimilation. Therein lies the capacity for invention, creativity, human decoration. Art, beauty, literature, magic,

ME: How do I recognize the positive and transcend the negative?

I AM: The negative arises from the need to deceive the other with their own benefits, to feel safe, obtain what they are looking for, manipulate. It is born from fear, from weakness, like those animals that appear to be bigger than they are to scare. Bad hypocrisy arises from fear of one's own weakness, of ignorance of one's own essence. At the beginning you said that one of the hypocrisies that astonishes you the most is that of spirituality, and this is because whoever seeks spirituality usually seeks light, clarity, the brightness of the sun in the heavens, where everything is harmonious. But the seed of the essence is in the center, behind the acid layers of the onion, in the shadows of the interior. When someone seeks the light, to be told that the only way to find it is through darkness, the first thing they will do is deny that shadow. Well, there is what he does not want to see, what he has hidden. There are all the patterns he built. There is no work of consciousness in a light journey, since the cosmic seed does not float in the heavens, but inhabits the depths of the Earth. Hell itself is what shows us the truth.

ME: Apocalypse... What you said yesterday. Christians attribute the Apocalypse to the antichrist, to the demon, to the greatest hypocrite, the one who hides in the shadows and deceives souls. However, there are mixed messages there. If the Final Judgment is of God, and the context of that Judgment is the Apocalypse created by the Devil, then God and the Devil are the same, working for the same thing, and it is the Devil who shows us God, through Revelation .

SOY: As I told you yesterday, the ancient texts do not speak of facts, but of psychological circumstances. When you seek the truth, you must face the shadows, and there you will draw the veil, "reveal". There you will see the Light that is God. The apocalypse narrates the passage from ignorance to wisdom, from unconsciousness to consciousness. Where the masks disappear.

ME: "Take off the masks." Time when everyone will reveal themselves as they are. The monster that we carry inside. We are all demons and angels.

I AM: The faun, of low passions, who plays with life, lives inside controlled by the mind that decides our purpose and guides us. But the faun is the emotion that drives you to such a destination. Denying the low passions, the inner shadow that you have hidden behind your mask of patterns and beliefs, will not get you very far. It is time to take off our masks.

ME: To recognize that we are all hypocrites.

SOY: To discover the mark of the devil within us. The Apocalypse will be produced by the Antichrist. Christ comes from "jrystós" which means "chosen", and "anti" comes from "opposite", the other side of the one who was chosen. The code of the beast, of the animal, of matter, of low passions, is linked to creation itself: the 666 code.

ME: What does it mean?

I AM: Simple. Life is made up of carbon, specifically Carbon 12, a chemical whose charges are 6 protons, 6 electrons, and 6 neutrons. This pattern is the key to life and existence, and at its core lies the essence. 666 add up to 18, the petals of the Fruit of Life, so that, in its center, lies the seed. 666 is the code of the Hypocrite, of the essential seed that dresses up with appearances.

ME: So it's not evil or evil things.

I AM: The devil was invented in the Middle Ages, 1300 years ago, and carbon atoms were formed about 13 billion years ago.

ME: A little bit of difference ...

I AM: Revelation is the Illumination of Carbon that forms your bodies. What they call Transfiguration. The transmutation of all patterns. The understanding of the logic of hypocrisy and therefore the liberation of it, its concept and manipulation. For he who is, does not need to pretend, because he is free and does not fear death, knowing that he is eternal.

ME: Without fear, then, I drop my masks, not to remove them, but to recognize them as the tools that have allowed me to be and survive.

I AM: And so you can look in the mirror, without fear of what you will see inside yourself, because if you look more deeply, you will find the light of the seed, waiting to germinate.

ME: What they have called "the Seed of Evil", the "Antichrist", is nothing more than a Christian way of naming matter, material life as opposed to the light and kingdom of Heaven. Well, if God is above, below can only be his opposite ...

I AM: And when you remember that you are everything, you see yourself as Christ and Antichrist, you see the Holy Trinity or divine essence of love, wisdom and will, wrapped in the 666 of Carbon 12 that is your physical body. You are both, and there the struggle does not exist, the only thing that exists is Revelation.

ME: Apocalypse ...

I AM: Take off the mask, draw the veil, and discover the Truth.

107. Go to

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



ME: Talking about hypocrisy, one of the things that humans most often hide behind a smile is anger, discomfort, anger. It happens to me that when I feel angry, the last thing I do is show it. I do not consider myself a person with a lot of anger to express, because I am more depressive than irascible, however, moments of anger are usually covered, hidden behind a mask ... Why do we do that?

SOY: To not sound like psychopaths. It is a social consensus. One of the keys to living in society is to respect the rules, the laws established for coexistence. If everyone behaved like children who, without analyzing their consequences, express what they feel at every moment, with tantrums, excitement, tantrums, imagine what that society would be like.

ME: Well ... like now but without so much mediocrity. Hahaha

SOY: Haha, it's true. However, this happens because people are not educated as individuals but are taught as social agents.

I understand...

I AM: Psychopathy comes from the Greek term "Disease of the Soul" (Psyche and Pathía). The Soul is the energy of the body, and disease is the arrest or irruption of the flow of that energy. Thus a psychopath is someone who cannot properly interact with the energy of others, but constantly explodes. The anger, the tantrum, are energetic explosions, which need regulation. To live in a community, energy must be in a certain balance so that there is a good interconnectivity between individuals. For this reason, laws were created that punish erratic and virulent behavior, the unpredictable, which can damage public order. This gives security to

the group, the clan, the pack, the village. Therefore, culture and social education, manners, try to hide those low passions, so that they do not erupt creating chaos, nor end up harming the generator itself in the form of punishment. Therefore, people hide their low emotions. For this reason, in the Roman Empire, in the Arab Empire, the Chinese Empire, and in so many others that were born from these ideologies, their philosophies or religions punished these erratic movements, dividing the body in two, from the plexus down, like the impure zone that had to be denied, and upwards the pure zone that sought God. Erratic, comes from the word "error", which gives rise to the word "errant", that is, one who walks aimlessly, without axis or destination, and whose Latin word is known as "peccatus", that is, sin, which comes from the Indo-European "ped" (foot) giving rise to "pecco", which means "to stumble", that is, to walk erratically, without looking where I am going, and therefore stumble over your feet. In English "sinner" (sinner, sin), its Latin origin comes from "sons - sontis", which refers to the one who is guilty, that is, the one who gave a "blow", the one who is "under" pain of the law.

ME: "To err is human" ... "We are sinners" ... It is the way we learn, through trial and error.

SOY: But culturally the error is punished, as a kind of forced education for a peaceful and harmonious coexistence. Imagine. Put yourself in the third century, around the year 300 AD The empires are growing, Rome is so great that it has no choice but to divide its power in two, East and West. The provinces stretch from Persia to Portugal, from England to Libya. Many provinces, many cultures and languages, many gods. It is difficult to make everyone follow the laws, the Roman rules. So the Church is a great solution. All the mistakes, thefts, murders, everything that the Roman law used to punish did not give to vast to control such a diverse population. The implementation of Christianity was the only solution. The one who imposes the Law now is God, not the Cæsar. God can see everything, beyond Roman law, and God punishes all those who do not fulfill his 10 Commandments. He knows if you are sinning, for he sees everything with his Great Eye. Thus, everything that is impure and erratic becomes punishment. The idea of Reincarnation is eliminated to make sure that there are no second chances, and that it is now or never, it is Heaven or Hell, the worst prison of all, because there is no way to escape.

YO: Sure ... it's the best system of social order, in a town without education. The fear of one's own desires.

I AM: Desires are the greatest source of vital energy. Desire is the fire of life that leads us to awaken the will to do, to achieve. The search for social order, instead of educating to guide that fire, devoted all its effort to extinguish it. But the vital fire, which lies in the genitals, is like the Phoenix: when you extinguish it and it turns to ashes, it re-ignites, resurfacing with greater force. And every time you want to remove it, you only make it stronger.

ME: Starting a fire ...

I AM: Anger.

ME: What is Anger?

I AM: Ira comes from the Indo-European term "eis", which means "passion", referring to a rapid and abrupt movement, like the irregular flaming of the fire that gives off sparks. For the ancients, fire was sacred, since it gave light at night, cooked food, and gave heat in winter. It was the divine made matter, something that could not be held in the hands, a free spirit capable of giving life or taking it away, summarizing everything to dust. For this reason, fire was considered Sacred, becoming a synonym. Fire comes from the Greek word "pirós", as in pyrotechnics or pyromaniac. A Sacred Fire is a Pyre, and an Uncontrollable Fire is a "Pirado" (a word that in Spanish refers to someone crazy who has lost his mind). Passion, desire, when they become a sacred art, in that sexuality and emotions are used as foundations of chemistry and psychology, to interact with creation, they are an eternal and sacred fire that ignites the spirit in matter. But if that fire goes out over and over again trying to control it, it will find a way to escape, like a pressure cooker, exploding from the sides, in a irascible fire, that is, it moves abruptly. The word "eis" gave rise to the Greek word "hierós", which precisely refers to that quality of

fire, to the Sacred. "Hierós" gave rise to the words Hierarchy (´ierós-arjé: sacred power) and Hieroglyph (´ierós-glyfos: sacred engraving).

ME: You just made Anger sacred. You are making us see the light in all the shadows... clearly.

SOY: As it should be. In English, Ira (Anger) comes from the Indo-European "angh", meaning "compressed, tight, repressed." Anger is the fire that you have suppressed, it is the power that you have hidden or have been forced to hide. Anger is born from the lack of power, that is, from Impotence. Men are more prone to anger due to testosterone. The male hormone generates a lot of inner fire focused on a single point and a single objective: to reproduce. He needs to satisfy that organic desire, and unlike the female, who can expand his hormones and his fire in many parts of his body at the same time and contain it inside him for gestation, the male needs to discharge it immediately. It is an organic matter. Thus, the male's fire is sharper and faster, faster, and is consumed much more easily. Therefore, it is more uncontrollable. A man who learns to direct this fire is more prone to enlightenment, as the sexual energy in man is regenerated at every moment, which sustains the focus on Enlightenment. A woman finds Enlightenment in the manifestation, in the expansion, in the life of everything that surrounds her, in feeling part of creation. Therefore the masculine divinity is in the Sun, and the feminine is in the Waters and the Earth.

ME: So Anger is that creative power energy that is not channeled with harmony and love, but repressed. The impotence, the inability to take one's own power ... extinguishes the sacred fire, and invites it to explode.

SOY: Think carefully about this example. When you see an injustice in the world, such as hunger in poor countries, or corruption, and you find yourself unable to do something because it is out of your reach, you feel powerless, because you do not have the power to help, to do something different than solve the conflict, and before that helplessness, you feel anger, which triggers sudden reactions, anger.

ME: The problem, then, is not Anger ... and it is not synonymous with Hate, but synonymous and a product of Impotence. Having lost the power of manifestation, of decision, of action, of sacredness ...

I AM: The chakra of sexuality, of emotion, of manifestation, the two power centers that lie in your genital and adrenal glands, are supported by a bone in the spinal column that you call "Sacred". "Hieron Osteon", or Big Bone, caused the adjectives "great" and "sacred" to combine so that the translators ended up recognizing the sacredness of the point where vital energy is created. ("Hiero" indifferently means both sacred and great).

ME: So the use of this part of the body is fundamental. Anger, then, is the Phoenix that tries to free itself from the cage in which morality has locked it. In order for the feathered serpent to rise, it must find softness, fluidity, respect, manifestation. We are afraid of our low passions because for millennia we have been wanted to control from them. We have been forbidden to speak of the lower parts, denigrating them, denying them. Disconnecting us from its creative power. For this reason, when we are told that we must let our inferior energy flow, we usually think of debauchery, as if nothing mattered, we have been taught that it is bad, and talking about it makes it seem that the only thing we are looking for is lack of control.

SOY: When the truth is that what is intended is to allow us to precisely regain our own control. You cannot lock fire in a box, because it will drown, killing the strength of your spirit. But you can take care of and regulate the fire by feeding it with wood, taking care of it on an altar or bonfire, so that with love, respect and contemplation, it does not end up burning the house, the forest, and all the towns around it.

ME: We must learn to nurture the fire, not give it the freedom to burn the forest, but give it the possibility of being that light that nourishes, illuminates, warms, forges tools, feeds ...

SOY: So the next time you feel rage and anger ask yourself: what are you powerless at? Discover the fault, discover where you cannot act and you feel tied hand and foot. And do not appease the anger, do not repress it

or try to hide or eliminate it because it is not "spiritual" or "balanced", but on the contrary, look for the crumbs that will take you to the origin of it, to the Pyre where your lack of power lies, and from there, look for ways to get to work. Step by step, carefully, with respect, you will transform anger into creation. Well, the Universe was born from a Big Explosion, and the Cosmos emerged from that fire, forging life that contemplates the stars with fascination.

ME: I wish... because I am a creator. I am Fire and Life in Action.

108. Attachment

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



ME: What I experienced today in the pyramid was very intense ... Like every day, I greet all the guards, I talk for a moment with the camel drivers, I say good morning to the inspector and guard at the entrance of the pyramid, I go up, I introduce myself in front of the camera and, like cats, I walk looking for the place where energy calls me to place myself. Today there were two of the women who came to the October trip with me, and two Canadian boys. As always, I don't say anything to anyone, and I feel like trying not to make others uncomfortable. If the energy requires it, I wait in silence, or begin to tune in with chants and breaths. When the configuration was formed, I felt the presence of the creative energy, a very intense feminine and masculine presence. And I recognized the male. It was the one energy belonging to Ptah, one of the Egyptian divinities related to the creation of the Universe. In Atlantean times we called it Eptul-Há, and its name referred to the Tree of Life. When I felt him, I knew that in my imagination I had to open an invisible door that would lead me to observe the codes that were there in interdimensionality. And then I saw the webs, the matrix, and the presence of Manik, the weaver spider of the cosmos. Ptah stood in front of me, and said, "Let's go to the Beginning." And at that moment the electric light went out and we were in complete darkness. As if we were floating in the universe. His female and male voice were interspersed to show the aspects of the creator and the creator. I could see all the connections in the dark, a huge network. They showed the manifestation of existence itself, the fabric, and how each string joined in the hearts of all living things. Manik wove incessantly. And then I saw something that I had not perceived for years: the Shiff Channel.

I AM: The interdimensional hallway ...

ME: I remember that the first time I remembered it was when I was 14 or 15 years old, a kind of infinite corridor, which seemed straight but in reality it was spiraling, like a roller that crossed the entire Universe curling itself, like chains of DNA now that I think about it. And from there, all realities, all worlds and dimensions, could be accessed. There was his guardian, an entity that inhabited every corner. He would open the doors for me ... when it was only you ...

SOY: Me, Ghan. The guardian showed me the doors, short paths to get everywhere.

YO: Lattice, it was fantastic, like a spiral harp with all its strings going in all directions, creating a beautiful web. Each being was connected to Shiff, and their heartbeat echoed down the hall like an indefinite and infinite song. Today I re-entered Shiff, and many beings spoke through its branches, through its portals. He said: "The doors are opening, for each one of you is a door." What I noticed is that the Kundalini is like that channel of Shiff, like a spiral that connects everything, and that its levels are disconnected due to incoherence, due to the inability to maintain a flow of connection between the parts of our being. But as we work on Coherence every day, more and more, it is as if the parts come together ... The image I see is as if many cranes were taking cylinders from a giant pipe and they were aligning them all like parts of a telescope. And the moment they are all in position, we can see perfectly to the other side.

SOY: And so the doors will open.

ME: I could see them... it was very big, infinite, impressive... Gears that lined up together, and through the interior we could see the light from the center, what we used to see by flash, could be seen perfect from where each one was. .

SOY: The question would be if they will be willing to walk through the doors.

I because?

I AM: The fear of what is on the other side. Every living being clings to what it knows, because fear of the unknown produces insecurity, doubt, and makes one go back to business as usual, falling into the same clutches of the subconscious over and over again. "Bad acquaintance." The Light of consciousness can blind many who have been used to living in the shadows. Your eyes can't adjust that fast, they need time.

ME: Like when we wake up. If we have the curtains closed as well as the eyes, someone suddenly opens the curtains with a mid-morning sun above us, it can burn our retina ...

SOY: And the only thing that you will see like that are little colored lights with unreal flashes, preventing you from seeing the truth. Delusions. This makes some fall in love and they get lost in those illusions, while others cling to the shadows, closing the curtains again. They need time to adapt, step by step.

ME: And it's okay, everyone has their own rhythm, you can't force anyone.

I AM: Unless you have decided to be at the Service. And yes it becomes a Duty.

ME: Service comes from the heart... as I said yesterday, it cannot be forced.

SOY: But it must be carried out responsibly. Obligar comes from the Latin "ob-ligare", that is to say, to be bound, bound "tied against another". Responsibility, comes from the Latin "to have the ability to respond." Responsibility invites us to take action based on what I know and have. Service, comes from the Indo-European "serw", which means to protect: "pro-teg" (to put a roof on something, to cover it). And there are two ways in which people are at the service: the first is at the Service of their Survival, and the second at the Service of the Transcendence.

ME: What would the Survival Service be?

I AM: Service to Survival is what you know by the word "Attachment." In the world of consciousness and spirituality, the concept of having attachment to things refers to the fact that you have a lot of esteem, affection,

appreciation for something, coming to consider the fact of leaving it or abandoning it, of letting go and letting go unthinkable. Thus, the idea of Detachment is fundamental: letting things go, letting go, not clinging to anything. But most of the time, in the human spirit world, Detachment is confused with Abandonment. To abandon is to put aside, to go to another side, to the other band, since the concept of abandoning comes from "changing discourse" (from the Indo-European "bha", which is "speaking"). Thus, The concept of detachment today is confused with the change of discourse in which the person instead of taking responsibility for what they had become attached to, decides to simply let it drift, denying it, abandoning it. Detachment is seen as the idea of shedding all emotional and material ties in order to feel liberated. And the truth is that someone without awareness of the links, is pure air with the incapacity of manifestation. Now we go to the origin of the word "Attachment". It comes from the Indo-European "pei", which means "fat, milk, fat", and which gave rise to the Latin "pix", a substance that gives rise to the word "Black Fish", not the aquatic animal, but a secretion thick, oily, greasy, also known as tar. It is used to smear the inside of drinking boots,

ME: So Attachment would be that something is stuck with tar ... which is greasy.

SOY: In the ancient concept, fat was not a negative thing, nor was "black fish" or tar ("tar"). Something greasy, someone obese, reflected wealth, fertility, stability, security, nutrition, beauty. Something greasy implied the ability to retain, to accumulate wealth and food, to generate security under a roof (protect). Attachment refers to protection, survival security, being in the comfort zone, comfortable, healthy, cared for by someone. Attachment, then, remembers what makes us feel alive, calm, what makes us survive. Clinging to life as the only way of escape, to permanence. In English, "Attachment" (attachment), comes from the Indo-European word "steg", which refers to "stake", a stick where things are affirmed, where security and stability are held and manifested. I ask you:

ME: No ... at least if your goal is life and survival as a biological and cultural organism.

SOY: Exactly. We cannot judge the attachment of things, as it implies seeking stability and security, and every human, animal, does this, trying to find a point of calm where things can be predictable and routine, where you find comfort.

ME: Attachment, seen as a negative, is almost denying how much this concept has done for us. Protect ourselves from all external evil, and prevent internal strength from being lost. We can say that the muscle and skin tissue systems contain the fluids, the humors, within our bodies, making it waterproof. And also, the same tissues, protect us from what is outside, poisons, liquids, viruses and bacteria, threats. This translates culturally into the security of the interior of a house, of a family, of the people who make us feel safe and the objects that give us stability.

I AM: The only great conflict here is the dependence on such security, and the belief that it is the only way or way.

ME: This is why it relates to the Survival Service, because it is dedicated to protecting life. And ... what, then, would be the second path, of the Service of the Transcendence?

SOY: Here we will also find an interesting etymological root that will help you understand it. The same word "pei", which in Latin you will say "pix - picis", which gives rise to Attachment (ad-picare), is the root of the word "pituita" (sticky mucus), which gives rise to the name of the gland Hypophysis in Latin: "Pituitary".

ME: The gland of the Third Eye. I heard long ago that the Romans believed that this gland was the one that created nasal mucus. That is why I do not like to call it the Pituitary Gland, because it seems to me a lack of respect for the gland of Vision and Consciousness. His name is Hypophysis (meaning in Greek: below growth, that is, development).

I AM: This gland allows us to open our eyes to see beyond the "physis", of the forms, of what we know, and to understand what lies behind. No longer what tarnishes things, but what connects things. The Network. Here you find the concept of Detachment. Detachment is the Service of Transcendence, where you stop thinking about protecting life, and start thinking about protecting existence. Existence encompasses much more, outside of a simple human life, it goes to the connection between all beings through time and space, without limits. Detachment does not imply leaving the bonds and matter, but understanding that it is impossible to leave them, because you are part of everyone, and that you are not attached to any, but connected to each one as a fabric. You don't belong to one, you are everything. Thus, the hypophysis allows you to see the unity in things, putting yourself at the service of what was, is and will be, without the need to cling to what is. Detachment is waking up to see the role of life in existence more broadly, and you no longer depend on life, but neither do you withdraw from it, you do not abandon it, but you take care of it, protect it, drive it to develop.

ME: Detaching is not letting go, it is loving without limits, understanding your eternal capacity to transform.

I AM: Now think about all the things that stop you, like standing on tar, submerging yourself in tar, the things that you cling to in life, that which you serve with the need to survive. What are the things that you fear to change and transform and that you prefer to leave as they are to feel safe? Even so you know that it is a false security ... And then recognize: Have you been responsible for what you ask to have detached yourself? Are your detachments balanced or just abandon reactions? Be aware of both, because neither one nor the other will lead you to real freedom.

ME: And where will I find it?

I AM: In the joy of enjoying things while they last, taking responsibility for them with love, and celebrating the moment when they transform to continue their course of evolution and expansion. There you will find freedom, at the midpoint between Attachment and Detachment, in the Love of Consciousness.

109. Pride

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



ME: During the line-up yesterday, November 19, when you told me to be quiet, I didn't quite understand what the point was. During the alignment I began to realize, I think at the same time as people, that you were testing us in detachment.

I AM: There are things that we consider obvious in relation to detachment and attachment, thinking that it is clinging to an object, a place, a person, but no. Attachment only speaks of our need to feel secure in the bond with that object, place or person. As I told you, it is the Expectation before them. Well, you do not cling to the external but to the internal emotion that its presence produces in you. Like a drug, what makes you addicted is the chemical reaction it produces in your body. Nobody is addicted to a drug only to have it in a bottle and contemplate it from time to time.

ME: It's true ... It's all a matter of feelings.

SOY: And for this reason, we become attached to the expectation of feeling these sensations in us. At the end of the day, all attachment ends up being an expectation. And we must be very careful with this, because when we refer to the outside world, we usually do it based on what we expect of it, and not on what it really is. We judge others according to our own perspectives and expectations of what is and is not correct.

ME: It's like talking about politics and religion, they are delicate topics but easy to refer to and visualize when it comes to analyzing attachment and projection. However, in more everyday things such as "be silent", "respect", turn off the light if you are not in the room ", " lower the toilet seat ", these are things that seem silly or simple, but where the greatest attachments lie. .

I AM: The human, like everyone else, is an animal of habit. A habit is a predictable routine that gives security. Thus, the human mind is designed to foresee, it evolved in relation to expectation. Waiting for something to happen as I expect it, I believe, I feel, I intend, is a key to calm, security, trust, peace.

ME: Like when we listen to a song, which is made up of moments of tension and resolution, if the song is stopped in a moment of tension, our mind will do its best to finish the next phrase by resolving the tension. It is almost impossible to control.

I AM: So attachment is not just a dependency issue, but a systematic, biological, human-designed issue. It is essential to recognize this to understand that we have attachments even in the smallest things ...

ME: Yes, from yesterday's talk, I could see the hundreds of attachments that I have, from the dumbest ones, like it makes me very nervous and bad that someone takes my pen when I'm writing, in order to make notes on my own text staining or crossing out, or touching with the finger the ink of the last thing I wrote. Thinking about it causes me an impressive discomfort. Arriving at greater attachments, as to people that I have loved and still love, believing that I need them to feel happy. In any case, I have put so much emphasis on working on the great attachments that when you showed me the small ones, I realized that there lies the base of all the others ...

I AM: In your mind you design everything in a big way, visualizing the superior, when everything you see is based on small things. In physics, we can see this with any object. Your body, for example, you interpret as "a

body", and yet it is the product of billions and trillions of atomic and subatomic particles that support the larger image. So you understand that that greatness that you saw only exists thanks to small aspects that make you whole.

ME: It's true, we don't pay attention to the simplest and smallest things. Especially those who, like me, have so much of Leo in the astrological chart ... We are almost destined to look at everything with eyes of greatness and improvement. Many times in my life I fall into gigantism, depriving myself of the little moments. And that's what I wanted to ask you ... The idea that our mind seeks the bigger image puts us in a place of superiority, of absolutism, and many times when expressing that vision I fear that the perception is conceited. As if he believed me more than others for speaking about these things fluently. How does speaking of the higher vision differ from pride?

I AM: Pride comes from the Latin word "superbus", which is the adverb for "superior".

ME: So you being conceptually "my Higher Self" could call you "Ego Superbus", or "I Sobebio".

SOY: Exactly.

ME:... So?

SOY: That. Simple ... Superior Vision and Pride are synonymous.

ME: So what do we mean when we talk about pride as one of the deadly sins?

I AM: Because we should not compare ourselves with God. Remember that for monotheistic religions, God is above all, he is the only one, the superior, the overcoming consciousness, the Supreme. No one can be above God or consider himself a god.

ME: Clearly for monotheistic views, what we are doing here to acknowledge that we are God is heresy. Well, we are putting God on our level or us on His.

SOY: Well, all religious visions are based on a separatist vision of realities, and they ignore the concept of unity as something physical and not purely conceptual. In the manners of the world of forms, they see separate bodies, separate natures, separate cosmos, and they cannot perceive that the same atoms that make up your body are the same that inhabit the stars as the Sun. The ancient vision of placing God in the Heavens, he had God position himself as the King over the Palace, or the Feudal Lord over the castle. That is why God is called "the Lord" and we are his subjects. But from the real worldview, there is no superior being, only visions from different heights. The closer to an object you are, you may know a lot about it, more than any other, but you lose your ability to see the bigger picture, the context of that object. It is like being an expert in literature but not knowing the origin of the words, the books, the history and not knowing the context of the writers. Or being an expert in medicine but not understanding the body as an extension of universal energy and vibration, that is, as a subjective rather than a physical object. And at the same time, on the other hand, to see such a large image of things, a superior and transcendental worldview, which prevents you from knowing the details and specialties of the objects or subjects. YO: I notice that the arrogance we usually refer to is considering that one's own vision is the right one and the most important, despising the other's vision.

SOY: Exactly. The problem is not a superior vision, the problem is to consider my vision the only one, irrefutable and powerful over the others. He who on a beach considers that the most important thing is the grain of sand denying the beach, is a proud ignorant. He who contemplates the greatness of the beach, despising every grain of sand, is a proud ignorant. Pride is not a sin, sin is being ignorant and using pride as a tool to glorify your ignorance. And remember that ignorance refers to not taking knowledge, to the denial of it. The true pride is in the feet.

ME: Why on the feet?

I AM: Well, the true complement of true Pride is Humility. Humility comes from the word earth, "humus", therefore it is the ability to be terrestrial. With your feet on the Earth. For a long time we have been led to believe that Humility is a synonym for Humiliating, which comes from the same root, but describes the action of putting someone on their knees towards the ground, forcing, imposing someone to bend with their knees and hands on the ground. Someone who is humiliated does not possess humility. But in the vision of the subjects (being "those who are given or placed below": sub-datus), God is above and others are "below" Him, from the Latin: submitted. In the religious vision, Humility has been compared to submission, kneeling before the Lord, not questioning, having what is just and necessary, not exalting oneself, not to raise your voice, or show yourself more than you should, to stay under the line, and not to show personal power. For centuries, this idea has permeated the culture, undermining the strength of the concept "Humility", reducing it to a sense of lowering the head, lowering the voice, doubting and being afraid of appearing arrogant. What happens to you.

ME: I understand... But Humility is not kneeling and lowering your head, nor an obligation, but the strength of standing on Earth, empowered as a human, recognizing the value that I possess as an individual.

I AM: The Pride of being Humble.

ME: It seems contradictory.

SOY: What is not? In a world of polarities, everything is contradictory. "Jesus washed the feet of his Disciples"; Did washing the feet of his disciples, subjects and traitors prevent him from continuing to say that he was the Son of God?

ME: No ... It would be what they call "the Humility of the Great."

I AM: This concept refers to those who are not afraid to bow down, learn, question, be surprised, because they know who they are, they know their true power and greatness, and washing the feet of others does not make them less, but shows their superiority. The Pride of the Ignorant is what you fear, the one that leads you to consider yourself better, wiser or more knowledgeable than others, the one that makes you believe that your vision is better, and that others do not know how to do it well. It is the arrogance of someone who says: "let me, you don't know how to do it", someone who says "you don't understand anything", someone who says: "you should do better", "I know and you don't" ... pride of the ignorant.

ME: And how is this reversed?

SOY: Well, the first step is to recognize yourself as ignorant. And know that nobody can know the same as you. The key to education is not equality but equity. In equality, the ignorant judges the other for being different from his point of view, in equity, the ignorant educates and learns with everyone.

ME: It's the difference between saying: "You are doing it wrong, you should do better", and saying "I share this with you that I suppose will help you improve."

I AM: In the pride of saying: "I know and you don't", when the humility of the great is saying "I share."

ME: The key is knowing that we are here to learn from each other, and therein lies the awareness of knowing that we are all Great Higher beings sharing in the experience of Humility.

I AM: You are all Superb creatures with infinite capacities, learning from humility in a body composed of limitations. Never forget that you are a Supreme Being, that you are part of God, of the Universe, and that

greatness lives in you, just as you should never forget that you are here to remember your greatness in the small acts of the simplest life.

ME: The Pride of the Ignorant is to consider that they have the answers, the Pride of the Humble is to know that the answers are within, and can only find them by sharing with others. Is it perhaps arrogance then to consider that I share what I know with others?

SOY: It will depend from where you stand. Teacher or Professor?

ME: What's the difference?

I AM: Teacher comes from the Indo-European "meg", which gives the words "mega" in Greek, (large) and "magnus" in Latin. Thus giving Magister: the great one, the one who has or knows the most. Professor comes from a Latin concept that comes from "pro" (towards, for) and from the Indo-European "bheht" which means "to speak" (giving rise to words like "fatos" in Greek: said, or "fateri", in Latin, which is to confess). Professor, then, refers to the one who speaks to others, who shares the dialectic.

ME: So I think I'm more of a teacher, because I talk too much, and I also learn from what I listen to and from what others share with me. But it is true that sometimes I have felt the arrogance of the ignorant, to consider that he was in a superior position.

SOY: And it is in those moments when someone appears to teach you something you did not know.

ME: Yes ... put your feet on the Earth, remember that we are all learning incessantly ... Even after our death.

SOY: We continue to learn from each other... sooner or later you will be able to take the wheels off the tricycle.

110. Loneliness

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



ME: In the last few days someone asked me: "Are you living alone in Egypt?" Yes, I replied. Has a friend ever come to visit me, and they will, but 95% of the time I'm alone. I realized that I like to be alone. I talk to my friends and family every day, in a way I am never alone. As a good ascendant in Capricorn I really enjoy my time and my solitude ...

SOY: But your Moon ...

ME: My Moon in Sagittarius is feeling like it's dying. A slow death. I never live with anyone, not friends or family, I enjoy being alone, but the truth is that I enjoy it because I constantly move towards them. I travel from friend to friend, from family to family, and I feel that I have many houses in the world where I know I will have fun. I feel free, knowing that I can leave whenever I want, and come back when I feel like it. Not now. My mission this year is the opposite of my Moon, my soul, and I think that going so deep within it this month has made me see things ... My place is the world, and today I have lost my place by being fixed on a single point within it. The axis. And, I will make a confession. For 2 days I have started to feel my body react to that loss. The axis of a human body is the Rectum and the Anus, where one sits, where one affirms and says: this is my place. And my soul realized that in a way it was being forced to face this new place. So I started with rectal problems, inflammation. Now when I cough not only does my throat hurt ...

SOY: But the ass too.

ME: I wanted to be discreet, but yes.

I AM: Both conduits are connected. You release your energy from both, and if you don't release it through the mouth, the body will release it at the other end.

ME: Clearly ...

I AM: You are in the Axis of the World, looking for your own Axis and accompanying others to find it, that does not mean that you have already found it yourself. What your mind and soul have achieved is not the same as what your body has found. The times are different, the way of processing the data too. The infection in your rectum reminds you that something is still taking you off the hook. And it all has to do with the things you haven't said, and what you need to say. Why do you feel lonely?

ME: When I began to remember the Universe, I saw millions of realities, worlds, dimensions, an eternal gigantism that I could not process with my child's mind. I thought I was going crazy, there were too many beings, and I was thinking: how is it possible that they ask me, a simple child, to speak and connect all these beings through time and space? In a way, the Messianic complex was the worst weight that someone who carried all dimensions could receive. Then one day, when I got lost in that infinity, when my guides told me that the only way to return to my Hub, in my case would be through Ayahuasca, I decided to do it in the place that territorially represents my Hub: Chile. I traveled to the Maipo Valley, and there, between Chile and Argentina, in the Chilean Andes, I entered into myself like never before. I saw everything that I had remembered since childhood, all dimensions, worlds, stories, lives; but at one point my mind made me see a code. The code was repeated in everything, it was like a small red diamond, shaped like an octahedron, which flashed at insignificant moments, perhaps on a tree leaf, on a speck of dust, on someone's fingernail ... It was the same pattern. So I started to follow him, to chase him. I focused on him, and the more I did, the more of them I saw. Everything else was beginning to disappear, and only this diamond, this ruby, filled a huge network. Suddenly, I looked around, and there was nothing but a constant followed by ruby octahedra, one after another and on top of another, moving like the gentle waves of a lake. Then they all lined up, revealing the most amazing hall of mirrors you could imagine, in all directions, they filled all space. I reached out my hands, and turned them to the right with my palms wide open, and all the octahedra did the same, but right away what I saw was a galaxy. I decided to turn it the other way, and what I saw was a chain of deoxyribonucleic acid (DNA). Depending on how he turned them, he could see one reality or another, play with it, see everything. And in the background, I

saw one that shone even brighter. I started to chase him, jumping among the rubies, seeing how when I stepped on the low vibration I saw different things: a smile, a continent, a watch, a grain of sand, a chain of asteroids ... And then I found him, he was in front of me, no so far. I realized that running did not lead to anything, because I felt that since everything was the same, there was no distance. I stayed still. I closed my eyes, I breathed in, and when I opened them where I was static, I saw him shine before me. Instead of running, I just reached out my hand, and with the full of my fingers, took the ruby between them, the size of a pea. When my skin seemed to touch its extremities, on its axis, up and down, everything else vanished. Nothing existed. Just the octahedron and me. I brought it close to my eyes to see what was inside, and in the reflection I saw myself... an octahedron. In that instant, I understood, I was the octahedron. I was that ruby. Then I remembered everything, all the things that existed, that I remembered, and I realized, they were all Me. Then Matías's voice vibrated and he said: "I'm alone."

I AM: The greatest Solitude you can experience, indescribable.

ME: The void is me. The Void does not exist around me, I am that void. And the only thing that exists is my mind, my imagination. In an instant, the greatest fear I could ever imagine invaded my being: nothing else exists, not even me, only emptiness and your imagination. Matías doesn't exist either ... I lost my axis there. My north, I lost everything. And another voice rang out: "I am." I looked up, and repeated in shame. I am... And the voice made an echo, which vibrated in millions of "I am", letting me see the infinite octahedra saying: I am. And there I understood. I am never alone ... I am the Whole. I just have to say it. Just think about it. What is loneliness?

I AM: In the heavens there is only one giver of life from the ancient point of view: the One. El Solitario, "Solis" (from Latin), and they have called him "Sol". The one and only being, is the brightness, it is the light that attracts us all, because we are all Light. All matter is born from the stars, from the Big Bang, it is born from photons, the particles of light. We are all light, and the only thing that makes us see things is the light reflected on itself through colors and patterns. All that exists is a single being, just as that single being is all that exists.

ME: The Paradox ...

SOY: What you experienced was finding the greatest axis of all.

ME: Myself ... And by finding myself, I found everyone else.

SOY: That's why I reminded you of what you already know, "Don't talk to people about the Universe, talk to me..."

ME: Conversations between I and I am ...

SOY: It is the only way to really reach everyone. But ... maybe some will find it more difficult ...

ME: Yes I found myself, why am I still lost?

SOY: Because there is no goal in someone who has never gone anywhere because nowhere exists. Your mind has found me, and your soul has felt me, but your body still can't recognize it.

ME: Still lost ...

I AM: You keep feeding him unnecessary things, physical and emotional, you keep messing him up.

ME: Sometimes without meaning to ...

SOY: And many others, wanting ...

ME: I have to enjoy too, right? Many times you say that ...

I AM: Enjoying and Desiring is not the same as responding to stimuli without awareness. The question is, why do you need those stimuli?

ME: I think my body doesn't tolerate Loneliness ... it needs to feel part ...

SOY: From what?

ME: My body feels Abandoned in Solitude ...

I AM: Abandonment is the key to the body. While the soul experiences the loneliness of existential history, the body feels abandoned by others ... Do you remember what abandonment is?

ME: From the word "bhaht" in Indo-European, it means "to speak, to converse.

SOY: That gave rise to "discourse": bannan, something that generated the idea of different sides, two ways of speaking, thinking, expressing, two ideas. In Latin: "ad-bandonus", it would be "take to the other side", "leave in the power of another". It is born from the verb, from communicating, speaking, a unique and creative word, the same vibration that was polarized in two discourses, separating, giving the sensation of leaving one part to be placed in another. That means losing the axis, losing the reference point.

ME: Wow ... And not to say ... for not expressing, you feel the abandonment, and by not treating it, the words that do not come out of the mouth ...

SOY: They come out of the ass.

ME:... you did it again...

SOY: Sorry. The anus is the axis, and you have lost it by feeling betrayed in the speech, and full of rage, your body is trying to free it.

ME: I know... The two speeches. This happened to me with 5 groups of people, with whom, despite having spoken and expressed everything with the 5 groups, these days they were very present in my subconscious, because it is seen that for my body, it is still a conflict. With these 5 groups of people I have had great discursive differences, and both sides are probably right, so it is difficult to find balance. It happened to me with a friendly family with whom I did everything from the beginning. It happened to me with very close friends that we had very different ways of doing things. It happened to me with one of the strongest loves of my life and with his family whom I appreciated very much. It happened to me with the producer of the documentary whom I thought was friends. And it happened to my own family, who have been since the beginning. Personally, I felt abandoned by all of them, in the moments when I most needed to be on my axis. The first left me at my worst, in Mexico, the next in Egypt, the others in Switzerland, the others in the United States, and the last in Argentina. My mind understood perfectly why, and decided to express it by writing, communicating what was happening in my mind and soul, and setting limits, many of them from anger in my case, due to the anguish that it caused me. Over time I understood their points of view, and I learned to forgive them, because in reality they were not against me, but it was all in my favor, and they helped me evolve like no one had ever done. Therefore, from the mind and the soul I was able to free them and free myself, feel at peace, and today I would have no problem seeing them again, knowing that I should be grateful for what they have given me. But my body ...

I AM: Your cells go at a different rate.

ME: I didn't know that there was still anger, rage, resentment, a feeling of betrayal and abandonment in my cells ...

SOY: There is because instead of working the body, you only did it with the soul, and the rest, you covered it with pleasures. The search for love in others and in food. As you close the week of the depths of the soul, your body is ready to teach you a lesson, the same one that he seeks to learn by screaming.

ME: What should I do?

SOY: Hear him ...

ME: Sometimes talking to you makes me understand my processes so quickly, letting go and forgiving in seconds, and my body is reeling in the energetic maelstrom... I don't pay attention to it.

SOY: Well now, the next time you sit in the Pyramid, take a good look at where you put your ass. Well, the only place where you can always position yourself no matter where you are, is on yourself.

I: I learn to shine in my Solitude, knowing that in that brightness Everything is Me. I am never alone ... It is impossible to be ...

SOY: And the abandonment is only a matter of speeches.

ME: What should I do with that speech? Should I speak to them?

SOY: You have already done it... what you haven't done is talk about it with you. Remember, there is nothing but you, and therefore, only through you and your coherence will you reach everyone. It is you who has abandoned yourself ... No one has.

ME: I come back to me then, and what my body sees as betrayal, is a cry of freedom. I am and I am where I belong, in me, and that is my only speech, it is my only way of speaking ...

I AM: Well, I am the Word, I am the Truth.

ME: And so the truth will come to me... In my Solitude I find them all...

I AM: Well, we are the Sun where all the planets are heading ...

111. Smell

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



ME: Recognizing that my body still holds a grudge against the things that have happened to me, made me realize how little attention I pay to the body. Due to my discomfort, I decided to have a talk with Marce and Víctor, friends from Capilla del Monte, Argentina, with whom I had a talk from their Biodecoding point of view to try to see what exactly was wrong with me. And what they made me see was much broader than I thought. Sometimes by focusing on the first thing one sees, the invisible to the eyes is lost ...

SOY: You have lost your sense of smell ...

ME: The spiritual nose. I am so here and now that the spiritual path itself made me focus so much on myself, on Matías, solving such personal things today, in my life, that I focused on what I observe, and not on all other realities. Before I used to think about all my lives, about each memory, but since we worked on the I Am, I am so present in myself that I also lost a more global vision of who I am.

SOY: Because you are focused on building the axis. It is important before moving in all directions, to know which is the axis from which you rotate and circulate. Focus on who you are now in order to encompass all that you really are. But at the same time, remember that there is much more, not to lose the capacity for expansion and contemplation of all dimensions. What did you discover?

ME: That what happens to me is not something unhealed that I should work on, but it is the Anniversary Syndrome.

SOY: What would it be?

ME: Well, first of all, to understand it, you have to know that for the mental spirit, everything happens here and now, in eternity, and there is no past, present or future, but the three are the same, and you can visualize all without being involved in polarities since it also inhabits all spaces. For the emotional soul, there is a consequence of things, an origin and a destination, as well as the process between the two that is the path, which divides eternity into the concepts of past, present and future. And the physical body is like the travel log in which you record every idea outside of time and space, every belief, as well as every event that has occurred in your walk. Books are cells, and all that data is in DNA and the energy that makes it up. In the same way as in an agenda, the data is written with a date, as a registration code that helps to find the file more easily. This is how you can identify special dates on a calendar, such as a birthday, a holiday, a memory day or a "day of." In this way, the body helps us to remember anniversaries, and if we are working on our insides, the cells react to it immediately, bringing up the agenda.

SOY: And what was on your agenda?

ME: 34 years ago, in early November 1986, I was conceived. That makes me twice as energetic as my grandmother René, who was born in early November. In mid-November was when there were several conflicts

and betrayals of close people, in the same way as in its reflection month, in May, where those betrayals that my body felt all happened in Egypt. In addition, a year ago we managed to heal the family's history by buying a house and starting over, almost betraying the entire macho family tree of my clan, something unexpected that an independent woman and her homosexual son were the ones to solve the clan's traumas From Stefano. And it is even funny that one of my turtles, the same day that I started with my problem, woke up from its hibernation process with exactly the same physical problem,

SOY: And what else?

ME: The day my problem started, it was the day we would start working on the idea of Ontocracia with Max (who was my husband 12000 ago, and since when we promised to work on it at this time), but he couldn't come by COVID19 issues. That made my body feel trapped. Since I have been in Egypt, in the month of July, I have only left the hotel 3 or 4 times to a different destination that was not the pyramids. And 2 of those times it was to go to other pyramids, in Sakkara. As much as my mind and soul feel in full balance, my body refuses to be in Egypt, because it does not feel good here, because what it remembers about this place through the emotion of the soul is very different. It is a macho society, with a way of being quite invasive and aggressive, not in a bad sense, but in a cultural sense, in which there is no space between people, and the way to interact is by speaking very loudly and with intense emphasis. As much as Saudi Arabia is not, the environment essentially makes me have to always hide who I am, retain my truth: spirituality and homosexuality. I cannot sit and meditate on the rocks outside, it is forbidden. And all the men tell me about how beautiful the women who accompany me are and why don't I marry one of them. I must smile or apologize to everything ... None of this affects me emotionally or psychologically. But you can see that my body does feel it. Feel rejection, have to hide, and feel that the place you are living is not the same where you used to live. Egypt is no longer Khem, 12000 years have passed, things are very different. I had not realized that the 200 or 300 meters that I do daily, silly, actually seem to be 200 kilometers for my body ... 200 meters of pretending, holding, hiding, saying No to everything. Sometimes we are not aware in the mind and soul of how all these things charge the body. I have never had so many physical problems in just 4 months. And I noticed that I drag my body with my mind, when it feels like it can't take it anymore. And above I say to myself: "Go! Don't be useless, on top of that you're not doing anything, why are you tired?" The feeling of being still generates the idea of uselessness in me, and I don't understand how my body can break from doing such simple tasks ... So I attribute my physical discomfort to untreated issues from the past, things that I actually did work on, but my body is not there. thinking about that, rather, he uses the agenda to remind me of all the moments when he felt abandoned, betrayed, hidden, when he had to pretend, and he put them all together, not to tell me that that did not heal him, but that this is happening now, " It looks like that ". Marce told me to say to my body: "Although this may seem like what happened, it is not, it is new, it is another reality that we will overcome in a different way." We forget to talk to the body.

I AM: In the spiritual search, one forgets that the vehicle of the spirit is the physical body, as well as being the final expression of the spirit itself through the soul. They are not separate things, and the spirit cannot be reached by leaving the body. You can only live the spirit fully from the matter that it has created. The spiritual path is carried out step by step by walking. What you position as subtle ideas above your head, is manifested in the realization of the path through the soles of your feet. And what is above you, you cannot see, you can only perceive.

ME: That's why the sense of smell.

SOY: During the Grudge issue we have talked about this. Smell is one of the senses that make up the way the body perceives information from its environment. It is related, as we said, to the pineal and pituitary glands, being a way of unifying the Third Eye and Crown. However, Smell is the intrinsic sense of the Crown chakra. Everything that you have described that you have felt, that your body has perceived, cannot be understood by the Touch, nor the Taste, nor the Hearing or even by the Vision. For everything subtle, that which goes beyond the concrete, the spiritual and conceptual world, is perceived by Smell. Remember, the way it works is thanks to Respiración (respiration), which comes from the Latin "re-spirare" which means "to blow again". Before it was

believed that the soul, the essence of being, was the breath, since in death breathing was stopped, releasing all the gases in the last exhalation, which caused it to be called Divine Breath, something that in Latin is known as "Spiritus", which gave rise to "Spirit". Thus, breathing, smell, came to be considered the way in which divinity communicates. And take into account that the spiritual plane is the mental one, it is the plane that sees everything, that perceives everything, without time or space, the one who is not only left with what he sees in front and can touch with his hands, but the one who sees in depth, from the inside, the totality of things. Quoting what was said in another moment: "... This is how you call intuition" having a good nose ", or when you sense something negative you suggest" this smells bad ", in the same way that when a plan seems promising you reply" it smells good to me ". Smell is related to intuitive memory. " Intuition means "to look deeply", that is to say "to contemplate". The spirit is the one who can move away through the air you breathe, expand into the atmosphere and feel everything, see everything, understand everything. Having a good nose, then, is knowing how to foresee what the body is communicating to me, not only in its poor focus, but in everything that is connected to said fact.

ME: I mean, smell is the sense of the Spirit. Related to intuition. Mammals, as you said that time, develop our sense of smell to identify hormones and smells that identify us what is good for us or what is bad for us, which puts us in danger or safe, because our species emerged as little rats at the time of the dinosaurs, in which we could only go out at night, without vision, relying only on our olfactory ability to find food, a mate, or enemies. There you said that the intuition of the mammal developed, that in humans it went cultural. What then generates the doubt: If the smell is the sense of the spiritual, then the spirit is an evolutionary development that arises from the smell ...?

I AM: (long smile)

ME:... Wait... what?

I AM: All the words you use to define the Divine are clearly related to your evolutionary experience. The word Cosmos comes from the Greek "order", the word Universe comes from the Latin "which has a single direction", the word Sun comes from "loneliness", the word Moon comes from the Latin "luminous", which in English (Moon) It comes from the Indo-European "meh" which means "measure", referring to measuring the times, which in Spanish gave the word "month". And my favorite: the word God comes from the Indo-European "dyeu" which means "day, sun, bright", giving rise to the word "diuo" and this one to "deva" and "divine", everything that is good has light , it shines, it is clear, it is the day. The word Essence refers to things that have the quality of being by themselves, the same word used for perfumes and aromas. Everything that you project to the divine and spiritual is born from a way of seeing the world as a mammal. Everything you call spiritual in your life is related to the development of your sense of smell. To the ability to express and smell the essence, to breathe, to intuit, of perception. Therefore, to discover the spiritual memories in your body, that broad interdimensional agenda that you spoke of, you must learn from your nose.

ME: I must interact with my cells... learn to make them awaken memories... For example, every time I smell a lemon, my mind immediately shows me the lemon tree from my childhood backyard, and my talks with my great-aunt Olga while we were harvesting lemons which in turn brings me the themes we were talking about, such as stars, plants, death ...

I AM: The body has spiritual memory through smell. Breathe in... Hold... Exhale... Universal breathing is the only thing that connects all things. The spirit you seek is not found in the interdimensionality of superior beings or external to your body. The spirituality you seek lies in the smells that your cells have registered with all possible data from millions of years of evolution. Through smells and aromas, you can awaken memories, skills, concepts, ideas, emotions, and immediately recognize the information you need to actuate, clean, heal ...

ME: What is the proposal?

I AM: Smell the spirit. Everything that you have walked with your feet, all experience, trauma and acquired wisdom were registered in your cells, and the way to awaken and identify them to become aware of all this is through smell. So, practice. If you are going to eat an apple, before swallowing it, smell it with your eyes closed intensely, without expectations. When you go to sleep, smell the sheets strongly. If you drink a tea or coffee, smell their vapors strong. Your clothes, your hands, the skin or hair of others, a flower, a perfume, the garbage ... Everything has a smell even if it does not seem like it. And becoming aware of the aromas of all things around us, activate our extrasensory and spiritual capacity. It smells more, intensely ...

ME: So from the point of physical perception, to awaken the spiritual potential that I carry within me and have a complete vision of my being, I have to practice more with my smell, my ability to feel aromas, which will make my cells activate information.

SOY: Exactly. This is the way your cells will begin to understand, because cells do not understand languages or ideas, but actions. Start a week in which you must immerse yourself in the sensations of your body, you must face the Crocodile Sobek from the temple of Kom Ombo. Remember?

ME: Yes... there, the Scorpio's task was to face the sensations by testing the 5 senses to awaken what was hidden in the shadows of biology.

SOY: Well ... dare to smell with intensity. Confront your spirit and what you have registered of it in your cells. Your spiritual preconceptions register in the intuitions and aromas of your soul.

ME: I close my eyes, and smell the essence of my Being.

112. View

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



ME: If we have seen the Smell in relation to the Crown chakra, with its Hypophysis, I interpret that the next chakra, related to the Pineal of the Third Eye, will be Vision.

SOY: You interpret well.

YO: I can intuit that from the Scorpio point of view, it is not about talking about what we see, but precisely about what we do not see, about what is hidden from our eyes.

I AM: Vision comes from the word “action of seeing”, and Seeing is a verb of Indo-European origin, “weid”, which means “image, appearance”. Which I consider an accurate way to describe this act, since all that we see are nothing more than appearances, perceptions. Perception has its origin in the words “per” (for, or completely), “capere” (capture, capture: put the head in something) and “-tio” (action), that is, the action of capturing a set of things. In English the concept "Sight" comes from the verb Ver: See, which came from the Indo-European "sekw", meaning "to pursue, to follow something." Sight is probably one of the most wonderful senses designed by evolution. Biologically, the cells of an eye developed over millions of years with the intention of searching for light and having better mobility in the environment. A few photosensitive cells captured photon particles from the environment, allowing you to distinguish objects around you by the reflection of these particles. The longer it took for these particles to reach the cells, the deeper it was, and the shorter it took to get there, the closer the object. Thus, by contrast, it was also possible to identify if there was a shadow approaching to attack, as a predator, or to find a hiding place or food at a long distance. These cells were so successful that they immediately began to be perfected, allowing animals to chase their prey, direct themselves to their goals, and have a general map of the environment in which they moved. Depending on the environment or needs, the eye was further perfected, as in seeing at night in cats, perceive flowers in insects or distinguish more objects in the day like humans. The human eye developed alongside its brain and with the same complexity. The Human found in his intelligence the perfect evolutionary tool, which allowed him not only to absorb data from the environment but also to imagine new ones to manifest them outside. This made the intellect need more attentive eyes, which could perceive many colors, many shapes, many depths, to meet cognitive needs.

ME: The eye becomes the primary tool of cognition, of wisdom, because through the eyes external images are perceived and internal images are displayed.

I AM: Even with my eyes closed, when you dream, you see colors and shapes, and all this allows you to understand that vision is the concept that goes beyond pursuing something on the outside, but also on the inside. There, the eye becomes the key to understanding the divine, magic, the universe ...

ME: And that's how the image of Ojo began to be used as a symbol of God.

I AM: The ancients saw the Sun and the Moon as the eyes of divinity, and the stars as the watchful gaze of the ancestors. The idea that the divine contemplates us, looks at everything we do, arises from this perception. Sun and Moon make up the Vesica Piscis in the center of which a kind of leaf or ogival shape is formed, an Eye, the All-Seeing Eye. The Eye is capable of perceiving light and its distortion in different frequency waves. The light that travels through the environment, the photonic particles, pass through the atomic spaces, or collide with the particles, bouncing incessantly, creating different wave speeds, moving at higher or lower speeds, which, when reaching the sensitive cells of the eyes, it is perceived of one color or another.

ME: That is very paradoxical, but understandable, because it is impossible for us to see photonic particles moving in different frequency waves, and yet, by being able to distinguish red from blue, yellow and black, all this means that we are seeing...

I AM: That is why the Eye sees the visible and the invisible, and what we consider essential, even if it is not perceived by the eyes, is assimilated by them. Most of the data that we receive through our eyes every day are not taken into account by our conscious, but it is stored by our subconscious, which makes it a useful information base to interpret the inner world.

ME: That's why dreams, with their enormous rarities ...

I AM: The dream is a communication between spirit, soul and body, in which the spirit and the soul use the data registered by the body as a linguistic medium. Dreams are the result of what you saw without being aware, of what your Vision captures from reality invisible to your simple eyes.

ME: That is why this vision is called "Third Eye", speaking of an inner eye that can see everything that the other two cannot see ...

I AM: The two eyes are necessary to focus the same reality. Right eye and left eye are interconnected to the opposite hemispheres of the brain. What you see with your right eye is controlled by the left hemisphere of your brain, the logical, mathematical, analytical. The left eye is controlled by the right side of your brain, the illogical, creative, flexible. Both eyes understand the world in a different way, and for this reason, in order to advance in the environment, nature chose to create at least two eyes, which allow having an integrated, focal and peripheral vision at the same time. This allows you to find your balance and maintain a centered direction. The Third Eye, on the other hand, sees everything in 360 degrees, like a sphere, and can only expand or contract, sleep or wake up. The Pineal gland plays this role, controlling the body's wake and sleep cycles. It is important to sleep and rest at least 8 hours a day for this gland to fulfill its function of spiritual connection. Rest is essential for good interdimensional development in a whole being. So Children should sleep at least between 10 and 13 hours a day. The Adolescents between 8 and 10 hours a day. And Adults about 8 hours a day. And at the same time, it is essential that you exercise your eyes daily, looking at a short distance, at a long distance, and making circles with your eyes looking up, down and to the sides. So Children should sleep at least between 10 and 13 hours a day. The Adolescents between 8 and 10 hours a day. And Adults about 8 hours a day. And at the same time, it is essential that you exercise your eyes daily, looking at a short distance, at a long distance, and making circles with your eyes looking up, down and to the sides. So Children should sleep at least between 10 and 13 hours a day. The Adolescents between 8 and 10 hours a day. And Adults about 8 hours a day. And at the same time, it is essential that you exercise your eyes daily, looking at a short distance, at a long distance, and making circles with your eyes looking up, down and to the sides.

ME: And the one-eyed or the blind?

SOY: In ancient mythologies, someone with one eye represented the search for an inner path. Depending on the eye that is, it would be the work to be done, from the logical or the illogical as said above. Many of the most important gods of ancient mythology were one-eyed, like Odin and Horus, as they represented the search for inner vision in balance with outer vision. In any case, the loss of one of the eyes speaks of an imbalance in relation to the concept that the missing one represents. On the other hand, the blind, in ancient times were considered wise, and they were educated to reach the spirit. The word "weid" that I mentioned at the beginning, the idea of "image, appearance", gave origin in English to the word "wise and wisdom" in English (wise and wisdom respectively). In certain towns, the Blind Man was the one who guided humans through the world of spirits, to predict the future, to see the divine. Blindness in its positive aspect is a path to inner vision and divinity and wisdom, although in its negative aspect, it is related to refusing to see reality. In mythology, both Odin and Horus gave one of their eyes at will in order to have better spiritual vision and thus defeat their enemies. Odin, in this way, managed to obtain the runes, to read the future, and gave them to humans as a way to share his wisdom in the invisible paths of the cosmos. Horus, did it to have greater acuity before his battle against Seth, his uncle, although in that way, he gained inner vision, thus appearing all the knowledge of the initiatory schools of Egypt. ME: So not having physical vision does not speak of having lost spiritual capacity, but of an opportunity to deepen it even more.

SOY: That's right. Well when you meditate you close your eyes. The Third Eye is what gives meaning to the images you perceive of the external world. Everything that your eyes see is nothing more than a mere perception, a simple appearance, whose word comes from "seem", from the Indo-European "pehs" which means "to see". Appearing is "letting yourself be seen", what is possible to see, even if it is not complete. The two eyes take the idea, the images, but not the realities. The Third Eye, the inner vision, is what registers everything that we cannot grasp.

ME: It seems strange, then, that our eyes deceive us in what we see objectively of the world, and it is our vision hidden in the shadows that gives us a more complete image ... Why?

I AM: Because everything you see in the world is an interpretation of it, and this interpretation can come from the subconscious, from the unconscious or from the conscious. Normally we let the first two process all the data, considering that "If I see it, I believe it." The concept "Seeing to Believe" has taken for granted that the things we contemplate from the external world are the real ones, without remembering for a second that they are processed by the brain, which is a network of cells that never see the light, but rather who interpret it. For millions of years, we have biologically passed this way of interpreting through genetics, generation after generation, naturalizing that what the brain perceives is the real thing. For this reason, we have relegated 90% of what we perceive to remain in the hands of the subconscious. Thus, our internal world is built with preconceptions, beliefs and projections on the outside world. The human, when he closes his eyes, believes that he is going to sleep, when in reality, he enters the only space that has always been real: his inner world.

ME: Hidden in the shadows ... covered by fog, simulating blindness to the images of the world ...

SOY: And for this reason, the human fears to see what is inside him, since 90% of his truth is hidden in his inner eye, in what he has denied seeing because of the habit of believing that the only real thing is what perceive when opening eyes.

ME: What should I do to improve this?

I AM: Communicate better with your internal cells, observing yourself. Bringing the apparent consciousness to the subconscious world. Gaze at yourself in the mirror, very closely, at your pupils, without hesitation, for long minutes. Concentrate on your breathing, and maybe some soft, wordless music will help keep your gaze fixed. One of the hardest things in humanity is to stare at another human being for more than a few seconds.

ME: It's true, why?

I AM: Because the eyes are reflections of light, and when looking into the eyes of another, you see that same light reflected infinitely, leaving you naked, opening your three levels of consciousness. Leaving you vulnerable. Therefore, practice it on yourself. Talk to your brain and eye cells staring at you in the mirror. Ask them to show you everything that you have denied seeing, they have the record of all things, of all traumas, of everything that you have hidden behind your gaze. To begin to take charge of what you see in the world, of the truths, you must dare to face the blind shadows of what you have refused to see.

ME: The secrets of my DNA, the secrets of my soul, the secrets of my body, what I have seen and disliked, from where I look away or where I constantly focus. Most of my ability to see reality lies in the shadows ... Now I also understand that we live in a world of constant visual stimuli. It happens to me myself: facebook, instagram, youtube, the news, advertisements, everything is a constant bombardment of information that passes to the subconscious, without being thought or discerned. We are used to naturalizing many things and denying many others.

I AM: Your brain sees what it wants to see, and there are people who use that fact to make you see what they want you to see. The news, the conspiracies, everything constantly tells you that they communicate the truth, that they show you what you should not ignore ...

ME: But actually, they just do the opposite ...

I AM: They show you differentiated truths, with the aim that you do not see the only truth, the one that is hidden in you, locked up and drowned in your subconscious. You cannot deal with external semi-truths without

having consistency in your internal truths. For this reason, you must look at yourself, and ask your cells what it is that you must see of yourself.

ME: Stop seeing the outside world for a while, to stop living in the confusion of selling truths, and start seeing your own, as a filter for the external ones, since it is my interior who interprets, and by taking only the external and absolute truths, I am losing the human quality of intelligence, which is knowing how to interpret images.

I AM: Observe carefully, carefully, with intelligence and sharpness, observe yourself and allow the shadows within you to show you in sleep and rest all that you have to know about yourself, and thus you can see the world with others eyes.

ME: Well, I am a blind man who gazes at the outer world, when it is in my inner world where I have the greatest gift of vision.

SOY: It's time to wake up, it's time to open your eyes.

113. Ear

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



ME: I find myself sitting in front of the window, staring at the Pyramid in front of me, intently. From my point of view, it is surrounded by palm trees and trees, and the brightness of the sun makes me see it as if it were white, as it once was. Before, this image used to bring me sadness, melancholy, and tears flowed from my eyes without any effort. Now I have noticed that I cannot do it. That I no longer feel anything. Seeing the reflection of the light in my eyes, I thought that a tear might be shed that would free me from the regret that I carry inside, but I realized that it was only a physical reaction, and not an emotional impulse. The image was disintegrating, as if looking at the pyramid fixedly was the same as looking at myself in the mirror, because I have gone so many days, each day inside it, that I feel it is in me, and that I live in it even though I am not physically inside it. These days that I could not go because of my physical problem, I felt as if my soul and his soul longed for each other, although my body could not help but feel happy that I did not have to face the Giza plateau. So I thought about sitting down and looking at her from my balcony, and letting the cells in my eyes show me what they hide in her subconscious. And I saw it. I saw what it was like before, in my memoirs, Khem, and I saw myself, in the side gardens, among the trees, looking at the gleaming and shining white pyramids. But the emotion was not there, but in the laughter of the children around, in the voices of those he loved. I closed my eyes, and felt the wind in the leaves of the trees, in some string instrument in the distance, surely someone practicing for a party.

SOY: And you felt balance ...

ME: Instead of crying over what I saw, I smiled at what I heard.

I AM: Your body needs to release many tensions, but it needs to know what it must release to do it correctly. What is causing you tension?

ME: I guess the same as everyone this year... being locked in the same place. However, unlike what is happening to the world, I consciously decided to lock myself here, as a cloistered monk. A vow of silence, meditation and devotion. I feel the pressure of my own conscience reminding me every day that I cannot fail this time ...

SOY: When did you fail?

ME: What I remember ... I've been writing that story for years, "The Great Heritage." I started it when I was 14 years old, with the idea of capturing my biography, my memories, for my children and grandchildren. Over the years the form of the book changed, and at one point I saw myself writing my own death. But that death was in a parallel life, where I had lived all my life dedicated to sociology and politics, hiding my inner world for fear of "what will they say". Repressed, I felt all the pressure of my inner world telling me that I was failing, that I had started my way backwards, from the outside in, and that to do it right I had to take it the other way, from the inside to the outside. But it was too late, in this supposed fiction of parallel life, I was already 87 years old, and it was time to die. So I decided leave a message to myself through time, so that I can do it in a different way, and the message would be my own death. "There is Hope", I wanted to say to myself, "Be Born Again." So, I went to Río Negro, Argentina, a region that represents the connection of the female and male sexual organs, to procreate. And I approached a specific place, a ranch called La Esperanza, on Route 8. I said to myself... "if I die here, my being will find a way to let me know that there is Hope the moment I can lose it, telling me that the year when I realized that, it would be the year that would change my life forever. Well, this year, 2020, is the year that the message has reached me. The solar eclipse of December 14, 2020 will be at its greatest focus in the area of La Esperanza, in Río Negro. And all the weight of Jupiter and Saturn will begin to lower the karmic information to heal during the following days, for the remainder of our YOSOY year. I suppose, then, that my body is afraid of failing again, and not achieving what I have come to do ... and I have only 3 weeks to prepare ...

I AM: Responsibility ... And you need to release that tension on yourself.

ME: I thought I could cry to do it... But I don't feel anything... only pain in my ass, in my body saying: "I don't want to, I'm afraid of losing myself and stop being me".

I AM: There is a lack of balance between your three bodies, you need to find it listening to your body. Pay attention.

ME: It's what I try. I'm paying attention, I'm respecting your times ...

SOY: But you're not really listening. To listen to him it is not enough to say: yes, I do whatever you want... I will rest. Listening is LISTENING. Pay attention to what happens. The heartbeat, the breath, the pulse, the intestines, the joints, the tongue, all the sounds that you can hear from your body, without judgment, without thought, listen to their words. The ear was designed to capture all potentialities and in turn have the possibility of manifesting and transforming them. Listening is directly related to Sound, whether it enters through the ears or that exits through the mouth. All waves of vibration are wide, thousands, at different frequencies, and the ear and the ear have evolved to capture the most essential of all of them. There are many things to talk about in this sense, but we will start with the most essential and biological. It is normal to think that the ears are there to hear the sounds of the world, but that is not the primary objective. The entire Universe was designed through vibrational patterns, what we commonly call sound, it was the one that designed realities, and therefore, the

order or cosmos can only be found through sound. Thus, the ear has the main function of making you find your balance.

ME: through the hearing fluid ...

I AM: You can understand your head as a Bubble Level used in construction.

ME: Those rulers that have a green liquid inside with a bubble that shows if the terrain or material is in line or uneven, which is seen by the bubble moving sideways by gravity.

SOY: Exactly. The ear has three parts to analyze, the External one, made up of the atrium or ear, which generates a fold capable of channeling vibration waves into the ear canal, and carries the sound to the eardrum, a flexible and circular membrane that vibrates when waves beat on him. The Middle, an air-filled space behind the eardrum, contains 3 of the smallest bones in the human body: the hammer, the anvil and the stirrup, which connected to each other, collide vibrating before the sound waves, driving the sound towards the inner ear as if it were a bridge through the oval window. And here begins the Internal, a structure similar to the shell of a conch divided by membranes filled with fluid called endolymph. The impulse of the ossicles make the liquid vibrate generating waves that stimulate the nerve cells, which transform the vibration into electrical pulses translated by the brain as data, sounds and even emotions. The endolymph, like all liquid, moves according to gravity, and its movement allows the hairs of the auditory nervous system to perceive the direction of said movement, which sends the signal to the brain and cerebellum to react in the rest of the brain. body, muscles, reflexes, in the direction that the ear is pointing. Therefore, hearing problems can cause dizziness, nausea, loss of balance and stability. Now, if the sounds you receive from the external world and the movement you make inform the brain about your physical stability, the things you hear from others,

ME: So it works the same physically and emotionally, all balance of our being depends on the vibrations we receive and the way we receive it. The sound, the words, what they tell us, the praise, the insults, the screams, the silences, the music, the noise, the conversations, the laughter, the crying, an argument, an instrument, the static, all of this is processed by the brain based on how it is captured by the ear. In other words, just as the eye sees the external world consciously but registers 90% of the visual information in the unconscious and subconscious, the ear does the same on an emotional level.

SOY: What do you hear every day?

ME: I listen to the news, I see things that keep me informed about what is happening, especially in Argentina ...

SOY: And do good things happen?

I do not...

SOY: So while your conscious is informed, your subconscious and unconscious suffer. What else do you hear?

ME: Every day that I go to the pyramids there are people arguing, fighting over the business, shouting in Arabic ... I was studying Arabic and I quit, because it made me feel bad ...

SOY: Because every day that you go to the Pyramids those who speak in Arabic are arguing or shouting, never talking about the weather, or poetry, but about clients and camels or money or demanding things from you.

ME: There is one who tends to joke to me laughing: "If you don't tip me I'll kill you ..." and as much as my conscience knows it's a joke, I realize that my unconscious interprets it as an almost routine threat.

I AM: You feel threatened by the environment all the time.

ME: And now that I think about it, I am waiting all day for the messages of the people on the network, to know if what I am explaining is understood or not, and although most of them are praise, my brain interprets the opposite: " you cannot fail or lower the level or they will criticize you ". It's horrible to think that, every day.

SOY: It is the defense system of the inner ear, trying to maintain constant harmony, it tells your emotions that you have to work to maintain that balance and not wobble.

ME: Well, if I stagger, it's losing my balance, getting dizzy ...

SOY: In your mission to find balance and equilibrium, you live the pressure of not losing them, and that pressure is what makes you lose your own balance.

ME: Ugh... it's horrible to realize these things...

SOY: And also ... what you say. Well, hearing is a sense related to the laryngeal chakra, linked to the word, the verb, the vibration, the song, to hearing one's own voice. Just as the two eyes generate a triangulation towards the Third Eye in the Pineal, the two ears generate a triangulation to the Thyroid, to the vocal cords, thus being the Third Ear that which hears its own inner voice. Here the question would be: Do you listen to yourself?

I think so...

SOY: Well, most of the time, no. I already tell you, that I am your inner voice.

ME: hahaha, there you caught me ...

SOY: I know. You pay close attention to what others have to say. But this is not your topic, it is that of all humans. All mammals evolved by developing their ears to be able to move in the environment. The ear registers millions of data, the voices of parents, relatives, friends, enemies, of what harmonizes us or takes us off the axis, helps us to distinguish the lie from the truth, saying "this sounds to me or it does not ring to me" , or the most novel and widely used expression "it resonates with me" or "does not resonate with me." Resonance, that is, the echo of sound, refers to identifying what things you hear in the world continue to vibrate as an echo in the internal world, interpreted as their own truth, and which things do not vibrate within being rejected by the interior. There is a great mistake that every human makes, and it is to believe that what "does not resonate" is indisputably a lie or is against them. The resonance of things works in the same way as music: that you like classical music or what you consider "good music" does not mean that other music is not good for other groups of people. There are people who need bowls playing in the middle of the Tibetan silence to meditate, and others will need electronic music on an Ibiza beach. And they will arrive at the same connection, at their own balance. The development of species based on hearing has allowed us to move forward, to relate harmoniously with the environment, but at the same time, it has led us to pay all our attention to this external environment. So,

ME: When the sound is interpreted by me.

I AM: Listening to the inner voice demands silence, attention to the sounds of the body. To listen to your own voice, whispers, songs, words. Talk to yourself in silence, allow yourself to hear your own voice speaking to yourself, like a urobar of sound. Practice this. But the first step you must take is to stop hearing the things that hurt you, is to drop the news, stop listening to the negative in life, clear your ears of grief and anger. Listen to music, laugh ...

ME: Before, I used to listen to the radio program “Nobody Knows Nothing” by Berto and Andreu every day in the morning, and I woke up with a lot of creativity, laughing, with strength, and lately I don't, I watch the news, because I want to know what It happens, but it's plunging me into darkness.

SOY: It is normal, you want to know, be aware of what is happening, but that destroys you, and it is not your mission to be aware of what is happening. I know you want to fulfill your future role of sociology and philosophical politics, but you will not achieve it by looking at the bad, but at the good. He laughs again ... because the only truth is that "nobody knows anything." Listen to music, listen to yourself, stop hearing the opinions of others, because you did not become what others expect of you, you came to be yourself.

ME: You're right ...

I AM: Hear yourself again, turn on the Third Ear, and you will listen to your truth, to your body, everything that you have hidden covered by the voices of others. Listen to your own song in the cosmic symphony.

ME: Silence is the key to all sound, I need that silence to really listen again ...

I AM: And that is where the inner voice will speak to you again firmly to remind you of your balance.

114. Touch

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



ME: If all that exists outside of me is a sensation of my outer world, then is touch the way of feeling my heartbeat pulsing in all existence?

I AM: Tic Tac ... the great gear of time that designs space is the beat of the most beautiful heart in all of existence, the cosmic pulse. The emptiness, as it became aware of itself, was inspired by what it felt, and it gained momentum, expanding outward, creating a heartbeat that would echo back to the center again and again. This echo allowed him to feel everything that happened in his creation, united to everything that exists. His inspiration and his exhalation are the echoes of a cosmic heart that passes through everything like waves to the sea; rising from the center towards the coasts, and returning towards the ocean. The waves carry with them the information of everything they have touched. The Universe is like that dreamer who finds himself unable to touch his dreams except in the imagination, spreading his hands in the illusion that he will be able to feel him, and deceiving the mind, he succeeds. He perceives all the sensations as if they were real, in a constant pulse and beat arising from his immeasurable love to feel the finite in the infinite. Touch does not exist, like nothing else, but love makes it possible.

I eat?

I AM: In your yearning to feel what you see, the universe emits waves. Like waves, like a sonar, the vibration expands by touching the objects in its path, and when it collides with them, it returns the wave in the form of an echo, changing its frequency, giving different tones, sensations that return to the center. These waves are not enough to perceive, so the constant echoes begin to generate particles of positive and negative energy. The same wave begins to behave as a particle, in an electron, in a photon. Thus, the information is not dispersed in the ocean, but is focused. The light, the energy, begin to carry data, reflecting off objects, bouncing off like a mirror. This effect allows the universal mind to distinguish changes, limits, something that was previously impossible. In this way, he can become aware of the created, he can perceive the manifested world. During millions of years, this system was being perfected, until the particles began to group together in biological organisms, which allowed the universal mind to have greater flexibility when receiving data, since minerals or inorganic materials do not have the ability to perceive in the same way, nor to be energetically intelligent. Thus it was that cells appeared, and they replicated the system of the universe. They received the energetic data that the photons carry, and processed them inside as information, developing from it. The mechanism was perfected. The atoms that make up cells interact magnetically with the atoms that make up the environment, and in said magnetism they share energy, generate heat or cold, interact. The electrical pulses generated by the magnetic traction of the electrons generate a reaction in the nervous system, which decodes this information into ideas, cognition, thought, sensation, emotions ...

ME: All by pulses between things that have never ... never touched ...

SOY: Exactly. You have never touched anything, absolutely nothing ever. It is impossible. All you have done is perceive the sensation of magnetic friction between repellent electrons, which generates an electrical discharge that is perceived by nerve cells and delivered by neurons in your brain.

ME: Knowing this is something ... frivolous, even lonely ... I don't know ...

SOY: It is from the point of view of a being who believed he touched things. But it is something magnificent and full for an infinite being who could never feel anything. The system allows the mind to be able to perceive, to manifest, to feel ... alive. Touch is the direct sense of the Divine Heart. In living bodies, it spreads throughout the skin, the entire integumentary system. Integument comes from the Latin "tegere" which means "to cover, to protect". We can interpret that the skin is the most extensive organ of the body, designed to protect us from the outside world, but from the deepest vision, the skin not only protects us, communicates, allows us to interact, have the sensitivity to perceive, to share. Everything that happens inside and outside our body, goes through the communication of the skin cells, making the atoms vibrate, transmitting the information of magnetism between electrons. Thus, all the data interacts in this thin layer of your body, being recorded as in a kind of library.

ME: They build my memory then.

SOY: They are your memory. Cellular memory lies in the sense of touch, in all interactions. The pulse of your heart extends to the pulse of each vein and artery that caresses your integumentary system, and therefore, your skin cells beat in unison with the heart, informing the center of your being about everything that happens, telling it the stories and receiving their own stories. Each cell is like a book in this library. Each book has a new phrase, a new code and information rewritten by each cell, which, perceiving the outside world, writes it down in itself to have a memory of what happened, happens and will happen. The memory of the cells interact with the external and the internal, and the pulse of your heart generates an echo in everything you touch, awakening the data by magnetism. This is how memory is activated.

ME: Wait a minute, I don't know if I got it right. You say that the magnetic pulse of external objects or subjects in friction with our own atoms, driven by the heartbeat, awakens the data that my cells recorded and shared with said objects and subjects?

SOY: Exactly. Touch, touching others, touching oneself, touching nature, a stone, a temple, a book, all of this awakens shared memories. As I said at the beginning, everything is an echo of the one heart, echoing the beats like a sonar. In your body lies the memory of all the things that your cells have recorded since the beginning of their time millions of years ago. If you return to an ancient temple, and touch its walls, and pay attention to the beat of your heart, the reaction of the electrons in the rock with the electrons that make up your skin, will launch electrical pulses that will awaken the appropriate emotional information hidden in any of your cells, like a kind of Index to a book.

ME: That is why you once explained to me that beyond the fact that we can meditate and be everywhere at the same time because everything is mind, it is important to travel, walk, touch, feel with the senses, caress places, because memory is not there. in the mind, but in the cells.

SOY: Good memories and bad memories. Traumas are there too. Therefore, the skin is the first to react to a conflict, drying out, or being more oily, or sweating, or piloerectating (bristling with dermal hair). The reaction of touch to an abuse, a blow, a caress, abuse, tickling, rape, sensuality, aggressiveness, whether all this is direct (you have experienced it on your own skin) or indirectly (it is something inherited by the clan), it will be a reactionary memory in you.

ME: I have to pay attention to what my skin feels, because it tells me about the relationship I have with the world around me.

SOY: Skin, dermal, integumentary problems or diseases speak of how we interact with others and the environment. In most cases, since the repression. For too many generations, for millennia even, many individuals have experienced abuse of all kinds, with assaults, rapes, beatings, criticisms of appearances, fears, they have confused what it is to give affection, and they have covered their skin for being shame.

ME: Even today it happens, we all have these cultural traumas. We are afraid to show the body, to talk about it, we are ashamed, and many cultures continue to cover or grieve the lustful and sinful connotation of skin and touch.

I AM: You are still living a time of trauma in every way, and your skin knows it. And yet you use the expressions "to be tactful" to address someone in a situation, even so we do not know how to understand this important sense, physical intelligence. Having given so much importance to mental Cognitive Intelligence has discredited Emotional and Corporal Intelligence, relegating it to a plane of chemical reactions, as if thought were not also a chemical reaction.

ME: It's true ... In a quest to rationalize everything and discredit the emotional and the physical, science and spirituality have disparaged the soul and the physical to mere organic reactions, when everything is, even mathematical thought or religious dogma, both are cellular reactions.

SOY: For this reason, it is important to get to know your own body, talk to it, feel it, not be ashamed of it, of talking about it, of opening up to share bodies. Touching the objects with ease opens the doors to the memory library. For when you place your hand on a wall, you do not listen to the wall, but to the echo of your heart on it, your own pulse resonating in the magnetism of your skin, awakening what you know of that place within you. Thus you read the information of the world, by means of the beat of your heart pulsating in all your skin.

ME: It's very poetic... and it invites us to feel, to open up to perceive. But what about all the trauma?

I AM: Deep within the skin, all the sensations that have not been of pleasure, pleasure or comfort are hidden, everything that has interacted with you in a bad way. The body protects itself, rejecting this sensation, instead of transforming it, it becomes rigid. The only way to free yourself from these dermatological traumas is by caressing the skin, giving it gentle baths, becoming aware of each part of the body, going to the areas of pain, to

the areas where the trauma is, and facing it through touch , but this time with words and intention. For an abused person, a caress can be understood as an aggression, and therefore, the skin must be reeducated to understand the caress as a pleasant sensation, and this is done through the same person pleasing himself in the skin, smiling, caressing, and talking to their cells, like someone who talks to a scared puppy or baby who does not want to go out because of fear. With time, patience and delicacy, it is necessary to remind them how beautiful to touch, how fascinating it is to perceive the world, and how wonderful they can get lost through fear.

ME: Cellular education... It is not a question of eliminating the trauma, but of re-educating the cells so that they react differently.

I AM: For a rigid skin will not echo in the heart, and an expanded heart needs to feel through the skin. Practicing conscious touch on someone who has experienced a trauma will help them to free themselves to expand. Practicing conscious touch on a body without concrete trauma will help to liberate those who have lived in history all the beings belonging to my Genealogical Tree. Practicing the touch of the world around you will allow a rigid mind to remember, to perceive the soul of the world. The Touch helps the cosmic memory that we all share, to awaken the memories of other lives, and the understanding of reality from the most essential and unconditional. Allow yourself to feel that Infinite Love in the Touch of the Finite. For the skin is Love made matter.

115. Taste

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



SOY: You are uncomfortable, right?

ME: Since the week of the physical body began, I feel very uncomfortable, yes. I feel as if my body is against everything I do, as if, suddenly, by giving him voice, he is passing the billing of everything I have done to me at his expense. One does not normally think of the mind and emotion pulling matter in rather than inviting it.

SOY: What does your body say?

ME: That he feels trapped, in a cage that he doesn't like. He does not care that the place where I am spending my year has everything I need and treats me like a king, he feels uncomfortable for not having adventure, for not traveling, for not being able to move. I explain that this is something that is happening to everyone ... And

that it is normal for us to feel this way. But at the same time, what worries him is having to spend so much time in Giza. My body's memories of this place are very different, and everything I was used to is dead. Here I used to be a woman, so being a man puzzles him, he feels out of place. Here I lived with my family, all the time together, children, husband, brothers, grandparents, parents, all, as a clan, and now I am alone. The tongue sounded like music and poetry, and now it sounds like aggression and disharmonizing screams. The landscape was green, and now it is desert and dust. The buildings were Minoan style, colorful, stuccoed in white, blue and red, and now everything is stone color, eroded by thousands of years. My body misses eating fish, but this year I must not eat any animals, which limits my diet in a country that is not vegetarian at all. My body is used to doing many things, like driving, climbing mountains, and now I feel in a crystal cradle. I get very bored. Too much for my moon in Sagittarius. My body does not like what I am living. But that does not imply that the rest of me thinks the same, that is, it does not mean that I want to leave here. I know that by writing these things, many may think that I am crying out to leave, leave everything, go home. But the truth is that I don't have a home. My home is the World. My family is spread over various countries and cities. I no longer have a clan like before, now it's just my mother. But beyond the boredom I may feel, my sense of duty is much greater.

AM: What is your duty?

ME: To be present here, to hold what I couldn't hold thousands of years ago. A Conscious Network with which to share what I learned in the Khem schools, leave my memories on the Web, connect the planetary fabric from its center here in Giza, enable the download of new information to the magnetic grid of the planet in both the poles are aligned with each other. All of this is much more important than my body's desire to walk through the Scottish mountains or take a train in France, or cross Patagonia ...

SOY: Is that what you would like to do?

ME: Yes ... it's what my body would like ...

SOY: Just your body?

ME: No ... my whole being. One thing is what one should do and another what one would like to do. For one to be able to enjoy what he likes, he must first be responsible with what he must do.

SOY: Unless what you have to do is exactly what you like ...

ME: I think that's what I always do. I always do what I like, I never do something that I don't like. But the circumstances this year are different.

I AM: You were raised as a child with the possibility and freedom to always do and feel what you like... Beyond the typical school obligations, you never had a context of obligation, it was always... easy. And this is the first time that the context demands that what you like be an obligation. Do you see the rebellion of your body?

ME: Like a child ... Sure ... I do this because I like it, but suddenly the context forces me to do it and there I resent it.

I AM: This planetary Quarantine, this pandemic, has come to that: to show how damaged everyone's subconscious was. One could blame the virus, but the truth is that the virus has only shown what you were denying covering pleasures and things that "you like." What is Taste?

ME: It is one of the senses. The one that allows us to identify the flavors of the things that we are going to eat, to differentiate what is good from what is bad, what is poisonous from what is nutritious ...

SOY: Gusto, comes from the Indo-European “geus”, which means “to taste”. In the case of English, “Taste” comes from the Latin “taxare”, which means “to evaluate”. In both cases, they express the intention of taking a pinch of something to see if its flavor is adequate, or is comparable to something known, hence the English verb gustar (to like) is said exactly the same as the comparative adverb (as-like). Thus, one acquires knowledge about the things that one eats, what you call in Spanish "flavor" ("savor" in English), which comes from the Latin "sapere", that is to say: knowing, wisdom.

ME: So when we say "it tastes good" or "it tastes bad", it is not only referring to taste itself, but to knowledge about a fact. In such a case it would be "what I now know is not to my liking." Why is Knowledge related to Taste?

I AM: There is only one reason why every living organism exists and has evolved.

ME: Which one?

I AM: Eat. The particles exchange positive and negative energy charges, seeking balance and savings (protons and electrons). They form molecules, which will exchange atoms. But some molecules will simply start to consume the atoms of other molecules in order to expand and perfect themselves. Thus, unicellular organisms are generated that engulf molecules. And as they grow and become more complex, these organisms begin to engulf each other for energy. In this way, by accumulating so much energy, they begin to multiply, creating multicellular organisms, which allows them to distribute energy and enable each cell to fulfill a specific function in the processing of energy. Multicellular organisms begin to develop organs, of which one of the first to form and most important will be the digestive system. The function of the digestive system will be to take complex organisms and disintegrate them until they reach the molecular level again, so that those atoms can continue to exchange.

YO: Nothing has changed, only the form of agglomeration of molecules and the interaction between them ...

SOY: That's right. As much as the digestive system as such is not the first to be activated in the fetuses of living beings, it is its product that drives the first heartbeat. Well, the heart does not beat without the pulse of venous contraction exerted by the blood plasma (originated in the bone marrow), but energized by the nutrients and sugars absorbed by the intestines. The whole goal of the blood and heart system is to carry the nutrients produced by the digestive system to every cell in the body. There the energy is produced, in molecular exchange. This is cellular intelligence, which develops complex organisms to refine mechanisms and increase their results. But everything that enters the body to generate nutrients, to satisfy energy, to cover the gaps, to energize the being, to make it feel full and in balance, it must be checked for quality first, approved by the body. This is where the stomach communicates through the esophagus with the tongue, awakening the sense of taste.

ME: Taste is the ability of the tongue to determine molecular energy ... of course ... It is the way in which the universe allows itself to feel the energy it consumes to create ...

SOY: Like and dislike. The tongue is designed to perceive 5 types of flavors: in the back towards the throat, it specializes in Bitter; on both sides on the back you feel the sour taste; on both sides towards the anterior part of the tongue perceives the salty; On the front tip of the tongue, the outermost part, feels the Sweet, and finally, in the center, connecting all the flavors and integrating them throughout the mouth, is the Umami, the one that we recognize as the most tasty. Taste is the way cells intelligently interpret what enters the body, preparing the rest of the digestive system based on what is ingested. Intelligence is the ability to interpret, to read what is happening and to see beyond the forms. Taste thus describes the intelligent ability of cells to recognize good from bad. The memory of taste and dislike is found throughout the oral area, causing a meal, a kiss, the act of licking, sucking, tasting, pronouncing, singing, whispering, and smelling a perfume or aroma whose particles are impregnated in the tongue by the steam that enters or leaves our body, all this awakens a piece of information, an information that takes us to the moments related to these flavors that here become knowledge.

Taste is the sense that identifies the information that the memory of the Universe seeks to integrate through a living organism like you. And all that information is energy, therefore emotion. the act of licking, sucking, savoring, pronouncing, singing, whispering, and smelling a perfume or aroma whose particles are impregnated on the tongue by the vapor that enters or leaves our body, all of this awakens a piece of information, information that leads us to the moments related to these flavors that here become knowledge. Taste is the sense that identifies the information that the memory of the Universe seeks to integrate through a living organism like you. And all that information is energy, therefore emotion. the act of licking, sucking, savoring, pronouncing, singing, whispering, and smelling a perfume or aroma whose particles are impregnated on the tongue by the vapor that enters or leaves our body, all of this awakens a piece of information, information that leads us to the moments related to these flavors that here become knowledge. Taste is the sense that identifies the information that the memory of the Universe seeks to integrate through a living organism like you. And all that information is energy, therefore emotion. Taste is the sense that identifies the information that the memory of the Universe seeks to integrate through a living organism like you. And all that information is energy, therefore emotion. Taste is the sense that identifies the information that the memory of the Universe seeks to integrate through a living organism like you. And all that information is energy, therefore emotion.

ME: This is why food awakens so many emotions, or hides them ...

I AM: Everything you consume physically contains an emotional energy charge, related to who prepared the food, how they made it, what is the context in which you eat it. Therefore, the same plate of food has a very different emotional and nutritional load for two people. A double burger is not the same for an average American as it is for a Hindu from India. Beef has a very different connotation, and having to eat it will create a liking in one, and a dislike in the other. The emotional load of what we eat on a daily basis in the 5 suggested daily foods, nourish a body much more than the same food. For the positive and negative charge in balance of a food made with love and received with love, is very different from one made out of duty. You understand me?

ME: I think so ... You are telling me that I am feeding my body with the energy of duty and the need of others, more than for my own pleasure or for their love of cooking it ...

SOY: You need the kitchen of a mother, a father, a grandmother and a grandfather from time to time, a dish made with love is worth more than a dish made out of duty. And you are here out of duty. Most people do not know that day by day, along with their plate of food, they ingest the energy of the people around them, of those they love or hate. So we also talk about what we like in life, and what we don't like, what we dislike. And this is also felt in the stomach, producing the same sensations as a bad meal: nausea, vomiting, indisposition, the stench of breath.

ME: Sure ... the energy that I consume from the environment, energy that my body is constantly rejecting ...

I AM: Duty has to be turned into pleasure. Most of the people today are living a situation of confinement, of discontent. One would think that the best thing would be not to work, and to be at home, but now everyone has experienced that at home is where they feel uncomfortable, and that going to work was not a duty, but an escape. By being alone and fixed in a place, all the shadows, the dislikes, the incorrigibility come out. The questions arise whether everything they have done so far has been with pleasure, for their own pleasure, or just to have an escape route to inner reality. You feel that you need to fulfill a duty, just by not facing your pleasures, because they would take away from what you think is fair. Your body hurts because you don't understand that the only way to assimilate something in the Universe is to do it with pleasure, not by force. Why do you force yourself?

ME: I feel the responsibility, I fear to fail, to fail, for others, and for myself. I feel that the days that I did not go to the pyramid because I was sick are days lost, when I failed everyone ...

SOY: Your Capricorn is speaking here, right?

ME: Yeah ... the pressure on myself ...

I AM: Whether you enter the pyramid or not, you have never been more than 300 meters away from it. You are within its energetic pattern. You have never turned your back on it. But the pyramid is not your temple. Your body is your temple. And if you don't honor him, it doesn't matter if you enter the pyramid. Your body is asking you not to go in there, to be walking around it, to step on the grass, to hug a tree, to paint, to design, to rest without pressure. He asks you to travel with your heart, and allow yourself not to always travel to Egypt. Paint the places you want to travel to, and live them. Recover the taste for life, because it is the only way the Universe has to feel through you. What good is the cosmos to someone who fulfills a mission without flavor? Remember ... Pleasure is the great duty, well ...

ME:... Taste is Knowing...

116. Depression

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



ME: Go deep ... Scorpio is not taking deep. At least that's how it has been for me. I was wondering what was the point of exploring the senses in this week of Scorpio Physics, but now I got it: the physical body is the deepest part of the Universe, it is the ultimate manifestation, where all the distorted options are. The senses are those tools to feel the deepest and most separate of the Cosmic Being. There we keep the great percentage of what we are. I saw some who told me: what is the sense of becoming so technical explaining biology, why not talk about the things that matter such as the ways of weaving the Web of Consciousness, transcending social systems to create a new humanity ... They clearly do not understand the correlation and importance that both views have ...

SOY: Clearly not, because they are not two visions, they are the same, they are not two realities, they are the same. The Planetary Consciousness Network is a form of expression of an intelligent tissue that is organized to be active, and the closest tissue that we can understand manifests itself in biological tissues and organic systems. The universal memory that descends to mountains, lakes, centers of power, also awakens in the joints, in the glands, and if we do not know how our own network works, we will never understand how the larger network works. We can poeticize reality all we want, but after all, poetry is the emotional way data and systems

are interpreted. And the truth is that a poem that you feel with your soul makes no sense if you don't know how to read or interpret intelligently before. Magic is chemistry chemistry is magic. The spiritual manifests in the physical, the physical experiences the spiritual. When you move through the world in the journey of Life that Sagittarius makes, you will need to understand how to smell, feel, see, taste, hear the world, its network, you must understand its emotions, its structures, its molecular, vibrational origin ... Yes you cannot see the macrocosm with the eyes of the microcosm, what we have talked about until today will be of no use. That is why it is essential to go towards oneself, go deep, see yourself in the shadows, in the smallest, in the most basic designs of creation, only in this way will you be able to be a conscious part of the web of consciousness.

ME: I also wondered if it is necessary to explain again why I tell my life, my personal things ...

SOY: It is not necessary to explain the obvious when the title is called "I and I am". You do not write for "Tú y Eres", or "Nosotros y Somos". This is an invitation to self-analysis, not a space for the dissemination of Universal data.

ME: Yes, I understand ... is that sometimes I have this question of wanting everyone to understand what I'm doing.

I AM: It has a South Node in Libra, and that is why you seek to get along with "god and the devil", and that is an acquired gift, neutrality; But your path now is where you are going, your North Node in Aries, and that is You, it is the I am. And in it we are ...

ME: Yes, I know... it is that it still costs me a bit. I have the need to explain everything, as much as I can ... and sometimes I go out of focus just to conform others to my answers.

SOY: And it shouldn't be like that. You must feel sure of them. What happens is that you demand too much of yourself in life, and others demand too much of you, and all that pressure, instead of strengthening you, sinks you ... It leads to Depression.

ME: Yes ... I'm very depressed ...

I AM: Depression is the concept that emerged from the words "de-" (meaning "decay") and "pressus" (meaning "oppressed"). Whoever is pressured by the forces of the environment lives under the pressure of the world, but whoever loses his strength in this pressure, sinks, crushed against the ground, falling into a deep well, contained by the external weight. Depression is the inability to manage the pressure of the world, to feel weak before changes, before criticism, before the will.

ME: I try to find what it is that makes me feel sunk, submerged in this miserable pressure, and everything always leads me and my perception of the world. You are actually always free to do what you want, to think what you want, to go wherever you want to go. It is our mind the only one that designs the limits or creates the limits imposed by the external. It is myself who is pressured through the words of others, through the circumstances around me.

SOY: That is why it is essential to understand the functioning of the tissues that compose you. The depth of your soul is woven into the threads of your cells, which reveal the webs of your emotions. Written in the memory of your senses, the will, love and wisdom of your being await to be activated and recognized. So you must submit to your own pressure. No one finds spirituality or enlightenment in a meditation course, but in the courage to face the shadows, crises and conflicts that are reflected in the innermost being. When you see the pressure of the external world, then you can see the pressure that you put on yourself to find what lies in you that you would never see otherwise. And this is when you must differentiate between two types of depression.

ME: Two depressions?

I AM: The depression generated by the Unconsciousness and the depression of the Consciousness.

ME: Can a Conscious being get depressed?

I AM: A conscious being "must" be depressed. A conscious being, to show that he is, must have the ability and courage to immerse himself in the mud, mud and fetid waters that hide the roots of the lotus. Sink your feet and hands in the mud, get dirty, bow humbly to the ground, to unearth the hidden, the weeds or the treasures that lie within the shadows.

ME: I always saw depression as a defeat of the soul.

SOY: That is Unconscious depression. It arises from feeling thrown into the mud, dirty, defeated by an external battle against opposition forces. Unconsciousness implies that this collapse is caused by collective forces, by taking into consideration and as something purely personal what others have to say, think or feel about you. You let yourself be dragged and carried away by the force of a world that you do not know as your own and interior, that you observe as separate. The great human error is to think that what is outside is indifferent to one, is separate, and therefore complement or opposite. This vision leads us to romance or battle, and in its defeat, the body collapses on the muddy soils, dirty with senseless emotions. The unconscious human is carried away by what others think and say about him,

ME: The truth is that there are times that this happens to me. I let myself be carried away by what others think or do. It is inevitable many times to feel affected, we are emotional beings. There are times that it depresses me indirectly, seeing that a large number of people, despite everything I try to explain, then act in a totally opposite way, or incoherent. Many times I lose faith in humanity, I feel that perhaps I am not giving enough, or that I give what I can and it is not enough.

SOY: Then you must use Conscious depression.

I eat?

I AM: Stopping projecting on the other, and sinking to the roots that originate this sensation in you. Tell me, what is it that gets you down?

ME: Speaking of me... my lack of will. Feeling that I could give so much more and I can't. It depresses me to see that the times that I have given a lot of myself, it has not been of any use, and that takes away the hope of doing something else ... For example, these days I feel depressed, I feel with the dichotomy of thinking that I will spend 2 years of my life to this project, and that maybe it is not worth it and everything will remain the same afterwards, and I have lost those 2 years. But at the same time, I feel like if I stop doing this for a day, I'm failing and nothing will really have been worth it, not even everything I did in previous years. My depression is a personal crossroads of trying to value what I do, who I am. To feel that it will never be enough. So what the outside projects me is that ... see that it is a never ending. I feel like I'm drowning ...

I AM: Well, you must keep one thing in mind: the Universe is infinite, and you will never be able to see a final result, that does not exist. You cannot put the pressure on yourself to be enough, because for the universe nothing is enough. It's like eating very well one day and thinking: now I have eaten so well that I never need to eat again. It's stupid. Your depression is sinking into the belief that you can never finish anything right, and that's exactly what the Universe is all about. Of Infinity. You think now about this year, and how eternal it seems to you, thinking about whether it will be enough. For what? And then you will start with the social, and you will see that what you do will never be enough for a people, they will always need more or something new. Everything transform. You can never consider anything good and final. You put unnecessary pressure on yourself, because there is no way out.

ME: ... That I don't consider myself enough for myself.

SOY: Exactly.

ME: I feel that I could always be better, that I could give more of myself, I feel that I have betrayed others trying to do my best, I feel that I abandon everything I do just to fill new gaps. Fill Gaps.

I AM: The Void of Creation is the key to creation. Without emptiness there is no arising. It is only when you hit rock bottom, in the darkest night of the Soul, when you lose all meaning, all will, when you find yourself in nothingness itself, that you can begin to create anew. Stop comparing with what was or what could be, and dedicate yourself to being. Recognize that no flower can shine without first going deep into the earth and mud to take in the nutrients.

ME: Like the lotus flower that grows in the mud marshes ...

I AM: A human is born from clay, from clay. So when a human needs to reinvent himself and be reborn, he must return to the mud. Depression is re-immersing oneself in the mixture of creation, in the positive energies of the earth and negative of the water, generating unity, creation. The mother's womb is that place of shelter where we keep all the memories of suffering, fear, trauma. To be reborn, you have to face them, and reuse them. Do not be afraid to go to the shadows, to the depths of your being, to get dirty with the mud, to smell the putrid Scorpio waters, where you can see nothing.

ME: Learning to enjoy depression as a journey deep within.

I AM: In the cosmos, the positive expands to integrate into the negative. In the universe, everything that is outside in life regenerates inward in death. In life, every being experiences the external world and rests within the caves. In experience, the pressure of the world transcends into the depression of the soul.

ME: "The descent into Hell." I remember the story of Orpheus, who with his music decided to look for his beloved Eurydice, after her death, whom he manages to find by calming all the beasts inside him, but which he cannot free because he does not fulfill the only order that had been given to him. given: not look at her until once outside of Hell.

SOY: What does this story tell you?

YO: It is the story of a body that goes in search of its soul to the world of subconscious shadows. The body must be in harmony, like music, to resonate in coherence and thus no demon can take it. Finding your soul in the shadows of hellish depression, the shadows suggest that you do not judge the appearance of your soul, for before bringing your divine being to light, it will still possess the forms you abhor and fear. But in curiosity the body looks, for its expectations, and then it realizes that it was not what it expected, clearly, condemning its soul to live in the shadows.

I AM: That is why you must transcend and free yourself from all expectations, because it is the only way to immerse yourself and save your soul from depression.

ME: Now I understood ... What I expect from myself prevents me from seeing what it is, and even though I position myself in coherence within my own hell, if I look at my soul with the eyes of expectation of what I hope it will be in Instead of loving what she is, I condemn her to live in depression. But I would never have found him if he hadn't descended into the shadows. For this reason, depression is the key to finding the information of the soul ... It is the great vehicle towards Hell.

SOY: Don't make Orfeo and Izanagi's mistake over and over again. You know well that both, despite having gone to the underworld to look for their beloved souls Eurydice and Izanami, had to be divided into pieces, one dismembered and the other divided into parts by the heavens, Stars, Sun, Moon ... condemning the two bodies damaged to live under the pressure of the external parts, of astrology, of fates and luck, because they lost their internal compass, their soul, in the shadows of their expectations.

YO: The Greek and Japanese myths make more sense ... I haven't listened to them for a long time, and today they take on particular strength. I recognize that I am descending into my own hells to look for the nutrients to make my flower bloom ... And that when the stars, planets, sun and the moon meet this December, I can go down to my hell without expectations and resurface, reborn with the compass active of my heart, uniting my soul, my body and my spirit. In fact today I dreamed that I was traveling to Michigan, to a town called Battle Creek, where a yellow snake bit me on my right arm. I used to release the snake in a park where many children emerged from very cold water, and I explained to their parents that the Apocalypse was near. Now that I think about it, this dream told me about the moment of revelation (apocalypse), of the end of the battle (battle) and rift (creek) between the three mental, emotional and physical bodies (the Three Great Lakes), overcoming obstacles with wisdom (yellow snake), seeing a fresh new humanity emerge (cold water and children). The whole time I felt neutral and peaceful. I felt that I had come out of that hell, and I was reunited with the consciousness of that unity and hope.

I AM: Step firmly in the mud, it is time for the lotus flower to radiate in your crown, because the deeper you have gone into your soul, the further you can go in the world. Weave the networks of your interior, and you can begin to weave the networks of planet Earth.

ME: I am the Network of the Underworld, the World and the Overworld.

I AM: In your shadows you will find your light... Play your harp Orpheus.

117. Pressure

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



ME: And once I've reached the bottom of the depression pit ...

SOY: You feel the pressure of the world on you. The human is a being that has been born under pressure: the conception happens by the pressure of one body penetrating the other, the development and gestation take place

before the pressure of the organs and the push of the body opening place, the birth happens by the pressure from the maternal body, childbirth is a time of great pressure, the lungs feel the pressure of the air when entering for the first time, while the blood pressure begins to pump blood to all ends of the body. The pressure of the clothes, the pressure of the arms of the mother and father. Intestinal pressure, and the pressure you must apply for the first bowel movements. The pressure of light in the retina of the eyes, the atmospheric pressure in the face of minimal changes in the weather, the pressure of the temperature on the skin, the pressure of gravity pressing the body on the surface of the Earth. The pressure of looks, the pressure of crying. The pressure of food entering the esophagus. And as it grows, the pressure from parents to eat well, to finish what is on the plate. The pressure to speak up and say your first words and take your first steps. The pressure to behave, receiving the first scolding and punishment. The pressure to socialize, to go to school, the pressure to learn, to study, to behave. Hormonal pressure, the pressure of growth that is felt in the bones and muscles. The pressure to fall in love, the pressure of teasing that leads to all psychological and emotional pressure. The pressure to comply with the mandates of the family, with the norms of society and culture. The unconscious pressure to fit into the world, to be accepted, the pressure to pass an exam, to finish school, to find a university career, the pressure to grow up, to have responsibilities. The pressure to survive month after month, the pressure of a job and a schedule, to be the best. The pressure of the world that expects you to be what they have proposed for you, and the pressure of your own, internal, that pushes you to be as others expect. And there you find the pressure of your being, which tells you in morality what is right and what is wrong, and pressures you to be the best version of yourself. The pressure that you put on your expectations and beliefs. And there, the pressure of the financial crisis, the emotional crisis, the existential crisis. Then you find the pressure of the soul looking for freedom, the pressure that leads you to sinking, to depression, and deep down you find the pressure of the spirit that urges you to radiate your light, and the pressure of the inner path begins, the spiritual path. And there you discover the pressure of mission, of having a purpose, the pressure of fulfilling a greater and common good, for others and for the planet. You feel the messianic pressure, the pressure of existence, and then you realize that you are pressed by space and your limitations, pressed by time that compresses your being wearing it down, pressed by the gravity of the Moon and planets, pressed by the Universe. And when you find the Cosmos, you feel pressured by the search for coherence, harmony, your divinity ... And one day, all that pressure turns into a moment of epiphany,

ME: ... it's nothing. Empty.

I AM: Freedom. How many times have we said it?

ME: "The sum of all forces equals 0".

I AM: Life is a constant path of pressures of all kinds. The Path of existence is a path of pressure. It is your perspective that will decide to see it as a death or a birth. There is no one outside putting pressure on you, you are yourself pushing yourself to get the best of you. And those who cannot see this, faint, perish on the way, they recycle ...

ME: Many times I was about to fall into it. When I was 16 years old and I began to remember everything, my adolescent mind could not process what I saw, the responsibility of things that should not affect me today, the universe itself, too great a weight on me that I did not understand ... And the pressure was incalculable, I even had a hard time breathing, and sometimes I even forgot to do it. Sometimes I thought about taking my life to end the pressure ...

I AM: Kill yourself.

ME: Yes, I've thought about it. Release the tension, end it all once and for all. All the suffering of remembering so many deaths, of remembering so many loved ones who no longer existed, of remembering terrible things that had been done to me and that I had done, of remembering my mission and feeling too much responsibility that a child could not understand ... Living in schizoid situations From seeing beings, entities, extraterrestrials, I

believed that I was going crazy, and that no one would listen to me, that it would be impossible to transmit all this in a coherent way, I preferred to die, finish it. Killing himself seemed like the option ...

SOY: And why didn't you do it?

ME: For various reasons. One, I could not bear to leave those I love today in neglect and suffering for a selfish decision. Another did not have enough courage to do something that requires too much courage. And on the other hand, I remembered what happens next ...

SOY: After what?

ME: From when one dies, and above all, a suicide. The pressure does not end, only the physical tension is released, of the biological pressures, but the psychological pressures do not end, they are released there, they have free rein. What once controlled the liver, spleen, gallbladder, kidneys, is now free in the limitless mind of the Fourth Dimension. The regrets, pressures, ideas, preconceptions, emotions that I felt before, now become reality in the mind when before they were absorbed by matter and recycled. It is true that one can get out of that situation, but it takes a lot of effort and time, nothing to do with overcoming an emotion in the matter.

I AM: A suicidal person lives the pressure of the dimension without time, lives the pressure of their own thought repeating itself over and over again. There is no hell for the suicide, his hell is his own mind. And if you can change your thinking, you can free yourself. But you must recognize the pressure, you must understand that only he or she is generating it.

ME: Yes ... I know, it is a mental trap that you create yourself. So when I remember how everything is in the fourth dimension, I say to myself: suicide is not escape. Well, it requires courage in the matter, but it is a solution for the weak on the mental and emotional planes. This is why I never finished it. The biggest pressure one puts on is on the mind, not life.

I AM: Change your mind and you will change your life.

ME: Yup... However, what you say is true, it is intense to see how everything is a constant pressure, from the moment we are born until we die... Thinking about it like that is exhausting. The Universe was created to pressure us... Why?

SOY: We have talked about this sometime. Energy expands in the Universe, but in its expansion the only thing it seeks is to contract. The interior seeks to expand to the exterior, and the exterior seeks to return to the interior. This constant push generates the constant beat of Universal creation. Positive and Negative do not separate from each other, but rather contract, attract each other, seek to unite to complement a global vision of things. As in an image, they are the opposing forces that seek union and generate energy. Thus the Universe manifests, generates realities, through energies that expand while paradoxically seeking to reconnect. This causes the waves to become particles, accumulation of vibrations, and that the particles become atoms, and these molecules, and these chemicals, and these organisms, and these inorganic beings or organic beings, and these in living beings. It is the expansion of the universe that allows the diversity of entities, but it is the contraction that orders the particles to form individual beings. Hydrogen, nitrogen, oxygen, and carbon atoms are compressed to find order. Its pressure force molds them into different entities, formations, organisms, generating evolution. From the core of a star in any galaxy, to the most subtle creature on any planetary surface, the same atoms have only found a form of order based on the pressure they feel from gravity. A being on the surface of a world with the right temperature and atmosphere will allow carbon to be ordered in such a way that it will allow development, evolution and the creation of smart fabrics that exchange energy and data. But the more pressure you feel, being in the earth's crust, or in the magma, or in the core, the amount of atmospheres will compress the carbon molecules, making what was once a muscle become bone, from bone to stone, from stone to glass and from glass to diamond.

ME: Diamond is the same carbon molecule that makes up our bodies but under a lot more pressure.

I AM: Every living being has the ability to turn mineral under great pressure.

YO: It reminds me of the bodies found in Pompeii, Italy, bodies that were burned by the eruption of Vesuvius, under a lot of pressure from molten rock, which petrified the settlers, leaving them for eternity arranged in the same position with which they were reached by The explosion. It is almost a metaphor for how a person under a lot of pressure in life must feel, petrified, stiffened by beliefs, attitudes, ways of being and feeling, trapped in the crystallization of pressure ...

I AM: The Universe, from its molecular state, seeks pressure with a single objective: to discover potential. People discover what they are capable of under great pressure in life. Those who take pressure as a sample of what they can get out of themselves flourish, just as a seed sprouts from the pressure of the earth, just as the most beautiful mountain emerges from the pressure of the plates, just as a child is born from the pressure of the female body, just like a diamond shines from the pressure of magma. Growing up hurts, they say. Perhaps that is why in Spanish the words adolescent and suffer tend to be so similar and at the same time are so closely related despite the fact that one refers to the act of growing up and the other to the act of suffering pain.

ME: When we realize things, it hurts, we feel the weight on our shoulders, but then a release, as if the same pressure released me ...

I AM: It is the moment of vacuum, of maximum pressure. There the adrenaline rises, which can do everything, that moment when you have hit the bottom and feel all the pressure, the expansive force arises. As I was saying, the Universe, from its Void, proposes pressure as a way of showing our qualities, since the pressure of the negative and the positive is what generates realities. The Cosmos only follows patterns of putting the positive and negative under great pressure, and thus be able to manifest the potential of the spirit, its divine essence. That is why you shine after crises, that is why you discover your inner strength in the face of conflict, that is why you become enlightened after martyrdom, that is why you expand after having contracted.

ME: Is it necessary then to feel pressure?

SOY: Sure it is. What is not necessary is to suffer. That is a choice. Suffering is a mental state, difficult to manage, as the bodies and beliefs have based their development on suffering and it has been embodied in the human way of evolving. However, suffering is "being under the iron", feeling the pressure from the unconsciousness of how I got there. Suffering is the pressure of the unconscious, the one who does not know the reasons for this weight and seeks to get rid of it without awareness of the purpose, only to satisfy its comfort and appearance of happiness. When you bring awareness to the pressure, there is no suffering, there is only adrenaline, morphine and endorphin.

ME: I understand ... And consciousness is to give a meaning, a purpose to said pressure. Knowing that everything that I live and pressures me has a training role on my person, on the tool of Being.

SOY: Therefore, do not be afraid of pressure, just be aware that it is the universe trying to turn your carbon into a diamond.

ME: I am a Diamond in Human form ...

I AM: And the pressure of the cosmos will take you to the emptiness of the universe where you will be able to see it shine, igniting the force of what you are, of your manifesting and creative power. Take everything that presses you and unite it in you, and remember that you are a seed, that under the pressure of the world, hopes to become a gigantic tree.

118. Abortion

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



ME: When the pressure is too much ... many prefer to quit. As I said myself, many times I thought about ending everything, letting it go, eliminating life as an agent of pressure, it is the contemplation of death as its counterpart, like lightness, liberation. It is logical that many people find liberation in death, when others see in death the end of that pressure push to advance in life.

I AM: They are two types of people. And within these groups there are subgroups. First are those who see death as an end, and those who see death as a beginning. Among those who see death as the end, you can find those who love life, and those who fear what happens next. In the group of those who see death as a beginning, you find those who detest life and its pressures, and those who recognize that life is eternal and continues even after death. Many see death as the solution to their problems, and many as the reason for their problems.

ME: Yesterday I spoke about suicide, and it is a sensitive topic, because many people have committed suicide, or want to do it, and their loved ones do everything to prevent it, or do not know what to do once it has happened ...

I AM: First of all, it is important to remember that dimensions and all existence is a projection and expression of a Mind that we all share. Having said this, we can understand that all reality is the construction of a thought. You live according to your beliefs or limitations. In the Third Dimension, living according to beliefs and limitations is very strict and exact, as it depends on very rigid and determining patterns of a collective mind that is not in the brain, but in the atomic organization. Many times it is believed that thought is something human, or mammalian, and that intelligence occurs in the neuronal synapse of the brain, but not. The intelligent mind is at the molecular level, where atoms are intelligently arranged and shared. Neural thinking is one of the many evolutionary developments of this molecular intelligent mental order. This means that when they say: "you are what you think of yourself", "if you change your thinking you change your reality", it is not as easy as it seems. There are many more factors to contemplate, and one of them is precisely to recognize that the mind does not start from the Ego, but from the cosmos (order). It is therefore necessary that the thinking mind, the reactionary emotion and the wandering body, combine with each other in harmony and coherence so that your life is really transformed according to your thinking. This leads us to understand what was explained yesterday: the gravity of the matter, the very gravity, is due to the contraction of the particles in an atom, when electron (negative) and proton (positive) are attracted to each other, there is greater pressure, more transformation, more speed, greater perception of time. The more distended the atoms and their particles, the less transformation, the more flexibility, but at the same time less perception of time and space. Thus, through the dimensions, what happens to us is that a being leaves a body or dimension to enter another, but what happens is the perception of how the atoms distend, allowing him to perceive another reality. This implies that when you die, what you will see "on the other side of the tunnel" is nothing more than a timeless projection of what you are and feel. Thus, the conditioned realities of the Third Dimension, expand into Timeless realities of the Fourth Dimension, where a person lives without transformation and in an appearance of eternity, processes similar to those lived and

created in life. The more distended the atoms and their particles, the less transformation, the more flexibility, but at the same time less perception of time and space. Thus, through the dimensions, what happens to us is that a being leaves a body or dimension to enter another, but what happens is the perception of how the atoms distend, allowing him to perceive another reality. This implies that when you die, what you will see "on the other side of the tunnel" is nothing more than a timeless projection of what you are and feel. Thus, the conditioned realities of the Third Dimension, expand into Timeless realities of the Fourth Dimension, where a person lives without transformation and in an appearance of eternity, processes similar to those lived and created in life. The more distended the atoms and their particles, the less transformation, the more flexibility, but at the same time less perception of time and space. Thus, through the dimensions, what happens to us is that a being leaves a body or dimension to enter another, but what happens is the perception of how the atoms distend, allowing him to perceive another reality. This implies that when you die, what you will see "on the other side of the tunnel" is nothing more than a timeless projection of what you are and feel. Thus, the conditioned realities of the Third Dimension, expand into Timeless realities of the Fourth Dimension, where a person lives without transformation and in an appearance of eternity, processes similar to those lived and created in life. but at the same time less perception of time and space. Thus, through the dimensions, what happens to us is that a being leaves a body or dimension to enter another, but what happens is the perception of how the atoms distend, allowing him to perceive another reality. This implies that when you die, what you will see "on the other side of the tunnel" is nothing more than a timeless projection of what you are and feel. Thus, the conditioned realities of the Third Dimension, expand into Timeless realities of the Fourth Dimension, where a person lives without transformation and in an appearance of eternity, processes similar to those lived and created in life. rather, what happens is the perception of how the atoms distend, allowing you to perceive another reality. This implies that when you die, what you will see "on the other side of the tunnel" is nothing more than a timeless projection of what you are and feel. Thus, the conditioned realities of the Third Dimension, expand into Timeless realities of the Fourth Dimension, where a person lives without transformation and in an appearance of eternity, processes similar to those lived and created in life. rather, what happens is the perception of how the atoms distend, allowing you to perceive another reality. This implies that when you die, what you will see "on the other side of the tunnel" is nothing more than a timeless projection of what you are and feel. Thus, the conditioned realities of the Third Dimension, expand into Timeless realities of the Fourth Dimension, where a person lives without transformation and in an appearance of eternity, processes similar to those lived and created in life.

ME: Everyone has their own Heaven and their own Hell.

SOY: That's right. This leads us to understand that dimensions are a constant uroboros of expansion and contraction of waves and particles, and that what we call Heaven and Hell is nothing more than the expansion or contraction of what each one of us expresses, experiences, integrates or we transcend.

ME: That is why suicide is not recommended, because the emotions and reasons why I carry it out are projected in the fourth dimension in a sense of eternity ...

I AM: As you will see, there is no Judgment of Souls, the judgment is its own and is called Coherence of the Being. Each dimension is the origin of the next, each level to which you move is actually an echo of the beginning, of the Original. Therefore, by escaping from one dimension to the other, all you do is generate more echoes of the origin that will end up confusing you more and more.

ME: Escape from the origin ... of course, it's impossible ...

I AM: Away (in Indo-European: apó... ab-) from the Origin (from the Indo-European “er”, movement, from which the Greek word “oros”: mountain, and the Latin word “oriri”: origin, be born, arise), give rise to the concept "Abortion".

ME: That today is related to the termination of pregnancy ...

SOY: Yes, but it has many more connotations. Abort a project, abort a ship, abort a place, abort an idea, abort a secretion, abort life, abort death.

ME: Abort death?

I AM: It can be aborting the idea of committing suicide, or aborting another dimension to be born in this one.

ME: Sure ... I mean, everything that involves leaving something key to leave.

SOY: That's right. "Ortho" is the concept of origin, of birth, of the place where things arise. Ortho solar is the place of sunrise. Orthodox is one that follows the original doctrines, although its etymological deviation comes from the Greek "orthos" which means "rectitude, right".

ME: And "ortho" is ass in Argentina. As data, I say ...

SOY: Due to its Greek origin "orthos", as I said, "straight", originating from the final part towards the anus. But ultimately, ortho refers to being born, originating, at the beginning of life, and for the Universe, everything is an echo of the origin. All times, past, present and future, are echoes of an original thought; all space, sun, planet, reality, dimension, is in turn the embodiment of the origin in different forms and perspectives. You are closer to the origin of things than you think.

ME: For this reason, on the spiritual path, we are invited to go within, because there we find all the answers, since the origin is within us, and that is why we are taught the concept of "I Am.

I AM: Because the I AM is the origin, and each individual is a door to said Origin. For this reason, to escape from the origin, from the expression, from the creation itself, to escape in a way looking for a new one by denying the previous one, is to move away from the origin and create more and more tunnels and labyrinths, and we call this Abort. I know that the issue that most concerns everyone today is the issue of pregnancy related to this issue, but without first understanding what abortion really means, we could never understand what it implies on a social level.

ME: It's a sensitive topic to talk about ...

SOY: That is why it is a theme for Scorpio.

ME: Ugh... Well... So, taking into account that abortion is moving away from the origin, it is denying the responsibility of staying in a place, it is escaping from a reality, so how does uterine abortion look from a spiritual perspective?

I AM: It is seen in the same way, as escaping from the responsibility of life. We are going to go step by step to understand it. First of all, why do you think we are talking about this topic on knee day?

ME: I guess it has to do with our history ...

I AM: To be born and to die, after each generation, in the history of a group, clan, family, society, culture, it is a constant abortion, it is moving forward, leaving something behind. Every time we change a way of thinking going against our family or sociocultural beliefs, we are aborting in thought. Every time we break a relationship, and keep moving forward, we are aborting on an emotional level. And every time we leave a site, the responsibility of a family issue or a project, we are aborting on a physical level. To leave or deny the Origin of something is to turn your back on the clan, on the group, is to break in with the continuity of a story.

ME: Is that bad?

SOY: No ... but it's traumatic. Please note the following. What you consider to be you is not you. Your body. One thinks that the body is something personal, one's own: "It is my body and I do what I want with it", but the truth is very different. The truth is that your body is yours only on a conceptual level. The reality is that each cell in your body is a multiplied replica of the original, and they have been the same for millions of years with some changes and mutations. Your body belongs to a whole group of individuals, and everything you decide about it is decided by a genetic clan above all. When you make decisions against that entire clan, you create a break and a trauma that must be repaired. Now, the clan information may be "machismo", and suddenly you become "feminist". The cells of your body will fight to remind you of machismo, and you will face sexist situations over and over again just for the fact of generating trauma. But if instead of breaking with the entire lineage, what I do is talk to them about change, do a family constellation, therapy, teach my ancestors the power of the body, of freedom, then the transformation will not be traumatic. It will be educational, that is, it will bring out the best of its interior, its full potential, and the ancestors will promote this transformation instead of fighting against it. Human conceptual individualism makes him believe that by changing a mental concept, the body will follow like a meek and obedient dog, as if it were a mere organism without intelligence or memory of its own.

ME: It has all the logic ... it has happened to me myself, with the issue of homosexuality, the issue of having a home of my own, of putting my mother in charge of things. All concepts that my ancestors would deny, and that is why it was so difficult at first, because we had to make peace with everyone ... And the body has taken its toll on this, obviously ... Now, what you say is from the point of view of recognize that we must take responsibility for our decisions and how we act in relation to the body, but today that is a very intense debate. That is, for millennia in most cultures, the body of the woman was taken as a product of manufacture. That is, as a human generation property, and clearly, one day it should be reversed, causing the woman to take power over her body again.

SOY: There is much here to stop and think about and discuss. Women have been abused and downgraded as a mere producer for millennia, it is true, but they have done so for their greatest gift: pregnancy. Gestation is a cosmic gift, it is the ability to generate life, it is not a duty, it is a gift. The duty was imposed by cultures in a need to expand the population in historical contexts in which the shortage of people implied a lack of work, food, defense. The duty of women was to bring children into the world to meet these basic needs, in a world where the average life span was between 30 and 40 years. After the Industrial Revolution, the average life increased because now there were machines taking care of many aspects, health improved, the social system, defense, and townships. In this way, with more rights year after year, the woman found a place of power, freeing herself from her historical duty and being able to occupy other spaces. What I want you to see with this, in the first place, is that the macho cultures that imposed on women their duty of gestation and upbringing were mobilized by a context of survival and not of sexuality or gender. In fact, most of the women promoted this social organization. A macho is born above all from the education of a mother, a grandmother, an aunt at home. Today is different. This is the first time in millennia of history that procreation is not a problem. They are too many humans. Now the machismo that remains is conceptual and archaic, without practical or logical sense with the context, remnants of a sick society in the past, a society to which everyone has contributed to gestate, not only men. A society can have slaves, but a culture only has accomplices. This leads us to, in the reversal of the duty of gestation, the woman claims her body as her own, as a temple on which she can do whatever she wants. And here is a mistake. When two live in a house, one cannot decide over the other, or it is called a

dictatorship. The imposition of power of the strongest or adult over the weakest. A gestational abortion is, at the cellular and energetic level, a rape, abuse and assault on the minor of the house without voice or vote to defend himself. It is like a father or a mother who, when living together in a small home, lock a 5-year-old child in a room and beat him with sticks from the door until he is killed, just because his presence breaks the harmony of life that the parents had wanted. This leads us to, in the reversal of the duty of gestation, the woman claims her body as her own, as a temple on which she can do whatever she wants. And here is a mistake. When two live in a house, one cannot decide over the other, or it is called a dictatorship. The imposition of power of the strongest or adult over the weakest. A gestational abortion is, at the cellular and energetic level, a rape, abuse and assault on the minor of the house without voice or vote to defend himself. It is like a father or a mother who, when living together in a small home, lock a 5-year-old child in a room and beat him with sticks from the door until he is killed, just because his presence breaks the harmony of life that the parents had wanted. This leads us to, in the reversal of the duty of gestation, the woman claims her body as her own, as a temple on which she can do whatever she wants. And here is a mistake. When two live in a house, one cannot decide over the other, or it is called a dictatorship. The imposition of power of the strongest or adult over the weakest. A gestational abortion is, at the cellular and energetic level, a rape, abuse and assault on the minor of the house without voice or vote to defend himself. It is like a father or a mother who, when living together in a small home, lock a 5-year-old child in a room and beat him with sticks from the door until he is killed, just because his presence breaks the harmony of life that the parents had wanted. as a temple on which you can do whatever you want. And here is a mistake. When two live in a house, one cannot decide over the other, or it is called a dictatorship. The imposition of power of the strongest or adult over the weakest. A gestational abortion is, at the cellular and energetic level, a rape, abuse and assault on the minor of the house without voice or vote to defend himself. It is like a father or a mother who, when living together in a small home, lock a 5-year-old child in a room and beat him with sticks from the door until he is killed, just because his presence breaks the harmony of life that the parents had wanted. as a temple on which you can do whatever you want. And here is a mistake. When two live in a house, one cannot decide over the other, or it is called a dictatorship. The imposition of power of the strongest or adult over the weakest. A gestational abortion is, at the cellular and energetic level, a rape, abuse and assault on the minor of the house without voice or vote to defend himself. It is like a father or a mother who, when living together in a small home, lock a 5-year-old child in a room and beat him with sticks from the door until he is killed, just because his presence breaks the harmony of life that the parents had wanted. A gestational abortion is, at the cellular and energetic level, a rape, abuse and assault on the minor of the house without voice or vote to defend himself. It is like a father or a mother who, when living together in a small home, lock a 5-year-old child in a room and beat him with sticks from the door until he is killed, just because his presence breaks the harmony of life that the parents had wanted. A gestational abortion is, at the cellular and energetic level, a rape, abuse and assault on the minor of the house without voice or vote to defend himself. It is like a father or a mother who, when living together in a small home, lock a 5-year-old child in a room and beat him with sticks from the door until he is killed, just because his presence breaks the harmony of life that the parents had wanted. A gestational abortion is, at the cellular and energetic level, a rape, abuse and assault on the minor of the house without voice or vote to defend himself. It is like a father or a mother who, when living together in a small home, lock a 5-year-old child in a room and beat him with sticks from the door until he is killed, just because his presence breaks the harmony of life that the parents had wanted.

ME: That image is too strong ... Because a 5-year-old child is not the same as a gamete, that is, a fetus, or much less a zygote, which is just developing. When does the soul enter the body?

I AM: The soul is energy, and it is always in all things. You could better say, at what moment the soul is recognized as whole, with all its active chakras. That occurs around the second month of gestation in a human. Before, the soul is also in development, but both spirit, soul and body coexist at all times from the sperm and the ovum. The origin of life, remember, is life itself. We cannot debate the origin of a life or a person, since the history and information of a being is eternal. A mutilated zygote or a child beaten to death, or a murdered adult, for the universe, has the same energy charge.

ME: so ...

SOY: Now, let's go to the mental plane. On the mental plane, there is only the perception of things. If I don't see it wrong, there is no negative charge. There, abortion could be interpreted as a simple self-defense mechanism

to continue with individual life. That is, from the mental plane, abortion does not exert a karmic weight. It is a personal decision, of self-regulation and self-determination.

ME: So from the mental plane, contrary to the emotional and physical, abortion is not frowned upon ...

SOY: Exactly. In the same way that an asteroid destroys billions of years of evolution in a matter of hours, as it did 65 million years ago with the dinosaurs. In the same way that a plant takes months or years of development to bear its fruits, which are harvested to be eaten in just 15 minutes in a family dinner plate. In the same way that cells die every day giving rise to new ones. In the same way that a storm, a hurricane, a volcano, they destroy an entire region to release a specific tension. The cosmic system has no morals, only tension generation or release.

ME: So... abortion yes or abortion no?

I AM: It depends. There are two types of abortion: the Unconscious and the Conscious.

ME: Conscious abortion?

I AM: Unconscious abortion is one who considers that as the owner of his body he can do whatever he wants with life inside him, being completely irresponsible in the management of the pregnancy. I am referring to those people who find in abortion an escape from their incapacity for sexual management as a responsible adult, using prior care as the many types of controls that exist today to prevent pregnancies as well as diseases. Care and prevention begin with sexual intercourse, not pregnancy. And this shows the lack of education in relation to life and taboo. So many years denying sexuality, has led people not to know how to take care of themselves, not to talk about it since they were children, not knowing how to identify abuses, violations, and not knowing how to manage intimate relationships. This is what drives the despair of so many women who become pregnant and decide to abort, in clandestine clinics, due to limited resources, fear or shame. On the other hand, Conscious abortion implies recognizing that said pregnancy can cause a disease, both in the mother and the baby, or that the embryo has been the product of a violation that causes psychological damage in the mother and problems in the baby. Conscious refers to the fact that there is a logic by which this resolution born from a conflict and not from irresponsibility is sought. or that the embryo has been the product of a violation that causes psychological damage to the mother and problems to the baby. Conscious refers to the fact that there is a logic by which this resolution born from a conflict and not from irresponsibility is sought. or that the embryo has been the product of a violation that causes psychological damage to the mother and problems to the baby. Conscious refers to the fact that there is a logic by which this resolution born from a conflict and not from irresponsibility is sought.

ME: Therefore, abortion, from the point of view of the body and the soul, generates a karmic weight that will be repeated over and over again, dragging down the history of an entire clan, generating long-term damage, while for the mind is a result of conflict and tension. And within this, there is the irresponsible approach, which would imply abandoning life for a wish, while responsible abortion would be to leave life for a logical circumstance of rape.

SOY: It is important that we get out of the political and philosophical debates to solve this problem, if that is what we want to talk about. There are women who are suffering from abuse, shame and fear who need help, and abortion is one of their ways out. And there are many others who, in their quest to regain control of their lives, have taken up the banner of abortion as a form of liberation. On a large scale, it is as if Spain had decided to abort its colonies by irresponsibly taking responsibility for its inhabitants, sending them to their deaths.

ME: In a way it did ...

SOY: Well... yes. And in that colony abortion attempt, the unwanted children rose up and created the Republics of the Americas. When we see things from different perspectives, we will notice that morality sometimes

defends and works against the same concepts at the same time. Therefore, you cannot politicize this issue, you can only do two things.

ME: Which ones?

I AM: Resolve the current real conflicts of thousands of women who suffer this harsh reality, with a better health system and psychological support. And the second is to design a better educational system that involves sexuality from kindergarten, from kindergarten itself, that helps boys and girls to identify gender and sexual abuse, and that teaches from childhood how to take care of themselves and recognize a correct, consensual and careful sexual relationship. The rest are only philosophical positions ...

ME: What can lead us to debate for years ... Origin of life, control of one's own body ... Legal abortion without questioning ... That is what would make me the most noise, asking for an abortion without questioning is like murdering someone and asking for the right of having no judgment.

SOY: I repeat, the more you focus on judging and not on educating from the facts, but from the ideology, you will be wasting your time. We all abort something in our lives, beyond the woman's responsibility for her gift of pregnancy, all those who abandon their projects out of fear or shame, who decide to take their own lives, turn their backs on their family or love, everyone who he seeks to escape from his life, to share life or give his life, he has lived since Abortion.

ME: And it's important to stop escaping ...

SOY: Well, if what you are looking for is light, illumination, clarity, abortion only takes you to the west, to the west, escaping the only truth, and that is that the sunrise, the birth, is in the east. You just have to contemplate and stop running from the responsibility of being where you should be, to see the sun rise over the horizon and illuminate your face.

ME: The heliacal rise ... the dawn of the sun. The birth of the origin.

SOY: There you remember that everything is a cycle, and that no matter what you do or where you go, you will always arrive at the origin.

119. Shades

[November 30, 2020 Matías De Stefano](#)



ME: Today there was an eclipse of the Moon, and you know how I hurt myself ...

I AM: Lunatic.

ME: Yes ... I remember that since I was going to school we used to make a calendar with my mother marking some of the eclipses, knowing that those days I should not do anything, other than rest. They made me very sick, I was strange, autistic, exhausted, with tachycardia, mobilized. I have learned to manage it, but resting is the best, letting the energy simply flow through me, absorb it, process itself ... Sleep ... It is difficult for me to even open my eyes and stay on my feet.

SOY: You have always lived very connected and aligned with these phenomena, so it is important to respect them.

ME: Yes. A lunar eclipse reveals the shadow of the Earth on our natural satellite, and it is what allows us to see ourselves projected as a whole outside. For this reason, beyond the fact that each individual is affected differently, it is inevitable to recognize that an eclipse refers to everyone, not only humans, but all living beings, the Earth itself. And specifically, an eclipse speaks of the closing and opening of dark processes of the soul from the last 6 months counting from the moment the shadow begins to be projected. What was he doing on May 30? Ah, yes, in quarantine, locked up in France, accepting that the YoSoy Path could not be carried out as planned and that it should remain still in one place for a year ...

SOY: Quite a trauma, right?

ME: Yes ... really. Exactly 6 months ago my world was turned upside down, as I suppose most in relation to this virus and the planetary quarantine. But of course, it had been since 2015 that, having received the indications of everything I had to do, I waited for this August 2020 as the moment to launch myself on the planet to connect the world, 32 equidistant places in the global sphere, surrounding the world, in addition to the north and south poles. A trip that would take a year and a half, and that at the end of May, entering Gemini, like the lunar eclipse today, was completely frustrated. If I couldn't travel to the 32 web sites and to the poles, then I had to go to a place from which I could connect to all those sites from within ...

I AM: Egypt, The Great Pyramid.

ME: Which represents the Earth, and its inner chamber, the expansion core. That week, I had to start rethinking everything, my journey, my path, would no longer be outwards, but inwards. It would no longer be with nature day by day, but with humans day by day in connection. I should do the opposite of what I was used to: sit still, stick to a routine, and talk to people every day. The frustration of such an idea and expectation plunged me into a horrible shadow of depression that week, in a non-understanding, in a hopelessness, without meaning, I felt used by the Universe, having made me go through so many things ... to what end? I felt like I wasted a lot of time. But as the days passed, I realized that everything that had lived had prepared me to be able to do this in the best way, free from all past regrets, being myself, being present in balance in me, without judgment, neutral.

Then, after feeling stripped of everything that I waited for so long, I resigned my external path, and made it my internal path.

SOY: And now you can understand what happens to your aching body this week. You are letting out the shadows of tension and frustration. Your mind accepted it in an instant, it took your soul about 2 months to process it, and your body is reacting now, 6 months later.

ME: Clearly, it is as if the shock wave of that conflict has reached me now. Facing the reality that you are only trying to deny and reject. I don't want to go to the pyramid, I don't want to be in Egypt, all those ideas that my mind perceived 6 months ago one day until it found meaning, all those emotions that my soul felt for two months, feeling hopelessness, frustration, sadness, now they began to be manifested in the body, as always, more slowly. It really is as if I contracted in the shadows, and my spirit, as much as it tries to tell me that everything is fine and that there is much beyond, my body only wants to throw itself on the bed and pity itself, pretending to be the victim ... Stuck in its cave.

I AM: Once upon a time, on an island in the Aegean Sea, a deep cave where a small group of people lived. They were slaves, and not only were they forbidden to leave the cave, but they were also tied hand and foot. High rocks, acting as a mural, prevented people from seeing what was beyond. They lived in the shadows. But every so often, a flickering light would come on, and on the rocky walls of the cavern, they saw shadows cast in motion. The slaves believed that all that existed in the world was that cave, those shadows, and the flickering faint light. However, behind the wall was where the magic happened. There, other people were in charge every day of lighting a fire that emitted that light, and in front of the fire, they placed figures of animals, people and objects, moving them like puppets. This cast shadows on the rocks that clouded the slaves. Then one day, one of the slaves managed to untie himself and broke free. He walked through the wall and saw the puppets and the fire. He understood that what he had seen all his life raised there had only been the shadow of the truth. But he didn't stop there, and he braced himself to get out of the cave. As he reached the end of the tunnel, he saw bright daylight, something he had never seen before, and it damaged his eyesight, preventing him from seeing the world. For a long time he refused to see, covering himself, looking for shadows, dark places, to feel safe in the known, what he was used to. He could only see and understand shadows, so he began to follow them, looking at the ground, until he began to dare to see the objects from which the shadow was cast. He saw nature, plants, animals, people, and he understood that the puppets weren't the truth, they were just a game, a simulation of this real world. But it would take even longer for him to understand where the light really came from that allowed him to see everything. At night he dared to see the stars, then the moon, and one day, he was ready to look at the sun. When he discovered the whole world, he decided to return to the cavern, to help his enslaved brothers and free them so they could see the truth. As he entered the tunnel, he realized that his vision was failing, and he could not see things clearly, as he had become used to the light, and returning to the shadows was very difficult for him. When he found the others, he told them what he had discovered, but the other slaves saw how useless he had become, tripping over the stones, not seeing the wall or them well, being quite clumsy. The other slaves believed that he had gone mad and that he could not be like them. They began to fear him, to call him crazy, pushing him away, and even going so far as to think of murdering him if his crazy ideas threatened the comfort of their lives. Thus the freed slave returns to the outside, frustrated to see that it was impossible to convince the others of what the truth was, that they lived in the shadows and the shadows are not real, it is only the absence of light. Absence of Consciousness. frustrated to see that it was impossible to convince others of what was the truth, that they lived in the shadows and the shadows are not real, it is only the absence of light. Absence of Consciousness. frustrated to see that it was impossible to convince others of what was the truth, that they lived in the shadows and the shadows are not real, it is only the absence of light. Absence of Consciousness.

ME: The myth of the Cave of Socrates and Plato.

SOY: This myth, this story, tells of life itself, between lights and shadows. All life and existence is a game of light and shadow, it becomes a problem when you take this game very seriously. The first particles that will generate energy will project light. Particles of light will pass through all empty spaces, but will bounce off when

meeting other particles in their path. This means that the more particles form atoms, and the more atoms generate molecules, and these chemical compounds, chemical elements, matter, objects, will mean that it will be much more difficult for photons to pass through bodies, bouncing off the surface of all the thousands of particles, which prevents the passage of light from the other side. This creates a vacuum of light, which we call Shadows. In mythological stories, light and shadow are enemies, but in reality, the shadow is not a real or opposing force, but simply light without being able to be projected. Absence of Light. The opposite of light would be matter, which blocks its passage by compressing itself more and more. But matter is nothing but distorted light. For this reason, in the story, it is the light itself that decides to transform itself and create the darkness of density that will allow the shadow to exist. In Latin, "to carry the light" is said "lux fero", which gave rise to the name "Bearer of the Light": Lucifer. For this reason, in the story, it is the light itself that decides to transform itself and create the darkness of density that will allow the shadow to exist. In Latin, "to carry the light" is said "lux fero", which gave rise to the name "Bearer of the Light": Lucifer. For this reason, in the story, it is the light itself that decides to transform itself and create the darkness of density that will allow the shadow to exist. In Latin, "to carry the light" is said "lux fero", which gave rise to the name "Bearer of the Light": Lucifer.

ME: The one who is considered culturally as an enemy of the Light is precisely the one who possesses the light.

I AM: More paradoxes. The story of Lucifer is better explained from another point of view not so mythological. When conscious light expands, it is able to manifest realities through energy. The energy, then, in its positive and negative, begins to agglomerate the waves in the form of particles, and these in atoms that will give rise to the matter that you perceive with your senses. The light itself bends in time and space to be able to live its ideas, feel its thoughts, experience its expressions. The distortion of light becomes the very mechanism of creation, but at the same time, a kind of trap for divine consciousness, as it begins to weave a labyrinthine framework from which it is very difficult to escape. Thus, one becomes a prisoner, a slave, of his own creation, only being able to perceive the distortions.

ME: Like cave slaves ...

I AM: That is when people begin to live deceived by their own psyche, their own soul and energy, from the subconscious and the unconscious, weaving an infinite and chaotic network, without meaning, without escape. That is the world of shadows. The very life that you live based on beliefs, sensations, perspectives and perceptions. You believe everything that your senses tell you, you believe everything that others tell you, you make it your truth, and you can only see the world with those eyes clouded by distortion and shadows. It is the subconscious that lights the fire every day, hidden behind the wall, putting patterns to shine. It is the unconscious that without any idea of things, is carried away by the shadows and lives its life based on them. Well, in every step you take, your shadow is the only thing you have contact with ...

ME: Unless you're Peter Pan, and you look for your shadow.

I AM: Peter Pan was not from this physical world, for that reason he did not have a shadow, and he wanted to feel, to live, for that reason he was looking for his shadow.

ME: So our feet, at every step, keep us living in the world of shadows ... We design our lives based on them, projected on the ground, on our paths, purposes, destinations ...

I AM: Every day they darken the clarity of being. Until one day, the same shadows show you the truth: it is not the shadow that allows you to see or identify something, but the light that surrounds them. So you start looking for the light.

ME: Sure! It makes sense. People who are fixed in a belief pattern are anchored in the shape, in the shadow, the object. It is like someone looking at the sky observing the stars without realizing that you can only see their brightness thanks to the darkness that surrounds them, to space.

SOY: When you understand the contrast of things, you begin to understand that what you have always seen is nothing more than a mere projection. Thus, the slave, caught in his own strings of the fabric of his psyche, begins to untie. And how do you do it? Just like Ariadne in the Minotaur's labyrinth. Unrolling the Golden Thread as you enter, you can then roll it up again to find the way out, going to the questions "where am I, where do I come from, who is my family, who do I relate to, what was my story", all the existential questions of the clan, family, culture; looking for the origins, they begin to unravel the mysteries of the fabric that kept him prisoner. Carrying clarity. Thus he discovers the fire of the subconscious and the patterns used as puppets that are repeated over and over again, day by day.

ME: And there he decides to go out into the real world, into the perfect world of Ideas ... where he finds divinity, the reality of the Soul.

SOY: Although it is difficult for him to adapt. You will have to follow many paths to achieve this, first looking at the shadows, hiding in them so as not to damage your sight and consciousness. Thus he follows in the footsteps of religions, studies, philosophies, spirituality, science, enlightenment dogmas, shadows in the world of ideas, and then leaves the gloomy theory to meet experience.

ME: As someone who studies botany and never saw a tree, one day, when I see him, all his knowledge will make sense.

SOY: That's how you discover reality in wonder. And one day, he will see the Sun, the Truth, he will discover Everything.

ME: And he will tell the others again ...

SOY: And they will think it crazy.

I because?

I AM: Because the path of Consciousness, leaving the shadows towards the light, is a personal path, never a collective one. It is up to each slave to unravel his own threads in the labyrinth of the subconscious. A slave without the will to be free, if led to freedom by force, will only end up being blind to the light, fearful of what he saw, and will run to the safety of the shadows, denying the light forever.

ME: Sure, that's why humanity cannot be made conscious in a magical, forced way, but with love, patience and education.

I AM: The Shadow Slaves will be willing to destroy you for defending the integrity of their perceptions. For the light has only come to damage your eyes accustomed to darkness. And then they must blame someone for their inability to see ...

ME: Lucifer, the Devil ...

I AM: Which they will dress in all the ways you can think of, as it suits them so as not to lose their vision of security.

ME: I remember when I was a kid, about 12 years old, some Jehovah's Witnesses knocked on the door and started telling me about things that I had recently remembered. I saw that they knew what they were talking about and would understand me, so I brought them home. I showed them my drawings, my annotations, which also spoke of their apocalypse. But instead of sharing, they stared at me and said: "This is the Devil's work." Why? I asked them, disappointed by their reaction. They told me that only the devil is capable of showing such things. To which I replied: but if what I say is the same as what their prophets say ... And they told me that the prophets no longer exist, there were only those who are in the book, and everything else is the work of the Devil. I kicked them out of my house. Clear. Telling a child that the Devil spoke to him about things that they themselves speak,

SOY: Well, they just defend their position and mission, and they can't see more than that. In history, religions made sure that no one else could change things by saying that after what was written in the holy books, no one else could talk to God, and therefore everyone else is from the Devil.

ME: They have told me many times, that what I do is diabolical ...

SOY: It is a political strategy that continues to work, that makes people doubt any innovation or enlightening or different idea, embedding the idea that something is real when it is not.

ME: Like when they say that we are Democracies, when it is not like that.

SOY: Subject for another post that.

ME: So, the myth of the cave is valid at all levels of our life. We live in a world of shadows, and eclipses remind us whenever they can.

SOY: That is why they are key moments to recognize the shadows that constitute us from the subconscious. Time to ask the key questions: "What I see, think, believe, do and feel, is it the truth?" Perhaps, they are just shadows of the past that continue to reflect in our lives, to which we have become so accustomed, that we fear to deny as distortions and we cling to them as absolute truths.

ME: It's like yesterday when we talked about Abortion, they are difficult issues, but it is usually seen very quickly how we are all conditioned by what we believe or see according to our own history and upbringing or experience. It is difficult to be neutral in a dual world, which regards neutrality as lazy thinking, which "doesn't get wet" on sensitive issues by not taking a stand.

I AM: The path to neutral unconditionality is long, and you must practice it if you are looking for coherence, understanding that all positions are true and none is above the other. In a world of shadows, the lights are mere guides.

ME: Like a starry sky.

SOY: That in the shadows finds reference points ...

ME: Although we know well that the stars are not the truth, but a tiny manifestation of it, which is invisible to the eyes.

SOY: That is why you must make the passes with the shadows instead of wanting to eliminate them. For the shadows have shaped you, they have made you what you are, they have traced your history, your paths, your destinies, objectives, purposes and missions, every emotion, relationship and action, belonging, attachment and feeling. Everything you know arises from the shadows, and you will only see the light when you realize that just

as the shadows that you see projected on the ground are only visible by the light that surrounds them, the only reason you can see the Sun, the Moon and the Stars are thanks to the Darkness that surrounds them.

ME: The world of shadows in which we live is visible thanks to the light of the divine and heavenly ...

SOY: Just as the heavenly and divine world is only visible thanks to the world of shadows in which we live.

ME: I honor all my shadows ...

I AM: And only then will you find the way out of the labyrinth, towards the light of Truth.

120. Death

[December 1, 2020 Matías De Stefano](#)



ME: I remember it as if it had been yesterday ... My whole family accompanied me, but on the way there was a lot of silence. I was 21 years old, or rather, I had circled the sun 21 times. When the priestesses arrived they covered me with orange cloths, the color of mourning, the color of regeneration. In that construction in front of Lake Habbadabtra, today called El Karum, they stripped me of all my things and clothes, leaving me naked, they submerged me in the pools connected to the lake, and they gave me a bath. They put ointments on my skin, oils with strong and rich scents, and they fixed my hair with fine braids. Thus, from within the water, the high priest received me, his face painted black. His eyes stood out, clear, like a specter at sunset. At sunset, his words still resonate with me: "Buhub hishán" (the time to die has come).

SOY: What did you feel?

ME: Honor. His left hand reached out to the west, as if catching the last rays of the sun that began to touch the waters and reflect beautiful colors in the gentle waves. His other hand was placed on my forehead. Their songs and mantras spoke of liberation, of letting go of something to be reborn something new. "Ñavoch-Chovña", invoked the name of the Divine, the one who lets go of the old to allow the new to enter. "Eh-buhub sör'es, Eh-vakhub sör'eu" (Let your soul die, Make a new one awaken). "Nab-uresh erbak, ian Tob-urah esbak, sü-ku tep'enk inn-hai" (Under the shadows you have walked, so that you can walk on the light, and both live in each of your steps). The priestesses gave me the holy drink, a kind of narcotic, which would allow me to travel better through the underworld. I had completed my initiatory path after years of traveling along the Nile, after passing through hundreds of tests, I had to go through the last and most difficult of all: dying. Facing death was the last of the great steps of the shadows and darkness of the soul, in which we had to learn to let go of everything. In the Khemul culture of the Atlantean Nile, one had to learn to die many times in life, to understand that it was

nothing more than a journey. The word Death was said "Buhub", which could be translated as "the path that you make from one house to the other", taking into account that when said the same from the front as from the back, a palindrome, this route is constant and cyclical, an eternal journey. We used to welcome children at birth by saying with love and sweetness: "Waershu Hai-ti, atum Buhub-het" (Welcome to Life, road to Death). From the womb of the Mother to the womb of the Earth. Every step we take afterwards would be a practice to die for. Every 7 years we had to review our life, and know if we were ready to die or not. The way to find out was by practicing death, reviewing emotions, ties, dependencies, beliefs, attachments. After completing the initiatory path, the test at age 21 was to swim with the gods. Habbadabtra was the Mirror to the afterlife. In its waters the stars were reflected, and when navigating through them you seemed to be sailing with the gods in the heavens. But under its waters the underworld was hidden, ruled by Sh'rabebe (Sobek), the Crocodile. The legend said that the crocodile would only attack you from the depths of the underworld, which today we call Subconscious, if you were not able to be at peace with your soul, if something in you was pushing you with fear towards the coast. While I was with half my body in the water, around me, in silence, were all those I loved, my family, my husband, my closest. I had to look one by one in silence, without the possibility of saying anything, not a single gesture, just identifying what united me to them. Where were the ties, and if they pulled me to life or accompanied me to death. At the end of the looks, the night had arrived, and the stars covered everything. Anubis could be heard in the desert in the voices of the jackals, calling to my soul, claiming it for the inner world of shadows. I climbed the steps that separated the square pool from the lake, and got into the long boat, where two priestesses and the high priest accompanied me. Four rowers began to push towards the center of the lake, towards a clean horizon covered at night. I couldn't look back, I shouldn't. Looking back would only bring me problems, it would show that I was not ready to face the new. Upon reaching the center of the lake, the most intense part began: jumping into the water. Naked, without any clothing, nothing, she had to swim with the gods, floating in the sky. Knowing that below me was the kingdom of the crocodile, that at the slightest doubt, they could smell my fear. Upon reaching the center of the lake, the most intense part began: jumping into the water. Naked, without any clothing, nothing, she had to swim with the gods, floating in the sky. Knowing that below me was the kingdom of the crocodile, that at the slightest doubt, they could smell my fear. Upon reaching the center of the lake, the most intense part began: jumping into the water. Naked, without any clothing, nothing, she had to swim with the gods, floating in the sky. Knowing that below me was the kingdom of the crocodile, that at the slightest doubt, they could smell my fear.

I AM: Real crocodiles?

ME: Yeah sure, a crocodile-infested lake. It is the most direct way of facing the subconscious, which awakens instantly. The shadows, the night, the fear, the attachment, everything that clings us to the security of life. The worst thoughts run through your head. The heart races, as does the breathing, and everything is altered. And you need to remain calm, in meditation, looking at the stars even if you feel the chill caused by your mind thinking about what may be under the water.

I AM: A perfect allegory of the subconscious and the conscious come true.

ME: But I made it... I came from the other side. And there was the temple of the Crocodile. There, every 7 years, we had to be present to renew our vows with existence. Inside, 7 small cameras received us, with just enough space so that our bodies could lie down as if it were our wake. The companions returned to dry me, to put on the ointments, the perfumes, and they discovered the camera corresponding to the age that I possessed. There, I received the funeral songs, there I was on the other side of the realm of the living, I was in the underworld, daydreaming about what I had drunk. "Eihai emgor lanli shu?" (Do you want to come back to Life?), They asked me at one point. I hesitated for a moment, but I remember that my answer was "Ahai-ti" (I am in Life). "Amma hai-hah" (for I Am Eternal Life). To which the priest replied: "Aeyeh" (so be it). We returned in the boat, and this time, again with no clothes on me except a thin and translucent veil tied by a beautiful colorful necklace of wings on my chest, flapping with subtlety from my shoulders to my feet, I arrived again at the coast of the alive, standing firmly on the bow of the boat looking at the horizon, where my loved ones received me, having waited for hours on the other side until dawn. The first rays of light were seen

decorating the sky and staining the mountains and the lake reddish. Golden colors enveloped our bodies minute by minute. And then the priest reminded me of the last part of the test: "Eu'hai-ti Eh-nam, yor namis aus haibhwan" (Name yourself in your new life, because your name will be his song of celebration). And with all my might,

I AM:... Shiw...

ME: And since then, Shiw was my name.

I AM: Death and Resurrection.

ME: That time in 2016 when we came to Egypt to make the first Khem 999 trip, days before I told Ahmed, our guide, that I needed to go back to the place where I had practiced dying so many times. After hours wandering on dirt roads in the desert, in a geography very different from the one I remember, I found it. There, in the middle of nowhere, separated from the lake by kilometers, since due to the droughts of the last millennia the great Habbadabra was surely reduced by 70%, there was what today is called the "Temple of the Pearls". Upon entering it was like facing many deaths, it was like dying again. I realized that I remembered many deaths, in many lives, and that all of them had now left me the clarity that we take to the other side all that we attach ourselves to, and it is precisely the same thing that pushes us to remain living in the past. Emotions, loves, are like an anchor ... Dying hurts for it, but it is a liberation for the Being.

I AM: Death is the universal gift most despised by the living. Death is a physical concept that helps energy to break free and adapt to new forms and realities. The cosmos is a set of vibrations moving like waves. Each convex movement is a moment of integration, of going inside, of letting go, of dying. Each concave movement is a moment of expression, of going out, of manifesting and living. What a human sees as life and death, the universe sees as a simple wave. Thus, a wave is eternal life, from incarnation to incarnation, living different realities according to different frequencies, and each wave will condition the next with its strength. In the universe, everything is a continuum, there is no separation, life and death are nothing more than an illusion from the distorted and limited eye. Every day you are born when you wake up and die when you sleep. When you make conscious the dream of each night with the death of each life, you will realize that each day of your life is a practice for the next. There you will understand that what you do not solve today you will have to solve in the next one, and that depending on how you sleep, with what information or emotions you go to sleep, your dreams will be related to it, determining your dreams or nightmares, what you will call Heaven and Hell. Death is letting go of the control of limitation to enter the freedom of expansion, in the mind and imagination, where there are no limits. And that depending on how you sleep, with what information or emotions you go to sleep, your dreams will be related to it, determining your dreams or nightmares, what you will call Heaven and Hell. Death is letting go of the control of limitation to enter the freedom of expansion, in the mind and imagination, where there are no limits. And that depending on how you sleep, with what information or emotions you go to sleep, your dreams will be related to it, determining your dreams or nightmares, what you will call Heaven and Hell. Death is letting go of the control of limitation to enter the freedom of expansion, in the mind and imagination, where there are no limits.

ME: Death is one of the most difficult issues to face being a living being, since all our biology was designed to survive and stay in life as long as possible, that is, accepting death is almost going against everyone the patterns built by our body and subconscious over millennia, over millions of years.

SOY: Por ello la muerte está relacionada a todas las bases del subconsciente humano y animal. En la construcción del ser, la lucha por la supervivencia hicieron del miedo, la angustia, el terror, la batalla, la ira, herramientas de la vida para defenderse de la muerte. La construcción orgánica, pues, se fundamenta en la negación a la muerte. El cuerpo físico es un ser construido principalmente por patrones que buscan rechazar la muerte, y es lo lógico, pues el diseño se manifestó con la voluntad de dar todas las posibilidades existentes a un ser de experimentar lo que más pueda. Por ello los cuerpos se fueron limitando cada vez más, para permitir

mayor capacidad de liberación de dichos patrones. Dejar ir es tan difícil, que el mismo sistema nos fuerza a dejar ir mediante el concepto de la muerte física. Pero por otro lado tenemos la muerte del alma emocional, relacionada a los traumas y la noche oscura del alma. Las almas también mueren, aunque tardan vidas en hacerlo.

ME: How does this happen?

I AM: The soul is energy, and energy is transformed. When you have limited and rigid energy, like a body, the energy is forced to transform faster, but when it is more relaxed and subtle, it can take millennia to transform.

ME: This explains why we can live so many lives repeating the same stories and feeling the same emotions ...

SOY: Exactly. The soul clings to emotions and stories as the body clings to the life it is experiencing. Death, then, is the concept of the convex wave that strips us of those attachments and forces us to transform ourselves in order to continue advancing.

ME: Even if it hurts, death is a liberation. That is what all our education was about 12,000 years ago, to understand that we should smile at death, and that when we die we would drag what we are today with us, that is why we had to work so hard on our being, to be able to arrive coherently when starting from this plane to the next.

I AM: The body does not want to let go, and therefore it needs a lot of education. You have to identify what are the most addictive pleasures and desires they can possess. What emotions are you addicted to in your lives. That is why this month of Scorpio we have tried to immerse ourselves in that subconscious of crocodiles, to face our desires, attachments, beliefs, shadows, pains, everything that we drag hidden within us and that only make us slaves at the time of our death. Like that slave in Plato's Allegory of the Cave, he will return again and again to see the same shadows for fear of facing light and truth.

ME: In my family death was always very present. My grandfather's sister, my aunt Olga, talked to me all the time about the moment when she would die. My grandfather made jokes constantly that he was dying of a heart attack, until one day it was for real. My grandmother always talked to me about how she wanted to be cremated and deposited, and with my mother we always visited the graves of our ancestors. Still, the fact of the physical loss still pains me. How do you deal?

I AM: As much as a person's body has entered the convex path of the universal vibration wave, the essence of that person actually expands into all living bodies, awakening their life in the cells of those connected to their genetics. Being never dies, it has only transformed the way it expresses itself. Thus, the deal is carried out by experiencing what makes that person happy, fulfilling some of their wishes, because now they will live through you.

ME: That's why souls in pain often say they have unresolved issues, and ask the living to do them on their behalf. Energetically, it would be that they continue to live in this world but without the ability to manifest, so they need bodies to close their cycles.

SOY: Think of it this way. Your grandmother, why did she die?

ME: She died of ovarian cancer that mainly affected her uterus, and once she underwent chemotherapy it affected her intestines. My grandmother was in pain for my grandfather, who decided to let himself die and left us homeless. Our house of all our life, we always believed that it was ours, but no, it was of the 5 brothers, counting my grandfather. They loaned it to him, but he never said that. When he died at 52 years of diabetes, we found out that the house was not ours, and my grandmother's phrase until her last moments was: "not a brick left me". The pain of my grandfather's abandonment and that he left us with nothing, made his uterus, which

represents home, fall ill. Failing to process the anger and frustration, he dropped. My grandmother was the most energetic person I knew, she was going to do the chemo on a bicycle, by herself. And it went down very fast. My connection, The bond with her was one of the strongest, and I was by her side as long as I could. I knew he would die, so I built a portal under his hospital bed, and decorated it with lots of colors and laughter. He played music for her, talked to her about forgiveness, about letting go, and that when she left, she would still be there, and we could feel each other. I told him that when he left, he should release the pain and anguish over what his grandfather and the men did to him. It cost him a lot. The day he passed away, I was gone, and I continue to reproach myself. She was not there because I went on a trip, the Path of the Dragon, a path that in the end lost all sense ... I could have stayed, just two more weeks would be enough to have accompanied her to cross to the other side ... and so I built a portal under his hospital bed, and decorated it with many colors and laughter. He played music for her, talked to her about forgiveness, about letting go, and that when she left, she would still be there, and we could feel each other. I told him that when he left, he should release the pain and anguish over what his grandfather and the men did to him. It cost him a lot. The day he passed away, I was gone, and I continue to reproach myself. She was not there because I went on a trip, the Path of the Dragon, a path that in the end lost all sense ... I could have stayed, just two more weeks would be enough to have accompanied her to cross to the other side ... and so I built a portal under his hospital bed, and decorated it with many colors and laughter. He played music for her, talked to her about forgiveness, about letting go, and that when she left, she would still be there, and we could feel each other. I told him that when he left, he should release the pain and anguish over what his grandfather and the men did to him. It cost him a lot. The day he passed away, I was gone, and I continue to reproach myself. She was not there because I went on a trip, the Path of the Dragon, a path that in the end lost all sense ... I could have stayed, just two more weeks would be enough to have accompanied her to cross to the other side ... I told him that when he left, he should release the pain and anguish over what his grandfather and the men did to him. It cost him a lot. The day he passed away, I was gone, and I continue to reproach myself. She was not there because I went on a trip, the Path of the Dragon, a path that in the end lost all sense ... I could have stayed, just two more weeks would be enough to have accompanied her to cross to the other side ... I told him that when he left, he should release the pain and anguish over what his grandfather and the men did to him. It cost him a lot. The day he passed away, I was gone, and I continue to reproach myself. She was not there because I went on a trip, the Path of the Dragon, a path that in the end lost all sense ... I could have stayed, just two more weeks would be enough to have accompanied her to cross to the other side ...

I AM: You did it, you prepared her well ... But if you were there, she wouldn't, she would cling to you ... You did what she wanted to do: travel, move, go out, gain momentum, energy, activate the Kundalini as she always did in his life of fires.

ME: I hadn't seen him like this before ... it's true ...

I AM: In your actions, she ascended, because it is in your activity where she found rest. As I have told you, those who transcend find fulfillment in those who still live, for they are still alive and expanded in the bonds. She was moving, and to help her, you needed to move. You climbed with your spirit and soul the spine of the Great Woman, through Chile and Argentina, and that was the beginning of the duel.

ME: Until I came back, and I was able to fulfill what I had wanted ... Put his ashes in his hometown, planted in a tree to resurface the world with life, a tree planted by his daughters and grandchildren.

I AM: And in every action he lives. So the tensions of the family were released, so you managed to have the house, and find stability. Your grandmother is living all this through you ...

ME: Thank you ... uf ... I feel ... tears at last, in my eyes, on my face ... nothing could make me cry this month of Scorpio, but it has finally arrived ... Release from the shadows ... from guilt ... I have lived many deaths in my lives, my own and those of others, and even so, death is still the cause of the greatest anguish ...

I AM: For we are all one, and when a part of us descends, a part of all descends, and if you are not aware of it, you will be drawn into the abyss. When your task is to live, and to urge the dead to remember that Life is Eternal.

ME: Eternity ... everything is eternal, it never ends, death is not the end, it is the transformation of matter, the liberation of all shadow ... It is to leave the Cavern and see the Light at the end of the tunnel.

I AM: And when you can see the sunlight carefully, you will see that your brain and vision find a black point in its center, which absorbs all the light, taking you to the maximum divine consciousness, where everything coexists in harmony, in the world of ideas.

ME:... The Void...

I AM: The Eternal Void, where all the shadows of matter, where all distortion of light, find their meaning, their logic, where all the pressure on you only awakens the diamond that you are, where all low emotion is the fuel of your be, where each negative idea is a new perspective to solve a crisis. In the Void the dark takes light, in the Void you rest from wandering wandering the paths of existence, pendulous in polarity. In the Void you find Peace ...

ME: Therefore the great test is to face Death ...

I AM: Death is the maximum practice of the Void, it is a reminder that warns us that we can be free of our own creation, and that we can live the dream we want.

ME: Living one's own or someone else's experience of death is the ability to awaken the awareness that we are eternal and subtle, that we live in a dream, and that when we die we only wake up in the expansion of existence.

I AM: Tomorrow begins that journey through existence, to remember the magic of what you have created for yourself, but first you must release everything that weighs on your Subconscious ... So ... this month has been your Habbadabtra, you have crossed the crocodile lake You have lain on your deathbed, you have seen your fears and your shadows, to begin to see the sunrise again. But first, you must ask yourself: "Are you ready to Die?"

ME:... Yes... I am, now I am...

I AM: Immerse yourself in the mud then, do not struggle to breathe a past air full of toxic shadows for your soul. Bury yourself under the Tree of Life, and let your seed germinate.

ME: I am the Eternal Void, and in the dream of Death, it is that I can resurface and create Life.

SOY:... Rest in Peace...

End of Month