

# Month of Virgo 2020

## Conversations between I and AM

### By Matias De Stefano

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## 31. Beliefs

[September 3, 2020 Matias De Stefano](#)



ME: What is a belief?

SOY: Belief comes from Believe, which originates from the Latin concept of “having faith”, “thinking that something is possible”. Thus, Belief comes from “creentia” with its suffix “-ntia”, which is “the quality of thinking that something is possible”. Or in English "belief", which comes from the Saxon roots "galaubyan", which means "to keep what is dear." Thus, both concepts imply sustaining over time what makes us feel that something moves us, that it is possible, something that we desire, estimate, want or love. If believing is a personal act of an individual in a specific circumstance of time and space, belief is a collective act that transcends time and space, that is, it spans generations and goes beyond the individual. They are concepts that we adopt and inherit.

ME: So we all originate a belief by believing in something, which we pass on to future generations... right?

I AM: Look at the sky and tell me what color you see.

ME: Light blue ... almost white.

SOY: And tell me, how do you feel when you see him.

ME: Amplitude, open ...

SOY: Thus, in your mind, the celestial color and especially the lighter ones, will be related to the amplitude and the openness. And when you make your children look at the sky, you will tell them: "look how beautiful the sky is, how wide the sky is." And marveling at the contemplation, your children will look at you and imitate the emotion, naturally relating the sky with the celestial color and the wideness.

ME: So what I see and it seems real is something that I actually believe.

SOY: Sure... The sky is neither wide nor blue. Someone, no matter how blue they see it, will surely say that the sky is blue. When it is rare to see the blue sky if you think about it, but they have been taught to say that the sky is Blue. Also, the concept of sky does not exist, since what you see is only the sunlight refracted on the nitrogen, oxygen and argon atoms. Which accumulate by pressure, so someone might think that more than amplitude, it is almost a pressure prison.

ME: I understand ... it depends on what I perceive.

I AM: It depends on what you get in your observation, but the emotion is what you hope it will be. Your body needs the assurance that what you see is like this. You cannot explain it, you can only feel it, so it is based on faith. You can know now that the luminous sky that you see does not really exist, it is only an atomic mirage, however, you will not feel the atoms, you will only feel the relationship between your body and what is observed. The emotion. And that emotion is with which you transmit your gaze to others ... You share it because you have "faith" in it, in what you see. Because, it is difficult for a human to accept that nothing that he sees or believes really exists, the mind needs points of reference, concretion, in order to exist, for this reason we force ourselves to believe in what we see and feel for more than somehow let us know that it is not real.

ME: So, in a way, we are all belief constructs, no one can escape beliefs because they are the result of the perception of the world.

I AM: You are the result of thousands of beliefs, which not only have to do with religious or sexist family mandates, but also with the view of the world, what we like to eat, what we enjoy, hobbies, what interests us know ... Everything is beliefs. And beliefs are not bad, they help us to have previous tools, not to have to build ourselves from 0 in the world view, they give us innate capacities to perceive. Think well, that a human group in pre-history had developed the ability to hunt Mammoths to survive. So, the only way to make the tribe survive was to convey the belief that without Mammoths everyone would die, because that animal had everything necessary to create clothes, houses, tools, sacred utensils, it was the basis of their divinity, their food, everything. Thus belief is a survival tool. Every family has since used the belief necessary for their transcendence. Some have seen that only men went hunting, and the belief was created that only men can work. Others saw violence in their family, and how more children were born in rape, and created the belief that the only way to generate offspring or to love is with violence. Others saw that faith held everyone together, and created religious belief to stay in community. and they created the belief that the only way to generate offspring or to love is with violence. Others saw that faith held everyone together, and created religious belief to stay in community. and they created the belief that the only way to generate offspring or to love is with violence. Others saw that faith held everyone together, and created religious belief to stay in community.

ME: So it is understood that the meaning of belief is what I want, or the quality of having faith that something will happen as expected. So it is important to understand that what we see today as something negative that anchors us, in the first moment it arose, was the way we saw that there were positive results, and we continue to imitate them generation after generation because it gave results.

SOY: Until they stop giving them. And that's when the need arises to free yourself from beliefs, and create a new one. People who were told that only God would give them shelter, transmitted the belief and attitude that God is the only thing capable of saving us, and without realizing it they repeat: "Thank God", "Oh God", "God willing"(Which also in Spanish they usually say from the Arabic language as“ Ojalá ”= in-sha'a Alá),“ God bless you ”, etc. Still no longer be religious. And when they seek to free themselves from this, they break the belief by creating a new one, projecting it onto aliens, or teachers, or angels, or science, or technology, or art ... But the projection continues, because the belief is “to think that something is possible ”, and everyone, both atheists and religious, or spiritual and naturalists, all have the hope that things can be achieved, that something can happen, change, improve. They all believe. When a person has a belief that hurts, that is repeated and has identified, what they need is to create a new belief.

ME: But it's almost like repeating the same mistake.

SOY: If you do it from unconsciousness it is.

ME: And how is it done from consciousness?

I AM: Releasing others from your belief. Reminding them that each one has their own point of view and it can change. Therein lays the key. A belief is a way of observing, of moving around the world, of having tools to act. But from the Unconscious, the Belief stops, it stops us in prejudice, preconception and worry, all the “pre”, that is, reaching a conclusion before even starting the action. If in the Universe the key to existence is constant transformation, and that transformation is energy in constant motion, and we had already said that energy is eternal, and we call eternity "Love", this means that a belief that is not allows transformation, then, focuses on the vision of something previous and preconceived, it is a belief that consumes and densifies the energy of love, generating resentment, hatred, separation, conflict and inherited pattern structures. For a belief to be useful, it must be flexible and honor what its own name means: "loving the ability to think that things are possible."

I understand. In other words, it is not a matter of eliminating or freeing ourselves from beliefs, but rather honoring them for having been the ones that brought me here, and having enough confidence in myself to transform and update that belief to my times and current context, to the needs of my moment, the perception of my environment, but at the same time, being able to allow others, the future, to create their own beliefs, freely, so that they do not conflict with their own.

I AM: That is Unconditional Love. Respect beliefs, since they are all wills that things can happen, have faith that it is possible, and I can share that faith, but freeing others to allow them to observe it with their own eyes.

ME: So, I can understand why children often come to break their parents' belief patterns, and the more conflict and resistance their parents put up, the more painful the break will be, but due to this conflict, the belief pattern will pass the same, and children will repeat the same as their parents. This is something very common that is seen in all family stories, when a child was pressured by his parents in childhood to be a doctor, for example, when he wanted to be an artist, and he suffered so much that he said to himself: "I will not do the same as my parents did but with my children", but later, he pressures his children to be artists because he could not be, when perhaps his children want to be doctors.

SOY: That is transfer by conflict. Beliefs are not transcended through breaks and ruptures due to conflicts between the parties, but by honoring and accepting that these were their beliefs, and that I must lovingly generate new ones, with the full awareness that mine should be free for those who come, allowing them turn.

ME: In other words, recognizing that my vision is neither the most real nor the safest, it is simply one more, not to put myself on the defensive, but in a constructive position. And how I do it?

I AM: Step One: Recognize what your beliefs are. Take a sheet and a pencil, give the title "BELIEFS / Charka Corona Mental". At the bottom, divide the sheet into two columns, on one side put the title: NEGATIVE, and on the other: POSITIVE. And take some meditative time to write down all the beliefs that you have and that you consider negative, and on the other side all the beliefs that you have and consider that they are positive.

ME: And then?

SOY: There is no then until next month. Too much work is recognizing where all of our beliefs are. There are many, sometimes we don't even realize how many there are. Some can be very simple such as: "I believe that the sky is Blue", even some very complicated such as: "I believe that Love is guarding and possessing the other."

ME: Perfect, then, the task for this whole month will be to analyze in detail all possible concepts ...

I AM: During the week of the Mental We will recognize our beliefs. During the Emotional week we will identify how we feel about them. During the Physical week we will manifest a new belief.

ME: Perfect ... I'm going to make my list, and meditate on them tonight.

I AM: Analyze each belief, be true to yourself. This is a fundamental step in order to subsequently find balance with one's own Being.

ME: It's the most dense and personal part... but I know we can do it.

SOY: Welcome to the time of the details that make you who you are.

ME: I analyze my beliefs.

## 32. Qualities

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



ME: In the extensive talk yesterday during the alignment, you gave me the image of the twelve signs of the zodiac to explain that one of our great challenges is to understand the unit while respecting the characteristics and capacities of each of the parts that make up the whole. This left me thinking, that many times, we do not think about what those qualities of our own are.

I AM: As I showed you yesterday, the Mind will seek to analyze the details of each of the parts. As in the Cartesian scientific method, to arrive at a result or answer that gives us understanding and understanding, it is necessary to analyze the parts and the process by which said result is reached. As we said yesterday, the only way to become the Cosmos is through the Order of its parts, since the word Cosmos comes from the Greek and means Order. If I do not put order to all the things that are inside me, I cannot understand what I am, what I possess. If I don't understand the different parts of reality, I can't understand the meaning of existence. And each of these parts plays a fundamental role, since it has its positive and negative properties, it has its own tools that when combined correctly with the others,

ME: As we speak, we cannot hope to find Order just by feeling, by waiting for things to settle themselves. It is like the erroneous concept of Faith, which implies a certainty that something will happen and that the fact that it happens is above my actions, or thinking about the confused concept of Hope, which is precisely waiting for something to happen and that That's out of my reach. The typical phrase that is often used "Time puts everything in its place", or "Time solves everything", are false beliefs, because time is nothing more than a result of our actions and attitudes in Space. You have to do things to make things happen. And if I don't understand those things and their qualities, I will never see results ...

I AM: In the spiritual world, the order of the Universe is usually trusted so much that the scientific search, the step by step, the analysis of things to understand them becomes unworthy. Understanding reality is not only trusting that it exists, but implies knowing it, understanding it, assimilating it in each of its factors. The alchemy of the Being is not mental magic, it is applied chemistry, from the Arabic and Greek "al-khumiya": pouring together, unifying elements. This is a process of the mind. The task is to learn, nature is to overcome oneself through awareness, and this is only achieved by analyzing the parts that compose me, honoring the differences and qualities of each of my organs, I will know how to take care of them. By understanding the properties of each food, I will know how to nourish myself. Understanding the potentialities of each chakra, I will know how to connect and activate them. By understanding their connection, I will know how to locate them and recognize their position and their logic in the order that they are expressed in my body. Accepting that I call their energetic potentials Emotions, I can identify what vibrates in me and what I lack. By recognizing the forces that compose me, I can activate my capacities, my abilities, and open myself to assimilate what I lack. And in this process, I recognize my ability to expand or my limiting conflicts, thus understanding my beliefs about the world. This will allow me to free myself from preconceptions and free others from my prejudices, thus valuing the qualities of each of the people around me, knowing now that each one is like those chakras or organs of my body, which play a role. fundamental being different. We cannot pretend that all the organs of our bodies are Heart, and that they all work for Service with Love, because the body would not exist, we would die. The order is to know oneself, to understand each part that generates me, to give it the value that corresponds to it, to honor the place it occupies, the tool it provides. And in this way, live in harmony with the Cosmos.

ME: Not expecting others to be like me, or as it seems to me or is convenient according to my beliefs, but to understand that the capacities, abilities and personality forms of each one are useful for the functioning of the whole. That is why governments or institutions do not work, because it is as if each organ of our body, instead of collaborating, delegates power to a single organ of the body. That is why the concept of Unity must be understood more as the mechanism of many different entities building a single Being and being part of it, than as many beings with the same idea, philosophy, thought or feeling being One.

I AM: Therefore, each one of the individuals, before thinking about the social beliefs that limit us, which is always easier because in this way the other is blamed, what they must first do is recognize what their own beliefs are, the ones you do to yourself. Identifying each of them is like finding the numbers that make up the code to open a safe. They are hidden in each one, and it may take years to discover them, but it is important to start thinking about them, to recognize that they are there, and that those beliefs are what filter the information of everything we receive from the Divine Consciousness of the Everything.

ME: I made my list, in which I discovered and became aware of my beliefs of being an envoy from the Universe, my belief that I have a purpose commanded by the celestial spheres, my belief that everything I do is for a mandate from past lives, my belief that there is always someone who knows more and I am nothing, my belief that I am useless despite everything I do, my belief that I do not deserve to be loved, that men are not deserving, that the The human being is a bacterium... All of them, positive and negative, have shaped my way of being, what I have done at every step. I have recognized that many of the beliefs that I inherited I managed to transform, such as the belief of not being worthy, or the belief of racism, the belief of the messianic envoy, I could even see that some of these beliefs came from my grandfather, others from my grandmother,

SOY: And there are many more that you still do not see, but that you will gradually discover. Write them down, don't let them fly in your mind. This is a list of the components that make you be. It is the recipe of your creation. Recognizing the ingredients that make up your Beliefs is the key to understanding what your information filters are. Every channel and communicator receives the information of their Higher Self from the crown, and the same, according to their beliefs, translates the information into their own language. This does not mean that beliefs must be eliminated, but rather that they must be recognized, and by doing so, I can identify when I speak a truth from my own belief, and I will know how to inform others about this before sharing. In this way I free myself, and I free others.

ME: And ... how do I transform my beliefs?

I AM: Through your Qualities. Quality is the set of particular, own and unique capacities of each individual. They are the innate abilities in you that are expressed from you. There are positive qualities and negative qualities. There are qualities that are awake and active in you, and there are qualities that you lack, that are lacking in you and that you seek. As in the atomic nature, your active qualities, the ones you possess, are the strength you deliver, which makes you stand out, and the negative ones, the ones you lack, are the ones you look for in others through admiration, the need to learn, to object to what you lack, like atoms sharing electrons.

ME: So I'm supposed to acknowledge my Qualities as well as my Beliefs.

I AM: Identifying the Qualities that you possess is understanding the role you play in the group, it is realizing what you are capable of, and the tools you have to give to others. In the same way, by recognizing what you lack, you will know what you are looking for in your friends, in your partners, in your groups and colleagues. You will discover why you choose the people with whom you share your life, and you will understand the appearance of these conflicting characters on the path of life.

I understand. I think that many times identifying our own qualities and those that we lack is very complicated, because we were educated not to be selfish, and sometimes, recognizing what is good about us, gives us a bit of shame as if it were actually feeding the ego more than it should. It is more common or normal to say that those qualities cannot be said by me but that others are the ones who should say it. In other words, I can say that I am a very good friend, but that may not be true, and my friends do not think the same ... How do I know that what I consider a quality is not an idea of something that I really lack ?

SOY: It is quite possible, by reflex, that many people believe that they are something they are not, but decide to believe it because they need it. By saying that they are, they begin to look for ways to assimilate and become it. The external look is the one that will reflect who you are, so you must observe the world around you and tell yourself: "I am a very good friend of my friends", and there, open your eyes and think about your relationships with friends, how Are they, are they sincere?

You know...? now that you mention it... for example, I wrote that one of my qualities is precisely "being a good friend". However, now that you put it this way, I understand something that I usually do many times, and that is that I think of myself as a good friend because I do my best so that my friends achieve their dreams, have

what they want, and if I analyze it well, that he has a very far-fetched hidden feeling, which is to "buy friendship and love." The more I give to my friends, the more love I will receive in return. And looking back I realize that many of the friends I lost was precisely because of doing everything they wanted, or trying to give them what they were looking for. So, it really wasn't "being a good friend" one of my qualities, but one of my needs and shortcomings. From the moment I let go of this belief that "love has to be earned", I stopped giving as before, and began to enjoy with my friends. And now I feel much more balanced in that regard.

SOY: It is precisely for this reason that we must think very well what we write and write. What I believe about me is not always the truth. In the same way that what others see is not always the truth. Therefore, I must take the responsibility to recognize what are my qualities awake and what are my qualities asleep. Close your eyes, and analyze. Think of all those qualities that you consider you have as a person, active in your ego, and without shame or preconceptions, dare to write them, and analyze them thinking about whether this statement has given the correct results in your life. And in the next column, write down the ones that you know you are missing, that you maybe see in your friends and partners, or idols, and project your need to awaken that in yourself. Write them down, and think about why you think they are asleep in you, and why you have not done anything to wake them up.

ME: I just write down, and analyze. Without seeking to wake them up.

SOY: Exactly. Because we are here analyzing what and why. Until you understand the parts that compose you, you will not understand the functionality of the entire organism.

ME: This is like eating flour every day and not understanding why your belly hurts. Until I understand how the stomach, the gallbladder, the intestines, and all the organs and their daily functions work, I will not understand the evil it is doing to me or the limits and capacities that each one possesses. And only then did I decide to change my diet, through knowing the facts.

SOY: So, take your notebook, and write down QUALITIES. Below, two columns: in one the ones I HAVE and the other ones MISSING. Open up, and without shame or worrying about the ego, write down everything you know you are, and what you need to be complete.

ME: I begin by acknowledging that I have Gratitude for all of this.

I AM: I am in you, I am one of your qualities.

## 33. Truths

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



ME: When we talked about the Beliefs, we said that they were the filter through which the essence of the I Am, of the Universal Truth, enters our physical body, and that everything we understand about the spiritual world and that which surrounds us, it is translated by beliefs so that we can better understand and assimilate it. In turn, we said that if beliefs are what drive or stop us on our way, the Qualities are the tools with which we will act on that path. They can be awake in us, or asleep, like the Pineal, in our Third Eye. But one of the things that are possibly more difficult to do to identify those beliefs and qualities, is to achieve sincerity with ourselves, because we always tend to project what we see, feel, guilt, beliefs and qualities on others ...

SOY: It's easy to attribute a belief to other generations, or to cultural pressure. It is easy to say that I cannot awaken in myself the potential of another. Take a burden and responsibility off yourself. But the truth is that all this, I created it myself, I accepted it myself. If I live that belief it is not because someone passed it to me, but because every cell of the being that I am accepted it. Have you thought about why in the same family there can be several children with different beliefs? One with the belief of the father, another of the grandfather, another of the mother ...

ME: I guess it's resonance ...

SOY: In me awakens what I am, what vibrates in my same tune, what is in harmony with me, be it dissonant or resonant. Each one will awaken and take the belief that best suits their vibrational state, and will activate the qualities that you most nurture with your own energy. All that we are is inherited, but in turn, what we are are the inheritances that we have accepted by vibration. The way one vibrates, resonates, expresses, learns, in which one accepts one or another belief; it awakens or numbs one or another quality. Therein lies being honest with ourselves. To stop judging on the outside what I receive inside, or stop looking at the mirror of others so that they reflect what I am, and take the reins by closing my eyes and looking inside. The fractalization of the Universe has made us see in others all those things that we lack or that we have, by resonance we attract into our lives situations or personalities that can show us what is inside, like an innate magnetism, which acts as a mirage of oneself, attracting in the form of friends or enemies, victims or perpetrators, what moves our inner world. This implies removing all those layers of protection from the ego, which makes us want to survive by blaming outsiders for what we cannot achieve by ourselves, attributing beliefs to the past, seeking to eliminate them, or using them to cover ourselves and thus protect ourselves from the world. Exterior. as an innate magnetism, which acts as a mirage of oneself, attracting in the form of friends or enemies, victims or perpetrators, that which moves our inner world. This implies removing all those layers of protection from the ego, which makes us want to survive by blaming outsiders for what we cannot achieve by ourselves, attributing beliefs to the past, seeking to eliminate them, or using them to cover ourselves and thus protect ourselves from the world. Exterior. as an innate magnetism, which acts as a mirage of oneself, attracting in the form of friends or enemies, victims or perpetrators, that which moves our inner world. This implies removing all those layers of protection from the ego, which makes us want to survive by blaming outsiders for what we cannot achieve by

ourselves, attributing beliefs to the past, seeking to eliminate them, or using them to cover ourselves and thus protect ourselves from the world. Exterior.

ME: In other words, recognizing those structures and layers that block us, those judgments of separation, of projecting onto others what I don't want to see in myself, in my own disabilities or qualities, is essential to recognize the truth of who we are, to discern what is ours than what is not, and accept that if it is in me, if it comes to my mind, it is because I have integrated it, assimilated it, and therefore, I must recognize it as my own and take charge.

SOY: And that is being sincere and resonating with your own truth. Sincerity comes from the Latin word “sincerum”, that is to say that it does not have wax, alluding to beekeeping, in which it is recognized that pure honey is the one that does not have any remains of wax in it. The product clean and clear, without harshness. Cleaning the wax of our being is accepting that the beliefs and patterns with which we filter the world, have been only the structures that allowed the production of honey, which have been useful for the honeycomb of your being, but that there comes a time, in which it dries up, becomes rigid, and instead of helping us to produce the honey of being, it becomes a prison for it. The pure honey of your being, arose thanks to beliefs, and therefore you have accepted and assimilated them. Do not deny them, or judge or project onto others your own limitations that only you have chosen for yourself. Because there will come a time, when the honeycomb will dry up, and must break, and the honey will have nourished the bees, which thanks to their qualities, will be able to vibrate loudly and soundly, resounding to create a new honeycomb of new beliefs, nurturing a new pure honey. Sincerity, then, is related to the ability of the bee to vibrate correctly, a bee that was able to feed on pure honey.

ME: And that purity, that honey, what would it represent?

I AM: The truth. The truth itself. This is why honey is good for the throat and its roughness, as it gives us the expansive and coherent vibration of bees. Our beliefs and qualities are expressed through our truths, that is, what we speak, say, express. If the wax of the honeycomb is the beliefs, the propolis (from the Greek pro-polis, that is, what it is for the city, what it builds) will be your qualities, because it is what you will use to rebase the hive and prepare it to create the honey. And the honey itself will be your truth, what you learned, what you assimilated, and what you can deliver for others to nourish, is the essence of your being. The higher the vibration of the bees, the further their search for the truth will go in the pollen of each flower, and there are many types of flowers, many truths. But if the bees stick to their own hive, in their own beliefs, without expanding, then the final product in the form of honey will be low in qualities. It won't do.

ME: And how is this understood in us humans?

I AM: Well, the greater the expansion, the more I absorb perspectives of the world, but the more I vibrate, the more I express myself, and therefore, I dare to share my truth, to recognize the truths that are in me, to realize that my truths are the product of these qualities and beliefs, and I accept them. And on the other hand, the fear of expanding generates low vibration, ignorance, secrets, and therefore, lies. The lies are not the opposite of the truth, but distortions of it, they are bees that vibrate low or dissonant.

ME: My secrets, then, are expressed outward with distortions, becoming lies, which are anchored in new beliefs that dry the honeycomb of my consciousness. But on the other hand, my truths are not what I think of myself, but what I reveal when I say them, and I refuse to shut them up, recognizing that they are part of me.

I AM: For this reason, the aspects that you must recognize in your throat are your Secrets and Lies, as opposed to your Revelations and Truths.

ME: What is said and what is not said ...

SOY: When you say something about yourself, you make it your reality, when you keep something silent, you also make it your reality. Only one is external and the other is internal. And both are building what you are, what you vibrate. This is why it is in this center that older people fail on their way to coherence: because of what they say.

ME: "By the mouth the fish dies", says a saying, which in a way sums up the concept of how many humans are incoherent when saying one thing and then saying the opposite or demonstrating the opposite with their actions. We usually see this very clearly in politicians.

SOY: Politicians are not another species, they are human. All humans do. Everyone lies. Just yesterday you spoke about this in an interview, saying that spiritual awakening is comparable to the moment when you realize that Santa Claus does not exist. Why do seekers of coherent truth dare to lie to their children for the first 10 years or so?

ME: Well... it's considered nice that magic exists...

SOY: Magic exists, there are many ways to show it in life, without the need to lie. This creates a precedent in which children recognize that to make others happy they must deceive and lie to them, hide things.

ME: Sure... we teach them not to be sincere by tricking them with mind games. And so we get a humanity based on stories and lies.

SOY: As you will see, it is not politicians, it is human culture based on illogic.

ME: Well... I have to say that our life, my life, could also be considered an illogical hoax from the point of view of many people.

SOY: Here I will ask you the question: And from your point of view?

ME: Well... it's my truth, I live it as truth.

SOY: But do you take it as absolute truth?

ME: Oh no, of course not. I know very well that everything I know and see is a perspective, which is expressed in me, but which is not the absolute truth. In fact, I explain it that way.

SOY: So you hide the possibility that what you say is not true?

ME: No, I'm not hiding it. As I always say: this is what I remember, and I share it because it is my truth, and it is useful for others. Because here we can enter a philosophical dilemma and ask ourselves "what is Truth?"

I AM: The truth is a set of prejudices. Nothing is really true, only the vision we have of things is. Different is when you hide your vision of things by deceiving others. That is, a father would be telling the truth if he himself believed in Santa Claus.

ME: Still we all know it doesn't exist?

I AM: It is the same when parents teach a religious faith, to believe in God. They believe in God, therefore it is their truth, even though we know that God does not exist as they believe.

ME: So, I don't understand, what is the true search for truth then?

I AM: Finding a way to calibrate the lie. The lie is the distortion of the truth, that is, someone who recognizes the truth, distorts it so that another being creates something that he is not. It is different when the person does not know what the truth is, and turns the lie itself into an absolute truth; in this case, when you share "your" truth, you are being sincere. Even so what I say is not real.

YO: It seems complex to understand, because we have grown up with the dichotomy of Truth or Lies as opposite and absolute things.

SOY: Well they are not. What color is the real one? The red, the purple, the blue?

ME: mmmm, everyone?

SOY: It depends,... what if you are color blind? The only truth is that colors are just electromagnetic projections on one wavelength. Colors do not exist, there is only the frequency at which the photons in the wave vibrate. But how many people in the world can see the wave?

I do not know...

SOY: None! Everyone will see colors. Are the colors real? Well, the answer is No, and Yes. Do you think you are lying to a child by saying that the "pencil is red"?

ME: No ... but to tell him that it is not red but that it is the wavelength at 680 nanometers that his eyes see ... it would be difficult for a child to understand ...

SOY: That's why you say "Red", and that's it. It does not make it a lie, but an interpretation of the truth. It is impossible to communicate the absolute truth, that is why cultures and languages exist, that is why religion calls the Holy Trinity what science calls Atom.

ME: So, the absolute Truth cannot be communicated, but I can communicate as truth what I perceive of it, what I have managed to interpret by my beliefs and qualities ... And the lie is what I consciously hide, it would be like telling that child that Red is actually Blue, and that the pencil is not a pencil but a sword, when I know that it is a red pencil.

SOY: Now you get it.

ME: So what I have to identify in my life now is what are my truths and what are my lies... right?

SOY: That is today's analysis. Write down: what are your big Lies in life? Those that you know that the truth was still different, you decided to hide in a secret way, and you have deceived others, protecting yourself. There are lies that do not last long, and others that build a lifetime. Think of those that always cross your consciousness. We all have lies, secrets to hide. Some may seem silly, others may be very serious. And I am not talking about traumatic secrets in this case, things that have happened to us painful that we have hidden, but I am talking about our own lies, deceiving others or ourselves.

ME: And in the other column, I write down the Truths. How do I identify what they are?

SOY: My truths are those that, despite my beliefs, I recognized as truths in myself that I decided to express, say, communicate.

ME: As for example in my case having told the world my truth about what I remember about the universe and my past lives, or also talking about my homosexuality.

SOY: Exactly. And think about what you have not said, or what things you have said lying.

ME:... Well, today I can admit that sometimes I have fed the story of some people saying what they wanted to hear just because I didn't want to damage their illusion. It has happened to me when I see people who ask me very enthusiastic questions about things they feel or remember, and even then I know that they are not true, I have said yes, because I thought it would ruin their emotion. Sometimes I regret those moments ... Because no matter how "empathetic" I have tried to be, I just wasn't.

I AM: Recognizing your lies and your truths is essential to understand your state of vibration. Don't try to change it now, just acknowledge, write down, observe without judgment. The Universe does not judge, it only seeks harmony, and therefore, finding the points where there is no harmony is the first step in starting its search.

ME: And the second step?

I AM: Recognize that you create them with your own vibration. You are what you vibrate, what you say, what you express.

ME: I will seek all my dissonances, then, to be able to speak my truth.

I AM: And I am the Way to Truth.

## 34. Utility

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



ME: I come down from the Beliefs to the Qualities, and through them I recognize my Truths... what is the next step?

I AM: Let's recap. Beliefs are the perspectives you have on the world and that build your idea of it and how you are in it. The Qualities are those aspects that you have awakened in yourself or that you seek to be able to act in relation to these beliefs. And the methods by which you move and express those qualities within your beliefs, you will call them your Truths. The difference between a Truth and a Belief is that belief implies a certain expectation and intention that things happen as you expect them, instead, the Truths are the ones that you simply accept in the present. Taking the previous example of the Red Pencil, your truth will be that the pencil is red, but your belief will be that the pencil can only paint and write red.

ME: And isn't it?

SOY: No, because if you mix red with blue you will have violet, or red with yellow you will have orange. That is, there are other potentialities beyond what you believe.

ME: Ah, I understand. But in a way, the truths would also end up being beliefs if we look at it from the point of view of what you explained yesterday about the truths being perspectives that we have in different universal waves ...

SOY: Re-imagine what we said yesterday: remember that you perceive realities through electromagnetic wavelengths, of which the frequency at 680 nanometers will let you see the color red. Imagine that you vibrate in this tune, and therefore the entire Universe can be perceived in reddish tones. For you, the other colors are non-existent, you cannot perceive them, and having someone tell you about them makes them more of a dream or imagination. "I can't believe what I can't see," they often say. For you, your Truth is Red, because you see it, and your belief is that there is only Red. The truth is what you see and can verify, the belief here is the expectation that only that exists. Thus, the truth in the phrase: "I am Red because my Universe is Red" could be differentiated from the phrase related to the belief that would be: "The only thing that exists is Red because I can't see anything else." Truth relates to feasible facts, and beliefs to ideas of how things should be. The qualities that we awaken, then, will be in tune with our belief and our truth.

ME: Although they can hurt us ...

SOY: Because beliefs can limit us to the point of making us believe that we cannot get out of Red because transforming would imply losing everything you know, and awakening qualities that I don't know if I will be able to manage. This leads us to self-deception, in which we distort the truths that we see to make them a belief, and we express them in the form of Lies, numbing possible latent qualities, and generating limiting beliefs.

ME: Yes, it makes more and more sense. In other words, going from red to orange is like what we usually say about going from the third dimension to the fourth dimension, and so yellow would be the fifth, and green would be the sixth, etc.

SOY: Exactly, it is a change of dimension within the same wave. But it not only has to do with such broad aspects, but with more specific concepts, such as changing partners, jobs, becoming emancipated, moving, emigrating, adapting to a new culture and language, having a child, starting a project ... Expanding the horizon of what I believed was my truth. The dimensions will come after I have at least been able to open the limits of my own in which I find myself.

ME: And how do I know if I can change my reality?

I AM: That is the next step: to recognize how useful I am in it. Going down from the throat, we meet the heart, and the mental aspect of it is what we call Service. Putting yourself at the service of the world, of others, of life, is allowing yourself to expand and share my qualities with others. If my beliefs shaped my perception of the universe, my qualities are the tools in that cosmos, and the truth is what I assimilate from it making it my own, therefore, it is time to put those tools that I assimilated from my perception of reality into service to said universe that surrounds me. Your Heart is in the center of your chest, and your two arms and hands are projected from it, the expansion and physical expression of its positive and negative energies that we call giving and receiving. The flow of generating energy. While the connection with oneself occurs vertically with the negative in the feet and the positive in the head creating a circuit between the earth and the sky, between the I and the I am, the left and the right hand will generate the magnetism and circuit that projects realities for others, for the horizontal world, in sharing with the fractals that surround me. For this reason, this center, from the mental vision of the spirit, represents the energetic mechanism that is put at the service, and as long as the flow is correct and clean, you will be useful to the whole. in sharing with the fractals that surround me. For this reason, this center, from the mental vision of the spirit, represents the energetic mechanism that is put at the service, and as long as the flow is correct and clean, you will be useful to the whole. in sharing with the fractals

that surround me. For this reason, this center, from the mental vision of the spirit, represents the energetic mechanism that is put at the service, and as long as the flow is correct and clean, you will be useful to the whole.

ME: Putting myself at the service implies, then, recognizing how useful I am in life. For if I make the effort to do things that I am not good at, I am not only inconveniencing and delaying others, but I am wasting my potential and time.

SOY: More than anything, in what do you consider yourself useful. Recognizing this helps us to realize how our heart energy flows, if it is applicable or not, if it provides solutions to others or not. Here there are no feelings or emotions, no actions, but concepts that one has formed of oneself. "What are you useful for?"

ME: I must recognize, then, that everything that I believe in myself generates the qualities that I manifest, that allow me to assimilate my truth, and thus, I put myself at the service of it. For this reason, I must know in what I consider myself useful, to recognize the negative and positive flows. In other words, in what I am useful but also in what I consider myself useless.

SOY: We could say that we all have the potential to do everything in life, which is true. But having the potential doesn't mean you can be everything now. You have the potential to be a tree in you, but you cannot experience that potential until you die and are food for a tree, then you will become it. Today, you have certain active potentialities, and recognizing them makes us focus on trying to balance them. Seeing in what we are useful, in what we consider ourselves useful, helps us to understand very well where the tools are with which we will fulfill our missions and purpose in life. And seeing in which aspects we consider ourselves useless, helps us to recognize in what things we need complementarity from others.

ME: Humans consider "useless" to be a pejorative insult.

SOY: It is if you take it as such. But is not. "Useful" comes from the Latin concept "uti" (to use, serve) and "ilis" (possibility), therefore the possibility of being used in certain cases. The prefix "in-" in "useless" means that it cannot be used in specific cases. That doesn't make you useless, just useless. It means that you serve other things. And in what you do not serve, lies the strength of the team. If you all knew how to do everything, there would be no human civilizations, there would be some humans scattered around the world. The strength of cultures and civilizations is precisely the uselessness of their individuals, which entails symbiosis, collaboration, complementarity, putting oneself at service, being a community. Everyone has something to give that the other does not have.

ME: Put my qualities at the service, transform my truth and my belief.

SOY: Exactly. So ... I ask again: how do you consider yourself useful?

ME: Well ... today I noted that from my perception, I consider that I am useful to guide, to explain, to find solutions ...

SOY: And what are you useless at?

ME:... I could say that I am useless in everything that has to do with numbers and mathematics, I am useless to help with things that involve coordination too...

SOY:... And surely in many other things. Meditate on them. Make the list. Put the title: HEART SERVICE, and below, two columns, one for what you consider to be Useful, and another for what you consider to be Useless. Identify both as part of your abilities to give something to others, what you perceive that you can give of yourself and what you cannot give of yourself in relation to others. Do not judge. We all have this polarity, it

is what makes us have family, friends, colleagues, live in society. Well, whenever you recognize what you are useful in, those who need you will appear, and whenever you recognize what you are useless in, those who can help you will appear. In the absurd human search to appear strong, to be all-powerful beings, capable of doing things alone, many times you lose yourself in pride, in not recognizing that you need help.

ME: I understand... it's true. So, I am going to write them all, because I put myself at the service, and I allow myself to be helped by the others around me.

I AM: The greatest key to being of service from the heart is the ability to open up to the community, giving and receiving.

ME: I allow myself to be useless and receive from the hearts of others.

SOY: I allow myself to be useful and to give to others from my heart.

## 35. Attachments

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



ME: In my heart is the center that pulses everything I give and what I receive, like a constant exchange of energy. You said that what I am capable of giving is my tool with which I am useful and I put myself at the service of others, when on the contrary, what I need to receive is the tool that I lack to complete my service, aspects in which I I feel useless, but others have it. If I open myself to recognize what I lack, I also open myself to the possibility of receiving what I need. This is something that, as we said yesterday, costs us humans a lot ...

SOY: Well, you have the belief that recognizing yourself as useless for some things, makes them have less power. As we said, since the Industrial Revolution, the idea was sown that humans are tools for factories; and the schools, founded in that same historical period, were designed to create better and more prepared tools for those factories. No people. This generated the idea that a tool, or person, is useful or useless, and if it is useless, it is discarded in the manufacturing chain. For this reason, two very old concepts emerged that became part of civilization: Competition and Empowerment. The Competition led us to look for who had more capabilities, which recognizing weaknesses or incompetencies was seen as a defeat or failure. Thus arises the concept of Empowerment, which reminds us that "I can do anything." Both are not bad concepts, but they are when you only see one aspect of it. It is like having a huge fruit forest but you can only see the apples, so you decide to cut down all the trees that are not apple trees to be able to see them better and get more profit by planting only apples. Sooner or later, you will starve, because you cannot live on apples alone. This shows why both capitalism and communism do not work, because they both monopolize, products or people. The heart is flexible and adapts, integrates, and is limitless. But it only finds its unlimited capacity when it recognizes that

the power it seeks does not lie in the individual, but in the individual's ability to recognize that power is shared among all. It is not competition that makes me more powerful, nor does equality make me more fair, but expansion that makes me more balanced. Accepting my weaknesses, I recognize the power in the other, and by opening myself to the other to ask for help, I recognize the strength that collaboration generates.

ME: This is why it is only when I accept my weaknesses and strengths, when I can truly live in harmony with the world around me, not when I consider myself almighty.

SOY: You are already all powerful, but your personality is not. It is only a small aspect, tool and quality, of all your eternal capacity, which goes beyond time and space. Your power transcends your person, and encompasses humanity, at all times.

ME: How do you understand this?

I AM: When you become aware that everything that exists is a constant projection, and that all humans are only aspects of the same organism that shares the same root, genetics, history, made up of the same elements, beyond DNA, of the races, the capacities, you are all carbon, nitrogen, oxygen, hydrogen, sulfur, iron, salts, etc ... So, you understand that each human is a tree in a forest, or a rock in a mountain, living in symbiosis. Thus, if one needs something, the other will have what it takes to make up for it. But if you close yourself to that possibility believing you are separate, you will never see what they are giving you. Being self-sufficient does not imply not depending on anyone, it implies living in balance with everyone. The problem is that today, in the belief of separation, you live more dependent on others than any other species.

ME: By not recognizing our own abilities, trying to imitate those of others who have been successful, without not sincerely opening ourselves to our shortcomings, we end up depending even more on the environment. We are somewhat attached to each other more than united.

I AM: Unity is achieved with the strength of the individual to recognize that their power is useful to others and that the power of others is useful to our disabilities. Otherwise, we spend so much energy doing it alone, believing that we are separate, that when we fall into frustration we end up totally depending on objects, situations or people. It is precisely the opposite result of what is sought. As there is no harmony, there is stagnation, as if the strings and chords, not recognizing their vibration and how it complements the one next to them, tries to imitate another that resonates very well, becoming entangled, ceasing to sound but also preventing the others from sounding, creating knots that stop the harmony, stalling the resonance and creating dependent ties.

ME: That is what we call attachment. Attachment, then, arises from having failed in the search for personal power, and relegating all my forces on an external agent. "I can, let me I can", is based on the polarity of: "I know that I will be able because I am learning", and "I know that I cannot but I fear that they will believe me useless". And in the second option, when I fail, I fall into dependency.

I AM: We are all born with the potentialities of the cosmos within, and we can all awaken qualities, abilities, gifts, but some will have more ease than others, that is, others will have more difficulties. But we can all do it. You have the innate ability to accomplish the impossible. And this process is called Learning. Try and failure. Fundamental to improve. The great mistake in the learning process is that of that student who considers that asking for help is a weakness, a failure, when in reality, it is key to learning. If you ask for help during the process, you will never fail, and perhaps, instead of depending on the one who knows in the long run, you will find the joy of recognizing that you can do it, because you were not afraid or ashamed to admit that you did not know how.

ME: Now I have it clearer. It is not only that in what I am useless there is no fix... But precisely recognizing what I am useless in time helps me improve and become useful through receiving help.

I AM: Fundamental key to the development of the Being.

ME:... And... How do I deal with attachments?

I AM: All humans, and many other beings, are attached to things, situations, or people. The ties that are generated in those strings of resonance between all, make us depend on those things and individuals that have what one does not have. Attachment is the malfunction of giving and receiving. Having been closed to receiving and feeling lacking in energy to deliver, I have no choice but to forcibly take that energy from an external source, such as a virus, insect or parasite that absorbs energy from the host to maintain internal functioning. This triggers addictions, whether to drugs, food, vices, desires, or circumstances, actions, emotions, and people.

ME: So all that to which I feel attached are the things from which I get energy, even if it wears out very quickly due to my inability to generate a correct circuit of giving and receiving, of expressing and learning, that's why I repeat over and over the same ...

I AM: Attachment just means "sticking to something", like a tick on a dog. Holding on to what gives us what we need to live, but without giving anything in return. This lowers our vibration, makes the individual dependent, stops him, makes him sick.

ME: What about detachment? Something that is talked about so much in the world of consciousness ...

SOY: As its name suggests, it is the ability to let go, to free oneself from said dependence. But you have to know how to detach. It is a concept that is usually spoken very lightly, and is forced, that is, when you say "let go", "detach yourself", the person is usually pressed internally as if entering a detoxification process. For those addicted to objects, we speak of abstinence, for food dependents, it is called fasting or diet, and for emotional dependents, situations or people are called quarantine, that is, 40 days without being related to said agents.

ME: And does it work?

SOY: No, of course not.

I because?

SOY: You have to be honest: who has started a diet to stop flour and has it worked? Under this same example, we must recognize the reversal principle. That is, if you stop eating flour for a month, you will probably eat flour every day by the fourth week. If you have problems with your partner and you decide to distance yourself or separate, you will surely enter a relationship in which the same thing happens to you. You know why?

I do not...

SOY: Because you believed that the problem of your dependency was the flour or your partner. And it is not like that. It is your inability to generate a balanced circuit in the energy of your body. It is not having the courage to recognize your flaws, your disabilities, what you need, your weaknesses. Not to go back in time and face the moment when you started to see flour or your partners as a solution to your problems.

ME: I understand, it's the typical boomerang effect. As much as you throw it and let it go, it will come back with the same force. What is missing is not what I see today, but the energy that links me to the subject. I must see my shortcomings and uselessness to know why I am dependent.

I AM: For this reason, after the passage of the heart, when you reach the plexus, you will recognize that all that you accumulate in your belly are attachments, the things that you are afraid to let go of, that you do not know

how to let go. What gaps are you trying to cover by filling them with external things? Acknowledge your attachments, and you will know where the origins of your needs lie.

ME: I must make the list, then, of my attachments and detachments ...

I AM: You must write down both to make aware where the knots are in your giving and receiving, in the natural circuit of your own energy machinery. But don't let go of the little ones you are attached to; When you can identify them, changing your awareness and attitude towards them, they will simply dissolve, and one day, they will disappear. Letting go is a trauma, as it breaks and breaks ties. Think about this: if the guitar strings are the ones that, having lost one of them the ability to sound by itself in tune with the others, decide to seek their power in another of the strings, entangling and stopping the vibration of all, ¿¿ what will be the solution to untangle it and play the guitar again? Would you cut the strings with scissors?

ME: No, of course not, because I couldn't play the guitar anymore and nothing would sound. He would have to adjust it, and fine tune it.

SOY: So, don't let go or cut ties that you are attached to. For eternally and inevitably everything is connected in the universe. To get into harmony, first recognize which string was knotted, go to the origin of the string and tighten it. Naturally it will detach from the other, and they will begin to sound harmonically.

ME: I can see it very clearly, yes ... All my life I have believed that I should cut or let go with those sick ties that I had to situations, to things, to people ... But the truth is that I did not have to erase it from my life, but to find balance, because they are part of me, and the only problem is that I could not see that the reason why I became attached is because I was the one who got out of adjustment, unable to manage my own give and take ...

SOY: There you understand what detachment is. Then you will be able to identify that the things that you managed to detach from are those to which you brought awareness, understanding, clarity, and that instead of cutting, you healed. Those are the situations in which you can befriend your exes, or eat pizza without guilt at meals with friends.

ME: Attachment and Detachment ...

SOY: So, take your notebook, and write the title: TIES, and down two columns where you put the subtitles: Attachments and Detachments. Write in the first one, with total sincerity, those things, situations or people to which you feel you are attached at this moment. And in the other column, those things that you recognize have achieved detachment, that is, the things or people in which you have found balance and on which you previously depended. Without judgment or preconceptions, simply what it is and you have in you. You must recognize, there will be time to balance and work on it.

ME: Yes, I understand. So I am about to acknowledge my attachments.

I AM: Detaching yourself in the beautiful and harmonic melody of the song that resonates in the beat of your heart.

## 36. Creations

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



ME: Recapitulating yesterday's topic in relation to how we create ties, I wanted to finish clarifying the concept that attachments are part of a process of energy circulation. For what things do we need that energy that accumulates and cannot be released?

SOY: The general process is simple. Everything you ingest and nurture your interior, whether it is physical, emotional or mental, is something from which you draw energy for your being. And with that energy you act towards the external, releasing what you do not need, or giving something of yourself for others. As we said, on the physical plane you call it breathing, eating and drinking. Everything you consume has a useful energy load for your body, which is processed by your physique, absorbing that energy in the form of nutrients, proteins, vitamins, minerals, and what the body does not need or cannot process, is excreted. On an emotional level, you receive emotions, be they negative or positive, that you share with another subject. For example, you receive love, and that love nourishes your being, absorbs what is necessary to give you the strength to move forward, and then you give the surplus in the form of love or actions for the other. And on the mental level, you can receive information from someone, which you process within yourself, nurturing yourself, transforming into your own mind, and then deliver it as a new idea to others, sharing about yourself. You can eat bad, feel bad and think bad as well as eat well, feel good and think well, and the vibration of what you receive will determine what you are capable of giving. If you only eat dense and unhealthy things, the energy you get to act in your life will be from that dirty vibration. If you nourish yourself with painful situations, environments of fighting, conflict, struggle, and so many others, your energy will use it to act. And if you only observe dense and negative news and bullet news, then you will have that information to deliver. This will work like this if you move from Unconsciousness, which does not allow you to see that you are capable of mastering your own ability to create. If you become aware, you can use that energy to transform it and create something new.

ME: And how do I know if I am conscious or unconscious to achieve it?

I AM: Easy, if you stop from the role of victim or perpetrator, if you stop from the place of judgment and criticism or separation, of struggle, of hatred and pain, pain or pride, then you are unconscious for more books of consciousness that you read or courses that you attend. The Conscious is the one who understands that everything that exists is like the waves in the sea, that everything is one, and that it is just as responsible as all other waves in the movement of currents. Who sees that all that you call injustices are nothing more than energy



leads you to retain the information received as much as you can, and at the same time, it makes you addicted to the same thing, believing that it is the only source of said energy, be it a specific food, a vice, or a type of relationship, or A belief.

ME: What is the purpose of that energy in my body?

SOY: That energy has the ultimate goal of creating. Everything you consume gives you energy to create: more cells, improve functioning, carry out actions, make a product, express art, produce something, have a child... Many things. The key to the energy circuit is Creation. If I maintain attachment to things, I will be unable to create new ones, because the energy will always be the same, and being retained, it will lead you to a depressive well of inaction, therefore, of seeing yourself unable to generate anything, and thus, taking you to frustration.

ME: So it is essential to learn to give and receive correctly in order to create coherently.

I AM: Fundamental to recognize how the circuit of giving and receiving, of uselessness and usefulness works, to identify where the attachments and detachments are, keys to understanding where the energies are from which it can be created, and there I can identify in my being all that in which I have been able to create and in what not.

ME: What would we call it?

I AM: Achievements and Frustrations. The achievements are those objectives that we have set and that after a process of actions in our life we have managed to complete and we feel full knowing that it has been possible to achieve. In a way, it means that you have managed to release that energy, that you have known how to use it, you have not retained it, and that has given you the freedom to generate and manifest.

ME: Frustration is what we have the most problems with ...

I AM: Frustration is the emotion that sums up that retained energy that you have not known how to release, release, let go, because you have not known how to use it to create. The creation process failed due to not knowing how to manage the energy that was received. Thus generating an emotional crisis, which blocks all your creative channels, leading to the feeling of fall, of failure.

ME: So, let's see if I understood ... The energy I receive is my food, from which I take nutrients to have the essence of the energy with which to act to create something that I will give in exchange for what I receive. From there, there is a part that I return by releasing it to the middle. And I do not necessarily have to return it to the same origin from which I received it, because everything is one, and cosmic nature is in charge of putting everything in its order: universal structures always seek to maintain complete spaces and in the greatest possible rest and balance. That said, the energy that allows me to create can: either circulate freely in me allowing me to fulfill myself in the achievements, or if I am attached to that energy, its accumulation will lead me to failure, and therefore to frustration.

SOY: Exactly. And therefore you must identify what are your achievements and what are your failures in life, and thus you will know where you have blocks in your creative energy center, the Sacred.

ME: I made a long list of this, I have to say, both of failures and achievements in my life. I feel that I have been able to fulfill many of the things that I have proposed, among my achievements is having been able to create a Network of Consciousness, have a good and healthy relationship with my parents, have stability in all senses of my life, buy a house healing many family traumas, having become an educator ... And many others, as opposed to a long list of failures, such as some love relationships and friends or family, not having finished university, not being able to make the planetary trip as it was expected, and so many other things ...

SOY: Take all this, and write it down well, recognize each one. Make the list with the title CREATIONS, and below two columns, one for your Frustrations and another for your Achievements. Without judging the process, identify them, so you will know where the stagnant energies of your creation are and those that flow allowing you to create.

ME: I recognize that frustration, well, is not something that has remained in the past, but is an energy that I still do not know how to use or release, just as my achievements are not successes that I must count as facts, but as energy that is flowing into me and that I can use to continue creating.

SOY: Nothing exists stagnant in the past. You have said well, you should not take your frustrations or achievements as a list of the past, but as an acknowledgment of what is still in you, retained or flowing. When you know them, then we can get to work making them circulate in harmony again.

ME: Here and now, I allow myself to observe myself in what I am capable of creating, both in what I have accomplished and in what I have failed.

SOY: Well, in both lies the energy that makes you be and that will transform you. With courage and will, take the brush and colors, and start painting your world.

## 37. Attributes

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



ME: In the energy that I produce from my sacrum, I obtain the basis of all my potentials to act. So is that energy the one that drives me to action?

I AM: Action is the ability to perform an act. Act comes from the Greek concepts "ago", which means "guide", and from "agon", which means "to gather". Basically, the meaning is to gather everything I have and direct it, lead it towards a destination. Therefore, the Latin word "actum" refers to putting something in motion. The energy that is received and anchored in the heart, is processed and assimilated in the plexus, to then deliver that energy to the sacrum, who will produce what is sought, and all that generated is taken to a new destination, outside, through giving, letting go, giving, putting oneself at the service, and he does it through action, something that is related to the Root chakra.

ME: It would be like the expression or manifestation of what is generated within me with the energy received and assimilated by my being.

SOY: Exactly.

ME: How could this be seen in our lives? Using an example ...

SOY: Well, we can see it with what you are doing day by day. Every morning that you wake up, you intend to give part of your energy to a planetary service by going to the pyramid. You enter, go up, do your meditation and then expand the concept of the day to the entire Network. You receive in this way the energy of the pyramid that amplifies your energy field connecting you with me, your Higher Self. So, when you return, you sit down and write our conversations; This is the process of how you decode the received energy, translate it into your language, assimilate it and make it part of you. So you generate something new, which is this conversation. You post it for yourself, although others will read it. And throughout the day you recognize what you have created, you reread it, it is your product, which you created from the energies received in the morning. So, You take this information and put it into action: the daily lineups where you deliver to thousands of people live what you have assimilated. Their responses, love and gratitude, is the energy you receive that night, so that the next day, you can regain strength to perform the action of going to the pyramid. It is a cycle.

ME: I understand, although sometimes I feel like I do it with more desire than others ... Why is that?

SOY: Because the action is an undulating energy that vibrates like the waves of the sea, it is not a constant. To have inertia you need the moment of rest. Sleep and Awakening. It is necessary to lower the voltage and the increase in voltage, since light moves in a wave of positive and negative frequencies, short and long. This is what gives movement, momentum. Nothing moves in a constant ascending line increasing its rise or acceleration. The more you go up the slower you will go because you will need much more force, therefore, you need to go down, return on a slope.

ME: It looks like a wave graph in which there is an elevation in height and a depression in descent to repeat the circuit over and over again, just as on the emotional plane we call the elevation euphoria and joy, and the descent depression and sadness . Do these need to be repeated too?

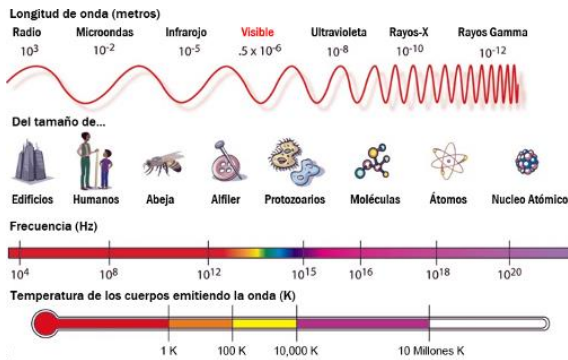
SOY: Yes. Just as for the heart the energy circuit is to give and receive horizontally with the environment, in the base center the energy circuit is ascending and descending, related to euphoria and depression. The more euphoria, the more depression, the more joy, the more sadness. And this is an inevitable cycle, because, as I said, the energy of light moves in waves and spirals, so that an object or energy can advance, the starting force and the fall of the descent are needed, since the latter is the that gives the momentum and speed to take the curve of the rise and reach the top. This is why every great success in their lives is directly related to a preceding crisis or failure. Crises are the keys to success, falls are the only thing that makes you recognize standing up.

ME: So, feeling bad, tired, weak, sad, depressed, is not something that should be avoided in life, but knowing how to use ...

SOY: You have an overvaluation in your culture regarding what it is to be happy and live happy. The incessant search for happiness makes you flee from sorrow, pain and anguish, denying them, taking them as the evil from which we must escape. Well, I regret to tell you that you can never escape this circuit as long as you are living beings. But I will tell you that there are many ways to experience those curves.

ME: Which ones?

SOY: Let's keep it logical and simple. Take an extensive wave of vibration. Like the one you see in the following image. The red line is the spectrum of light. The frequency line (Hz) shows the colors that are perceived as a function of the speed at which that wave vibrates, that is, how frequently its ascents and descents are repeated. The larger the object, the slower the frequency it emits, the lower the frequency, and the smaller the object, the lower the frequency, high, that is, it vibrates much faster and the ascents and descents are more and more fast.



The higher the vibration, the higher the frequency, the faster, and the more imperceptible. If you look at the red word "Visible" on the graph, you will see that in a straight line below you can see the colors of the rainbow in a short stretch of the wavelength. That refers to what humans can see and perceive. All the others are impossible to see. But something else, the faster it vibrates, like the Atomic Nucleus at the end of the graph, it can happen that the atomic structure breaks, dissolving it and thus generating Nuclear Fusion. This generates the famous nuclear energy, which is so good for creating energy, and so bad for living organisms, as it breaks their harmony. Now, as you will see, life is a constant of waves of energy with rises and falls at different frequencies. You can also compare it to a heartbeat reader, in which you see the pulse on a graph. The ups and downs of the graph will indicate the pulse of the heart expanding and contracting, but if it only contracts or only expands, it is called a heart attack. And a graph that only shows a straight line is called Death.

ME: It was clear ... And what would this look like in our lives?

SOY: Well imagine now that each convex rise on the red line is happiness and the concave curves are depression. The more frequency there is between the spaces, as at the beginning of the image line, the process will be slow and invisible, I will not be able to relate where my depression comes from, or why I feel the way I feel, because there is a long stretch of time to go up and down. Towards the middle of the graph, we can see that there is a certain harmony, in each attitude, action, I can identify the moments of descent, I know what things affect me on a daily basis, what makes me happy, and what makes me sad. But towards the end of the line, we can interpret that your search for happiness is exacerbated, always trying to be at the top, through euphoria more than joy, shortening the deadlines, the frequencies, between the ups and downs getting deeper and deeper, taking you into a state of euphoria and depression so fast that they both seem to be two parallel and constant lines. And this is toxic, it is nuclear fusion, it destroys life. In the denial of one of the two forces, you end up empowering it to destroy your reality, giving it its own identity. This is how you fall into depression or euphoria, and you need drugs to feed them, because you can no longer generate your own energy to sustain them.

ME: So, I must admit that both are the ones that help me move forward, not just one, but both, they both drive me like a heartbeat. How do I recognize them?

I AM: The convex curves, the tops of the wave, are called "Strengths", and the concaves, the depressions of the wave, are called "Weaknesses". In the same way that the usefulness in giving from the heart is what I can give to others of myself, and the uselessness in my heart is what I allow myself to receive from others to allow the correct functioning of the circuit, the fact of understanding the strengths and weaknesses in my actions allows to identify the energetic circuit of the Root. Both make up your Attributes.

ME: What is the difference between Attribute and Quality?

I AM: A Quality is a property that is considered proper, natural and original of an individual. An Attribute is something acquired by the experience and assimilation of energy in your process of evolution and personal growth. Just as there are negative and positive qualities, there are also positive and negative attributes, skills that

can be considered acquired through experience that harm oneself or others, but knowing how to act correctly have the expected effect.

ME: Like what, for example?

SOY: Being a dictator is an attribute, even if it is not the best. Being a murderer is an attribute, as he manages to fulfill his mission in a good way like the dictator, although they are distortions.

ME: And what are strengths?

I AM: It is what you recognize in yourself, that precisely makes you feel strong and present in yourself when acting. The pulse you have to operate. They are the attributes that you have achieved throughout your life that make you act with total presence and integrity.

ME: On my list, I noted that one of my strengths, for example, is not being afraid, and allowing myself to cry in front of others without hiding what I feel.

SOY: As much as society interprets “crying” as a weakness, sometimes the person who allows them to express what they feel is stronger than the one who hides what happens for fear of breaking. There, appearing strong when bad is not a strength, but a weakness.

ME: So what are the weaknesses?

SOY: They are those attributes that define you when it comes to acting but that weaken your personal stability.

ME: For example, I wrote down: being self-critical, being lazy, being naive, doing what others want so they don't get angry... Among others.

I AM: If instead of fighting against them thinking that having fallen is like having failed in life, you use these moments as a process of introspection, of self-analysis, knowing consciously that it is a time that you must take for yourself of inaction prior to action, then you will save the energy you use in the battle against the fall, and you will use it as the clean and jerk that will propel you to the top.

ME: The goal of life is not to find Happiness, well ...

SOY: Of course not, the goal of life is to live in Harmony. Free yourself from the magical and poetic cultural romanticism that keeps people suffering all year long to earn two weeks of vacation euphoria, or that longing to strive for the glory minutes of success, euphoric of what has been achieved. That is not life. Life is harmony, it is day by day, step by step, ups and downs. Find the correct frequency in your wavelength, and you will find stability, where your attributes of strength and weakness, both, will be your steps forward acting on the path of life.

ME: I recognize my weaknesses ...

SOY:... And so you will make the leap to your strengths.

## 38. Move along

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



ME: Having seen the existence of our being as a sea of vibration full of waves that reveal the frequency, leads me to think that the chakras, those energy wheels, are like the eddies of the sea, waterspouts, where the waves accelerate their vibration spiraling towards the center, expelling the processed information to the next.

SOY: It is a way of understanding it. Remember, the fundamental keys to understanding this existence are: 1) The universe is a continuum of vibration, like an ocean. 2) Water will represent vibration, which is Space. 3) the waves will represent the frequency, which is Time. 4) the wave of vibration has a triune aspect: length, amplitude and frequency. The wavelength will be the distance between the crests of the waves. The wave width will be the depth or height of each convex or concave ridge. The wave frequency will be the number of times this pattern is played per second. A wave is not only the top, but also the bottom. The descending force of the wave is the one that pushes the next crest by inertia, thus the waves are generated. Thus, each crest in its ascent and descent is an attribute of the power of the sea.

ME: It's like every wave in the sea is a chakra.

SOY: It is. And in the sea of existence, those waves that vibrate in a certain harmonic trinity, with an adequate wave length, frequency and amplitude, are those that allow us to see the waves at a distance, and therefore, you call it material reality. But power is an invisible energy. For this reason it is known as the soul, remember that the word soul in Spanish comes from "anima" in Latin, which gives rise to the words "animated" and "animal", that is, that which moves. The chakras are not things apart from matter, they are precisely the energetic aspect of matter that moves in a certain harmony capable of manifesting the visible aspect of a physical body. This shows that the chakras are not separate entities, but organs of the same being, that deliver energy to each other, that push each other and generate force. In this picture, We can understand that a wave rises upwards due to the pressure of the previous one. This allows you to clearly see a wide panorama of the horizon, to become aware of where you are, like someone who rises above the cornfield to see all the crops. And then this conscious wave descends with all its power into the depression of the wave, pushing the next to rise. This is how positive and negative waves are helpful in advancing energy.

ME: The Crown chakra lights up, and then lowers its vibration to deliver this force to the Third Eye so you can see everything deeply and wake up. Then its vibration descends to pass this power to the Laryngeal, which expands its truth to all, and then descends in silence, giving strength to the Heart that is placed at loving service, and then returns to self-love inwardly, delivering power to the Plexus that will extend all its links and networks, until it returns inwards, lowering its vibration to find the I, the Being, delivering the energy to the Sacrum which will begin to create with all that power, until it delivers the product and lowers its vibration so that the Root receives the force of the waves being able to manifest, which when releasing what is manifested builds the story that makes me advance in the evolution through the Knees, which, by becoming past history, gives strength to the Feet, where I will fulfill my Purpose ... And so on, the circuit repeats itself over and over again once, from top to bottom, and from bottom to top. And... When do waterspouts form?

I AM: When the power centers begin to activate and the chakras become energy generators instead of just a reaction.

ME: That is to say that in life, normally, the energy centers work by reaction and inertia, by the forces that move us, but when we begin to become full and conscious, the negative and positive currents become whirlwinds, creating force energy of the chakras as the waterspouts in the sea that drive the waves absorbing the information of the previous one and generating its own energy expelling power to the next.

I AM: It can be said that in the unconscious plane the chakras are not chakras, because they do not have the shape of wheels, but waves in the middle of a sea, without their own strength other than that received from others. When one becomes conscious, it generates its own force, and the negative and positive forces stop being a seesaw to become a force-generating spiral. But neither move is good or bad. They are just different ways the sea expresses itself.

ME: Sure, so it is not that we all have to be 100% with the chakras constantly rotating, but both functions are useful, recognizing the waves with their ups and downs helps us to see that we are part of a whole, and that therefore we must find balance in that whole, receiving and delivering energy in the waves of life. While there are times when we must be self-sufficient and generate power to create a new movement, attunement, create another direction and nurture the swell of new currents, and thus generate waterspouts, which are the 100% active chakras

SOY: And those waterspouts are not eternal, they last a period, until they have managed to “change the current”. Start a new step, path, aligned with what is generated from oneself.

ME: I understand, so they are motors.

I AM: They are like the wheels of the train. What's the point of turning forever if I can't get off at any station?

ME: It makes sense. They are energy transports, not destinations.

I AM: They are the powers that awaken attributes for your path. Each one delivers something different, a unique and special fuel to advance, giving you strengths and showing you your weaknesses, and both mobilize you. When you recognize this mechanism, you embrace your strengths and weaknesses, you allow yourself to feel depression not as a fall but as the process of hibernation of plants and animals. From the point of view of one who seeks constant happiness, winter can seem sad, depressing, uncomfortable, but the truth is that without winter, plants could not regain their strength to bloom in spring.

ME: And... what would prevent me from moving forward in this process?

SOY: Many things, but systemically what stops them is turning around on themselves. Create a circular and closed current with no exit.

YO: Like those created in the Pacific Ocean that drag trash creating an island of waste ...

AM: When these currents occur, less experienced sailors can get caught, lost at sea, and fall into the traps of the closed currents, dumps of the sea. As you will see, everything that is loose, what was discarded by the fluid energy of the sea, is trapped by these energy centers where things stagnate and repeat themselves.

ME: It is the same chakra that is closed in its own history ...

SOY: For this reason, it is the ideas of History that prevent us from advancing in harmony in this circuit of oceanic attributes.

ME: The path that we have traced throughout history becomes an energy cancer ...

SOY: The facts and circumstances of the history of each individual are the waves that move their lives. If certain events have generated a weight, a karma, something that I cannot get out of, stop thinking, let go of, and that I drag into my present, they will generate a closed circuit in which potentialities have become waste, and That junk circulates over and over again, I keep it afloat for fear of letting go

ME: They would be those things that have happened to us in life and that we have not known how to face, assimilate, take what is necessary and move on, and that on the contrary, are still so present in our life as if they were happening right now, pushing us back , preventing us from getting out of vicious circles.

I AM: The past becomes a vice, and does not allow you to advance on your way.

ME: Why is this happening?

I AM: By the waves of attributes. Remember that we come from the Root chakra where your waves are made up of what you have awakened in you as weaknesses and strengths. The strengths push the rest of the waves forward, but when you refuse to fall again, the same counterforce of always wanting to stay in the positive attributes, causes the group to lose strength, and instead of generating a balanced depression, the same it rushes into the deep ocean bottoms. This generates the opposite reaction to that expected, breaking the wave circuit and turning the sea into a flat lake like a mirror. Without movement, the ships do not advance. But those lower forces and depression move in the cold waters of the deep, creating closed currents, causing the waste, instead of being distributed by the sea, accumulate in one place. On the one hand this is negative, because it does not allow you to move forward, and on the other it is positive, because it allows you to see all your accumulated conflicts in one place. So you can work them better.

ME: So I have to analyze those residual groups of stagnant information, usually related to events that keep me feeling and thinking about the past, in phrases like "I should have done something else", "what could have been if ...", " I would have acted differently ”,“ my life would have been different ”... All the conditionals.

SOY: But in turn, you have to recognize those circuits that you have managed to get out of, because they will show you how you have done it, and that you can get out of it. Make your list, and call it "STORIES", and write down in one column those things that have allowed you to GO FORWARD and in the other column what keeps you BACKWARD.

ME: I made my list, and I noticed something that caught my attention. Everything that has been a burden, which I consider the most painful or heavy in my history, is precisely what has allowed me to move forward in life, and what I considered positive in my memories, is precisely what I still suffer. For example, the death of my grandmother, the loss of a part of my family, the separation of certain friends, and even another life, being Sigurd 900 years ago having lost faith and suffered everything I suffered ... I noticed that all this It has liberated me a lot, it has allowed me to be free, to advance, to grow, to live more in my present. And yet all that I feel for

that love lost in Switzerland in 2018, and my life as Shiw with his mission of 12,000 years ago, both being things that I love and make me feel good, They are the ones that are still present in me and that represent what does not let me continue until I finish with their cycles ... Why is this? That what I believe is good for me is what keeps me from moving forward ...

SOY: Because you cling to how beautiful it was, and the greatness of what it could have been, to the illusion of utopia. And you hope that one day you can live these circumstances again. It is not always what pulls us back into the past that weighs with pain and anguish. "All past times were better," they say, and that is one of the keys that makes most humans, instead of moving forward, stagnate in the ideas of what was. Without judgment, then, without considering that something is bad or good, write down what keeps you living in the past, and what makes you move into the future. And he recognizes that no one advances with both feet at the same time. One foot at a time, while one advances, the other supports the force behind so that the body does not collapse. So you can understand that many times lifting your foot to move forward means having detached yourself from certain circumstances in order to move forward, but that moment is one of weakness until you can again put your foot on the ground and affirm yourself in a new place of safety. Meanwhile, the foot anchored in the past, is the one that supports all the being that advances. In this way you can understand that they all work, that it is always good to have a foothold in the past to build the future. Therefore, acknowledge them, and thus you will know what your strengths are on the path of life. In this way you can understand that they all work, that it is always good to have a foothold in the past to build the future. Therefore, acknowledge them, and thus you will know what your strengths are on the path of life. In this way you can understand that they all work, that it is always good to have a foothold in the past to build the future. Therefore, acknowledge them, and thus you will know what your strengths are on the path of life.

ME: This takes a lot of weight ... it distributes it ...

SOY: Be free, one step at a time ...

## 39. DESTINATION

September 11, Matthias De Stefano



ME: I have a doubt ... Yesterday you explained that all of history is a continuum of vibration that space generates, and that its levels, known as past, present and future, are the frequency with which the waves move in said continuum. Therefore, nothing and nobody is separate in history, and we are all causes and consequences of what happens. That said, then, is there free will? And in contrast, if it does not exist, then is there a destination?



high frequency. If we see it from the human point of view, you will call the low vibration as your past history, the average will be your currentity and the high as your potentialities and projections. The continuum of vibration shows you something inevitable: everything is a united vibration constant, and what happens to one will affect the other, and this is called "destiny." And finally the spiritual energy, which sees all the possibilities in an instant for vibrating so high frequency. If we see it from the human point of view, you will call the low vibration as your past history, the average will be your currentity and the high as your potentialities and projections. The continuum of vibration shows you something inevitable: everything is a united vibration constant, and what happens to one will affect the other, and this is called "destiny." And finally the spiritual energy, which sees all the possibilities in an instant for vibrating so high frequency. If we see it from the human point of view, you will call the low vibration as your past history, the average will be your currentity and the high as your potentialities and projections. The continuum of vibration shows you something inevitable: everything is a united vibration constant, and what happens to one will affect the other, and this is called "destiny."

ME: So we all have a destiny, and we can't escape it ...

I AM: Exactly. Or not...

I: ... How?

I AM: Your entire reality is a consequence of the past or the low vibration. And your present is the cause of everything you generate in the future. Destiny, then, is the end of a long rope that, being tied at one end, you decide to take it at the other end and start shaking it up and down or from one side to the other. The movement of your arm and hand will generate a force at the end of the rope that will travel along it by inertia, reaching the other end. The entire movement of the rope will be determined by the cause of your initial movement, and the rope will have no choice but to move according to this impulse. This continuum, like the waves of a sea, makes all the vibration in the universe work by reaction, by various forces pushing each other to seek balance. There is no empty space, everything is driven, it moves in this tune. Therefore, the force that you exert towards the front or the sides will be determined by the force that comes to you from behind. The past gives you the necessary energy and determines your vibrational state. For this reason you are net products of the past, you are reactions to the events that have built you, based on experiences, acquired knowledge and assimilated wisdom. Culture, language, faith, philosophy of life, traditions, all of this will shape your being, the vibration of who you are, and determine your future. This is the reason why your entire destiny is written, it is not based on the future, but based on the past. The swell of the dense currents of the past shape the ordering of your genomes, giving you the potentialities and attributes acquired in history, thus determining your abilities to manage the future. That is why you have written in the lines of your hands, on your body everywhere, every step you will take, in the same way that you can foresee the movement of the rope.

I: ... But, you said that maybe not too... So there is a possibility of Free Will?

I AM: Yes. Everything is possible. You can be free from your Destiny, but for this you must vibrate faster than it.

ME: How would I do it?

I AM: You must raise your vibration, raise your frequency, resonate with the future. When you start to vibrate high, you can reach the spiritual plane that sees everything, anticipating circumstances, events that will happen. You can see all the possible future expressions that develop from your current frequency. So, from this high vibration, you have the possibility to open yourself up to contemplate new possibilities. "What would happen if instead of doing this I do the other ...?" Then you realize that to make the change, you must go back to your present, and modify your vibration. Moving the rope differently will allow you to generate a new reaction at the end. Create a new destiny from you, and not from what you come from.

ME: In other words, the Universe only delivers destinies, but it is up to each one to build Free Will.

I AM: That's right.

ME: And how do I build it? How do I change that vibration?

SOY: Well, first you have to recognize where what you are today comes from. Recognize the past, know what the currents are that determine who you are. The pulses that you possess from your genetics, family, species, culture, faith, philosophy, etc. Only there will you be able to understand everything that makes up the past. By analyzing it, you make it aware, change your perception to a neutral gaze, and take it as nutrients to create new energy, thus, knowing where the stagnant in you is, you make the decision to modify that repetitive action by reaction, and you start a different Action in the circumstances where you acted in the previous way. There, you change to attitude, which modifies your aptitude, and therefore the vibration that will change the frequency of your future, modifying your destiny at your will.

ME: Ugh... it's a lot of work...!

SOY: Do you want to be free or not?

ME: Well... Yes...

I AM: No one will give you freedom. And do you know why?

I:.... No... why?

SOY: Because it doesn't exist. From the point of view of the Universe, destiny is order, order in Greek is Cosmos. The existence you enjoy is a product of the ordering of waves and particles in a harmonic and resting state, saving energy, and for this, they need to be linked to each other in a continuum. What may seem like a prison for you, for the Universe is Harmony. The cosmos does not understand the concepts of freedom and slavery. It only understands the concepts of order and disorder. For for the Universe everything is One, everything is resonant or dissonant, but nothing is trapped inside something else. The only thing that creates the feeling of slavery and prison is living in dissonance and separation, because when you resonate and become the system, it ceases to exist as something alien.

ME: That is, not to live in the system but to become it.

I AM: That is why no one manages to live in Free Will, because they consider that to be free you have to free yourself from something. When the truth is that to be free you must become that something and take an action instead of acting by reaction.

ME: In that case ... to be free from my destiny, I must make myself my own destiny.

I AM: Exactly. And to achieve this, you must identify everything that has built your destiny and what you continue to project in it towards the future.

ME: What would that be?

I AM: Everything you call Missions and Purposes. You have set purposes in your life, to feel accomplished, but to achieve your purpose, you must achieve goals, which you call Missions. For example, imagine a child who wants to be a Doctor, a Doctor. The child is 7 years old, and until he's 26, he may not get his doctorate. Its purpose is to be a doctor to heal lives, but to achieve it, it must year after year fulfill a mission: to finish each annual primary school course, then high school, high school, college years and doctoral years. Each year was a mission accomplished, which build their purpose. Do you understand the difference?

ME: Yes, of course ...

I AM: Now, there is a conscious purpose: to be a doctor and to save lives; unconscious one: it may be the death of someone very dear who moves him to want to heal others so that the same thing does not happen again; and another subconscious: that it may be useful because as a child everyone made him believe that it was useless. And these three in turn move in a dense and subtle aspect, that is, that their being as a human is intended to heal with medicine, but perhaps in the subtle their spirit and soul had another purpose than to discover healing, which will lead him to find healing in other tools through a very large personal crisis where he discovers ayahuasca, or reiki, meditation, and then fulfills its purpose as a doctor from a very different place.

ME: It is a wide fabric ... It's not linear ...

I AM: For this reason, people are often lost and never have free will. Because when you look at life as a line, you forget that it is a Tree, with roots and branches, hundreds of possibilities. And when one is cut, new outbreaks emerge multiplying possibilities.

ME: Ugh ... Then?

SOY: So ... stop escaping your destiny. Because there's no way to escape him, because he's you. You only have two options on this path: Be aware of it or unconscious. The first will remind you that you are free to act to fulfill it in the best way by transforming realities into something cooperative, and the second leads you to react and maintain the cyclic circuit, making you feel in a trap. Look back, recognize which paths have created you, what missions you've managed to accomplish, and which ones you still have yet to be accomplished, which ones you project. Identify them to know where you are. Discover your quest tree. Get in there.

ME: And from that, what do I do?

I AM: Recognize that all the missions that have led you to be who you are today and those you project in the future all have one goal: the transcendence of your own being. Fate is you. Make the list, name it MISSIONS, and write down below in one column the ones you have fulfilled, and in the other the ones you Project.

ME: I understand, for example, that some of my missions have been to finish my studies, have a good relationship with my parents, create a network of consciousness, make the roads of Harwitum and RomaamOR, go around the world and set foot on the 7 continents as I said as a child among many more missions that I set out in life ... And on the other hand, what I intend is to finish the YOSOY project, connect the Planetary Network, work for a New Society, design ontocracy ...

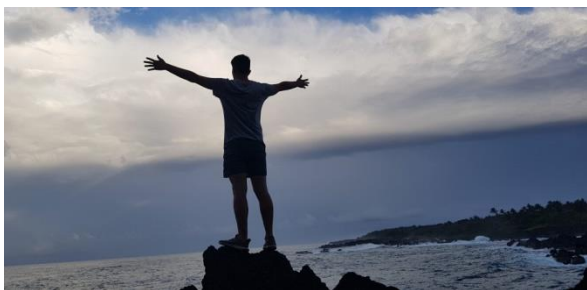
I AM: Well, all this will lead you to fulfill your purpose, which you will discover at the end of all your missions. Step by step. Step firmly with your heels, be aware of how your feet are positioned on the walk. Be flexible, but firm, and recognize that the more you advance along the way, the closer you will be to the center of your being. Recognize that the further you go the further in your history you have recognized from you. They both come together in you here and now.

ME: I am my own destiny. And only then will I fulfill him being free.

I AM: For the only destiny is the I Am.

## 40. Acceptance

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



ME: This week has been a bit intense, both for me and for everyone. Many things are stirring. Last night, when finishing the daily alignment, something very strange happened to me: I stopped seeing with my left eye, and I only saw colors and fractals, as if it were another dimension. It was very beautiful, but at the same time exasperating because I couldn't see anything with that eye, and I only saw half of my face in the mirror. Immediately I recognized that I had been looking forward for too long where I have the LED light that illuminates my face during the transmission, that is, its light had been etched on my retina. I decided to leave everything and go to sleep to relax my eyes, but suddenly a strong pain went through my head on the right side, probably caused by a contracture in my neck, but so uncomfortable that it did not let me sleep. When I get up to find something to calm me down, I felt like I was dehydrated in less than 3 seconds, and suddenly I started to feel a tingling sensation in both my hands and my tongue, as if they were anesthetized. And although I had drunk a lot of water, I did it again, and I managed to sleep. Today I don't feel anything, but my head is hungover after a long party.

I AM: Cell reconfiguration. Many things are breaking within to allow the new to enter. You have changed the way you eat, you live from day to day, you are exercising, things you never did, you are meditating intensely twice a day, one inside the Great Pyramid of Giza, and the other with 4000 people daily in the network, and forcing your mind to learn biology, piano and Arabic weekly. Your physical body is trying to adapt to so much change, adjust to a new reality.

ME: Yes ... maybe I'm exaggerating a bit ... but I feel that if I don't, I won't do anything by being still so long. The hours that I used to travel and commute before are now free hours, and I see it as a waste of time. It has also been a lot of observation ... A lot of effort to Recognize all aspects of myself. First, the Beliefs, which led me to see what I have projected of myself to the world. Then the Qualities that I bring with me both good and bad. Recognize my truths and my lies. Realize my Service, how I am useful and how useless. Observe the Bonds of attachments and detachments in my life. Acknowledge the frustrations and achievements in what I have created. See the attributes that mark my weaknesses and strengths. Face my story and see what slows me down or moves me forward. And finally, my missions accomplished and those that I still hope to accomplish. It has only been 10 days, but they have stripped the mental patterns of who I am.

I AM: Forcing You to Accept Yourself. This is what you are, it is what is in you, what has generated, materialized, manifested you. When you recognize the negative and positive aspects of what makes you up, you are able to identify who you are in this here and now, with what tools you have to develop yourself, you identify from where you observe the world, and how you accept what comes to you. You recognize your shortcomings and your abilities. And sometimes they are not what you expected. The mind does not have an established order, it is an organic network, and for this reason it is so flexible, but at the same time chaotic. At every corner, the mind can open up a world of possibilities, or a sea of confusion. Traps of the mind are distorted perceptions of reality. Therefore, when we only stay in the mind, we usually have a slight idea of what we are, and we never really see the conflicts, the attributes, anything that we possess, for the mind is designed to survive, so it will hide or erase everything it can to move on. Thus, these recognition processes cannot be done in a meditation, but rather in the schematic representation of what the mind sees as a framework without any direction. This breaks the mental structure leaving it exposed, because when writing it, you cannot deny it or cover it with anything. You just have to analyze it. You begin to move the waves of your vibration, pushing the currents of your being, driving a tide that will remove everything that was stuck in you, on the shores of your chakras.

Because of this, strange emotions will appear, physical sensations that you did not perceive before. Many changes at all levels of your being,

ME: Yes, that's how I feel... more sleepy than normal, with a pain than a headache that I haven't felt since I was 18... And a strange feeling of neutrality with an air of strange discomfort, as in a depression without sadness.

SOY: You must rest... heed your own advice.

ME: Many times I feel useless just throwing myself on the bed, doing nothing ... It's as if I force myself to do so not to feel like I'm here at all.

I AM: The typical Capricorn unworthiness. Activate your lion aspect, think of yourself, and relax. I will not be able to descend to you clearly if you do not rest your body.

ME: Yes, I must accept that ...

I AM: Acceptance is the key. Everything we've talked about, after discovering every positive and negative aspect that builds you up, culminates in today's question, which is: "Do you accept yourself as you are?"

ME: Uff... a difficult question. Because we are always hoping to be like others, complaining about what we have or are, comparing ourselves, hoping to be better ...

SOY: When we talk about Acceptance, it is often confused with accepting things as they are and leaving them that way. Sometimes many tend to believe that when spirits or teachers say: "Accept reality," we are saying that if there is war, accept it, there is nothing to do. But that is not acceptance. The word comes from Latin, a set of two words that are "ad" (towards) and "captare" (take, receive), thus, accepting is not leaving things as they are, but not denying them. It is to receive them, take them, observe them, and with what you get from them, create something new, transcendental.

ME: I understand the concept better now... Normally what we don't like, we deny, and with this we are only giving it more strength, since we turn it into an opposition, and the polarized forces attract each other.

SOY: Imagine having two very powerful magnets in which the positive pole of one attracts the negative pole of the other. But instead of allowing them to get closer, you try to push them further away. The only thing you get with this is that if you let them go, the attraction between them will be so powerful that they will collapse, breaking between them. But if you keep them close, their union will not be catastrophic. Accepting, then, is like letting the magnets be close to each other, recognizing what I don't like, because only by looking closely can I recognize its shortcomings and look for ways to transform it.

ME: Sure! So now I can say that accepting does not imply inaction, but contemplation and then carry out a transforming action.

SOY: Exactly. Therefore, take the notebook, and write down the title: WHAT I AM, and underneath two columns, one where you put those things that You Accept from You, and in the other column what You Deny from You.

ME: I know that I accept things from myself such as my purpose, my way of life, my sexuality, my character ... And that I deny myself being very spiritual, and also my physical body, which I do not fully accept ...

SOY: Well, write it down all right. Watch yourself. What things do you accept from yourself and what do you deny or do not accept from yourself? This will lead you to understand where your polarity forces are that make you exist. Acceptance is a path of responsibility and conscious transformation.

ME: I put all my intention in accepting what I am.

## 41. I AM: Well, there is no other way to be. Emotions?

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



ME: What is an emotion?

I AM: Emotion is energy in motion.

ME: Like the vibration waves we've been talking about?

I AM: If the universe is an ocean and its waters are the vibration and the waves their frequency levels, then the inertia that pushes the waves, the energy of movement, is the emotion. This word comes from the Latin “ex-” (from) and “motio” giving rise to the word motor, concept of the word “movere” (to move, to move). Thus, you can say that an emotion is an inertial pulse or discharge and reaction of energies that move like waves.

ME: What are they for?

I AM: They enable expansion, information flow, temperature distribution, data and minerals. They generate positive and negative electrical discharges to generate life, mobility, hormonal reactions.

ME: So emotion is not something separate from the body, but the same energy that is generated by reaction, driving more actions and movements, generating new things.

I AM: There are infinite emotions depending on the different frequencies in which it vibrates. If each wave in the wave of the vibration is the inertial force of a movement, then each curvature, each crest in the waves, will

each have a specific emotion. Which you will feel due to the magnetic pulses it generates, which are interpreted by the nervous system and decoded into concepts such as joy, anger, love, anger, etc.

ME: What differentiates a positive emotion from a negative one?

SOY: There are different ways of understanding emotions. The first is from the "resonant and dissonant" duality, and the other is from the "low and high frequency" duality. Remember that low frequency means slow process, and high frequency means fast process. Along these two, there may be moments of resonance or dissonance. Resonance is generated when two or more sound waves are within the same vibrational scale, like a chord in music for example. To take a rough example, a chord would be formed with something that vibrates 2 times in a row, added to something that vibrates 4 times in a row and something else that vibrates 8 times in a row. They are all a doubling of the number of frequencies, that is, sounding together, they will have harmony. But if something sounds 2 times together with something that sounds 7 times in addition to something that sounds 3 times, it will be dissonant. It doesn't matter whether you are listening to "Iron Maiden" (low vibration) or Bach (high vibration), in both you can identify resonance if there is musical order, or dissonance if there is any musical mismatch.

ME: So what we call Negative Emotions are not low vibration emotions, but dissonant ...

I AM: Someone can Love dissonant, for example.

ME: In what case?

SOY: Well, for example, a person who mistreats another saying: "I hit you because I love you." That, although it may not seem like it, is also love. So ... you cannot classify love as low or high vibration or frequency, only if it is resonant or dissonant. In the example of "2, 4, 8", the resonance implies that the emotion has an echo, there is a return, therefore, it would be like standing in a cave and shouting "I love you" inward. If the cave is orderly, that is, it expands inwards in the shape of a vault, the echo will return to you clearly repeated several times, hearing the voice of return saying "I love you". Resonant, then, is when what I feel inside me has a similar response outside, or when what I receive from outside vibrates in the same way inside me. But in the example "2, 7, 3" if the cave I enter is irregular, With too many nooks and crannies, walls, huge rocks everywhere on the ground and lots of stalactites on the ceiling, you can shout "I love you", and the echo will respond with a soft noise that will say "d..e ... o..m .. no, "which will make it dissonant. That is, what you feel does not correspond to the external response, or that what comes to you from the outside world you cannot feel in yourself.

ME: Key to understanding why we resonate with some things and not with others.

I AM: And your nervous system identifies this resonance in the form of emotions. The vibration modifies the liquid structure of your body, which generates chemical reactions that rearrange the molecules, activating hormones that secrete electrical signals in the body, making you feel the sensations of the emotions that you know in your life.

ME: Wow... it takes all the magic out of Emotion...

SOY: And it is. Magic comes from the Indo-European word "magh-" which means "power", which gave the Persian word "magush" the meaning of "one who is capable". In addition, it generated in Greek the concept "majé tejné", which would be "art of machining". The concept of magic that you have today is not the original concept. The magical concept was put on the "Zoroastrian magicians" and all those who arose from the Middle East to the rest of the known territories, where other religions recognized them as sorcerers, witches, pagans who did supernatural and inexplicable things. But that inexplicable thing, my friend, was called Physics and Chemistry (which in Arabic you say "al-khemiya": alchemy). Magic is the science that has yet to be discovered. But emotions have been discovered. They are movements of energy,

ME: Yes, what I mean when I say magic is that people relate emotions to the Soul, to something extrasensory, to something that is not from the body, but something that goes beyond understanding.

SOY: Why are you so afraid to accept that the spiritual is also chemical? What is the human conflict with wanting things related to the spirit and the divine to be "illogical mysteries"?

ME: I don't know, I guess it's because we like inexplicable stories, things that are not so mental, that you don't need to understand or analyze, but just feel, marvel like in front of the cinema, or a book, or an act of magic, a circus ... I think that in us there is that need to feel that not everything can be explained, that is why they call it "The Mysteries of God", because they believe that to explain them is to kill God.

SOY: The truth is that all secrets will always come to light. What you do with magic is almost a "bulling" to the spiritual world.

I eat?

SOY: Well, imagine that someone heard a lot about you. Many people who follow you have come across this person and tell her how much you know, how much you remember, how good a teacher you are, that you are cute, good, humble, etc. And one day, this person meets you, and sees with his eyes that you are not humble because you live too well as a lion. Then discover that you have a lot of black humor and you weren't that good. Then he takes a good look at you and says: "well ... he's not so cute up close, I expected him to be like Brad Pitt." And on top of that, he decides to ask you a specific question about quantum physics that you can't answer, and he tells you: "they told me you were like Einstein and in the end you don't know anything." Then appeal to your memories, and realize that you don't remember everything, only some things ... 1% in fact. And it tells you: "Ugh ... the truth is that you have killed all the magic, I expected something different from you, what a disappointment!" How would you feel?

ME: Well... if he finds me on a depressed day it would hurt me too much. Unless you are balanced and able to answer: "You meet in life what resonates. We are mirrors".

I AM: hehe, maybe it will work, yeah. But the point is that your expectations prevent you from seeing that magic already exists, that it is tangible, that it is fantastic, and that it is within you. Accepting that magic in you, you awaken the "magus" within. And emotions are his magic potions.

ME: So, it's time to order the apothecary, and put all the potions in order, understand what are the energetic elements that I count on to perform the magic of my life.

I AM: Acknowledge the power in you, acknowledge the emotion as real. Alma comes from the Latin "animatus", which means "movement", "moved". Therefore, the Soul is simply the concept that encompasses all those emotions, those powers. It is not something apart, it is the inertia that makes you exist. And before you know how to use it, you must recognize it.

ME: How do I recognize you?

SOY: Take your notebook and write down this question: CROWN CHAKRA "What is my belief about emotions?" Write down what emotions are for you, beyond my explanation, not what you know now, but what you have always believed about them. Understand how your body has been experiencing emotions to this day. Note whether you consider your emotions in life to be dissonant or resonant. Answer yourself: What role do emotions play in your life? And write it all down even if it's in a handwritten paragraph.

ME: For me, they have always been a hindrance. I considered them unnecessary, because they always prevented me from being neutral, it was precisely the emotions that slowed down and complicated my life. Many times she preferred not to feel.

SOY: Now you know that it was not the emotions, but that you were dissonant with the world. Recognize, analyze your concept of emotion. And then you can flow.

ME: I am about to recognize to flow.

SOY: Emotion is the magic that builds who you are.

## 42. Pulse

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



SOY: How do you feel today?

ME: Exhaustion. As if I don't want to do anything. I feel as if a metamorphosis is happening within me and I find myself entering the process of becoming a chrysalis. I just feel the sensation of the wave going down, going into a conscious depression of going inward.

SOY: This is just a warm-up for what you've come to do. Your body is recognizing the things it must let go of in order to move forward now.

ME: Today in the pyramid I was faced with one of the messages that I have long sought to deny, and the things that I was receiving yesterday began to make more sense. Part of my mission, of the things of which 900 years ago I have been rejecting ...

SOY: Everything is beginning to exert its force on you ... What do you feel?

ME: I feel like a kind of existential crisis but the other way around. Instead of losing the sense of things, all the separate stories of my life and my lives start to make more and more sense, and in that epiphany, instead of feeling euphoria, I feel depression ...

SOY: Because the result is exactly what you always denied ...

ME: I don't want to be what I'm supposed to be... And as much as my mind accepts it in a certain way, accepts responsibility, my body continues to deny itself. I feel like I don't want to stop being what I am to be what I really am.

I AM: Go from caterpillar to butterfly. Both are part of you, you do not stop being a caterpillar when you become a butterfly, you have only raised the vibration of your caterpillar state.

ME: Still, the caterpillar feels death ... not knowing what it will be ...

I AM: But inside you there is the pulse that leads you to know that you will be resurrected. What is your pulse?

ME: Yes ... I'm sorry, maybe I have started the mourning of a part of me before my time ... Since I was little I have always said that I had agreed to two certain moments of death in this life: one at my 33 years, and the other at my 87 years. Yesterday I realized that death is near. In the fictionalized story I wrote, "La Gran Herencia", my death at the age of 87 in the area of La Esperanza, Río Negro province, Argentina, was announced by an eclipse that made me know that I should leave a message in reality parallel: "to try again, this time without being afraid to be, and to become who I was supposed to be". That eclipse is this December 14, 2020. And beyond the fact that I realized this about 4 months or so ago, it is today that I begin to assimilate it. I'm afraid of ceasing to be who I am, or dying trying during the eclipse ...

I AM: Death is a gift, in which you will not lose your I, but you will join me, as one, to be I AM. A single heartbeat. A single pulse.

ME: Reborn as someone who excels, adding, not subtracting, then.

I AM: It is the only way to be One, when the parts are integrated.

ME: Become a full pulse ...

I AM: The Sacred Heart. But you are not afraid of this heartbeat in you, but of what this generates in those around you.

ME:... Yes... many times I am what I am for fear of losing those close to me, that they think I am someone else, the typical comment "you have changed, you are not the same as before".

I AM: People's fear is of change, not of transformation. The change is a medium 180 degree turn. In a human perspective it is changing from day to night, or turning your back on someone by turning on yourself. People fear 180 degree changes, because they feel ignored, abandoned, seeing something that they were not used to. And whoever changed is seeing a totally new panorama and horizon, and to advance in it they must leave behind many of those they knew. The path does not ask you to Change, on the contrary, it asks you to Transform yourself. Transforming is a 360 degree turn, in which turning on you, you observe all the possible horizons and possibilities that you have, you recognize what you could not see because of your back, but you return to your same position with greater knowledge, perspective, wisdom and capabilities, all ready to be shared with your loved ones, and with many more. Changes hurt, transformations expand.

ME: I understand ... yes, my concern is always what I can generate in others from my pulse.

I AM: The energies that we generate when we press create magnetic waves and electrical reactions in the environment that surrounds us, which in living organisms, like other people, produce energetic movements that generate discharges that create emotions. For this reason, it is our acts or inactions that also produce great movements outside. And this is what sometimes, out of fear that it will harm others, leads us to hold back on

our own truths. How many people deprive themselves of being who they are knowing that when they act they will pulse an energy that will make others react with new emotions? But the truth is that you cannot be responsible for how others assimilate the information, but for how you pulse it. You cannot take charge of other people's emotions, only personal intentions.

ME: So, I must be coherent and harmonious with what arises from me for others, but if the positive that I exhale is received as negative by someone, it is not my fault, but it is simply because of the energy filters of that person.

I AM: Energy communication is like communication in different languages, you get lost in translation. Each one has its own dialect, and there are words that no matter how identical they are, mean totally different things to the others.

YO: Like some verbs between Spanish and Argentine ... that bring a lot of confusion, but humor too.

SOY: An energetic misinterpretation is the same as a linguistic misinterpretation. A comma or a misplaced period, a spelling mistake, make a difference, but no matter what you write, if the reader is from another culture or has another level of reading interpretation, the message will be varied no matter what you do. For this reason, you cannot blame yourself for not having control of how others will assimilate the information, each of your pulses, but you must take care of putting the best of yourself to be the most balanced, harmonious and coherent pulse possible.

ME: Yes, I must take care of myself and not so much about how others receive it, because if I am coherent, the pulse of my being will come resonant as coherence.

SOY: Therefore, ask yourself: How and from where do you emit your pulses to the world? This is your homework today. Identify your energetic and emotional projections. Just as the emotions you feel are the product of the reactions of external pulses, each of your own pulses, and by that I mean attitudes, actions, intentions, emotions, expressions, etc., all of them generate reactions in your outer world causing emotions in those around you. So what emotions do you generate in others? What do you project?

YO: I can say that I manage to identify what I project actively and passively. In the active aspect, I usually seek to provoke emotions on purpose through what I write and communicate, which awakens many emotions in others, of all kinds. And in the passive aspect, I have noticed throughout my life that with my indifference or silences, or with my simple absence, strong emotional reactions are generated in others. This makes me understand the importance of my word and my silence.

SOY: They are your pulses. Each one has different ways of provoking emotions in the others. Today is the day to think about what I strike out. And for this, you must accept what you are. Fear not, this time you can do it ...

ME: I take a deep breath... and I know I will, I just have to take advantage of this moment of fall to understand it.

SOY: I will be waiting for you at the top of the wave.

## 43. Express

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



ME: Today, after yesterday's explanation, I decided to press differently. Instead of projecting doubts about what I should be, I accepted what I am transforming into from within. And today the response was immediate. I felt how my body is stressed by everything that I am working on mentally, and I noticed how difficult it is for it to assimilate the transformation that I am undergoing. I walked almost reluctantly to the pyramid, dragged by my soul and my spirit. My body feeling that going to the pyramid was almost accepting her death, but still, I continued. Upon entering, I found 3 American women conducting a ceremony. One of them recognized me. They continued to do their homework, and I positioned myself against the wall to support without intervening. Then more beings came through the walls that surrounded the chamber. and one of them told me that the death of my body meant the rebirth of the triune union of my parts: spirit, soul and body, as one being. This prompted me to sing. One of the women, the oldest, was inside the sarcophagus, and I realized that it was almost a constellation of my being from my point of view. My body reclined in a coffin, while the soul and the spirit, the other two women, on the sides, sang and resonated harmonizing it. Then I began to sing with my whole being, knowing that I was singing to my body. The woman in the sarcophagus began to cry loudly, and I could feel the pain in my body externalized, the crying of my cells screaming that they did not want to die. That they were afraid. My singing sought to calm him, until finding silence after crying, the other two helped him to stand up and leave the sarcophagus, resurfacing. They were placed against the walls, and I could feel in them the echo of what I was pulsing, the three parts of my being, visible in front of me. I went to the sarcophagus on the north side, on the head, and singing I took the energy like a bath for my body. The one who represented my body, positioned himself in front of me, at the foot of the sarcophagus, opposite me, spreading his arms as if in liberation. I could feel in that instant, that the pressure of my body was released. When I finished, I sat down, and this same woman came up and handed me an Ankh, the key of life, as a pendant on a blue rope. The key of Life was the one that opened the door to the soul and the spirit to be reborn. Then I understood how the Universe had given me a gift in the form of an echo to my pulse, to my intention. My body is still a little tired

I AM: Ex pressure. The Latin word "Expression" comes from the words "ex" (to leave) and "premere" (to press). Everything that was pressed within you, the energy that you feared to release, all the things that lie within you, your potential of being, the forces that you repress, somehow seek to come out of you. Energy is nothing more than an accumulation of vibration, and the tool you have to vibrate is your vocal chords, your sound, word, verb, song. What you say is pronounced thanks to the forces that come from within you, and what you keep silent accumulates that tension of energy. This can damage your being, as it can generate a short circuit inside you due to excess vibration or energy without being channeled. This is what exhausts the body, weakens it. Therefore you must allow it to come out, sometimes as a sigh, sometimes as words,

ME: Expressing, then, is not just a matter of saying what is inside of me, but of releasing what has been pressed into me. That is why it is so important to communicate, say, talk with people that we have things that we keep quiet. Because that energy has an objective, an intention that does not belong to us, and the more we contain it under pressure in our body, it begins to weigh and malfunction. He ends up getting sick.

I AM: All the power you have within you is vibration at different levels of frequency. The pulses that build you and those that you emit to the world show that you are a pulsar, that emits radiation, waves, impulses. And because of this, your throat is your most important instrument for directing the intention of all that otherwise dispersed vibration. The word is creative due to the vibrational capacity that exists in its channeling, as it

releases internal tension by manifesting external realities. The word is creative. And the impulse by which this energy is channeled is emotion. Most of the information that is in the body is interpreted from the emotion and feeling, since they are the filters that help to understand the vibration. In a situation where you feel hurt by a conflict with another person, what you usually do is either scream releasing your anger, or keep quiet, prolonging it within you. Silence, then, is more destructive of the inner world, when the cry is more destructive of the outer world. In the first case, the energy is repressed, which means in Latin "re: re-press" (premere). Thus, it is contained under lock and pressure so that it does not come out, which drowns the being, and generates a painful reaction that stops emotional movement, and therefore becomes an emotional disease, which, being the one that moved hormones, it stops the body also generating a physical disease. which means in Latin "re: return to" press (premere). Thus, it is contained under lock and pressure so that it does not come out, which drowns the being, and generates a painful reaction that stops emotional movement, and therefore becomes an emotional disease, which, being the one that moved hormones, it stops the body also generating a physical disease. which means in Latin "re: return to" press (premere). Thus, it is contained under lock and pressure so that it does not come out, which drowns the being, and generates a painful reaction that stops emotional movement, and therefore becomes an emotional disease, which, being the one that moved hormones, it stops the body also generating a physical disease.

ME: This is why it is important to speak, just to express.

I AM: Humans have related the term express to generating something or vocalizing something that was inside. But to be more specific, it is precisely taking pressure off what we were holding inside. The things we keep quiet, or the way we express them ... silence, speaking or shouting.

ME: So one of the tasks we have to know how to manifest outside, is precisely to recognize the way we express. If we are the ones who keep quiet, or the ones who talk and communicate everything, or the ones who shout without measuring the consequences.

SOY: Think, in what way do you express the energy that you have inside? In what way do you release the pressure of your being? In what way do you pulse when expressing? Write down on your list of the Laryngeal Chakra, in what way you express what is in you.

ME: Today I realized that every day I express much more what I feel and what happens to me. Before I was much more silent, and I realize the damage I was doing to myself and the damage I was doing to others in my silence. I was always more of the one who is silent, repressing everything that happened inside. Since the last 6 months, it is the other way around, I am being able to say what I feel and what happens to me, although with the few people closest to me it is more difficult because I still have the feeling of believing that if I say what I think this can take them away from me, or that get angry. But I know that it is not their problem, but my fear of not being accepted or loved. I keep silent for fear of losing, and precisely because I am silent I have lost much more. It's hard to say what we feel. I lived in a family and friends environment where expressing what we felt was rare, because we were all ashamed to say what we felt, both good and bad. Saying "I love you" or "I love you" were phrases that cost a lot, in the same way that "I don't like this", or "I am offended by this or that thing" ...

SOY: Not being able to express, is living in a prison of emotions. The word is the one that gives the greatest liberation, as it is the primary tool for the liberation of vibration, through the creation of sound. This is why it is important to say, let go. And even if the other person is not there, speaking it out loud with yourself brings greater clarity and manifests what you want to say more firmly.

ME: So, I should not only score, but also say ...

I AM: Today's task is to write from where you express or what prevents you from expressing. And the second part of the task is to say it, speak it, even in the mirror, or yourself, walking, but speak it out loud, feel that

vibration rise through your throat. Those who are silent, shout; those who shout, whisper. Talk about what you have written, feel it rise from their throats and vocal cords, feel it "express itself."

ME: I intend to free myself and express what I feel in myself, only then can I generate a coherent reality around me and within me.

I AM: It resonates, talk to me, because I am the pure expression.

## 44. Feel

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



ME: Emotion and Feeling are different things... right?

I AM: An emotion is an energetic reaction caused by an electrical impulse through the discharge of vibration on our body. And a Feeling is a constant emotional state, that is, an emotion that has become part of your interpretation system. Thus, joy can be interpreted as an emotion since it is a reaction to something that has happened, and happiness is a feeling, since it is a state of life that allows you to see the world from a certain fullness.

ME: So the Feeling is something that defines my inner world more than the emotions themselves ...

SOY: Exactly. Feelings are states that have been integrated into you due to the constant repetition of an emotion. The assimilation of joy in many circumstances of your life is assimilated as Happiness, which will become the filter of your perception of the world. For this reason, a life full of fear will make you a person wrapped in the feeling of fear. A life with betrayal emotions will turn into a spiteful person. And these feelings will begin to define the way you receive and give, in which you assimilate, open up and give yourself to the world. Feelings become part of your evolutionary mechanism, as one more tool of your nature. In the same way that your hands evolved from the need to grasp things to create objects,

ME: So while emotions are reactions to external stimuli, feelings are responses to internal perceptions. That is, my personality is definable by my feelings and how they are expressed in the world.

I AM: Are you happy, loving, caring, patient, sensitive, melancholic, spiteful, hateful, insecure? All the sentimental attributes that others observe in us and that we recognize in our personality when dealing with others, are those emotions that became flesh in our lives. Could you identify them?

ME: Well... obviously in this case I would need someone else's vision to know what they feel about me.

SOY: Oh no, just to identify it, to be aware, we must recognize it ourselves. It is essential that oneself can identify those feelings that filter the world, which we project. By recognizing what they are, we can understand how we have been shaped by emotional circumstances that have led us to create these feelings. Most of the time, we ignore this fact, the realization that everything we feel about the world is not even an idea or belief, but a sentimental filter against a constant reaction of similar emotions that have built our perception.

ME: What happens when sometimes the world sees us as happy and balanced people, but inside we are melancholic and conflictive?

SOY: As we talked yesterday, this relates to the immune system. He himself seeks to imitate others who see themselves strong to survive in a hostile environment. Like certain insects, they stain red and black, imitating poisonous animals. Or certain snakes that have managed to make their skin look like the designs of one of the most poisonous snakes in the world, such as Coral and False Coral. They do it to protect themselves. Many great comedians suffer from depression, but laughter protects them because they consider that showing their sadness is a weakness that will lead to their downfall, and even death. For this reason, there are two points of view of the feelings that cover us or emerge from us: those that define us from the outside and that others see from us, and those that only we know inside.

ME: So to know what emotional tools I have, I must identify both ...

SOY: That's right. For this reason, today you must make your Feeling list. The question you will ask yourself is "What feelings define my identity?" And you will make two columns: those that others perceive in you, and those that are properly within you.

ME: And... those layers that I created to survive... should I remove them?

SOY: No, they are part of you. What you must learn is to use them sincerely. Recognizing what you are, sharing all your parts. Sincerity is more rewarded than success in a world of falsehoods and distortions. Be true to yourself, and you can be true to the world, using what was once a weakness this time as a strength, and what you considered as a shield now use as a simple tool.

ME: Acknowledging my feelings is starting to be honest with who I am.

I AM: And when you do, you will begin to understand how the world feels, making you free of what you believe, to be.

## 45. Ties

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



ME: If emotions are internal vibrational, electrical and chemical reactions consequences of external causes and pulses, and feelings are reactions consequence of causes and internal pulses in relation to the external, and both are evolutionary developments for survival in the environment, then what we feel for others is only a mechanism for identifying what is good or bad for my life ...

SOY: I'm afraid to say that it is. Feelings and emotions are an evolution of the nervous system. When you touch something soft with your hands, or smell something delicious, or see warm colors, all this reminds you of the safety of the uterus, your nerves send a signal to the brain saying: this did me good because it created me and gave me birth, for therefore, it is good. When you smell strong or rotten odors, or your touch feels hot and burns, or your eyes see garish colors that make you uncomfortable, the brain receives a nervous signal saying that this produces insecurity and can harm us. Nature has developed in these parameters so that your entire nervous system can identify what can kill us or give us security. With the millions of years of evolution, among

mammals especially, This nervous pulse developed as a reactionary movement to said stimuli, which is called Emotion. And in certain mammals such as cetaceans, pachyderms and hominids, Sentiment was developed, the ability to not only store emotional data in the form of a constant sensation, but also turned it into an interaction mechanism that generates links between individuals of the herd. This was useful to build trust between the parties, and in this way, better survive by teamwork. The emotional and sentimental ties with others, then, is a nervous survival mechanism of the individual. the ability to not only store emotional data in the form of a constant sensation, but also turned it into an interaction mechanism that generates links between the individuals of the pack. This was useful to build trust between the parties, and in this way, better survive by teamwork. The emotional and sentimental ties with others, then, is a nervous survival mechanism of the individual. the ability to not only store emotional data in the form of a constant sensation, but also turned it into an interaction mechanism that generates links between the individuals of the pack. This was useful to build trust between the parties, and in this way, better survive by teamwork. The emotional and sentimental ties with others, then, is a nervous survival mechanism of the individual.

ME: Wow... it's very... sketchy. What we usually romanticize, is translated into mere nervous impulses in evolutionary development to allow the transcendence of our species ...

SOY: These bonds generated togetherness, the feeling of group, security in the crowd, survival in a herd. And they called it Family. The family became culture, culture became people, and the people became civilization. The larger the group, the greater the probability of transcending in time and space, the more bonds we generate, the more security. You catch more fish in the sea with a good net with many loops than with a rope and a single hook.

ME: It makes sense. But, why then is talking about emotional ties a difficult topic now...? That is, why do we seek to free ourselves from ties?

SOY: Do you know the origin of the word Family?

I do not...

I AM: Family comes from the Latin "famulus", which means "servant" or "slave".

Me what!?

I AM: From the word "Famus", that is to say: "to be hungry", those who hungry gather under the same roof to eat from the same plate. Family, refers to slavery to a group, the forced membership of a herd where there is someone who commands, who orders, the boss: "Pater Familias", the father of the family, in a certain way, the master and master. On the other hand, you can take a Greek etymology, "Themelios" which means "foundations", that is, the bases on which the group is based. But the key here is found in the fact that groups come together out of a need for survival, and this is why everyone has conflicts with the family, because everyone in a certain way feels trapped like fish in the networks of ties created by millions of years. Accepting to be part of a family is to take charge of the mandates of the same as your own, those that are inherited by blood as those that are conceptual, ideological and emotional. When you join the ties of a person, you are creating your own net to catch more fish. "Fishers of Men" sang the first Christians and disciples, those who, from weaving nets to fish in Galilee, went on to weave nets of words to fish for people. To create a network, you have to tie the knots of the ropes and ropes, something that is called "bind". If the network that unites people has been broken, the concept is "re-linking", which in Latin is said "religare", origin of the word: religion. When you join the ties of a person, you are creating your own net to catch more fish. "Fishers of Men" sang the first Christians and disciples, those who, from weaving nets to fish in Galilee, went on to weave nets of words to fish for people. To create a network, you have to tie the knots of the ropes and ropes, something that is called "bind". If the network that unites people has been broken, the concept is "re-linking", which in Latin is said "religare", origin of the word: religion. When you join the ties of a person, you are creating your own net to

catch more fish. "Fishers of Men" sang the first Christians and disciples, those who, from weaving nets to fish in Galilee, went on to weave nets of words to fish for people. To create a network, you have to tie the knots of the ropes and ropes, something that is called "bind". If the network that unites people has been broken, the concept is "re-linking", which in Latin is said "religare", origin of the word: religion. something that is said "flirt". If the network that unites people has been broken, the concept is "re-linking", which in Latin is said "religare", origin of the word: religion. something that is said "flirt". If the network that unites people has been broken, the concept is "re-linking", which in Latin is said "religare", origin of the word: religion.

ME: Wait... this is going around the bush... what you are trying to tell me is that each family, in its effort to stay together, what it generates is a religion of slavery?

SOY: Exactly that.

ME: Uff... but then what do we do when we talk about healing ties?

I AM: Buddha has said, if you have to feed a group of, say about 10 people, it is better to sacrifice a single heart than 10 hearts. That is, a yak will feed 10 people for many months, when 10 fish will only feed 10 people for a single day. The metaphor explains that weaving a network to attract many is not only a waste of energy, but a collective sacrifice. When you enlighten, you realize that no matter what size you do or sacrifice in your life, what matters is the pulse it generates. An insect has a heartbeat, just like a whale. For this reason, the healing of a family does not occur retroactively, but here and now, in a single individual. In you. The more you want to encompass the more strength you will lose, and all those fish will not quench your thirst.

ME: So in everything I do, one of the things I have to learn, both in my family, friends and in the network of consciousness and people that I am generating, is that I waste energy trying to expand the group, and that the myself will be stronger the more I focus on myself than on them. This is what I am noticing in these two months, in which I have been more dedicated to myself, and the network seems stronger.

SOY: Exactly. And applied to the entire life of each individual, it is the same: the longer you get ready to try to get everyone else to be united, the more force you lose to create unity from yourself. Sometimes trying to fish a lot, you don't have the ability to manage it, and you and yours are left hungry.

ME: "Multiplication of the Fishes." The miracle in which Jesus the Christ with two fish fed hundreds of people. That's what you mean by a heart that feeds more people than 10 fish ...

I AM: Miracle comes from the Latin "miraculum" which means "to look with admiration", to be amazed. And what he did was amazing, an ancient technique that allows each individual to generate their own internal food instead of giving or receiving external food.

I eat?

I AM: It is called Love. Love is the energy that satisfies and harmonizes the eternal magnetic field of a body. The easiest test to check is by doing what a baby does: lie down in the fetal position and suck by sucking on your thumb. The nurturing love of the mother is integrated into your central nervous system. This stimulates the brain to believe that sugars are entering the body, which encourages the production of insulin in the pancreas, which, by the way, is shaped like a fish. Insulin is a hormone that looks for sugar in the blood and captures it, taking it to the organic tissues where it is absorbed as a nutrient, generating energy in the chemical reaction of its decomposition. Thus, without a full stomach, the body feels satiated taking up the sugar reserves in the lipids.

ME: So it wasn't a miracle, it was organic chemistry, and fooling the brain.....?

SOY: Well, it's a miracle. It's amazing isn't it?

ME: But... all this, what was it going to do? What did you mean by this?

SOY: Easy. That instead of feeding hundreds of people, what he did was teach them to nurture their own being, and create their own energy. No dependencies, no ties. In the same way that the Pancreas creates insulin to search for the sugars that will generate energy in the body, the Solar Plexus, the energy center of the Pancreas, releases energy pulses similar to insulin that are launched into the environment like tentacles in search of energy sugar, which we call Love, the source of energy between individuals. Thus, you can understand that all the emotional and sentimental ties and bonds that you have created throughout your life, have been in the need to nourish yourself with external food, enslaving you. And if one day one of them disappears ... you will be hungry, and more than ever you will be immersed in the patterns of your family.

ME: It makes a lot of logic. So emotional ties have all their positives and negatives. On the one hand, they strengthen our bond with others, creating security and vitality for survival and transcendence, helping in the evolution of the group and nurturing each other. And on the other hand, they are those that keep us in constant need of others, in a bond of dependency and lack of self-management, where the group enslaves individuals under patterns of survival, preventing the evolution of the individual.

SOY: For this reason, the objective is never to cut ties, but to identify them. When you are going to start a diet, the first thing the nutritionist will ask you is to tell him about your daily routine, to tell him what you eat, what you like the most, how much you eat, how you prepare food, under what circumstances you eat ... etc. Identifying the emotional ties that you have with the people to whom you feel connected, is the first step before starting the diet, and being able to create the miracle of multiplying loaves and fishes.

ME: So today's question, what would it be?

I AM: Score. "What are your greatest emotional and sentimental ties?" Write down the name of the person, object or circumstance, and next to it write the emotional dependence you feel with them.

ME: Writing it, I realize that I have emotional ties even with my different "I" from other lives ...

I AM: They are part of your family, because if you remember them, it is because they are still in need.

ME: Do I have to free myself from those ties?

SOY: Would you remove your pancreas because there is an insulin injection?

ME: ... Emmm, no ...

SOY: Well the same. It is not ties that hurt us, it is our dependence on them. What's the fault of your teeth that you don't stop chewing? Just learn to slow down and be aware of what you eat.

ME: Sure, it makes more sense. It is not necessary to cut the ties, to heal is not to let go, to heal is to resignify the tie, to understand it as a form of human evolutionary development, but something that we are not knowing how to use well.

I AM: Identify them, recognize the function of those emotional ties, what emotions and feelings flow through them to those people, and you will discover what nourishes you in life, or what you need more in it.

ME: I had another doubt about what you said ...

I AM: Tell me.

ME: You talked about re-linking, joining and weaving networks, is equal to religion. And my task at this time is to Weave the Planetary Network again. Does that mean that I am doing a religion?

SOY: Yes.

ME: But that's exactly what I don't want... Because that creates the image of a Sect.

SOY: How many people follow you on social media?

ME: mmmm Miles I think. I do not know well.

SOY: Could you consider yourself "Followers"?

ME: I guess... That's what they're called: followers on social media.

SOY: Sect comes from the Latin “secquire”, which means “to follow”. Cultists, therefore, are all Followers of a philosophy.

ME: Ugh ... you just destroyed me ...

I AM: Do you consider Humanity your Family?

I do...

I AM: So they are all slaves of a Network ... A Network of memories, which means in Latin Return to the Sacred Heart: “re-cordis”.

ME: God... you just practically destroyed everything I do... in 3 sentences...

SOY: I'm glad. I put it in one if you prefer: "Family Religious Sect Returning to the Sacred Heart."

ME: Why are you doing this to me? I do not understand.

SOY: So that you understand why for many what you do is murky, dark, and is linked to ancient religious beliefs, and above all, so that you recognize that all your life you have sought to escape from what you built. You have sought to disengage, deny, cut the tie with what you have inevitably created. For 900 years, when as Sigurd you denied religion, frustrated with Christ, and promised yourself not to do the same, instead of understanding why you did it, you have tirelessly fled from religions, from messiahs, from sects, like those who deny a part of their family, who cut ties with a partner, who fight with their parents, and then end up being like them, making the same mistakes ... You have an undoubted conflict with the bond that you wanted to cut 900 years ago, and to your misfortune, the cosmos is an organic entity that rebuilds broken tissues. Cell regeneration.

ME: I wasn't expecting everything you're telling me at all ...

SOY: Because it is easy to write on the list that your greatest ties are with mom, with a friend, with a love... but it is more difficult to see the obvious. Therefore, it was necessary for you to ask me the question.

ME: So, in the eyes of outsiders, I have become exactly what I hate and deny being ... How do I stop being?

I AM: You cannot stop being it, you can only transcend it. Religions and Sects have the same origin, they are the same. The Sects are currents of philosophical study, and the religions are those who unite their students under the same motto. We could say that a Religion is a University, and a Sect is its students and professors, all of them seeking education, which precisely implies returning to the heart and finding the answers of the universe within, uniting all the parts and members of the body of the reality, that is to say: "remember". The problem is when it is taught from the mind, from oblivion, and the University turns against its students, those who seek to know more than what is established in the annual curriculum. Thus the religions begin to persecute the sects, because they question the institutions, and the sects must hide. Religions become schematic heartless monsters, and they fall into oblivion due to the lack of miracles, that is, bad and unmotivated teachers that lead to the loss of interest and student amazement. It is that crisis, religion is the one that everyone knows, as the institution that everyone fears, and it is those revolutionary students who have created the conflict that terrifies everyone. The basics of philosophical education have been messed up. And that's what you're afraid of, being mistaken for an oppressive institution or a troubled student. But, if Sigurd has given you something good, it is precisely the freedom of the institution, the search for the philosophy of the freedom of the individual, of each being that seeks the truth. Now you know that the question is more important than the answer, and that the student is the key to the teacher. There is no Christ without a message. There is no Truth without philosophy (from the Greek "filo" = love, "sofia" = wisdom). There are no philosophers without streams of followers and thinkers. There is no foundation or firmness without a Network. How did you intend to create a movement without recognizing these parts? How do you intend what you create to work if you deny what you have created?

ME: I think that this day you have given me exactly where I least expected it... And I understand and appreciate it... I see it clearly. I have denied all my life just what I am doing ...

SOY: Do you know when you can see the solar disk in the sky?

I when?

SOY: When instead of denying its light for fear of the brightness that it emanates, you dare to stare at it until the light no longer burns you or makes you uncomfortable, because you see beyond. What bothers you about the brightness of the sun is not the sunlight, but its reflection on the nitrogen, oxygen and argon particles. It is the distortions you fear and what hurts you... But the truth lies behind it. Open your eyes, stare at him, dare to go beyond your preconceptions and prejudices.

ME:... My grandfather hated religion. My grandfather died of the pancreas... I am understanding something, a bond that I had not written down on my list. My denial of religion as such, not only comes from Sigurd, but also from wanting to honor my grandfather's scientific memory, it is my way of wanting to give him my love, my affection ... Heal a family bond, which keeps me a slave ...

SOY: Ah...! Friend Sigurd... you have opened your eyes. It is now when you will not be afraid to be who you are. It is now that you start to really let go of the image of religion and sect. Recognizing that what you do is precisely what you deny is one of the keys to the hypocrisy of humanity. "Hiccup" (mask, hide, below) and "Krytes" (response, criteria), is the Greek word to represent that the truth is under a mask, which you hide for fear of showing the truth. The emotional and conceptual ties you have created all remind you of your fear of acknowledging that your mission is related to what you hide. All your friends are atheists or agnostics, your family is agnostic, your upbringing was agnostic and scientific, your searches have been philosophical and biological, and yet, beneath it all,

ME: How do I live this in harmony?

I AM: Recognizing that both are your greatest ties. Science and Religion are mom and dad to you. Together, they can generate something new and momentous. In me, in the YOSOY, the polarities become power of Unity. There are no Blacks or Whites in me. Repeat with me:

I-AM: This is my New Cross, the one that unites Times and Spaces in an infinite circle of waves of vibration and eternal energy, reconnecting the Networks of the World in the Center of the Heart. Education is my Creative Word. I am Destiny and Lighthouse of the World. I am the Wayfarer who comes from North to South, from East to West, carrying Love and Consciousness, for I am, and in me I bring you. In my death the Christic is reborn. My message is Unity. I am a Gray Man-Woman, my Faith is Wisdom and my Hope is Responsibility”.

## 46. Handle

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



YO: Yesterday's message made me understand several things, but among all this, two fundamental ideas were clear to me: 1) the first is that we tend to become what we deny by polarity. 2) And the second is that the concepts that we have of things are not the truth, but the perceptions according to the facts or ties that we have created with the concept to be treated. That is, in the first case, I saw that denying religion, for example, makes us look for a new dogma to follow in order to judge the previous one. Basically if I take the side of science to judge religion, I am making science my new dogma, which is criticized for using the same methods of judgment. In the second case, it implies that the idea of religion did not arise to oppress minds, but to unite them and give them a voice in a network. The concept we have today, negative, of a religion is by the events that the individuals of the same have carried out throughout history. Under this argument we could say that all science is bad because it is science that created the atomic bomb.

I AM: Everything we see in our lives is only emotional and sentimental perspectives, the filters of being, contemplating the realities. Your nature is to prejudice, because everything that comes to you is filtered by your experience and knowledge of things. This is what generates so many battles in the world, most of them unnecessary and absurd, that separate men from women, white from black, left and right, heaven and hell, religion and science. And so many others. The only truth is that you are all everything, and you cannot escape any of the opposites. Like a magnet, the more you try to get away from the opposing force, the harder it will be to collapse when confronting it. No matter how much you deny your opposite, it will return to you in one way or another, and the crisis will occur when you see that you have become what you judged.

ME: In what way?

SOY: For example, let's take the fire. In a first encounter with fire, it amazes you, because it is amazing, it gives heat, light, generates colors, consumes things. But it surprises you until you burn. The moment you touched the fire and your nervous system immediately interprets that that beautiful element generates pain, what it does is put a judgment on it. Judgment comes from the Latin "iudicium", which means "to indicate". In a way, the concept says that putting a judgment on something is basically labeling it and indicating which category it belongs to. Thus, in your future, you will no longer need to burn yourself when you see fire, you will understand that whether it is an ember, flame, fire, a candle, a spark, a bonfire or a grill, your brain will indicate in advance the possible results painful to touch. Indicating in advance is said "pre-trial".

ME: Now I understand why prejudices are useful then. But what about the prejudices that we say we have to eliminate?

SOY: Fire burns, but it also cooks. Helps herb water to kill microbes and bacteria in it. It makes you warm in the winter. Reduce the remains of a harvest. Heat the bath for a good shower. It gives light on a dark and moonless night. Stops the spread of disease through cremation. It allows you to melt elements, create tools and make alchemy and medicine. Fire not only burns and produces pain, but many other benefits. When the human discovered fire, he began to cook meat and other foods. Stopping eating raw food generated a chemical reaction that improved the connectivity of neurotransmitters in the brain, causing humans to become homo sapiens-sapiens, intelligent beings. Imagine if because of the prejudice of "the fire burns, never touch it", nobody would ever have cooked.

ME: I understand ... prejudice helps to identify, but limits us in experimentation.

SOY: Believing that a culture is bad deprives us of cultural expansion, the enrichment of thoughts and ideas. Racism prevents the improvement of the species, since a more mixture of genes, better adaptable to all climates and terrains, as well as expanding intellectual capacities. All prejudices help you to identify the world so that you don't have to start from 0 every day, allowing you to have a prior baggage with which to face reality, as having learned the letters helps you to read any text. But if you think that only your letters are the good ones, your world will be reduced to the languages that write with your alphabet, depriving you of the enrichment of other countries, cultures and knowledge.

ME: The same thing that makes us be and understand the world is what limits us and distances us from it.

I AM: The paradox of existence. The very thing that preserves your life and integrity is what prevents you from living your life for fear of losing that integrity. But this mechanism works only at the level of unconsciousness, because when you turn to the world of consciousness, prejudice becomes an indicator as such, but not a limitation. Nobody is free from prejudices, but you can use them freely.

ME: In what way?

SOY: When you talk about generalities, for example. Phrases like "whites are like this" "Chinese are this way" "blacks do it that way", "Christians are like this", "Muslims are like this" ... Everyone usually uses generalities. They are prejudices, which group concepts. And they are not wrong, they help to conceptualize, to understand qualities and defects of a collective mind. When you talk about a specific history, or a geography, they have shaped the psyche of a people, language, culture, religion, and you can understand many people through general concepts, which helps you understand from prejudice what you can take or stop them. What is useful for you, and where can you assess its qualities. The negative aspect lies in cataloging everyone as equal, without allowing the idea that each individual in the group, in turn, it has singularities. The concept of Individual has passed to that of Family, and from Family to People, from People to Culture, from Culture to Nation and from Nation to Race, and from Race to Species. Which means that the individual, without finding his own potential, his ability to be who he really is, relegates his power to the closest group. And the family, that group, for fear of feeling displaced, relegates power to a larger group of families that it calls Pueblo. And so the generalities that

give rise to the great preconceptions and prejudices of history are generated. Thus, after generations, it becomes part of the essence, causing individuals to become confused as mere members of the group, imitating their actions. And no matter how much I distance myself or deny my group and decide to naturally seclude myself within myself,

ME: It is the typical thing that is said: that no matter how far you escape from your problems, they will follow you, because they were always inside you.

SOY: Exactly, because it is cellular information anchored in the central nervous system. For this reason, people who seek freedom feel imprisoned everywhere they go, and the more they open their eyes, the more they realize that the system is the same, and they feel imprisoned in it, calling it "The Matrix". Because they feel trapped in prejudices, because what they see of the world is from emotional filters. Pay attention and you will see that the Native Americans throughout America, especially the peoples of the jungles and steppes, did not know the concept of freedom, simply because they did not conceive the concept of slavery. Thus, freedom is a natural state, not something to be earned. In the same way work: for the Amerindian peoples, the notion of work did not exist as in the European world, therefore, Nor was there the concept of earning their bread with sweat, or suffering to be successful, because they knew that Mother Nature gave them everything, and that they always had what they needed if they knew how to observe and live in harmony with the environment. On the other hand, Europeans always had to fight for the few resources generated in the scarce summer months in limited territories, which implied that earning their bread was an effort, a battle against the climate and the enemies. Effort and work are concepts of slavery, in which servants were threatened with a 3-stick whip at the ends, with which they received punishment if there was no effort. Tres Palos became the Latin word "Tri Palium", origin of the word work. Clearly different in the Saxon languages, which comes from the word Wyrcean which means "to act, fulfill, do ". Even so, the Latin concept has been transferred, through the Christian religion, to the whole world by colonialism, and the Protestant concepts of hard work, have manifested in the capitalist vision of economic culture since the Industrial Revolution, as well as in the Christian sects such as "Work of God" (Opus Dei). If you put a European in front of a Native American, the European will think that the native is lazy and lazy waiting for things to come to him by magic, while the native will think of the European that he is an ambitious selfish man who believes that to live you have to suffer. Both preconceptions and prejudices have been created through the personal and cultural contexts and experiences of each group. Now ... which one is right? Through the Christian religion, to the whole world through colonialism, and Protestant concepts of hard work, they have manifested themselves in the capitalist vision of economic culture since the Industrial Revolution, as well as in Christian sects such as "God's Work." (Opus Dei). If you put a European in front of a Native American, the European will think that the native is lazy and lazy waiting for things to come to him by magic, while the native will think of the European that he is an ambitious selfish man who believes that to live you have to suffer. Both preconceptions and prejudices have been created through the personal and cultural contexts and experiences of each group. Now ... which one is right? Through the Christian religion, to the whole world through colonialism, and Protestant concepts of hard work, they have manifested themselves in the capitalist vision of economic culture since the Industrial Revolution, as well as in Christian sects such as "God's Work." (Opus Dei). If you put a European in front of a Native American, the European will think that the native is lazy and lazy waiting for things to come to him by magic, while the native will think of the European that he is an ambitious selfish man who believes that to live you have to suffer. Both preconceptions and prejudices have been created through the personal and cultural contexts and experiences of each group. Now ... which one is right? They have been manifested in the capitalist vision of economic culture since the Industrial Revolution, as well as in Christian sects such as "God's Work" (Opus Dei). If you put a European in front of a Native American, the European will think that the native is lazy and lazy waiting for things to come to him by magic, while the native will think of the European that he is an

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ME: None, I guess ...

SOY: Yes, none. And at the same time, they are both right. I mean, there is no one correct way to do things. Everyone will agree on one thing: the Earth gives us, and with what it gives us, we do. And that is just another of those evolutionary processes that has made us who we are, they are our hands, the hands of the hominid have given the ability to create things, shape tools, but above all, in humans, they have also allowed them to shape ideas intangibles. While hominids take a stick and a stone and with their hands they shape it into tools to dig, obtain roots, grind grain, or do hundreds of other useful actions every day to survive, humans have managed to create a pencil, a brush and chisel, and thus design art, poetry, science. This is when you discover the concept of "Using your hands to create", something you know in Latin as "Manipulate". And this is the concept I wanted to get to. Evolutionarily the hominid developed his hands to manipulate his environment, and when thanks to fire he developed his mind, he realized that he could manipulate ideas as well.

ME: This is where the prejudice or preconception we have of the word Manipulation comes from, applied to governments, religions, philosophies, spirituality, cultures, and many others ...

I AM: Manipulating is seen today as the way to control groups and individuals. Those groups of which we speak, on which the individual relegated her power, are easy to manipulate in ideas. And the reason is simple: it is easier to shape an idea for a group of thousands of people who share the same prejudice, than for thousands of individuals with different prejudices among themselves. Therefore, it is easier to create a weak, repetitive education, based on memorization and competition, than to generate an education of creatives and freethinkers. Thousands know how to manipulate materials, few know how to manipulate minds. But we all know how to manipulate the same ...

ME: What?

I AM: Emotions. Manipulation is fundamentally emotional, so you are controlled by fear, hunger, needs, sex and love. Emotions are the basic energy of action, the creative fuel of the personal power of being. If you lose the ability to connect with yourself, you will not know the power that you have in you, and you will waste energy, ceasing to be creative to become an automaton. You relegate the energy power to the automatism of the group, you become irresponsible of yourself, and you hand over the responsibility to another, be it a leader, boss, guide, politician, savior, etc. By not manipulating your own energy, it moves with the current, and becomes manipulated by someone outside. Then, at that moment, an evolutionary mechanism becomes a limiting, and it becomes a manipulation system.

ME: And so we all manipulate ...

SOY: Oh yeah right. The creative capacity is due to the energetic power of the Sacrum. There, in your vitality-gestating uterus, you will find the key that allows you to manifest (from the Latin "make a party with your hands"), and therefore, your hands manipulate your inner power to translate your ideas into matter. But sometimes we don't have that energy, and we look for it in the emotional and sentimental ties we have with

others. There, what you do is become a parasite, a bacterium or virus, which uses the energy of the other as if it were clay, manipulating their being.

ME: It's horrible to realize this.

I AM: But necessary. Before dismantling the Manipulation of an entire system of planetary prejudices and control, you must disarticulate it in your own inner world. Don't you think that acting from there is much more coherent?

ME: Yes, of course, obviously. Putting myself to judge the manipulation of external systems without recognizing that one also does it in her day to day with those closest to her is hypocritical.

SOY: When we talk about you denying religion because of its manipulation ... now do you understand how this manipulation was achieved?

YO: Yes, I understand, and therefore I understand that it is not religion, or science, or a government, but the set of individuals who have made it systemic to relegate power to the group for fear of being rejected.

SOY: For this reason, today's task is to write your own Emotional Manipulations. The question is "How and who do you emotionally manipulate in your life?" This question implies the idea that manipulation seeks to use the energy or capacity of the other in order to achieve an end to a need of my own that I cannot satisfy myself. The manipulations can be of all kinds ...

ME:... From saying phrases like "would you give me that which is on the table, please?", But with a tone of pity, sadness or condescension, to "No one will love you more than me!", Which can create a insecurity in the other to believe that it is impossible to feel loved by others. And many other worse examples that I can't even think of ...

I AM: The Sacrum is creation, to create you need your hands; the human evolved in the mind, and therefore can creatively manifest ideas. This allows you to manipulate reality according to your prejudices, and from them control the environment by manipulating it to your needs and whims. When I don't know how to manipulate my own inner strength, I will let others manipulate it. Be a victim or victimizer, manipulation will always be emotional. When you seek to be free from this circuit, you will recognize the manipulation of the system, and in order to free yourself you must take personal power again, which will inevitably lead you to face your own manipulations. Ask yourself the question, ask yourself, write down each manipulation that you recognize in yourself.

ME: I can write in one column the manipulations that others have put on me, and in another column the manipulations that I have put on others ...

SOY: Yes. Exactly. And above all, once again be able to manipulate your own strength.

ME: I manipulate my own energy, I am my own creator.

# 47. Denial

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



ME: The more I analyze the mental and emotional aspects that constitute me, the more I realize everything that I have been denying in myself.

SOY: Because we return to the same old thing: survival. Remember that your being comes from a long history of biological evolution and adaptation to a hostile environment. Since the first unicellular organism, there has been an incessant struggle to obtain resources and survive in an ever-changing environment. This generated that during the transformation process of the more complex multicellular organisms, each one of the cells had a fundamental mission that ranged from defending the general system to allowing survival in the greatest amount of time and space possible. Thus, cells, seeking to save energy so as not to die, seek convenience, comfort, security. With which, everything that is uncomfortable, negative, painful, will be avoided to the maximum,

ME: This is why if a being cannot escape from a toxic and painful cycle or environment, it will turn it into its natural environment, which makes many people repeat or look for uncomfortable situations to feel good... right?

SOY: Exactly. And on one side as well as the other, it is simply a reaction of the body to cling to security. Security often has nothing to do with being well, but with what is known. Change is what costs energy, what breaks the structure and makes us feel death. A negative situation that is repeated over and over again is a stable situation for the simple fact that the cells know what their mechanical responses are; they can foresee, and that gives security and calm. This generates vicious cycles in living beings, not only in humans, but in all of nature. Saving energy is something that allows the union of atoms and the formation of stable molecules that shape all the reality we see; it is the base on which all existing organisms are based. Stability is precisely the ability to be stable, to be and to remain, since changing disrupts order, transforming generates crisis and enormous energy expenditure, for which, if it is very necessary, a lot of energy must be saved. For this reason, when nature needs

to transcend in the form of metamorphosis or reproduction, it saves and consumes a lot of energy, eating and sleeping as long as possible, as do the vegetable and animal kingdoms.

ME: And the human?

SOY: It does the same. In essence, eat and sleep, work to survive, and try not to face situations that require a lot of personal effort to achieve something. The less effort, the greater the stability.

ME: Something that society has told us is bad.

SOY: It's not bad ... but it's boring and involuntional.

ME: Boring, I attest to that. But why involuntional?

SOY: Evolution comes from the Latin words "ex" (to go out, out) and "volvere" (to go around). The concept is, then: to move around, rolling, unwrapping what was wrapped or rolled, which gives rise to the word "Develop". That is to say, that which evolves is that which is capable of turning on itself, moving forward, moving through space, turning and changing its positions forward. Thus, what remains static does not evolve. It stops, there are no new perspectives, there is no adaptation, and this impairs the ability to get in tune with a changing environment. Thus, when the environment forces him to transform, he will not be able to do so, and he will die. This is called "involution."

ME: And the "revolution"?

SOY: "Re" is "return to." In other words, "Re-volute" implies moving one step forward again after a period of stability. For this reason Revolution is called the moments of great changes after a period of a rigid, systemic, totalitarian and egalitarian system. All the processes of "volution" imply that in each movement, each step, the being takes something new from the environment. We could say that the act of evolving is opening up to express ourselves towards a new reality that leads us to experience a new experience, which will give us new concepts to integrate, which would give us the wisdom to move to a new level and transcend the previous one. Taking or grabbing something in Latin is said "prendere", and the action of grabbing something is said "learn". The same happens with the Saxon languages through the concept "liznanah" that gives rise to the English "learn" (learn), which would mean "acquire". Learning, then, is the concept of acquiring new perspectives and knowledge of the world as I move through it. But the fear of what may happen if I spend my energy moving without knowing what will happen, makes me look for the comfort zone, and that conformity, which comes from the Latin "keep the same shape", leads me directly to deny it. Thus, the opposite of Learning would be Denying the Movement. which comes from the Latin "keep the same form", leads me directly to deny. Thus, the opposite of Learning would be Denying the Movement. which comes from the Latin "keep the same form", leads me directly to deny. Thus, the opposite of Learning would be Denying the Movement.

ME: So denial, in all aspects of our lives, leads us to see what we are not being able to assimilate or transcend?

SOY: Tell me what you deny in your life and I will tell you what you cannot handle in it.

ME: Sure, sometimes I have noticed that precisely the things that I deny in my life are precisely the things that I do not know how to manage or handle when they appear, I have no tools to transcend them.

I AM: It is common for a mind, an emotion or a body to try to get defensive in the face of something that is flatly denied, because for all three of us, that concept is harmful, it breaks with our mental, emotional or physical stability. For example, tell me, what do you deny in your life?

ME: The resentment is one of them, the Competition is another ... Anger and Sadness ...

SOY: Well, we could say that you are within the expectations of at least 80% of the human population. Everyone wants to be happy, so everyone will deny anger, sadness, hatred, and all those emotions that cause us instability. However, when I deny that these emotions are part of me, when I refuse to accept them as part of my life, when I reject or separate them as if they were something other than love and happiness, or when I judge them, the only thing I am doing is giving them more strength. Why? We are going to analyze it with a current global situation: the virus. Tell me, when do you become immune to a virus?

ME: When I expose myself to him ...

SOY: In other words, the only thing that quarantine achieves is that it does not spread so that doctors and hospitals do not collapse. But quarantine does not solve the virus, it is only a measure of gradually using the health service. A person who spends their whole life protecting themselves from viruses, washing their hands all the time, boiling all the waters before drinking them, never touching the ground or walking barefoot, never going out if it is cold, covering themselves all the time, covering their faces, By disinfecting everything you touch, you will be an easy person to be exterminated by a simple flu, because your immune system will not recognize any virus or bacteria. The body is strengthened by exposure, as the immune system knows what to fight against if it encounters it. This is how we see many times that dirty children who go down the street get less or almost nothing sick compared to children who never go out and are always clean. In the same way, on an emotional level, a person who worries all the time tends to get sick easier than one who deals with living.

ME: Denying an emotion in my life well, it's like denying a virus. Denying a reality is like denying a bacterium.

SOY: When your first reaction to an affirmation is the denial of it, you must ask yourself the question: "what moves this in you so that you deny it"?

ME: And what about the concept of denying war, for example, or denying control? That is, there are two types of denial. One is Deny because we don't want it, and another is Deny because we don't recognize it.

I AM: The first type of Denial, that of "I don't like it, I don't want it", what it does is give power to that factor, as with the virus. Everybody denies wars out of disgust, yet has this stopped wars? A great consistent example of this is Germany. This country has been involved in the worst wars in modern and contemporary history. However, everyone there studies and talks about the causes of those wars to understand that it should not happen again, but their method is contrary to that of many countries. It is not a taboo subject, it is an important subject to discuss and acknowledge in great detail. If you don't know her, you won't be able to recognize her at the beginning, and by the time you find out, it will be too late. Most countries do not analyze or discuss war, they simply study it as a historical fact that is best forgotten. They are known to be bad, but we do not want to analyze them further. The struggles have a root in situations that have nothing to do with a struggle, but with a crisis or depression. World War II arose from an economic conflict in Germany, not from racism or supremacism. Not understanding the causes and processes, make us ignore the why of things. Thus, when we simply deny by denying the fact or object, we are only giving more force to the possibilities of its repetition. A country with an economic crisis naturally begins to divide the people into rich and poor, then ethnic groups, and then generates racism, leading to the struggle of races and classes that end in a bloody revolution or coups and exiles. It's like now with the Coronavirus, quarantine is not the solution, the solution was a good free and free public health service, more support in all scientific, medical and nursing fields, international laws on animal consumption and food science. The same with a personal conflict, denying the entire family history. Ignoring the causes means that we always have to react to the consequences.

ME: And the Deny for not recognizing?

I AM: Unconsciousness tends to assimilate that its point of view is the only possible one. When someone tells you: "you are jealous", and your immediate response is "no, I am not", you are avoiding something fundamental, that the other for some reason has seen in you. The simple fact that it tells you, deserves a minimum analysis. Perhaps it is his reflection of the other in you, or perhaps it is his own truth. A mirror has reflected something you must see. Maybe it's just an easy-to-wash spot from your face, or maybe it's something you've never noticed from going too fast and not looking closely. Every time they describe you in a way that you do not recognize in yourself, that you deny in your being, before saying No, ask yourself the question: "why?"

ME: Uff ... that would make us analyze ourselves all the time ...

SOY: You feel that it drains you, right?

Me a little...

SOY: So you feel that you are expending energy and prefer to remain stable without evolving?

ME: Well ... if you put it like that ... no. I want to evolve.

SOY: Then you must be congruent. Questioning is the key to learning. Stop fighting what I deny is the key to evolution. Don't fight against world governments, put your energy into building a new one. Do not fight against religion, simply learn to live in freedom from your "I am". Don't fight your family, create a new one. Don't fight your emotions, just feel them and acknowledge them. All emotion is useful, and to deny it is to lose the ability to know how to use it.

I understand.

SOY: The exercise of asking the question is difficult at first, like learning to ride a bike, but when the brain gets used to it and exercises, the whole process is done in a second. If I tell you now: "You are egocentric." What would you say to me?

ME: Maybe before I would have said no, but now I take a second to think "why?", And I tell you that surely that image can be seen because I always upload photos of me, I talk about myself, I explain what I remember , and everything is related to me being the center of everything I do. So in a way, yeah, I'm self-centered.

SOY: And what will you do about it? Do you think you should change it?

ME: I don't know... should I change that when I recognize it?

SOY: The next question would be: "Is that useful to you?"

ME: Well... I would say yes, because my life project is the I Am, and if I don't reflect from myself, it would be hypocritical, and I like to show what I do and am, it amuses me. I think I have taken that energy of egocentricity to use it for something useful. I even use it as a tool that comes naturally to me because I am in the sign of Leo, with Venus in Leo and Mars in Leo... It is my nature.

SOY: So what you should do is act from consciousness, and stop being unconscious. It is not always necessary to change by polarizing what you deny, but by making it aware. Therein lies the true transformation of being, giving conscious power to something that it denied. And the way is by recognizing whether what I had inside me is useful or not.

ME: This reminds me that in the Atlantean Saytu language, on the Nile of 12,000 years ago, the words Yes and No do not mean affirmation or negation. "Yes" was said in various ways but the conceptual one was "Ah", which means: "my spirit contemplates it", and "No", which also had several ways, but the conceptual one was "Ush", it meant: "that way it has not yet led me to evolve". That is to say that something was never denied, but simply said that for now he could not contemplate that path or possibility.

SOY: Now that you understand it, write down in your notebook the question "What emotions and feelings do I deny about myself?", That is, which ones I cannot recognize, and which ones I encounter in the struggle. Analyze, acknowledge, and start asking questions every time someone affirms something that you deny: 1) Why?... And: 2) Is it useful to me?

ME: I observe, then, what my spirit contemplates in me, and I recognize the paths that I cannot yet see of my evolution.

I AM: *Ale "Ah Ush-kei" emenyati... yan Amma es'ibrah* " (Say " Yes and No "in full consciousness... so the I Am will shine in you).

## 48. Identify

[September 20, 2020 Matias De Stefano](#)



ME: When we talk about denying, a question that arises is: how do I know what I am denying? Because precisely if I deny it, it is because I am not seeing it or I do not recognize it, which makes it difficult for me to see clearly.

I AM: This is why the Universe has the natural system of mirrors. Do you remember what you studied in biology about Enantiomers?

ME: They are mirrored molecules, with exactly the same position of the atoms that form it but just the other way around, mirrored. One is called molecule L and the other molecule D, one is biologically active and useful,

and the other is not, quite the opposite. So it is important to differentiate one from the other since one can harm you and the other can help you. It is almost like an organic trap.

I AM: What you deny and what you affirm are usually the Enantiomers of the Soul. They are the same, but mirrored, and precisely because they are so equal to what you affirm is that you do not see them clearly, because it is like a mirror, where you recognize yourself and say: "it is me", when in reality, you are completely the other way around .

ME: That is to say that to recognize what I deny I only have to see what is directly opposite to me, and there I can see my reflection. Which does not mean that it is my opposite, but complementary.

SOY: Or worse, you see him so, so much the same as you that you don't realize what you deny in your life. This usually happens with most relationships. Many couples are exactly the opposite of each other, but just being so different makes it look like a mirror, which gives the feeling that it is the same. Thus, many couples live a toxic or sick life, almost parasitic, considering being with an equal, when in reality they are only with their opposite. Denial.

ME: It happened to me ...

SOY: I know ...

ME:... So what you have to learn to do more than anything is to identify correctly.

SOY: That's where we had to go. Identify. This verb comes from the Latin "idem" which means "equal, the same", and the suffix "ficar (-fy in English)", which refers to "do, or put", that is, "do the same". What it suggests is being able to find the similarities rather than the differences. We tend to put denials in the mental folder of differences or opposites, when in reality, what we deny are enantiomers of our way of life, what we believe is useless for our lives but that share 100% of the same content as is shape our life. This is how the concept "identity" arises, that is, "idem" (the same) and "being" (being). Identity refers to what I assimilate as my own being, where I recognize the similar and make it my own. Identity is related to the attributes of the personality,

ME: So instead of looking for what I deny in the external things that I reject, I will find it in the things that I consider part of myself, and that I accept or recognize in myself. It's the opposite of what I would have thought.

I AM: Because humans still believe that the Universe is dual, thinking that two forces that have never seen each other are in the middle of nowhere, and they are called Evil and Good, God and the Devil, Positive and Negative. Well, no. They are the same molecule arising from the same essence and atoms, simply arranged in the form of a mirage.

ME: Like the knees. Both are the same, and yet to move forward one must use force and back pressure to support the weight of the body, while the other flexes and subtly lifts to take a step into the future.

SOY: Exactly. The leg that supports the weight behind is the one that will initially hurt, it will feel the weight of history, the pain of the past, it will become the idea of the rigid and structural, and perhaps my mind considers it an anchor in the density that pulls me into the shadows. While the other will be attributed to advancement, lightness, subtlety, ascent and evolution, with the Libyan and divine. But one without the other makes us remain stable, without movement. When your attention is focused on the leg that advances, consider the one that is left behind as the past to be denied, something that does not belong on your path to transformation and consciousness; But nevertheless, that which you are denying is what has given you the strength to be able to lift the other leg. Thus, what you consider opposite to your impulse,

ME: How could I understand it?

SOY: For example, in history, there would have been no scientific advancement and development of the arts and sciences without the repression of religion. The powerful force of the past concept of religion and spirituality allowed a revolution of frustrated minds that prompted the search for new forms, and began the advance of the last 5 centuries, let alone the last 2. Science and free thought denied religion, and that was his advance. But, precisely by denying him and not recognizing him as that pillar, he has turned science into a new faith that largely positions itself as a religion, on the defensive of its irrefutable scientific arguments. Enantiomers of civilization. But in a family, the same thing happens, when you deny the attitudes of a mother or a father, and you refuse to be like them, by not seeing and recognizing them in time, you end up "identifying" with their ways of being. That is, you imitate them, by reflex. And it becomes part of you, a part that you cannot see because you are rejecting. So, take a good look at what you reject in your life, analyze it, and you will see the similarities in you.

ME: My identity is made up of all the positive and negative mirrors in my life. So, to recognize many of the things that I can't see, I have to relive them ... Could this be something like a Family Constellation?

I AM: This artistic and theatrical role therapy, as well as psychomagic, is one of the ways in which in a practical and conscious way you can see and analyze exactly what you deny or cannot see. Putting yourself in the shoes of all the agents in your family will allow you to see the patterns in common. Always start with the close, with your earthly family, parents, uncles, grandparents, and identify what emotions and feelings are those that you relate to them.

ME: Is it homework?

SOY: Yes. Write down the question: "What emotions do I identify in my family?", And below make a list for your mother, another for your father, and one for each close member of your family with whom you relate directly: uncles, grandparents, brothers... When you write down all the emotions that you recognize in them, see if there are the emotions that you deny in yourself.

YO: I made the lists, and something caught my attention, there are some words that are repeated in almost everyone: resentment and prejudice. I do not feel both concepts in me, I always denied having them, even my friends and close friends often tell me that I am the least resentful person they know because I forgive instantly, and it is because of this that I have no prejudices, because I do not get defensive before a possible repetition of the same. However, when I saw that these words were repeated in all my relatives, I began to notice that it was something that I denied, and I realized that in a certain way, this was in me, and that by denying it, the only thing I did was turn a naive, someone who does not remember and does not correct his mistakes. In addition, I could see that in order not to have a grudge, I preferred to forget or distance myself from people, since if I saw them again, I'd act like nothing happened That is to say, that what in them was an impediment and defense in life that seems absurd to me, in me had become an insecurity. It was the same, the same emotion or feeling, only mirrored.

I AM: So now you understand that becoming aware of this, the reason why you denied it in yourself is for fear of becoming them and repeating the same thing, and accepting it does not mean that you will become spiteful or prejudiced, but that you will know how to take the positive from These aspects: be more careful in your life and be judicious.

I understand.

SOY: For this reason, identifying is recognizing your identity. Biologically the Identity is anchored in the anus, since it is where the human "sits" or affirms in a place. "Settle", "Put your ass on the chair" "Affirm yourself", "Don't touch my ass", "They broke my ass" (pardon the word), are all expressions related to how important

identity is to the people and how fragile it is. For this reason, in matters of identity and recognition, humans position themselves in denial and defensive. What they say about you, what you don't see about yourself, is all in the reflections of what you do see about yourself or in others. Observe what you see in others and pay attention to what others see in you, so you will see your reflections, you will know that even if you do not want it, the idea that others project on you has armed your current identity.

ME: So, what you just said leaves me thinking something ... Normally, in the spiritual and consciousness paths it is often said that no one can determine what we are, that we should focus on ourselves, not look outside, and discover everything inside us. . And you're telling me just the opposite. How would that be?

I AM: Enantiomers of Consciousness. What spirituality does is basically the following example: you have a dirty house, the floor full of garbage and dust, but instead of seeing where the garbage is scattered, you make an altar to the broom and contemplate it and meditate in front of it smiling thinking the following: "if I am a broom, there will be no garbage ...". You understand?

ME: hahaha, yes, good example. In other words, it is good to know that it is the broom that will allow me to clean the floor, but to clean it I have to identify where the dust is.

I AM: And the dust, my friend, came from you and all those around you, because the dust is nothing more than dead skin cells, that is, from your genetics, yours and those who are in your life. Therefore, analyze who you invite to your house, who lives with you, what they leave in you, on your floor, in your life, and you will see the mirror of what you accept in it. Who you let into your house is because you accept him, and he is the same one who brings the dust that one day you will have to clean. No one is separate, you cannot say that this is only your inner work, because the outer is part of you too. Before closing your eyes and looking at the dust that you hid under the carpet of your subconscious, you have to look at the dust around you scattered on the floor of your unconscious. The broom is the conscious one, but don't make it an altar,

ME: Got it!

I AM: Identify, evaluate your identity, recognize the mirrors of your environment, write down the emotional and sentimental roles of those closest to and linked to you, and there observe what you cannot see in yourself.

ME: My identity is made up of what I identify with and its mirrors.

I AM: Well, if everything is One, the polarities are not different from each other, but Identical.

## 49. Search

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



SOY: Think very well, where are you going? Which is your destination? Are you really on the path you expected to travel? Look around you, at every step, everything that is surrounding you. Is what you live in your life congruent with what you have thought, with the expectations that you have designed? Now close your eyes and tell me ... does everything you live resonate with you? Are you consistent in expressing what vibrates in you? Or do you remain in silence and lies for the simple fact of surviving in that environment that you do not recognize or do not accept? And what do you do by that means? Do you see yourself fluctuating between the echoes of the external being driven by your ideas, or simply by the reaction of your story? The question is, if what you do you do from love and surrender, or from the need to be accepted. Well keep in mind, that everything you do and decide will have a consequence, and it will come back to you. But by the time it returns to you, you will recognize it as a conflict, and you will separate yourself in the fight against what you yourself produced, because everything you live, you have generated. What, then, have you generated in your life? Is your life really what you hoped to generate?

ME:... They are, many questions, deep, that take a lifetime...

SOY: And many more. Well, it is the Search in which you are. As they told you today in the Pyramid of Khafren, the only safe destination in life is Death. And it is precisely death that allows you to ask these questions. Knowing that everything will end, that there is an end, an inevitable destiny, is what awakens the search for self-knowledge, to ask whether what I do is what I want to do, if I am consistent. Therefore, I ask: If you knew that today you are going to die, do you think that your life has been worth it?

ME: Personally I think so. My life has been worth it, because everything I have tried to do so far, I have achieved it, I have done it, I have achieved it. There are many more things on my path that I hope to accomplish, too many, however, I feel complete, happy, in balance. I am willing to die. Maybe just 3 months ago it wasn't. To be honest, until 3 months ago I had many expectations of my life, to believe that I had to do great things, messianic things, I believed that I should make a difference by doing something that marks history, something incredible like the YOSOY Journey around the world. world, and then do social and educational policy, perhaps generate a revolution of consciousness. If you had asked me this question 3 months ago, I would have told you that it was not worth it, that my life had lost its meaning, and that he needed much more to be able to do everything. However, today I find myself in another instance. After meditating day by day on myself and with everyone, I realized that the greatest journey of consciousness that I could take in my life was to share my Inner Path. I understood that day by day I achieve what completes me, what gives me meaning, and that expectations fade when you recognize your truths.

SOY: For this reason, this year you have to die. Because now you know what it means, now you understand the meaning of what death represents in the concept of philosophy. Death, the end, is the key to doubt. Doubt is flexible, Affirmation is rigid. To flow, you have to doubt, you have to ask yourself the questions, and the questions lead you to know that nothing can be static, that every idea is transformed. The idea that everything can end, makes us realize that the meaning lies in the wisdom I acquire to see existence. Therefore, your feet

were not designed to reach a destination, but to travel the eternal search. Every land animal has had to migrate, has had to adapt to changes in the weather, moving in other directions, seeking safety and food. In the human, the feet have been these useful tools, and in them the expectation of moving forward, of reaching a destination is put. The idea of learning from the path, of making one's way, of discovering and recognizing is framed and anchored in them. The journey towards the discovery of safety and food, became an Initiatic Path, and that initiation arose to escape the hunger and fear that lead to death, and yet the further you advance on the path, the closer you are to the death. Life is a journey without a destination, it is simply an incessant search with an end. Thus, the Initiatic Path recognized that seeking to survive was useless, and awakened the inner search. Faith, the divine food, the one that shows us doors to the hereafter, the one that gives meaning to a path beyond death, that gives security in the belief of a Heaven, of a new world of light. The celestial Utopia. But, to get to him, You have to learn to fly light, you have to clear your internal doubts, you have to open yourself up to exploring the most remote places of the interior, to release the tensions and hardships of the soul. Thus arises the "Search". This word comes from the Indo-European "bhudh-sko", which means "to conquer, to win". In English, the word "seek" comes from the Latin "sagire", which means "acutely perceive a smell", like the wolf looking for its prey. In both cases, the word implies having the ability to smell to obtain something. The ability to get, to earn a living, food, security. And yet this concept led to the idea of "earning Heaven." Thus arises the "Search". This word comes from the Indo-European "bhudh-sko", which means "to conquer, to win". In English, the word "seek" comes from the Latin "sagire", which means "acutely perceive a smell", like the wolf looking for its prey. In both cases, the word implies having the ability to smell to obtain something. The ability to get, to earn a living, food, security. And yet this concept led to the idea of "earning Heaven." Thus arises the "Search". This word comes from the Indo-European "bhudh-sko", which means "to conquer, to win". In English, the word "seek" comes from the Latin "sagire", which means "acutely perceive a smell", like the wolf looking for its prey. In both cases, the word implies having the ability to smell to obtain something. The ability to get, to earn a living, food, security. And yet this concept led to the idea of "earning Heaven." safety. And yet this concept led to the idea of "earning Heaven." safety. And yet this concept led to the idea of "earning Heaven."

ME: But... it's not what searching really means, is it?

I AM: Every current culture has built the idea of search in an external aspect that implies acquiring something as a result, taking something over. However, with death as the only destiny, you cannot even know if you have been worthy of earning Heaven. Therefore, despite believing or having faith, people avoid death, for that security. Everyone knows well that no one has earned heaven. Everyone doubts, and therefore they return to life, going around in circles, denying death. That's when, looking back, you ask yourself: what is the meaning of life? That's when you realize that the only thing you can win in life is your ability to interpret and share it, to live each day as the last, and give yourself completely to the capacity for wonder and learning, something you call Wisdom . The wisdom, you don't win, you discover. Knowledge can be conquered, but wisdom can only be felt.

ME: In Saytu (Atlantean language), the word to search is said "afor", which means "to look at the flow that bears fruit in the mind that advances", that is, the fruit is not the objective, but the fruits are those that show the achievements of the mind, which is what really remains.

I AM: The spiritual search is not to obtain the fruits of actions, but to understand the meaning of them. Therefore, we must ask ourselves the questions of existence. What are you really looking for in life? Is it a feeling? Is it an emotion? Is it a purpose, or a mission? Is it living full? And what does that really mean? Fullness and Harmony are not a sentimental state? Is the purpose you seek to fulfill because it is born from you as a service to the Whole or because you seek to be recognized and remembered for what you have done? Recognize, human, that every purpose that you have set in your life, has as its objective a mere emotional and sentimental state. You are so tied to the concepts of the emotion of the soul, that you cannot see that one day this will end, and that the emotion was a chemical reaction that will die, and that the feeling will disappear like your senses when your brain turns off. What beings from other planes express in you are not emotions, the

emotions you feel from beings from other dimensions are only your biological interpretations of their resonances. So will you continue to design a life whose sole objective is to feel an emotion?

ME: You just destroyed me ... that is, the meaning of everything, the reason why we move forward, why we are in our search, is directly linked to a personal need to feel security and fulfillment ...

SOY: Nobody is altruistic. The only altruistic one is that he faces death and discovers emptiness, and instead of going into depression or the struggle of nonsense, he empties himself to become everyone. The search paths are therefore divided into those who project their own needs onto an end, and those who live the end without needs. Which of them are you?

ME:... I'm still from the first group... I still have many expectations, I recognize that what I do has a personal interest: the fear of forgetting makes me want to be remembered... The fear of nonsense makes me want to be loved... The fear of the eternal makes me want to live the momentary pleasures ... Disgust at what is dissonant in life makes me want to build a world as I wish and believe is better ... Everything I do I do for the recognition, although I deny it, now I know that I deny because it is what I look for the most, because I fear being forgotten as it often happened to me. And the fear of not fulfilling my mission and coming back again is not because I don't want to go back, but because I don't want to leave frustrated at not having achieved what I wanted and hoped for.

SOY: Very good! You see it? Did you see how many things were anchored deep within your being that you would not recognize without the questions, without remembering that you will die? We all do everything for something, for an end, and all those ends are selfish, since they only seek personal fulfillment before seeing the fruits of our actions. And yet you won't see them if you live by expectation.

ME: So... what should I do?

I AM: Turn the sentence around: if you have started the search to reach a destination, then turn your destination into the search.

ME: Wouldn't that be going in circles without ever leaving the loop?

SOY: Go out where? Do you think you are inside something? Limits are a gift on your search path, but they do not exist. Death is a gift of liberation, but not from a place, but from a concept. All that exists is a journey whose destination is always the I Am. Your body is a tool, a vehicle designed to make that trip, to feel and enjoy it. You must learn to differentiate the pilot from the machine. If you build your purposes based on the chemical reactions of your body, you are always living in a mechanical workshop. You must see beyond, and that beyond is not on the horizon, it is inside, in the person who drives, and not even in his body, but in his intention. What makes this little person want to get into a car to start the trip?

ME: Looking at it this way, it is very difficult for a human living in a physical body full of emotional and biological precepts. How can you get out of this concept if you are him today? Isn't it counterproductive to say: "live and accept your body" and on the other hand to say "it is the body that prevents you from seeing clearly?"

SOY: Knowing how to drive a car doesn't make you become the car, does it? What you just asked me is the same as saying that the only way to travel through life is by turning into a car, putting on wheels and putting fuel through a hole ...

ME: hehe, I understand.

SOY: And on the other hand, the driver must take good care of the car, the vehicle is all he has for such a trip, he must take good care of it, feed it, respect it, treat it with affection, because the car is his own creation. To

heal and respect the body is to become the very mechanic of this body, this vehicle, and yet you are the driver. Is it the car that determines your destiny, or is it you who drives?

ME: Sure, I understand. We live in the vehicles that we create to carry out the search, and in the habit of traveling we believe ourselves cars, comparing yantas, making illegal races, adding accessories, decorating it, striving for the car as if it were the only thing that exists. When in reality we must honor and love him, knowing that it is the spirit that must guide the way, not the fuel that we call emotion.

SOY: If you let your life be guided by the emotion of accomplishing a goal, you will be traveling from gas station to gas station, desperately seeking to refill the tank of emotions in order to continue. You will miss the landscape and the adventure, the learning, the views, the moments of contemplation, the walks on the side of the road. Therefore, if you build life in the sense of continuing to feed the body and living only for it, you will never be in the true search, you will only find yourself running to please yourself at the next stop.

ME: What should I recognize today then?

SOY: You must ask yourself the question: "What is the emotion that moves me in the search?" That is, write what you feel and get excited about projecting your destiny. The emotions that drive you, and the feelings you seek to feel at the end of your life. If today you had to die ... what would you feel?

ME: I get down to it... So I will know from where I am living, from what emotion I am feeling for everything I do.

I AM: Remember: Your destiny is the search.

## 50. Order

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



ME: One of the main characteristics of the sign of Virgo is Order. Put the order, accommodate, everything in its place, have a certain coordination. What would it be, then, to have Order on an emotional level?

I AM: Order is the ability to unite and connect different agents of isolated origin, making them coincide in the same line of time and space, to give them a functional harmony. Virgo, for the Northern Hemisphere, is a harvest time. The constellation was at its peak during the time when farmers and peasants had to begin to reap what was sown. Thus, this constellation was given the shape of a woman who gathers wheat, which is Mother

Earth, giving us his fruits to create the food that will keep the peoples alive during the dry or winter season. One of the fundamental tasks of the women during the harvest was to "separate the chaff from the wheat", that is, to ensure that the collected grains, whatever they may be, can be stored in a practical way and ready to be used, without the rest of the dried plant. But in turn, that straw would be used for other functions during the winter, so nothing was wasted, but was managed in an orderly fashion. Each part of the plant or animal that the farmer had produced was arranged according to its function. This gave the connotation to this constellation that it brings us Order and Life from Mother Earth.

ME: And Virgo? Why the concept of Virgin?

I AM: Virgo is Virgin in Latin, and it comes from the Indo-European "werg", which means "to work", origin of the word "work" in English (to work). It was the time to work the fields, to work, above all, as I said, the detailed task of separating the chaff from the wheat, carried out by women, especially young women. Many of the tasks carried out in relation to freshly harvested food, such as fruits and milking, were believed to be better achievable by women who had not yet had sexual intercourse, or who were not in periods of fertility such as menstruation, since it was believed to be able to damage food and make it unusable. This is why the purity of the harvested food workers were known as the "wergins", that is, the "virgins".

ME: So it had nothing to do with the Christian story of the Virgin Mary, nor directly related to sexuality.

SOY: No. However, there was a certain sexual relationship in the subject. During the winter, nothing could be done outside, only work inside the house. The men went hunting, and the women worked in the houses. To ensure the survival of the clan, the time of the Virgo Constellation, it was a good time to get pregnant. In this way, the birth of the new members was expected to arrive during the spring, a better time to give birth, at the same time that this allowed that by the month of September women could repeat the harvest cycle without problems.

ME: Life seemed to be very calculated in relation to the field ... To the Earth, with well defined trades. Today we might think that this form of order is very macho.

SOY: It wasn't, that organization was called survival. When there were no supermarkets or agricultural producers, when everyone knew where the food came from because each one produced it, there was a different consciousness of organization, in which the jobs were divided and ordered in such a way that it could allow the family to be transcendent. Living in relation to the rhythms of nature is totally the opposite of life today. This is why many retrograde thinkers, that is, they think as in the past, compare saying that to return to the roots one must live as before where men and women occupied their places. But that doesn't work in an Aquarian context where ideas go above the ground. Virgo, Earth sign, implies taking into account every detail that constitutes the environment to build life, to maintain motherhood, to maintain the order and balance of things. At the time when if you did not work the land you would die, the order was not set by the man or the woman, but by hunger. And hunger requires leaving art and ideology aside, and being practical and concrete. You can be very liberal if you want, letting everyone do what they want, however, when there is hunger, if everyone leaves their place for an idea, death will be inevitable during the winter.

ME: I understand ... This is why Virgo costs us so much, because today we live in a society of idealisms, coming from Pisces, on the way to Aquarius, in which we cannot conceive of living for survival, but for dreams and ideas. And this happens both outwards and inwards, right?

I AM: In the outer world, Virgo reminds us that Mother Earth has cycles, and that if you do not respect these cycles, she will take care of destroying what you do, but not from the attack, but by showing you that you cannot go against it. the natural cycles of life. Respecting the cycles of time and space, being attentive to how the world moves, to the rhythms of life, does not mean reliving as in ancient times and going back culturally, but knowing how to take advantage of the force of the environment, recognize its potential, and instead of

moving around ideologies, relying on biology. No idea is valid if you do not respect the laws of the world in which you live. Therein lies the crisis of your present time, in which utopian ideas and dreams were projected beyond reality. They built in their minds a new Paradise beyond religion and even faith, in which you have devised a civilization where everything is possible, forgetting that the Earth has its times for everything. You have broken the balance of the Earth, creating instability, disarming the logic of the time cycles of the Moon and the Sun, ceasing to live according to the Solstices and Equinoxes, and building unreal times with non-existent and totally impractical endings of years. You have denied nature, when you are nature, you cannot escape the lunar cycles, much less women, and men cannot escape the cycles of the sun. The constellations did not mark only the astrology of the personality, but the astronomy of daily life. The seasons, the dry and wet times, the winds, the ocean currents, the cycles of births, the feminine and masculine qualities, all are biological programs of order and natural harmony of Mother Earth. When ideas go against these rhythms, chaos, crisis, destruction are generated.

ME: But, it gives the impression in all your speech that to live in order, it is necessary to live again to the rhythms of the Earth and this would imply a very limiting society, in the sense that, I don't know, today say for example that women should go back to living according to their menstrual period, sometimes it sounds very patriarchal.

SOY: Why does it sound patriarchal?

ME: Because it's like saying that for there to be order, women should go back to living with the rhythm of the Earth, and men too, creating the feeling that they could not do anything else, or transform and occupy different places.

I AM: Your mind has adorned the facts with falsehoods. One of the great errors of ideology is that it precisely destroys any real argument for transformation, since the idea is a belief, and it will defend itself to the death. The Earth is the one that evolves and always adapts to change, not Ideology, whatever it may be. Today you have political parties and cultures that continue to defend old-fashioned ideas, when the Earth has already overcome them.

I eat?

SOY: For example: the advice "is it winter, is it cold, put on a coat?" Makes you patriarchal.

ME: mmmm I don't think so. I don't see the relationship.

SOY: Well, the same thing happens to me when you consider that respecting the cycles of nature is a limiting and patriarchal idea. The advice to "put on a coat" does not limit where you are going, it does not judge what you are going to do, where you are going to go, what your intentions are, it only tells you in a pragmatic way: "it is cold, and it is a reality, therefore, the advice is to bundle up ". Virgo reminds us as that mother who knows what is going on in the world and reminds you that, no matter where you go or what you do, prepare well for the trip. Nature does not limit either man or woman, it only tells them that there are cycles, and that going naked in winter or warm in summer is counterproductive. The concept "Go against the natural order" has been brought by religious and cultural ideologies, destroying the word Order. Today, this concept is identified with the military, with the repressive, with the patriarchal, the hierarchical, with the control of some over others. You have a very wrong idea of the concept of Order.

ME: What would be the real one?

SOY: The one I mentioned before: unifying by coherently connecting agents of different origins so that they are functional in a specific time and space. Neither the origin nor the nature nor the objective of the agents is judged, the order only seeks to make them functional, harmonious, logical and practical. "Separating the Straw

from the Wheat" is to realize the attributes of each thing, and order them to be functional. Religion took possession of this phrase to speak of evil and good, as if the wheat straw were bad or useless. However, order is not to separate or judge the use, but to recognize its capabilities and practicality. Just as on a social level today you live in external chaos due to this misconception of what Order means, you have also projected it towards the internal world with a very Aquarian phrase: "I do what I want."

ME: What would that be?

I AM: That your inner world uses all the time to deny what it does not like, calling it "the chaff of the plant", and what it does like or dream of as "wheat and fruit". You forget that the straw is what will nourish the soils for the next harvest. Speaking of Emotions, the denial of emotions and low impulses, and the search to feel happy, to live on dreams and projections. Ideology has kept them from analyzing what you have inside. Therefore, the work of Virgo is to Analyze, to recognize the potential of all that is within, that I deny, that I do not see, and what I have conceptually enhanced in myself. Think of your chakras as the grains of wheat, or the flowers of the sunflower, or the fruits of a tree, and the branches, straw and leaves as those that connect them to each other. You must search deep within to be able to Identify each of the functions of your inner being, discover what by ideology or survival you have Denied, and thus, when you see him, learn to manipulate him. When you understand what you are capable of doing, you will be able to nurture others who join you, your family and group, healing the Bonds that you have created, which will allow you to Feel with greater flexibility and understand the cycles of energy that make you up. , with which you can Express in coherence from the Pulse of your Emotional Being.

ME: It is the process that we have done in all the Emotional week. "Separate the Straw from the Wheat as Virgo does."

SOY: Everything that we have analyzed on our emotional level is just that. In this way, you can understand the natural potential within you, learn to take advantage of it by not running away from it for your ideas and expectations. The hard work of the field, of getting your hands dirty and meticulously taking the hours of a systematic and repetitive task such as writing, pointing, ordering concepts, is a fundamental process if you want to survive in the cold winter of the Soul. You will have clarity of the food that you have harvested on your emotional and sentimental path. You will know how to use them, give them a meaning. You will understand what it means to bundle up to go out during the winter, because no matter how much you believe in an eternal summer, the cold will eventually freeze you and you will not get very far. Virgo is that mother who incessantly asks you the questions: "Where are you going? Did you grab the coat? Don't forget the document! Did you eat well? Did you do your homework? What grade did you get? Did you tidy up your room? Did you wash the dishes?"

ME: We all know those phrases, we all have a mother.

I AM: There lies the true Order, it is asking the question, finding the consequence and coherence between all the things you do, think and feel. Free yourself from the prejudice that you have of Order, and recognize that it is there to help you go further by understanding the context in which you will move and the tools that you will carry on your journey.

ME: So what's the assignment for today?

I AM: "Do you live in Order with yourself and with the environment that surrounds you?" Write those things in which you recognize that there is no order in your life. Identify them, make them aware.

ME: Done. It has been an intense week of Emotions ...

SOY: It is important to understand what you feed the actions of your life with, without good fuel and food you will not get anywhere. Analyzing is the key to bring order to your life. Always ask yourself the right questions: "What? Why? And for what?".

ME: I am Order and Coherence.

## 51. Be born

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



ME: Our 10-day week begins in relation to the physical body, and when I think about it, I can't stop seeing the image of a child being born. Why?

SOY: Because this is the first concept to work on. The birth. Virgo's energy is the Earth, and its work is related to the harvest of what was sown. The seed that has borne fruit and it is time to collect them. The word to be born comes from the Indo-European "gheni", which means "to produce", origin of the words to generate, gene, genetics, genital. Virgo's work is precisely the generation of the products that the community will eat, that will give life. Genetics is the production of a living being, just as the genitals are the tools that allow such manifestation. The Earth is the place where the seed finds its shelter and rocks, absorbing the nutrients and minerals from the soil, and making its way into its germination. Just as the sprouting of the seed is the birth of a tree,

ME: The creation of a body, therefore, is like the process of sowing and reaping, in which the seed is placed in the ground, watered, and through patience we see how it awakens its potential, sprouting and expressing its potentials, multiplying, and as it grows and expands, its parts begin to identify and specify, creating a new being, which, when ready, will deliver the fruit during the harvest. But, this fruit, at the same time, is obtained by separating its parts: "separating the chaff from the wheat." Is that part of birth according to Virgo's eyes?

I AM: Being born is the complementary face to Dying. We have been talking about the process of denial and death these days, and the only reason we are invited to die consciously and keep in mind the inevitable reality of their deaths is because it is intended that you can be born again. In the Universe there is no death without birth, nor birth without death, because it is an instantaneous cycle. Death and resurrection through birth are transversal to all dimensions. The forms may occur in different or different ways and mechanisms, but transmutation and transcendence are essential and immutable keys to the process of cosmic being. When you lose fear of death and let go of life, you are not abandoning it, but you are precisely launching yourself to be reborn.

ME: That is to say that to accept our physical death is to understand that there will be a spiritual birth, and that in turn, the spirit will also have a kind of death, which we here call birth. Not?

I AM: Just as the waves of vibration have their positive and negative that move creation, and energy has its reactionary and action emotions, the physical body also experiences this undulation through birth and death. You free yourself from the concepts of death when you understand that from another plane it is said to be born. You free yourself from the concept of clinging to life when you see that the most eternal being decides to let itself die to be born and live what you are today.

ME: Why would an eternal being want to limit itself by being born in a physical body?

I AM: Because eternity cannot fully know what it has thought, it cannot understand it without living it, it does not know the perspective without separating, it does not understand joy without pain, the process loses meaning without time, it does not feel without space. The Eternal Being needs to limit itself to know what it is capable of. C What would the meaning of creation be if it were not being able to feel, if the mind had simply remained silent within enlightenment? God does not know everything, for he has not experienced. Wisdom is only acquired in experience, Love is only felt when you recognize yourself in others, Will only awakens when there is a need and intention to move forward and be free. This is why the Universal Mind has designed in its wide and free mind, the planes of limitation. Ideas became contemplation. What was observed was expressed in songs, the songs awakened the vibration, which in its amplification of frequency created light and energy, and the energies were structured in dissonances, branching out into electricity, pulses, magnetism, joining vibrations in patterns, creating forms, which in their combinations generated elements that in their multiplication evolved in biology. Thus, the spirit found a way to multiply and expand in the millions of versions it dreamed of. The cells contained their potential, co-created in genetic geometric patterns. That is to say, that life was the spiritual production. Like the architect who designs his own house, like the engineer who builds a city where he can move, like the businessman who generates a utility enterprise, life was a design capable of allowing him to produce his own home, his own car, his own food, his own tools, and thus be able to manifest his mind, to realize himself. We call this "realization" of being, to make an idea something real, to be able to see the result of what was planned.

ME: The spirit, the mind, then, has designed a system of multiplication, distortion and error just to be able to see what it was capable of generating... of producing, and therefore, it needs to be born again and again.

I AM: In essence, every spirit is willing to die in eternity to manifest itself in the ether, where it designs the 4 elements that will give rise to its life. Birth is the key to understanding that our own being has not come to life to escape from it through enlightenment, but to live precisely what its enlightenment has allowed it to create. Birth is not a divine punishment, but a spiritual blessing. He is the artist who is immersed in the love of his work, he is the engineer who dares to live in the house that he himself designed.

ME: How do you do it?

I AM: Look for the positives and negatives with which you resonate, by law of vibration, resonance shows you the way. By law of Rhythm, he is naturally shown what to face. By law of duality, she understands both energies with which she resonates as mother and father. And without seeing their faces, only hearing the vibration that constitutes them, the speed of their vibration decreases to create a link with both that is manifested in matter.

ME: Is love necessary for this?

I AM: Human love?

ME: Yes, as a couple. They say that it is necessary that the act carries love.

SOY: Oh no, you don't need human love. Love must be cellular, and it is called attraction, magnetism. The force of universal love is not romantic, it is magnetic. Romanticism is the culturalization of universal love, which is freer of expectations, it is biological. The vibration of love is resonance, and it is expressed magnetically, not culturally. Of course, romantic love, falling in love, or becoming fully aware of the act, consecrates the bond and strengthens the channel. But tell me, do you think that when I chose to manifest myself in you, like Matías, I looked for a channel of a man and a woman who loved each other deeply?

ME: Well... clearly not, because my parents only had sex one night, once, without love.

SOY: And did that make you less connected or divine?

ME: No, actually it allowed me to love both of them more freely, without judgment.

SOY: Because it has nothing to do with the love of ideology, but with the appropriate and useful energy for downloading information. Sometimes birth channels are helpful, but it has nothing to do with father, mother, or partner concepts. Otherwise, we could say that all adoptees do not have a soul or love, and in reality it is not so. Each individual lives a different and specific life and does not depend on the link between the channels, but on the state of perception of who is manifested. You could have had a trauma because of your history with your father, as many have suffered the lack of it, when you have not suffered it, in fact you have been grateful and today you get along very well with your father for it. Each one is different, it cannot be claimed that a balanced or enlightened being is only born from the love product of a man and a woman, because is not like that. The spirit is neutral, it loves unconditionally, it is not limited to a maternal or paternal biological body. A spirit is born free and dies free from human cultural expectations. Which brings us to today's topic and question. "How were you born?"

ME: You mean the way? Natural delivery, cesarean section, or those things?

I AM: The life of a spiritual being is marked by the moment of birth, beyond the astrological, the way in which it has been received into the world, contemplating the horizon of life on the other side. Most traumas come from this moment, most perceptions and links are generated at that moment. Was it pleasant? Was it painful? Did I feel abandoned? I cried? What did I feel? What was your reaction at birth? Being aware of this moment will help you to recognize the first pulse with which you came into this world.

ME: I was born by cesarean section. She was supposed to be born on August 12, 1987, but the doctor was going on vacation that week and since my mother was 17 years old, she preferred to do her cesarean section because she was a first time. Something very common in the 80's, when childbirth was taken as an operation and removal of an organ or tumor. There was no option for natural childbirth, and at times I thought that was unnatural and bad for me. I still think it is absurd and unnatural, however, over time I understood that it had very positive effects on me. I remember the moment when I came out of the womb, with my eyes wide open, I remember the doctor's glasses in front of me, and in anticipation I did not cry, but looked at everyone. My grandmother remembers that when the doctor took me to the room, there were so many people waiting that he lifted me up like the lion king so that everyone could see me, and she says that I silently looked them in the eye one by one, like taking a list to see if they were all there or not. I do not remember my labor in pain, and my mother does not remember it that way either. Rather, the energy was "no time, let's do it quickly, and see if everyone is ready." This defined how I live my life. I arrived at the world without crying, I arrived at the world without making efforts, everything served, I did not have to fight to be born, I did not have to press anything, everything came to me calmly. I always see the world analyzing if everything is there, if all those who had to come to start came, like a teacher who calls her students to start the class or start the mission. Despite the difficulties of being different, my life has been very easy, I never had to fight or feel excluded, I always knew how to get ahead in the easiest way thanks to not having struggled at the beginning to live at birth.

SOY: We needed it. Otherwise, we couldn't be here now having this free conversation. Asking the question of how the birth was, how I came to the world, what emotions were in the environment when you were born, helps to understand that energy with which we made the first mark on our lives. So write it down, develop this: "how, where, who, what emotions?", And acknowledge the birth of your being in the flow of Life. The different paths, the web of everything that the spirit has designed, manifests itself at the moment of your birth. Observe and become aware of your birth, and you can die and be reborn again and again with the full awareness that you will know how to cope with the difficulties in your life.

ME: I die and am reborn in the framework of the universal mind, here and now, I decide to be born again accepting my birth.

I AM: Accepting your birth is valuing the decision of your spirit. Honor that moment that united the I am with the I, and only then can you return to the I together with the I am.

## 52. Context

[September 24, 2020 Matias De Stefano](#)



ME: You told me yesterday that it was important to remember the way we were born, because it identifies the pulse with which we live our lives. But, not all of us who are born in the same way have the same imprint on life. For example, I was born by cesarean section and many others too, and yet we do not live our lives the same way. Why?

I AM: In the same way that no one will see the same scenario, circumstance, color, situation, idea, the events we experience depend on how one perceives them. Like when you watch a movie, the scenes are the same and everyone can see them, however, each viewer will see something different, they will focus on a specific moment, they will reflect on a specific character, they will like some scenes more than others; There are those who will look at the aesthetic sense and photography, others will think about the direction, another in the acting,

another only in the story or some link between the characters that reminds them of their own life, and there are those who will take the film almost as a story real. Therefore, just as you live, it is perceived in different ways by others. You cannot tell the other what he lived, because only the other knows what he feels. For you, That experience gave you that awareness of effortlessness, that things are always served on a platter, because in turn, your state of vibration and perception was wide. But there will also be those who have not made the initial strength in life, due to the cesarean section, have great difficulties to face conflicts in life because they have not awakened the initial strength and they are more susceptible to the environment.

ME: Then, depending on the emotion, the pulse, the frequency in which it is vibrating, I will assimilate what I have lived, making myself unique in a similar experience.

I AM: All the details make the singularity, all perception molds the Self. The perception of the external world at the moment of birth is what gives meaning to the initial pulse. The cycle of life, then, will depend on the first push towards it. If birth is the first big change in your life process, all other changes that you experience in it will have the same feeling. Identifying it helps to foresee how I will experience the next changes, so that I can prepare in advance.

ME: What about those who don't remember how they were born?

SOY: Easy, you have to learn to ask. To remember is to unite the lost and separated parts of you, therefore you have to ask: the father to the mother, the relatives or whoever can remember the least of the moment of your birth. The date does not matter, it does matter what your body lived, what your parents lived, what you lived. Ask, inquire. It's very simple.

ME: And those who no longer have who to ask?

SOY: We all have at least a slight notion of our birth. Who does not have it, must work on why he does not have it, why he never spoke it, why he does not know it. There is the way you are living your life. Not knowing the birth is not knowing the roots of the tree that you are. The concept of not knowing is part of the analysis they must do, recognizing why I don't know, it can show how we see the world today because of it.

ME: Sure, everything counts. The important thing is that we ask ourselves the questions about our first memories, or what others can tell us about it.

I AM: Knowing your birth or how little or nothing you know about it helps you understand where you have been in life to move forward, grow, live, experience. This way you will understand more of who you are.

ME: And what does this have to do with astrology?

I AM: Astrology shapes your soul, your energy, but it is a topic that should be discussed at another time. Now focus on your body, your cells, your senses.

ME: Ok. So ... If what I have to take into account is that the first pulse is conditioned by the senses and therefore the perception I have of things, one of the factors that has determined what I am, rather than the form of birth, is the Context in which it occurred, right?

SOY: There is our second stop, the theme of our second day. Context is another of those words that come from Latin. Context comes from the words "Cum" and "Texitus." The first means "accompany", and the second means "tissue." The fabric is that network of different elements that intertwine creating a network of interconnected materials that manifest a structure. Therefore, the Context is a set of fabrics of different origin and nature that combine to create a new one. Today you usually say that the Context of something means that which surrounds it, a situation or circumstance in which the subjects meet or where things happen. However, in

this vision, the subject in question is separated from the context as if they were totally different things. The truth is that both are inevitable of each other. Every context shapes who we are, because they are those networks that condition our formation. You could understand the context as a river that surrounds, surrounds, a peninsula in a canyon. You can think of the context of the rock formation as a canyon and a river, referring to where it is and what is going on around it. However, there would be no peninsula or rock formation without the erosion of the river flow. In other words, it is the context that shapes you and makes you who you are. At least what you appear to be. For the rock formation is nothing more than the set of millions of fossilized microorganisms, millions of years of accumulation of organic matter converted into mineral, and layers of inorganic materials accumulated by the rivers, seas and the wind that formed the land. Thus, the deep and internal history of being, It can only be discovered by someone who looks far beyond your forms, or yourself, searching for the truth within yourself. But as long as you live in unconsciousness, your context will define you more than your truth. This network will let you know who you are in the world around you.

ME: So, speaking of the moment of birth, the context, which would be the hospital, or the house, or whatever place it is, those who were around, and those who were absent, all of this has shaped who I am now.

SOY: And not only that, but your first memories. Ask again how was the context of your birth, what was happening there, how was everything. But above all, try to remember what your first childhood memories are, the oldest you can remember, whether you were 7 years, 5, or 2, or days old, try to remember the context, or ask what it was. . But always before the age of 7. Make the effort, and ask yourself what is the first context you remember. The physical fabric around you shaped who you are today, and the energetic fabric of astrology shaped what you feel and how you act today. But today it is easier to identify and we will get to it. For this reason, the question I ask you today is: "What was your context?"

YO: You mean the people there were, and what they were doing around me, the places where we were... Everything that happened and the first thing we identified with our own memory, of which we became aware, right?

SOY: Exactly. The people you remember, the emotions you have in relation to each of them. Grandparents, uncles, parents, or even adoptive ones, or an orphanage. Take the notion of the first context that you lived in your life.

ME: And what will this do for me?

SOY: It will help you to know the contexts that you seek and create in your life. If they are healthy spaces, if they are traps, if they are dependency, pain, joy, they will help you to know how your subconscious builds your reality, weaves your world. You are working for the Planetary Network, in the fabric of a planet, connecting on a daily basis with the tissues of thousands of people, with the will to transform the current planetary context for a transcendental one: doesn't it seem logical to you that those who constitute the will and love through this Network in formation, should they ask themselves from where they are looking to build this network?

YO: I think I understand that you mean that many times we project the vision of the world that we want through the Internet not from neutrality at the service of the Earth but from the need to create a context where our own physical organism feels safe or you have identified as the perfect and idyllic setting.

I AM: Again the famous projection from perception. What you see with your eyes is what your brain has been able to interpret according to its experiential training. People who continue to identify black with negative and white with positive, for example, remain in a collective mind of duality, those who see themselves as warriors of light against darkness, could they then consider themselves racists? ? The brain constitutes patterns that interpret the world, and this stems from the context that has shaped us. Identifying the context, what has woven us here and now, is what will free us from the projection on the web of what we individually have erroneously contemplated from emotionality. Identify your first memories of the environment of your life,

ME: We are the web-weaver spiders, so one of the tasks we have is to recognize if what we do and we knit is to catch insects in our nets or weave a house, or connect paths between the branches. The intention will make a difference, I understand.

SOY: Then write down, "What were the first contexts that I remember in my life?"

ME:... And then?

SOY: There is no later in this month, do not advance the steps. Analyze is enough for today. The path goes on, one step at a time. Wondering where you are going sometimes helps you get the urge to get to your destination, yet it takes away from how important it is to discover the details along the way. Stop thinking about why now, go to the cause, and you will see that there is much there to discover before you know where you will go with this. I will only tell you that if you seek to weave a web for a world in balance and harmony, you must understand from where you weave it by recognizing your first weavings, your first context.

ME: I am a product of my context.

I AM: I am Woven and Weaver.

## **53. Apprehend**

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



ME: To be all on the same page, then what is understood by "context" as what surrounds us is really what crosses us, conditions and makes us what we are here and now from the personality and the ego , but in turn, it is what we ourselves weave before living in this reality ...

I AM: As I explained to you yesterday, the Universe arises from a single consciousness called The One Being, or Universal Being, summarized in the verb "I am". By expressing itself in the 4 directions of Time (expression, experimentation, integration and transcendence) and the 4 of Space (tetrahedron, hexahedron, dodecahedron and icosahedron), the Being becomes the 8-legged spider of eternity, weaver of the Web of the Cosmic Matrix. Her weaving projects potential in thousands of ways, and its different parts are entangled in the web that she wove herself. When its parts of the fabric are glued on it, they cease to be weavers to be woven, and from that moment on, they become part of the context, of the textile set of the cosmic spider. To be born is to vibrate in this network, giving the feeling that the parts are flies, bees, or many other insects trapped in the net that you call the Matrix. Thus, all parts are interconnected with each other as they enter the fabric of life, and if one vibrates, all the others will feel it. If each insect in the web is unaware of the others, the set of vibrations will be chaotic, and will lose meaning, direction, purpose, generating only confusion. This is what normally happens in life, in that the context that surrounds us is what determines what we are, what we do, feel and think. We are at the mercy of the Web of the Matrix, easy prey for the spider of time and space that will devour us in a cyclical wheel called Samsara, the wheel of karma. Engulfed in a maze with no way out. The flies represent the different "I" that exist trapped in the contextual network of the creative fabric. Usually, When the "I" realize that the Web is what conditions them, they consider themselves in a prison, seeing themselves as victims of the spider, and they seek to escape from it. However, if they all resonated in balance, they would all become the web, vibrating in unison, and remembering that they too can be the creative Spider.

ME: So as long as we do not resonate in harmony with the contextual fabric, remembering that we are not the spider but parts of it, the context will determine us.

SOY: Exactly. That is why it is important to know the tissues that make us up. To believe that each individual is the creator of their own reality is to ignore the functioning of the networks and the cosmic web of the spider of time and space. Everything that exists is inevitably connected, nobody creates their own reality, but we all co-create the universe that surrounds us. The only way to weave realities according to our own will is by recognizing and honoring the fabric, vibrating in harmony within it, in order to start weaving. Nothing is separate, everything is part of a single thing, therefore to consider that you are you, a simple ME, capable of creating everything that surrounds you, is to ignore that the fly cannot weave a web. But in turn, to believe that a fly is incapable of changing a reality, is to ignore the fact that its vibration can change the context of the entire Network. The paradox is that even though we are projected aspects of the Being, we continue to be said Being,

only expanded, and therefore, to unite the creative power We need to “co-create”, that is, to create others together, and those others are part of the context that creates us. Recognize the context and you will know the tools that will help you create a new reality.

ME: And how do I get those tools? That is, how do I know what I can get from the external context to transform and harmonize my internal power and thus vibrate high and create?

I AM: Through the concept of Learning.

ME: What we learn in life, then, is what we acquire to build our own reality. Not?

SOY: You have to first understand the difference between Learning and Apprehending. Both come from the same root, however they have evolved to conceive somewhat different concepts from each other. Learning and Apprehending come from the words "Ad" (towards), "prae" (before) and "hendere" (to catch, grab). The concept conveys the idea of capturing something. But in the bifurcation of concepts, it is understood that Learning refers to the imitation or assimilation of knowledge or information through constant repetition. However, Apprehending implies something much deeper, because here one seizes that knowledge as one's own, integrates it and makes it part of one's being naturally.

ME: It's like someone who learns math in school for exams but then learns to be a businessman and handle numbers from a different context.

SOY: One learns the musical notes, the chords, the scores, but on the other hand one learns the music and the melodies.

ME: So, following the example of the context, learning would be that when a vibration reaches me through the network, from others, I imitate and replicate it as it has arrived, but on the contrary if I receive that same vibration, I assimilate it, I transform it according to my interior and consciousness, creating a vibration that surpasses the one I received, I will call it apprehension. Not?

SOY: Exactly so. Therefore, when you have recognized the contextual world, now you must ask yourself what it is that you have learned about it, and what is learned, that is, what are the things that you did your own and with which you managed to do something. Overcome, and what are the things that you have continued to imitate from your context.

ME: For example, I could say that I took my grandfather's will to know new things when I shared reading, drawing and music spaces with him, but I decided to leave the comfort of his routine space to jump into the experience and adventure of what he read and heard. I learned his fascination with the world, but transcending the way he lived it. On the other hand, I recognize that my recurring depressive state was activated in moments of weakness to attract attention, something that I learned to imitate from my grandfather's sister, from my aunt Olga. And I have imitated this for many years.

I AM: The mechanisms of our life are divided into learnings and apprehensions, and the first ones that we have lived, generally define the way in which we open ourselves to apprehend or learn new things. If you now intend to awaken a new expression in yourself, such as what you are doing: learning a new language, learning piano, all of this will awaken what was registered in your cells by the interaction with the environment. The way your cells habituated during the first years of your life to capture context, is repeated to this day in your way of incorporating new things. We could say that it is necessary to re-educate the body so that it can assimilate new things.

ME: How is a body reeducated?

SOY: First you must know that you cannot teach a fish to climb a tree, or a monkey how to dive into a reef. What that being has apprehended is what that being has become. Therefore, the first thing to recognize is: "what have you learned and learned in your life?" And the next question to ask is "why and for what has he apprehended or learned it?" When someone wants to heal their history and change their life to do something different, they usually avoid the past, or ignore the reason why things have happened in their life. For this reason, you should not question the experience, you must understand it, assimilate it.

ME: Then I must ask the questions ...

SOY: This is the first question you should ask yourself today, and that I ask you: What was your first word?

ME: According to my family, my first word was "Thank you", I said much later. I clearly said it strangely, but it was that.

I AM: So your brain and body managed to manifest before any dependence, the word of gratitude, which makes you live in surprise and gratitude for everything you live. The first word has a weight in all the thousands that you will learn later, since it is the first apprehension of the creative word, which molds the vocal cords, the throat, the tongue, to do an exercise that will be registered in your cells and DNA or the rest of your life. The power to communicate. Now tell me, what was the first thing you remember apprehending in your life?

ME: When I think about that the moment I walked for the first time comes to mind. My grandmother wanted me to crawl, she had that illusion, but I never did, in fact when she tried to push me forward on all fours I fell forward and broke an incisor that was just coming out. My grandmother told me that I never crawled a single step forward, and that out of nowhere, one day I took off the chair and step by step towards another chair.

I AM: Which marked the path in your life, moving forward, being a walker, without intermediate steps, without previous searches, skipping steps build a psyche and biology that aims to arrive before or faster than the rest, something that undoubtedly shaped your present, as well as your incessant search to do everything now, everything quickly, wanting to skip steps to see beyond what is. Crawling involves looking at the ground, the hands, what is close on the ground, and yet whoever stands up, looks at the horizon, what is far, and goes out of his way to jump into it. So your cells in that instant understood that they had to launch themselves into great and distant things that were almost impossible, and at the same time it marked your constant stress looking to the future.

ME: Wow ... I never thought that such a small step from one chair to the other with one year of age would mark everything I do and I am now ...

SOY: Well it is. And tell me, what did you apprehend from your environment?

ME: I remember that my fascination with plants and trees, the seed and the fruit, was born from seeing and hearing my aunt Olga's explanations about how to take care of them. She always told me about her plants since I was born. From my grandmother, I remember the action, riding a bike, my first time, it was with her, launching into adventure, adrenaline, I relate it to her. With my mother, I relate art, creativity and detail and patience, as we both drew together and made crafts. From my great-grandmother I remember working with the land, helping her in the field that was the garden, harvesting, sowing. From my aunt the game and the laughter, the importance of having fun. From my grandfather, I captured the listening, the silence, the humor, the love of knowledge. In my environment, I also saw the elementals, ahadas and elves, who explained to me about nature and the universe. I remember Sarah, my guardian angel, teaching me about love and forgiveness since I was little, and Kuen, my guide, teaching me about humans and how to relate emotionally with others, as well as doing alchemy with my friends' games. All of this shaped who I am today. I had never thought about it, where did all these things come from beyond my astrological chart. I always attribute my attitudes and others to the Moon, Sun, Mercury, etc, with Leo, Sagittarius, Capricorn, etc, but never with the physical context ... where all

these things came from beyond my astrological chart. I always attribute my attitudes and others to the Moon, Sun, Mercury, etc, with Leo, Sagittarius, Capricorn, etc, but never with the physical context ... where all these things came from beyond my astrological chart. I always attribute my attitudes and others to the Moon, Sun, Mercury, etc, with Leo, Sagittarius, Capricorn, etc, but never with the physical context ...

SOY: That's why you have to review these questions. Because your physical body, your greatest tool, is composed of all the apprehensions of your human context, of your life here and now.

ME: I am preparing, then, to honor what I learned as a human being in my childhood, to recognize what I am thanks to what has resonated with me in my environment.

I AM: The first word, the first learning, the first apprehension and what each one in your environment has left you to be who you are, are the doors to build what you will be.

ME: I apprehend.

SOY: Well, we are all a constant educational network.

## 54. Impulse

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



SOY: What do you want to be when you grow up?

ME: I guess I'm old, right?

SOY: Have you lost the ability to push yourself forward? When did you stop dreaming?

ME: Ah, if you mean what I hope to be more forthcoming, yeah I think I might have an idea

SOY: You have not understood me. The question is "What do you want to be when you grow up?" And I don't do it to you, but to your inner child. Do you remember what you wanted to be when you grew up?

ME: Yes... I wanted to be a Veterinarian and a School Teacher.

SOY: Tell me why.

ME: Well, I grew up in a house with a huge yard, where I had a lot of animals. My first pet was a turtle, and it is an animal that still fascinates me today, but as a child I spent hours observing them. I lived in a time when it was very common to give animals as gifts, not like now, and for my birthdays, everyone would bring me different animals. I got to have 50 in the garden: pigeons, rabbits, hamsters, guinea pigs, pheasant, chickens, turtles, dogs, canaries, toads, fish, ducks ... And this led me to think that I should dedicate my life to it. Because in a way I thought that humans weren't worth it because they hurt themselves, and animals were real victims. So I started researching how their bodies worked. My mother gave me a veterinary kit with all the equipment to take care of my animals.

SOY: And did you have someone to help you with it?

ME: Actually yes. Every week I went to the Veterinary Clinic near my house where Dr. Pablo Miquet attended, whom I admired a lot. He, with the appearance of an artist scientist, made me love veterinary medicine. Between my 8 and 11 years, he let me witness the surgeries and help him in minor operations, passing him utensils or cleaning the area to be operated on. Later, in my school, I had him as a teacher, and his way of teaching made me fall in love with education. It was original, loved by all, and in a pedagogical way it made us participate in the class and the investigation in the same way that I did in the operation. At the same time, in the same school, we had him as a teacher in a ceramic workshop, where I learned to make crafts with clay.

SOY: We could say that this person has marked your life.

YO: Sí... nunca lo había pensado de esta manera. Ahora que lo dices, su presencia defició todo lo que hago. Tratar de entender los detalles de la vida, de la biología y el respeto al mundo animal; tratar de entender el origen de las palabras, hablar con propiedad, ser lo más pedagógico posible, salirse del lugar del maestro para ser un compañero de aprendizaje, utilizando el arte como una forma de expresión. Tal vez él haya sido uno de los "ídolos" de mi infancia.

I AM: Idol comes from the Greek word "eidolon", which means "to see, to look, to know", that is to say, the one or the one that one looks to learn, to know, to know, to assimilate. It is what we hope to be. The idol marks the impulse of life, and defines the will to serve. The potential that each one has within it remains latent, coiled in the DNA codes until an electrical pulse awakens it. This pulse is given by the effect that an external circumstance has on us. What we see, do and feel in our life awakens what we carry inside. Seeing something that resonates with us externally, the magnetic field recognizes the resonance, the echo of the vibration, and awakens the energy of our body, carrying this data to the nervous system.

ME: Wow, does all of that happen when we get excited about something?

I AM: You call it "Impulse". I said, the potential is already in you, external agents only produce the chain reaction that activates what is already in you. Pulsar comes from the Indo-European and Latin "Pel" and "Pellere" respectively, which means to push, impel, receive external pressure to make something move. The particle "Im-" comes from "In" which means "inside". In other words, Impulse comes from the idea of an external push that is directed inward, or an internal force that pushes you outward. Thus, while the pulse is something mechanical and systemic, like the same heart that beats and pulses incessantly, the impulse comes from a force that moves you in a specific direction towards action.

ME: That is to say that the idols of our life, which we contemplate with admiration, are the key that through the external impulse awakens the internal potential and will that we call the inner impulse that leads us to act in resonance, to put ourselves at service. The will to do, to be of service, to do something like the other and for the other.

SOY: Now tell me, what was it that you most watched as a child and admired. Be it books, people or cartoons.

ME: Well I remember there was a time when I was a fan of the "Power Rangers" and had all of them. I loved dinosaurs, I had many archeology books, and many toy dinosaurs, but I was even more fascinated by using the powers of those animals to do good in the world. Also, I had a short time when I really liked the Knights of the Zodiac, a Japanese anime series I think, although I was not very fond of that type of drawings. What I do remember seeing with a lot of love are two drawings called "Captain Planet" and "The Magic Bus."

SOY: And why do you think this aroused so much love and desire to do things?

ME: Well... The Knights of the Zodiac didn't wake me up at all, I just liked seeing that they were in space and the stars. But the other two, they made me feel part of something that could change the world. Captain Planet was a man with powers who came to save the world, and taught ecology, nature, and the children who accompanied him represented the 4 elements: earth, fire, water and air ... And now that I think about it ... That's what I do even today ... Wait ... You mean that what I'm doing today has been conditioned by a TV cartoon from my childhood?

SOY: No. I'm just saying it's been boosted. You are not doing what you do for a childhood drawing, because the potential of what you do, the information, was in you, however, your childhood idols awakened this information in you, which until today you had forgotten. It is thanks to the love for saving the planet since you were a child and you saw this drawing on television that you remembered everything, that you were able to discover the potential of the elements, their philosophy, and how to use them today.

ME: So the Magic Bus, makes me understand what I'm doing now. The teacher had a bus in which she took the children on excursions to learn biology, science, history, of all things through adventures in which the bus was made small or large to enter a body or go into space. Many things were learned there, in a fun way, on a journey with the imagination. And I'm realizing now that I feel like the magic bus teacher!

SOY: Another impulse in your life. Pablo Miquet, Captain Planet, Magic Bus, Power Rangers, Animals, Education, Nature... all this has been surrounding you in your childhood, giving you the impulse to do what you do today. "What do you want to be when you grow up?"

ME:... I want to be, what I am Today. I just realized that I am doing what I wanted to be as a child ...

SOY: I see that your eyes have just been wet with certain tears of joy while you write. In the urge to move forward and want to become things that you cannot yet see how to be, you have never allowed yourself to look back and remember your question. "What do I want to be when I am older?" You have now realized that your inner child allows himself to laugh and play even at 33 years old, because you have dedicated your life to making his dreams come true. You have become your childhood idols. But not everyone has been so lucky. Many have forgotten this question. They have forgotten to remember that to be happy in life you have to be like the child who dreams, who falls in love with existence. Look back and ask yourself the questions: "What did you want to be when you were children? What did you want to become? When they saw the world around them, What motivated them to say: I want to help !? ". What we will be in our lives is determined by what we admire even if we fail to do so. Well, the frustration of having a life that does not meet the expectations we seek, is nothing more than the reaction of those hurt and quiet children inside.

ME: I have to ask myself what motivated me as a child, and consider doing it again. No matter my age, allowing myself to do something that as a child I would have wanted to do when I was older, it revitalizes who I am and will give me the strength to become what I hope to be in the future today ...

SOY: The only reason why many people fail to make their lives turn into what they expect of them is because they want to imitate their idols, not become them. But the real reason is because they have lost the children's

ability to imagine. The potential is in you, but it will not awaken through the sacrifice of the adult but from the game of childhood. So, Matías, what do you want to be when you grow up?

ME: I want to be one of those who transform society, I want to be someone who awakens a new politics, a new system, I want to transform my country, so that it is an example to the world.

I AM: Dream, then, without sacrifice, dream because your inner child is the creator. You have discovered that you are today what you as a child expected to be when you grew up. Now your elder can dream what will become of old age. The urge is there, you just have to let it out. Dare to be that child again.

ME: From my heart, when I think about this, the beat begins, as if I felt in love ...

SOY: Because children fall in love with life, with great things, with imagination, with surprise and magic. Nothing is impossible, everything is possible. There are no limits to the capabilities of the infant mind. But the adult, in his sacrificed limitations, not only restricts the imagination and love, but also quiets the minds and enthusiasm of children by destroying their dreams with the word "you can't", or "you will be an adult and you will understand that life is not it's so simple ". Then, dreams begin to limit, and you stop waiting to be an astronaut to have the dream of going on vacation for 15 days this summer or having your stroller paid for in installments. The adult conforms, and begins to eliminate the wills of the child, the only one capable of freeing you and becoming everything you are capable of being. Have you ever thought: if adults are serious and responsible,

ME: Yes, it is something illogical.

I AM: The Heart is the center of expansion, an organ that distributes everything you receive to the rest of the body so that everyone can express themselves and fulfill their function. The heart, then, is the organ of Service, of surrender, of unconditionality, and that is why from the heart it is from where one awakens the Child who without limitations hopes to be someone who makes a difference, creating wonders, living the magic, sharing his imagination, dreaming of being as powerful as the idols he admires. So, go back a moment to your childhood, between the ages of 7 and 14, when you started looking at the world, and wishing you were someone in it.

ME: And they don't have to be great things, right?

SOY: Oh no, anything goes. Not everyone came with the dream of saving the world, and yet doing what they have dreamed of doing, whatever it is or whatever, is how they will save it. I ask you all the question: "What did you want to be when you grew up?", Write all this, write who your idols were, who you admired, maybe it was a family member, or maybe an artist, maybe the baker, maybe to the president, remember what you wanted to be when you grew up and see if you are. Ask yourself if your inner child still wants to be what it wanted, and how that makes you feel. The only way to be who you want to be in your life is if you listen to that boy or girl that you have silenced for years inside you.

ME: Awakening the dream of my inner child, I stop having idols to become my own idol, contemplating myself and showing that child in me that I have been able to do it, giving them the strength so that together we dream about our future.

SOY: And when you have achieved it, you will ask yourself again: "What do you want to be when you are even older?"

ME: I push myself towards service, and my greatest service is to fulfill the dream of my inner child.

I AM: Everything else that you make as a life mission, will be possible from this first delivery of love. Dream again and launch yourself to fulfill the dream that drives your heart.

## 55. Fell in love

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



ME: Today I went to the Pyramid with all my intention to work on the details of my Pancreas, since it is the physical aspect of the Solar Plexus, and instead of talking about insulin and food, thinking about what I should work on in relation to my grandfather and his death from the pancreas, the word you said to me was: Fall in love. Why?

SOY: As you already know, the Pancreas is the gland that generates the insulin hormone, which expands through the bloodstream in search of sugars, which it captures and metabolizes in order to be absorbed by the tissues and processed by the cells. This is how the body is nourished. Glucose, fruit, which in turn generate sucrose, are all essential nutrients for the body, because in their molecular division they deliver energy to the cell, which uses it to produce proteins and generate the basic reactions for life. For this reason, the Pancreas is known for the "organ of sweetness", since in its incessant search for sugars, it causes the need to consume chocolates and all kinds of sweet things that make cells feel whole. At the soul level, that is, at the energy level, It is the same with relationships. The solar plexus looks for "sweetness" in the environment, because to feed the

cells, the physical body, it needs that affection and love, which is essentially energy. For this reason, we almost unconsciously associate the idea of romance and falling in love with sweets and chocolates.

ME: So someone with a pancreas is someone who doesn't know how to absorb that love, who doesn't produce insulin, or who has accumulated so much by not expressing love that their cells consume each other in the form of pancreatic cancer. All disease of the Pancreas, then, is related to the assimilation of energy, either by the division of the macromolecules of sugars, all kinds of carbohydrates (carbons with hydrogen bases), or by the energy that is produced in falling in love. Which leads me to wonder then... Is insulin the physical aspect of falling in love?

SOY: That's right. We go to the base of everything. "Love" comes from the Latin concept "Eternity", that is, from the terms "a" (without) and "mors" (death). If we know something today, it is that energy is eternal, because it never ends or dies, but is transformed. For this reason, it is said that God is Love, since the Universal Cosmos is Constant Energy in transformation. All atoms find stability in the exchange of energy; all molecules replicate due to this exchange of energy; all cellular structures function due to this exchange of energies; the organs work by the electrical pulses of energetic discharge coming from the energetic conduction of the central nervous system. All bodies seek the heat that energy produces as a form of biological stability. For this reason, physical bodies need to ingest calories, that is, high-energy materials such as carbohydrates, to deliver this vitality to cells. Therefore, the concept of entering into the process of assimilation of eternal energy to nourish one's own being can be understood as "en-" (enter), "-love-" (without death, eternity), "-ar-" (action of), "-se" (neutral reflexive: for oneself). In English, the term "love" comes from the Indo-European "lubhyati", which is related to libido, desire and pleasure, which are the aspects produced by the chemical reaction of the assimilation of sucrose in cells generating electrical discharges. Thus, "to fall in love" is the concept of falling into the process that causes pleasure within. With the development of the human intellect, and the creation of cultures, These basic needs to nourish the physical being with eternal energy, were romanticized, making it the current concepts that indicate that falling in love implies feeling love for another person. The concept arises because before the other, the body reacts with desire, seeking pleasure in affection, in touch, nourishing itself with the eternal energy that allows subsistence and moving forward, activating life.

ME: So falling in love doesn't have to do with the soul but with biology?

SOY: Didn't you understand everything we've talked about? The Soul is that energy. The soul is not separate from the body, they are not distinct or separate processes. The emotional and physical processes are intertwined. The physical inevitably depends on the emotional energetic to live, when the energetic does not depend on the physical, and for this reason we maintain that the soul is free from the body, it is eternal and it is transformed in many ways. However, it is the soul that makes the body exist by energy, and the body thus becomes a decoder of the soul's emotion. That is why the explanation of all emotions is based on the things that our body feels. Understanding the function of the material, organic, does not kill the idea of an extrasensory soul, but rather reaffirms its presence and active manifestation in your reality.

I understand. Clear. What happens is that for a long time they have made us think that they are different things, or that everything beautiful and emotional, such as love, has nothing to do with the body, but with the soul, and is much broader and more spiritual than a simple cellular reaction.

I AM: This way of seeing things emerged during the last 2000 years, taking hold during the Middle Ages, in which the body was religiously considered as the prison of the Soul, and that we had to free it from the carnal to return to the kingdom of Heaven. This adorned the concepts of both religious and non-religious spirituality, as well as the concepts of the "New Age", which, despite speaking of a new time, are nothing more than a projection of heavenly Christianity. The truth is that in Heaven there is nothing. At the end of the Atmosphere, one finds the lattice of time-space, gravity, the strings of the quantum world, other celestial bodies, galaxies, and worlds better or much worse than this one. Leaving the body towards the heavens does not bring us closer to the divine response, but rather going towards the deepest part of being, towards the interior, where we realize

that the body that makes us up is a wonder expressed from the soul. Perhaps I would say that the Soul is the prison of the Body, who conditions its existence and way of perceiving, not the other way around. This is why by aligning the energy, we liberate the body, and from the body, we can speak with the spirit and the soul, manifesting realities.

ME: And falling in love is the way to do it.

I AM: Spirit seeks to experience all it can in the life it has created. Falling in love is that insulin that drives the being to seek in life, to do the unexpected, to get out of the comfort zone, to expand and dare. Falling in love transforms, makes the individual advance on the path of life. The insulin of falling in love seeks to trap carbohydrates, the sugars that you call Love, in the bloodstream of life. It uses love to generate energy in the body and create, expand cells, produce. And this is why the body feels falling in love with the need to reproduce. The spirit, seeking to be born, begins the search for that energy in which it will find the nutrients to live. The sugars of the sperm, nourish the ovum, stem cell, so that the multiplication takes place, thus, by falling in love he finds the other person who will give him the perfect genetic material for the production of a new being where the spirit will manifest. The Love that is felt is optional.

ME: What do you mean?

SOY: Falling in love is not the same as loving. Falling in love is part of a process that seeks an end: to get energy, either to reproduce in another life or to produce a project or action. Once that circuit is completed, one stops being in love, because the search is over. But you can keep creating projects, which keeps you falling in love. When a couple stops looking for new projects that nurture energy, falling in love ceases to exist. And there I have two paths: either to separate to seek a new source of energy, or to live in unconditional love. The most normal thing is separation, because life needs to keep moving forward. Culturally this has long been frowned upon, even as a failure in love. But from a biological point of view, it is not a failure. "If the tree from which I get apples no longer produces apples,

ME: It's a very frivolous way of looking at love ...

SOY: But practice. So you have the other way ... Unconditional Love. Don't judge one if you have the other. They are different mechanisms. Unconditional Love recognizes that love is eternal, and whether or not it is with that person as a complement, it will give me in the same way because I continue to give it. Simply by recognizing that the other is oneself. Thus, I do not take him as someone to draw energy from, but as part of the forest that I am a part of. Thus, one opens up to the world from unconditionality. The condition is always to wait for the tree to give you apples, to wait for it to give you energy, to nourish you with what you hope to receive, thus, you put a condition. However in unconditional, you enjoy and honor the shadow of the tree, without judging the fact that it does not give you apples, you simply understand that its capabilities and attributes are now different.

ME: So falling in love is the search for energy, it is the development process, it is the moment when insulin moves looking for sugars in life.

SOY: And all this awakens when you leave the idyllic and the imaginary to go to the concrete, looking for a focus where you can find the energy that propels you forward.

ME: What you told me today... the first time you've fallen in love.

I AM: The first impulse that made you take the focus off your idols to have a "special person" who represents all that you feel and desire. It usually happens at puberty, before you become a teenager, around the last years of the second seven years, between the ages of 12 and 14. Although in some it can happen earlier as well. Especially in women, who develop and evolve faster than men.

ME: I remember my first strong crush was for my best friend. We were 10 or 11 years old. But the whole environment didn't show me that it was possible for two men to fall in love, and I always thought that would be impossible. At the age of 12, when I began to remember my past lives, the first thing I saw was Sobek, my "husband" in the Atlantean period of the Nile, 12,000 years ago. Seeing him, I remembered the Love I felt for him again, and I felt it again. I knew that he was alive at this time, because I could dream of him, I knew that he was born in Italy, which led me to study Italian to understand him, I started looking, that is, I was in love. When I met him in 2012, it was strong for me, because he did not remember, and I never told him anything about my memories so as not to condition him. But he felt there was something, he could perceive it. I was in love with his soul until, having reconciled our souls in a new Time, we became friends, and that infatuation became Love, it was transfigured into the unconditional, free of all expectations. But today I understood something very strong and important.

SOY: Tell me.

ME: Since I remembered him, my love and infatuation for him was idyllic, it was magical, it aroused an illusion that kept me in love 100%. I could never feel the same for anyone else, in fact I have sincerely told some of my partners that inside me I was in love with who I had always loved, which never allowed me to love 100% anyone else. For years I believed that this was something terrible, because I felt imprisoned by an uncontrollable emotion, in love with someone who had died 12,000 years ago, and who today was nothing more than an idea, a dream. When I found him, I knew that I could not live the same, and I had to work through the pain of letting go of the story. But always, with each person that I fell in love again, I built a kind of illusion around them, so much that reality passed over, making me suffer more. My friends said that I usually fall in love more with the illusion than with the person. And today I understood why. My first two loves, the first to awaken love in my life, were impossible. My body saw that in the first there was no possibility, at least in that context, and the second, in my memories, showed me that I was in love with an imaginary idea that could no longer be real, ever. Still I couldn't close myself to feeling it. It was the illusion that kept me in love all my life, creating, traveling, moving forward, doing everything I did. I did a lot for him, for his words in front of the sphinx: "It doesn't matter how much time passes or what bodies we have, I will always be there to accompany you." I projected this same illusion on others, and my infatuation led me to do things that were unthinkable at my young age. I realized that the illusion, instead of limiting myself, I had expanded, that being in love with something impossible, had led me to do the impossible. All my relationships were failing because I was centering my love on the limitation of only one being, when I loved in another dimension. Understanding this, I felt a great release from the concept of illusion.

SOY: Well now you have given meaning and purpose to your way of loving. The first loves in life, in puberty and adolescence, have defined our way of relating, loving, falling in love, moving forward and feeling. But also, those who have had traumatic memories of abuse, manipulation, of a relative who says the phrase "I do this because I love you", "you are mine or mine", are all the approaches that someone can have to what it means to seek energy, which builds the idea of what love is. For this reason today's task is to ask: "How were my first experiences of falling in love, of love in my life, and how have they defined the way in which I fall in love and love today?"

ME: Intense question. In our spiritual paths we usually talk a lot about love, but we all have a distorted vision of what it means, and we tend to project into the idea of love what we flee from or what we want. But not what it really is.

I AM: Love is the eternal energy that every being needs to develop. It is your context that has shaped you to process that energy in one way or another. Thus, recognizing the method that you have taken in your life, you will be able to identify where you are looking for love from.

ME: I allow myself to fall in love by recognizing where I have fallen in love from. I recognize what love means to me as I lived in my childhood and adolescence.

I AM: Until you can be free and fall in love with yourself and eternity.

## 56. Process

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



ME: Recapping what was said to see if I understood, yesterday you referred to love as food. That is to say, if love is the eternal energy that nourishes all existence, then falling in love is looking for that energy to nourish itself, which turns the Universe into a kind of digestive system that seeks energy to make the organism grow. Love is understood, then, as a divine food, which gives life, strength, which expands, drives the evolution and development of the Being. And you said that cultures have manifested this up to today in a very human way: always we associate food with love. A mother's first love is breastfeeding. The love of a family is shared by sitting down to eat. When you want to make friends feel good, they are invited to eat. When you welcome a foreigner, the first thing you do is show him the typical food to make him feel at home. The first thing you do on a romantic date is invite you to dinner or buy something sweet. We relate to fullness with the phrase: "full belly, happy heart." Being full of both food and love is what makes us feel whole and complete. This is why the universe is projected to seek that love that makes us feel complete, united by the nourishing energy of love. You said that there are two paths when you have managed to fill your being: one of transcendence, in which you need to free yourself from others that hold you back and decide to fall in love with something new to keep moving forward. And the other of Unconditional Love, in which you simply transform your way of relating without conditions, recognizing that it is not the other that delays you but that you are yourself looking for new ways. Now ... why is it so difficult to be nurtured in unconditional love and we keep falling into the love of crisis, rupture, conflict to keep moving forward?

SOY: Tell me ... Did you eat yesterday?

I do...

SOY: And are you planning to eat again today?

ME: I guess so ...

SOY: And tomorrow?

ME: Sure ...

SOY: Why?

ME: Because if not, how do I die?

SOY: I'm sure? Are you not conditioned to food?

ME: Well, my body needs nutrients, protein, vitamins, minerals, and things that I can't make on my own. I can go a month without eating drinking water and juices, and having prepared myself much earlier, but ... no more, the muscles would stop having energy, they would atrophy, I would lose elasticity in the cartilage, my joints would ache, and my glands would begin to fail, ceasing to produce hormones, and destroying the central nervous system.

SOY: So you are conditioned. Your love is conditional, because your body has set conditions. Without food I cannot live, and it must be varied. Because you can't just eat the same thing every time, you need variety. Not?

ME: Sure, not all foods have everything I need. A varied diet is important.

SOY: So you are not only conditioned to eat but to eat variety, because you need a little of everything.

ME: Yes ... at least for now ... It's part of the process of living.

SOY: I wanted to get there. It is part of the process of living. Do you know what is the strangest thing about humans from the point of view of the other dimensions?

Me what?

SOY: The rush you have for everything. The first bacteria to inhabit the Earth date back to around 3.5 billion years ago. That is to say, some 4000 million years have passed since the first chemical reactions that originated life on this planet, but you want to find Enlightenment in just a few years of meditation and courses of healing therapies, pineal activation, kundalini yoga, quantum field and so many other weekend courses.

ME: It seems dismissive ...

SOY: It is not, it is an objective look. When humans awaken to another reality, you believe that the change and enlightenment will result in the transfiguration of your being into celestial in the same life, believing that this 2026 may achieve it. 4000 million years for a bacterium to have been a human sitting looking at this computer screen reading about itself in a conscious spiritual intellect. The key word in all this we are talking about is "Process". This concept comes from Latin and is divided into two words: "pro-", which means "forward", and "-cess" which comes from "cedere", meaning "to walk". Walking forward is "proceeding." The action of moving something forward is called "processing." We were just talking about food. What does it sound like?

ME: Pocess the food ...

I AM: The way of processing food begins with the "chewing" process. There, the teeth grind the food. The teeth are an extension of the information channels of the body. 32 teeth, between incisors, canines, premolars and molars, that will assimilate the information of the chewed ones activating the memories of the family and the ancestors that eat through you. The tongue will process whether the ingested is useful or not through the taste buds. There, what is chewed and salivated is swallowed into the stomach through the esophagus. Once in the stomach, the acids will begin to destroy what is ingested until breaking it down into thousands of small fragments, dissolved by the components of the gallbladder, the most difficult part to be gnawed by the liver. And that's where the great process begins, the longest stage of digestion. Digestion comes from the Latin word "di", which means to separate, divide, split in two, and the word "gerere", which means "to carry out, do something in particular, administer, manage" the separate parts. This long path is carried out through the 9

meters of the small intestine, which with its small hairs will absorb all the nutrients extracted from the food by the stomach acids, taking them to the blood where they will be distributed throughout the body, to be taken up by insulin and other hormones and proteins capable of fragmenting these molecular components at the atomic level, to create the chemical reaction in which energy is generated for the cell in hydrolysis, releasing water to the system, reserving the rest in the form of lipids. Once this is done,

ME: a beautiful journey... The process of food.

I AM: This whole journey through your body takes the same amount of time as you should sleep. Between 6 and 8 hours. Or that while your Pineal needs to rest 8 hours each night to regenerate the vitality and internal cellular energy of your body, the digestive system needs another 8 hours during the day to carry out the process of assimilation of external energy.

ME: We'd spend our time sleeping!

SOY: You just understood something very important. The process of awakening and sleeping of Consciousness. Just as the physical system uses about 14 or 16 hours of the day to process information in which it needs you to be calm and resting, not counting the need for the other 7 or 9 hours of activity that complete the 24-hour day, so does the system spiritual or mental lives its processes of digestion of being and the energy of love. The more we consume from the outside world, the more time we will be digesting, the more sleep we will have, the less aware of the environment we will find ourselves, and therefore, we will live in unconsciousness, in the dream of reality. But if you eat at the right times, getting enough sleep and necessary, then you can wake up with strength and vitality to make the most of your active hours.

ME: Are you telling me that what we call the "awakening of consciousness" is a process similar to that of digestion?

I AM: Not only is it similar, but it is the digestion of the Being. I said, the more you consume from the external world, seeking to nourish yourself by others, in a world that tells you imperatively: eat, buy, feel, know, and so many others, you turn to consume everything that others have to give you and devour the world without being hungry. That is the Gluttony they were talking about, one of the 7 deadly sins. It is not eating a lot at a feast, it is swallowing everything you find in the world, without giving the digestive system moments of rest, making it work constantly. What you call Processes of the Soul, Personal Processes, or those phrases that you use to say "I am in a difficult process", "You will understand, it is your Process", or "Process of awakening". Every time you say "process", you are referring to the fact that you are food in the digestive system of life. And Life, Humanity, Society will be asleep and tired as long as all its humans are processing things that they cannot finish assimilating because they consume without ceasing. And one does not consume only capitalistically by buying in Shoppings, Malls or Online. One also consumes emotions, relationships, situations, spirituality, philosophy, information.

ME: So, going back to what you told me at the beginning, this is a long process because I need to eat every day ... And different things to be able to nourish myself. It is an eternal process, until the day I die, I will continue to be conditioned by this biological process. So how do I get out of this?

SOY: I already told you. What is your rush? Where do you want to go so fast? Remember. 4000 million years. Before you think about logging out, you should start wondering why you are in it. Many times you see the Universe in the same way that you see a fantastic movie. You are in the cinema, sitting, wanting to be the protagonist of such an adventure, be it science fiction or romantic, but then you return to your life, and in your mind the idyllic projection of an unreal world continues, but instead of turning your life into That idea, you relegate to the dream, to continue consuming the same. You want to escape, but you do nothing for it. Denying what there is and seeking to escape what you want will not solve any drama in your life. You must pass the process. You must understand what it was you ate in your life that you are still trying to digest. What you ate is

what is giving you strength or indigestion. This bowel pain that you have, did not just appear, it has an origin, and it is what you put in your mouth. Don't blame the Liver if it hurts, ask yourself about the alcohol you drank last night. Do not blame the small intestine for not being able to process and give you diarrhea, ask yourself what unnecessary things and lack of protein, minerals and vitamins have you eaten. It is easy to hope to reach the end of the process judging the environment without accepting what I have ingested to find myself this way. ask yourself what unnecessary things and lack of protein, minerals and vitamins you have eaten. It is easy to hope to reach the end of the process judging the environment without accepting what I have ingested to find myself this way. ask yourself what unnecessary things and lack of protein, minerals and vitamins you have eaten. It is easy to hope to reach the end of the process judging the environment without accepting what I have ingested to find myself this way.

ME: It makes sense.

I AM: After assimilating and analyzing your process, you will be able to identify which of all the foods in your life are hurting you. And then you can begin the fast. Fasting is the process of becoming aware, to let the intestine and the entire digestive system rest, purify it of all toxins with water and minerals.

ME: How do you understand this on a human level, not just physical? I mean, are you talking about literal circumstances or food?

I am both. Analyze: what do you eat in your day to day? How do you eat it: fast, slow ... how? Do you give yourself time to digest or do you exhaust your body while it digests? What are your physical problems, your most present illnesses today? And once you've asked yourself these questions and written down the answers, ask yourself: What are the things, situations, or people that I can't digest well in my life? Why did I consume them at the time? What do they cause in my current life? In what process of digestion am I in my life?

ME: Perfect. I get it. I am part of a constant process. And I cannot get out of it until I am responsible for what I ate, how I feel, the process I am in and take care of eating better, choosing better what I eat and respecting the times of digestion of life and the intestines. Only then can I start to wake up well, respecting my biorhythm cycles. And only if I will be able to do fasts, and awaken the sacred food within me, to be awake for a longer amount of time ...

I AM: Until one day, your cells, like trees do today, can feed on light, and become illuminated. But maybe this will take another 4 billion years. So remember, for the Universe there is no rush. When you do digestion, it is best to take a nap.

ME: And I will.

I AM: The more you rest and the more you respect the biorhythms, the less you will need to remain asleep in unconsciousness, and the longer you will remain awake in consciousness. The more you hurry, the faster you will eat, the harder your digestion will be, and the more exhausted you will find yourself falling back into the jaws of unconsciousness.

ME: "Process" ... Move forward walking ...

SOY:... step by step.

# 57. Trauma

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



ME: You explained yesterday that the life process is like going through the digestive system of reality. We will understand the process we are in if we look at the site of digestion where we are.

SOY: That's right. You are the energy of the universe constituted as a physical body, which from the point of view of life, you are a food that begins its way through the lips. Like the vaginal lips where a baby is born, the lips of the mouth are what take that baby to the path of life. From the first food, the body is predisposed to understand that everything you eat will make it what it is, it will make it reborn day after day, multiplying its cells and regenerating old ones. Imagine, then, that the lips and the tongue, the father and the mother, caress your body as you enter life, the mouth, the creative uterus. There your essence is processed, being divided by the force of your ancestors: the teeth. All your genealogical tree and the genetic load make the real being divided into chakras, and from chakras to organs, glands, muscles, bones, creating many aspects that will compose you, and that no matter how united they are, they are different aspects molded by the force of ancestral biology. Each tooth in each bite will give you a new shape. You may see it as something terrifying, but in reality, it is what allows you to see what you have inside, your potential. To digest or process information is to separate it into parts to understand what can be done with each of them. Life is the mechanism of spiritual digestion, in which a being that is everything has the possibility of dividing itself in order to understand the usefulness of its parts. So the ancestors and relatives will mold and divide your being so that you can use every little aspect of it. they are different aspects shaped by the force of ancestral biology. Each tooth in each bite will give you a new shape. You may see it as something terrifying, but in reality, it is what allows you to see what you have inside, your potential. To digest or process information is to separate it into parts to understand what can be done with each of them. Life is the mechanism of spiritual digestion, in which a being that is everything has the possibility of dividing itself in order to understand the usefulness of its parts. So the ancestors and relatives will mold and divide your being so that you can use every little aspect of it. they are different aspects shaped by the force of ancestral biology. Each tooth in each bite will give you a new shape. You may see it as something terrifying, but in reality, it is what allows you to see what you have inside, your potential. To digest or process information is to separate it into parts to understand what can be done with each of them. Life is the mechanism of spiritual digestion, in which a being that is everything has the possibility of dividing itself in order to understand the usefulness of its parts. So the ancestors and relatives will mold and divide your being so that you can use every little aspect of it. To digest or process information is to separate it into parts to understand what can be done with each of them. Life is the mechanism of spiritual digestion, in which a being that is everything has the possibility of dividing itself in order to understand the usefulness of its parts. So the ancestors and relatives will mold and divide your being so that you can use every little aspect of it. To digest or process information is to separate it into parts to understand what can be done with each of them. Life is the mechanism of spiritual digestion, in which a being that is everything has the possibility of dividing itself in

order to understand the usefulness of its parts. So the ancestors and relatives will mold and divide your being so that you can use every little aspect of it.

ME: Yes, it is a somewhat traumatizing vision to see it from that way. It is as if the family and the environment chewed us up, it is like a nightmare.

SOY: And yet if you don't chew, you don't eat, and you die. The pressure of the teeth is equivalent to the pressure of the ancestors, the tension generated by history. The incisors and fangs will cut, separating us completely, becoming an individual, with a personality with which we will face the world. The mandates of the father and mother in that person are what will shape this piece of life that I am. Then your willingness to learn, to do, your position in society, culture, school, friends, work, ancestral mandates, each tooth and molar will put pressure on you that will shape who you are. And many of those pressures you will call Traumas. They usually arise in the formation process, when the world exerts more pressure on you, because it is forming you, shaping your matter to be digested. Trauma comes from the Greek word "wound." That is to say, the cuts, blows, bites that we receive in our history. When you bite into an apple, it is causing a huge wound, and every bite you take to turn it into a food bolus is a new wound. Each cry, challenge, punishment, scream, judgment, criticism, abuse, mandate, control, crisis, manipulation, inheritance, all this molds your being to the point of separating your essence so much that it stops being in your center to be part of your emotions, attitudes, hands, feet, organs. Surely you see this process as something painful and absurd, but it has a meaning. it is a new wound. Each cry, challenge, punishment, scream, judgment, criticism, abuse, mandate, control, crisis, manipulation, inheritance, all this molds your being to the point of separating your essence so much that it stops being in your center to be part of your emotions, attitudes, hands, feet, organs. Surely you see this process as something painful and absurd, but it has a meaning. it is a new wound. Each cry, challenge, punishment, scream, judgment, criticism, abuse, mandate, control, crisis, manipulation, inheritance, all this molds your being to the point of separating your essence so much that it stops being in your center to be part of your emotions, attitudes, hands, feet, organs. Surely you see this process as something painful and absurd, but it has a meaning.

ME: Which one?

SOY: If you have a 2-year-old child and you want to teach him everything in the world, so that he can do it, what do you propose?

ME: Emmm well, pedagogically you have to create a free environment where you can experiment and discover.

SOY: Through what mechanism?

ME: Trial and error. This is how it is better assimilated.

SOY: So you will pedagogically choose for the child to suffer?

ME: Well, it's not that he suffers, it's that he learns through his own actions ...

SOY: That is to say that you are against us making him swallow an encyclopedia with the mash. Not?

ME: What a strange image ...

SOY: Or perhaps, operate it and put a universal encyclopedia inside it so that it has all the keys to knowledge. That wouldn't work right?

ME: No ... because knowledge must be assimilated by all types of intelligences of being, emotional, mental, creative, all, and for that you need to experiment, only in this way can a data be assimilated biologically and wisdom awake.

SOY: That is to say that frustration, pain and crying are part of your pedagogy ...

ME: You could say. Not provoked, but allowing the child to make her mistakes to discern.

SOY: Why should life and the Universe be different?

ME:... um...

I AM: The Universe is like a great pedagogue who advises free will as a way of learning, through trial and error. The pain, the wound, the crying, the crisis, the frustration are part of the assimilation process. Believing that a universe that was designed to learn and expand should be fair in the sense that it should not allow a person to suffer or experience injustice, is the mentality of a dictator who considers according to his beliefs what is right and what is wrong without discernment clever of your own creations. When you say that the Universe is unfair to allow the suffering that causes so much trauma, you forget that you learned to ride a bicycle because you fell several times trying. Even DNA has its mistakes, called mutations, which make us who we are.

ME: Are you saying that traumas have made us evolve?

I AM: "Wounds make you stronger." The problem with humans is that they moralize everything according to their beliefs. It is unfair that the Universe allows suffering, but it is educational to punish a child when he misbehaves. It is unfair that there is hunger in the world but it is normal to send a child to his room without dinner for having said something that was not appropriate. It is natural to think that a child learns by mistakes, tantrums and falls, but they are horrified when there is a national crisis blaming others. What is it that prevents you from seeing that the little things that you accept naturally are the foundations of the great things that you judge with ease?

YO: Creo que es por esa necesidad de supervivencia de la que hemos hablado muchas veces. Es más fácil juzgar lo que no puedo controlar, pues en lo que sí puedo controlar me vuelve responsable y culpable a la vez, y el cerebro prefiere negarlo para seguir cómodo y no arriesgar su seguridad.

SOY: Exactly. Now, what has been said, has to help us understand the following steps. The bolus is directed down the esophagus, the personal path of life, in which I am directed towards an inevitable destiny driven by the command of the parents in the language. Until when I reach the world, wide, in the stomach, I realize that everything is much broader, that there is no single destination, but that I can become whatever I want. Thus, the strong acids of life, cultures, travel, the people around me, society, beliefs, everything begins to destroy my mandates creating their own, breaking down who I am. Here I begin the process of understanding that things are not what I believed, and I begin to analyze the world around me. Until I realize that this world that I perceive and dissolve me, it's actually an inner perception, and I'm heading my own way into the inner world: the small intestine. This is when I understand the essence of each of my components, but no longer as the essence, but transformed, because along the way, the essence made reactions that awakened potentials that I would never have seen otherwise. The intestines begin to absorb all the essentials. Surrender, forgiveness, letting go, releasing, healing arrives. Thus, on this long 30-foot path, I am about to understand the logic and purpose of each of my traumas, my injuries, what my ancestors did to me, what they gave me, and what I accepted. Each bite of the dental family and each decomposition of my being by the stomach world, have allowed that today I can see the true essence and potential of the interior,

ME: The trauma makes sense. Although it is difficult for us to understand many times such painful things as abuse, rape, murder, beatings, and so many horrible things that happen in life.

SOY: They are what you see as the shit in the world. We have talked about this. The evil of the world are all those pieces that have not opened to surrender their essence, to expand in freedom, and cling to what they believe and to the personality, closing, hardening, to the point where none of its parts is integrated, and thus, they pass to the large intestine to be under greater pressure, creating the fecal bolus, that is, the poop. The word Caca comes from the Greek "kakós", meaning "Bad". Bad things "smell bad to us", and this is a natural and biological reaction of our evolution that has helped us survive without getting intoxicated, making us perceive what is poisonous or harmful to the body as something smelly and that disgusts us. Strong smell or stink is the origin of the word "shit", from the Proto-Slavic "smordh".

ME: So we use these derogatory words when referring to people or situations that hurt us, that have caused us injuries, such as "bad person", "shitty person or people", "this smells bad", all with an organic sense of survival.

I AM: This is how a person becomes bad, when he closes to awaken his potential. The good thing is that in the universe, that poop will serve to nourish the plants, which will flourish, and produce fruits. All shit, all poop, all evil, is the fertilizer of a new flowering, of a new fruit. In the same way that someone abused defends the defenseless through organizations and justice, or on a large scale, how fascisms have been a fertilizer for freedom of expression and advancement in human rights.

ME: The key then is to see everything negative in our lives as fertilizer for our flowering ...

I AM: And not close to pain, to block beliefs and prejudices, because it will take you to the same destination: not to be absorbed by the cosmos, and to return as compost again. The reincarnation cycle is precisely the fact that the compost becomes a plant, flower, fruit and is eaten again by the process of a new life, being born on the mother's lips. Isn't it nice to see this cycle this way?

ME: In a way, I feel free to understand it, since from the ideology I saw dying as liberation, not as a continuum. Understanding the continuum of the Universe makes sense that things are not separate, it gives a logical and useful purpose to what we call good and bad ...

SOY: So, if you are ready to face it, take the notebook, and write down all the traumas that you remember from your life. These have clung to your body and are part of you like the scars of those wounds that you have or have caused. There are hundreds of ways to be traumatized: mentally, emotionally, or physically. And most try to be hidden in the unconscious, or even worse, in the ocean of the subconscious. Write down your traumas, do not deny them, they are part of who you are today, of your search, your path and process. Only by knowing what they are and where they come from will you be able to understand what they have awakened in you, know if your path is to be nutrient or poop. That difference depends on how open or closed you are in the process. Therefore, it does not matter if you are a good or a bad person,

ME: my traumas define what I have learned in life. Therefore, I must accept them as part of the mistakes and falls that made me get up.

I AM: Every wound makes you stronger, every poop is the fertilizer of your flower. The question you must ask yourself is whether you are willing to flourish.

ME: Yes, I am.

I AM: Then accept the fertilizer for each of your traumas, be grateful for what you have become for them, observe the prejudice and release it, release it, so that you can absorb the essentials of this fertilizer, and thus

you can expand towards the light, opening your beautiful and beautiful flower, which will bear fruit to nurture a new world, a new life.

## 58. Pillars

[September 30, 2020 Matías De Stefano](#)



I AM: Everything that has hurt you, everything that has hurt, traumatized you in your life, is what your conscience recognizes as "bad". As I told you, bad, in Greek, it says "Kakós", origin of the word poop. The fecal matter of life is what we leave for last, what we consider emotional or social deprivation, hidden at the bottom of the jar, therefore, fecal comes from the Latin "faex, fecis", which is the residue that accumulates in the bottom of the wine. What our mind usually does with what is considered good and bad in our life, is to discern, select, divide, and normally take out what does not work, and this is the origin of "excrete", that is "ex-" (remove outside), "ceret" (to discern). Discernment is a human way in which you manage to separate what works from what doesn't. But you have moralized him to the point of separating him completely. As we said, Everything excreted from the body is a product not assimilated by the body. Imagine now the evil of the world. It does not appear simply because there is evil in it, in its nature, it arises because these people have not been assimilated, they have not given the best of themselves when it was due, and they have closed and traumatized by the pressure of the environment that turned them into "excrement". That is, he made the rest of society in their discernment classify them as "poop." They have not given the best of themselves when it was due, and they have closed up and traumatized by the pressure of the environment that turned them into "excrement". That is, he made the rest of society in their discernment classify them as "poop." They have not given the best of themselves when it was due, and they have closed up and traumatized by the pressure of the environment that turned them into "excrement". That is, he made the rest of society in their discernment classify them as "poop."

ME: It means that these people need to be reintegrated into society, through forgiveness ...

SOY: Yes, but for this they must become useful. Forgiveness is not forgetting, it is understanding, perfecting, liberating from judgment by educating in something new and transcendental. In the same way as a Trauma, we must understand the logic, the origin, the why, and this will lead us to understand what we have achieved thanks to it. As we said yesterday: "the injury from the first fall on a bicycle reminds you that today you know how to ride a bicycle." Today is just a reminder of what you have accomplished, of trial and error. In life nothing is divided, the bad is there as fertilizer for the good. Most of the time we do not realize that we have to change until a crisis, a negative event, something bad and even horrible happens. It is only in this situation that the advances in history have occurred,

ME: But in that case, is it really necessary for bad things to happen?

SOY: It is if you live from the subconscious and the unconscious. The unconscious sees the fire and touches it, until it is burned it does not recognize what fire can do. The Conscious observes and analyzes the fire, and brings up a stick or paper to see the reaction without the need to burn, and discovers its power in the same way. Do humans make prisons for fire for having burned down a forest or a house?

I do not...

SOY: Because fire is not aware of what it does. Just like people who do evil. Someone who does evil is not conscious, he is unconscious, because he does not understand his true power and uses it according to his needs. But if that person, like the fire, is controlled, in the sense of educating him to use his inner fire, to give him a purpose, to put a focus on him instead of locking him up with punishment, he will not explode, but will heat food, forge tools, and many other things.

ME: We have to re-educate... That is, to get the best out of each human, turn them into compost, not excrement.

I AM: And the only way is through Forgiveness. Let go of the prejudice, recognize the compost and fertilizer in those people or situations that cause harm. They often say that evil is premeditated and that someone who does harm is aware of it, without understanding the true weight of the conscious word. Consciousness comes from the Latin "cum" and "scientia", which mean "with" and "knowledge". In this case, "Consciousness" (in noun form) means "having knowledge of the environment." But when we say "Consciousness" (with "s" in the middle), we mean having knowledge of oneself beyond the environment, that is, having wisdom. A person, then, can be Conscious of her environment or Conscious of herself in said environment. They are the Pillars of Being. Knowledge and Wisdom.

ME: In other words, a person who does evil is the one who does not know the truth of his environment and of himself, acting out of emotional reaction.

I AM: No one who is conscious would harm the life of another living being. But it would become useful to life in general.

ME: You could say then that we must help people to change to be aware of this.

I AM: Not only people, but also situations. When you fell and hurt yourself learning to ride a bike, no one was to blame, it just happened. However, that simple fact can be considered a trauma, one that has given you the tools to know how to ride a bicycle. When someone hit you and it hurt a lot, it is considered a trauma, one of which, in awareness of said knowledge, you must discern how you will assimilate it: acting from forgiveness to stop the repetitive cycle, or reacting from revenge and maintaining the cycle rotating. The change can occur in

two ways here: we can force the other to change from our immutable vision, or change oneself to cause the change in the other. In the first case, the most likely thing is that you generate a quick and negative reaction,

ME: That is to say that the two pillars must be supported by me, not imposed on the other.

I AM: All change is external, and all transformation is internal. The changes generate crises, traumas, reactions. Transformations are your own and self-managed choices through taking action. The first is useful in periods of Unconsciousness, the second is useful in periods of Consciousness. Normally, human lives move in environments of unconsciousness dominated by the family, the group, the culture, the society, the species. There are many conditions that do not allow you to think clearly from your "I am". The constant projection in the "we are" makes them be carried by a marine current, from one side to another, without being able to control their own walk. You have no power from your own pillars.

ME: How do I start to take hold of my own pillars of consciousness?

I AM: First recognize all the changes that have forced you to transformation. List them. Tell me, what were the changes in your life that drove you into a crisis of inevitable change?

ME: I made my list. The first big change that forced my whole world to change was when I was 12 years old, when I began to remember. Everything in me changed by force, by something that I could not control. Then there was the move to Spain at the age of 14, something that completely changed my life and that did not depend on me. At the age of 20 or 21, leaving the University, something that I refused for a long time and was forced to leave. The next big inevitable change was to do the 11:11 Encounter, since I was practically forced to do it as well as the Harwitum Path that came later due to this encounter. The next strong and painful change was the end of the Dragon Path, a painful year in my life that got out of hand. The next unexpected change was falling in love with Wiktor, that led me to the Void as I have never experienced before This was followed by the sudden loss of part of my family and friends, something I didn't see coming. And the last thing, the Quarantine, which modified the entire YOSOY Way just 3 months before starting. Ugh ... jotting it all down in one paragraph is both distressing and liberating.

SOY: Especially Liberator... right?

ME: Yes... because now that I look back at it, I discover that each one of those changes brought me greater stability, more firmness, more awareness of the world, more awareness of myself.

SOY: And nothing you did you would have done if not for these changes. Now ... why do you think you lived them?

ME: Because in most of them, I was unconscious. In other words, what made me experience them as changes and not as transformations was my resistance to them, my unawareness of what they meant.

SOY: Do not blame yourself for not knowing, because life exists to learn. Consciousness will not eliminate uncertainty, anguish or crises, what consciousness will do is give it a purpose, a logic, it will help you go through it until you find the answer. Unconsciousness will plunge you further into unnecessary suffering for not seeing that everything always has a logic and a why. And that why is not planned before, is in the understanding of what has been learned. Looking back, you will see what has been achieved, and all the traumas and crises, the great changes that have forced you to change in life, are the foundations of your Pillars today. Where are you standing, standing today? The answer to this question can only be answered by analyzing what brought us here. So, ask yourself the question:

ME: I stand up, firm in my consciousness about what happened, to assimilate the consciousness of what I am today thanks to it.

I AM: Honor your way. When you understand the great changes, you will make the bad that has happened to you, a fertilizer for your future transformations.

ME: I am a Pillar of Consciousness Change, I am a Pillar of Conscious Transformation.

## 59. Decision

October 1, 2020 Matías De Stefano



ME: Today I was decided to go to the pyramid to write down everything you showed me for today. The feet guide the Way, the steps we take, where we want to go. And therefore, if the knees imply the inevitable Changes that have modified our lives for external aspects, then the feet would imply those decisions that one has taken and decided on his way. So I set out to write the things that I decided in my life, the things that I have done in my life of my own free will without an external force to tell me where. With great pride I wrote the question you asked me: "What are the decisions that you yourself have made and that changed your life?" And when I was making the list, I realized that none of them had been of their own free will ...

SOY: What did you see this in?

ME: Well ... the first thing I wrote down was having was going to study Pedagogy. But then I remembered that it had been my guides who told me that I should go back to Argentina to study specifically that career. Then I thought that making RomaamoR had come from me, but no, it was the mandate that I took from Roy LittleSun,

and the messages that I received in Antarctica. I thought about the fact that I bought my own house, but I realized that it was never my will, but rather an intention of my mother and for my mother and the female lineage of my family. I thought about my mission, that I chose to fulfill it, however, what I do is because of an ancestral mandate, not because I have chosen it. I also wrote to be able to travel where I want and when I want and to be with whoever I want, to be free in the world. And I think that's the only thing I felt was my own. Although most of the time I travel for missions, for tasks, and my task is to travel. Then suddenly I felt that it was not really my decision ...

SOY: What is deciding for you?

ME: Being able to choose for myself the things I want to live. And today I realized that all the things that I thought I had decided, were not like that, but were planned or dependent on reactions from the past or the environment. And that makes me wonder: am I really free to make my decisions and choose?

SOY: First of all, understand what "decide" really means. It comes from the Latin "decidere" which in turn finds its origin in the verb "caedere" and means "to cut".

ME: Cut... like with scissors?

SOY: Exactly. Cut something, separate it from something else. This etymological root also gives rise to the Spanish word "caer". Thus, the word decision is the same as making an incision, a cut in the road to start something new. Deciding something is to let two concepts separate: what I choose and what I deny. Deciding on something is to cut the doubt of a choice to get rid of one of the extremes by accepting the other. When you find yourself at a crossroads, on a forking road, you make the decision to "fall" into one of them, cutting off the wandering idea, to jump, leaving the other behind or aside. The feet, the ankles, are what biologically register this turn in the direction of decision, and therefore, it is your feet that register every step, every decision made in your life. However, just like with your knees,

ME: And what would those two feet be?

I AM: One is called "Ego", and the other is called "Being". Let's remember, Ego is the Latin word for "I". The first person singular embodies Personality, the identification of the individual, made up of a specific culture, emotions, feelings, ideas, and biology. Define what you are as a result of the division of your cells in the process of gestation and life, as well as what is acquired in experience. Your Ego is the filter of the world, the interpretation of it, your place in it. Thus, it embodies your ideological, emotional, and biological needs, related to your environment and survival in it. Therefore, the Ego, the "I", is based on the needs and wills of the individual.

ME: And the "Being"?

I AM: The Being is the one that embodies the conjugated Verb in the first person singular, becoming the "I am". Unlike the personal pronoun that indicates the question "who?", The verb indicates the action of the question "what?" "Who are you doing what for?"

ME: That was the dilemma today... What do I do... and who do I do it for. Well, I felt that everything I did in my life, everything I thought I was doing for myself and by my own choice, I was actually doing it for others and from others.

SOY: The great dilemma of the two feet.

ME: Which one?

I AM: What is the foot that moves you forward: the one that rises to take the next step or the one that holds you steady so you can take it?

ME: In what way?

SOY: Which came first: the chicken or the egg? Which came first: the question or the answer?

ME: They are abstract questions, difficult to answer ...

I AM: What was the I or the I am first?

I understand. It is a uroboros, like the snake that bites its tail.

SOY: A palindrome ... like "YOSOY". Think then. Who makes the decisions of your life?

ME:... Both?

I AM: Humans have emerged from a single cell, like all living beings. Unicellular organisms that learned to do mitosis, sharing genetic material, multiplying and diversifying along the paths of evolution. Learning from life everything you need, you could be what you are now. The more than 30 trillion cells that the average human possesses arose from just one. And yet they are all different, and have different potentials from each other. They formed organs, and they divided among themselves even though they all make up a single body together. But human consciousness, the development of contemplation of the external, led the individual to be separated from the rest. Which created a culture based on the grouping and separation of things. The brain was designed to catalog objects and situations, so that in this way he could analyze probabilities in a more accelerated way, anticipating situations. What we have already explained with prejudice. Now, this also generated the idea of separation from the inner world, from spirit, soul and body, from being as diverse aspects. He separated the Heavens from the Earth, the divine from the mundane. Every decision that humans have made in their history has divided the world into dual and opposed concepts. And so the struggle between the parties is built, the conceptual and real battle in many cases between the polarities, both seeking to free themselves from the opposing force that controls or imprisons them. The pronoun fighting the verb. Do you see the irony? This also generated the idea of separation from the inner world, from the spirit, soul and body, from being as diverse aspects. He separated the Heavens from the Earth, the divine from the mundane. Every decision that humans have made in their history has divided the world into dual and opposed concepts. And so the struggle between the parties is built, the conceptual and real battle in many cases between the polarities, both seeking to free themselves from the opposing force that controls or imprisons them. The pronoun fighting the verb. Do you see the irony? This also generated the idea of separation from the inner world, from the spirit, soul and body, from being as diverse aspects. He separated the Heavens from the Earth, the divine from the mundane. Every decision that humans have made in their history has divided the world into dual and opposed concepts. And so the struggle between the parties is built, the conceptual and real battle in many cases between the polarities, both seeking to free themselves from the opposing force that controls or imprisons them. The pronoun fighting the verb. Do you see the irony? And so the struggle between the parties is built, the conceptual and real battle in many cases between the polarities, both seeking to free themselves from the opposing force that controls or imprisons them. The pronoun fighting the verb. Do you see the irony? And so the struggle between the parties is built, the conceptual and real battle in many cases between the polarities, both seeking to free themselves from the opposing force that controls or imprisons them. The pronoun fighting the verb. Do you see the irony?

ME: It would be impossible to create ... we could not manifest anything or decree ideas ...

SOY: Both the verb and the pronoun would become useless. The struggles between tribes, between peoples and cultures for hunger, territory, religion, began to take shape in the philosophical, ideological and conceptual. Thus, beings on the way to awakening position themselves in a determining vision of the cosmos in which it is

believed, it is thought, that there is an external and spiritual or universal force that guides, controls, dominates, determines, and that humans are mere puppets of a cosmic chess game manipulated by interdimensional elites.

ME: ... And isn't it?

SOY: We will discuss the fact in depth later, but now I want you to understand this concept: tell me ... who has advanced more in human civilization: those who believe and have faith in a higher force or those who feel free develop their unlimited abilities ?

ME: I would say that the second group ... Atheism, agnostics and scientists have done more for the advancement of humanity than those who believe in an order diagrammed by a higher mind.

SOY: And do you know why this happens?

I do not...

I AM: Because whoever believes in the possibility of a superior mind over the individual is limited to the hope of being saved from their evils without responsibility for their actions, and to the faith of believing in certainties without the need to seek diverse answers in depth.

ME: You are practically telling me not to believe in what I feel, in the universal mind, in the guides, in teachers, and in so many other things that I felt and lived.

SOY: Oh no, I never said that. Pay attention to me. The I, the ego, who perceives things, does so from need, from desire, from survival in the middle of a separate cosmos. And therefore projects guilty and saviors outside. From both the religious and the atheistic, the ego is limiting. But when you open yourself to spirituality and science, you return to the pronoun a verb, you stop feeling sorry for yourself, referring to the cosmos according to your own human needs, and you begin to be an active part of the Universe. You become God: the path of spirituality and science. Both discover that the potential is inside, not outside, both recognize that the power of the universe does not lie in the galaxies, but in the atoms, both know that the truth is not out there, but within oneself. There he finds responsibility. There he discovers that the I is a tool, and that the I am is the action that is carried out with this tool. None of them are real, because by themselves they do not exist. The Universe creates itself. Each step is your decision, sometimes the I advances first, sometimes the I am advances first, but while one advances, the other supports it. When you say that Matías never made a decision in his life because he has always been commanded by other higher consciences, you are basing yourself on the unreal law of separation in which you consider your ego as a whole, and the "I am Superior" as just that, something above you. There is no such thing as "the Lower Self" or "the Higher Self", there is only the I and the Am, the pronoun: who, and the verb: what. The decision is joint, because we are One. We are mirrors, as are the hands, the feet, the eyes, the ears. Both hands grasp and create, both feet walk, both ears hear everything, both eyes see more widely. Both cerebral hemispheres regulate all the functioning of the body. Sometimes one is stronger than the other, but both are One. Therefore, in your Spanish language, "SOMOS" (we are) is also a palindrome. For you to remember.

I: "RECONOCER-SOMO-SERES-YOSOY" (Recognize that We Are Beings I Am), the great palindrome that you told me before starting the whole Way.

SOY: Well, the true path is only realized by recognizing this truth. Whoever continues to think that there are superior beings who control the freedom of others and that the goal is to free themselves from this system, is that they have not yet understood what or who the system is. And although in cosmic nature these struggles exist, and we will talk about them, you will not be able to understand why they exist without understanding the basic law that in cosmic essence, they are actually mere perspectives.

ME: So... It is not me who decides in my life, it is the two of us, as one, it is the "I am".

I AM: There you will find the freedom of your path. So write down, "What are the choices you have made yourself (without apparent external forces) that have transformed your life?" And when you write the answers, remember that it was not you, it was the two of us.

I: I am. So, I decide not to decide anymore in my life, and from now on I choose to "choose".

I AM: Choose, Election, come from the Greek "ex-" (outward), and the Indo-European "legh" (pick up). Unlike "Decide", the word Choose puts the intention of putting things together, putting things together. Therefore, turn your life and each step into a Choice, and we will always be there together.

## 60. Service

[October 2, 2020 Matías De Stefano](#)



SOY: Perhaps this month has been difficult for many, because the Analysis and identification process is not easy at all. Putting in order all the disordered things in the subconscious and the unconscious, usually bring to light many things that we did not want to see, or refused to accept. Being meticulous in the act of "separating the chaff from the wheat" may be exhaustive, but nevertheless, it is the only way to know what I have to spend the coldest of winters.

YO: Yes, self-observation, deep gaze, but above all the enumeration of concepts, the lists of things that we have done or not done, that have happened to us or we are looking for them to happen to us, going through personal history again, is not a simple task. We tend to have all of this fluttering in our minds, or we don't even leave it to the physical system, to biology, without consciously taking charge of it. It has been difficult, hard, very schematic, but completely useful and necessary.

I AM: The energy of Virgo, from "I Analyze", is the counting of the seeds for the harvest. Those who hope to Sow a New Humanity, need to know what they are sowing, since all seeds come from a tree or plant, and if we do not know said origin, its qualities, attributes, properties, we will have no idea what is the special care of them. nor the potentials that it will deliver to us. Therefore, going to the family tree is to understand the potential of the seed that is within you, of your body that is the fruit of said tree. And that tree is in a forest, and the forest is in an ecosystem, and the same tree is in a continent, within a world. Understanding each one of the parts and the interactions that have made the existence of the seed possible is key to understanding the way in which it should be sown, watered, protected, cultivated and harvested. But also its attributes in use, what it will leave us, what it will grant us. Knowing the Tree will make you obtain better fruits.

ME: It makes sense, and I feel that all those aspects, branches, leaves, flowers, roots, bark, even its insects and fungi, everything has made sense, and it has also given me the vision that there is always something new to discover ... No it is a path of simple assimilation and advance, but of constant return. You don't cut down the tree because it has already borne fruit, as it has many other uses, and sometimes you just need to sit in its shade to discover aspects that we had not seen before.

I AM: The tree is the toroid, with its roots and its crown, it envelops you, it encompasses everything you are. And even if your fruit is different and unique, and your seeds have different potentialities, the information of each leaf, flower, branch, root, of the trunk will always live in you. "The apple does not fall far from the tree," they say. The fruits remain under the shelter, care and protection of the great torus: the Mother of the whole forest.

ME: Virgo, the mother, the feeling of being present, is the symbol of Service. Is Virgo Mother Earth?

I AM: This Constellation reminds you of the beautiful maiden who reaps the seeds of Humanity, who protects every living being, who nurtures the children of creation, who gives a place to each individual, who nourishes Life. Virgo is the symbol of Earth that takes the first step towards existence, which is at the service of Life. Beyond Order, it is the Mother who takes care of her children. The word Service usually has a negative connotation due to its use in Imperial Rome. Today you interpret Servir with the action of being under the command of someone, of being useful: "it serves me or it does not serve me", as a tool. The usefulness of an individual is based on his ability to serve. In Rome, the "Servants" were the slaves, who under the command of the Housemasters, the "Domus", precisely "dominated". Thus, the Servants of Rome were the slaves of the Empire, of Caesar. After Christianity, the Servants were of service to God and his King Jesus Christ. In the Middle Ages, the serfs were under the command of the King and the Feudal Lords. Later, in colonialism, the Servants were the slaves of the colonies. In the Industrial Revolution, men and women became "helpful" to Industry. And at present, we are in the era of "Services". This is how to this day, whoever is at "our service" is at "our mercy", and we can tell them and do what we want with them. Thus, it is understood that Mother Earth, being the Virgo at the Service of Humanity, is the one who should be at our mercy and be useful to us. But originally this was not so. The true origin of the word Service comes from Indo-European: "Serwo", which means "Guardian". After Christianity, the Servants were of service to God and his King Jesus Christ. In the Middle Ages, the serfs were under the command of the King and the Feudal Lords. Later, in colonialism, the Servants were the slaves of the colonies. In the Industrial Revolution, men and women became "helpful" to Industry. And at present, we are in the era of "Services". This is how to this day, whoever is at "our service" is at "our mercy", and we can tell them and do what we want with them. Thus, it is understood that Mother Earth, being the Virgo at the Service of Humanity, is the one who should be at our mercy and be useful to us. But originally this was not so. The true origin of the word Service comes from Indo-European: "Serwo", which means "Guardian". the Servants were helpful to God and his King Jesus Christ. In the Middle Ages, the serfs were under the command of the King and the Feudal Lords. Later, in colonialism, the Servants were the slaves of the colonies. In the Industrial Revolution, men and women became "helpful" to Industry. And at present, we are in the era of "Services". This is how to this day, whoever is at "our service" is at "our mercy", and we can tell them and do what we want with them. Thus, it is understood that Mother Earth, being the Virgo at the Service of Humanity, is the one who should be at our mercy and be useful to us. But originally this was not so. The true origin of the word Service comes from Indo-European: "Serwo", which means "Guardian". the Servants were helpful to God and his King Jesus Christ. In the Middle Ages, the serfs were under the command of the King and the Feudal Lords. Later, in colonialism, the Servants were the slaves of the colonies. In the

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ME:... So in the past, the one who protected and looked after the house, the Domus, was called a "servant". That in Rome he used to be a slave, and that's how the concept got passed.

SOY: Exactly. Save, Protect, Caring, is the true meaning of "Being at Service". Mother Earth is the one who protects, who nourishes, cares, protects Life, is the Great Guardian of Nature, of all beings, from the smallest to the largest, and unconditionally, as every mother should do, she is willing to care of your children no matter how capricious they are. Therefore, here the question arises: "Are you at the Service of the Earth?" Do you take care of your Mother as she takes care of you?

ME: The spiritual concept of "Being at Service" takes on another meaning, not of submission, but of Empowerment. To put myself at the Service I must not relegate my power to the Master, I must not dispose everything that I am in favor of the strength of another and do what the other pleases, but precisely to put myself at the Service implies resuming my strength, and defending, caring, protect the World, the Earth. Of course I am at the Service ”.

I AM: Sit under the toroidal Tree that represents the arms of this mother that cradle your fruit and seed. And recognize: If you are really willing to be at the Service of Mother Earth, then you must recognize how many times in your life you have been at the Service, both of her and of others. Recognize what “being of Service” has meant to you throughout your life. What is your concept of being helpful? Go to the memories of your life in which you consider that you have been of service to others, both in the moments that you put yourself at the service and in those that they forced you to be. Write them down. It is time to re-signify the concept, because to carry out the Task of bringing Consciousness to the World, you must be completely open to true Service, having cleared your preconceptions. Remember them, then, It will help you identify where they are embedded in your body and memory. And by seeing them, by writing down them, you will be able to put the intention of recovering your power, the one that only you allowed yourself to lose, to resurface in the arms of the Mother.

I: I am at the service, because I am the Servant of Mother Earth.

I AM: And in this recognition, the Mother will be eternally your servant, your guardian, your protector, bathing with blessings, fertility and order each step you take on the path of Life.

End of Virgo