

Month of Taurus 2021

Conversations between I and AM

By Matias De Stefano

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WEEK OF MIND

271. The fountain (Crown)

[May 1, 2021 Matías De Stefano](#)

Daily vibration: Wa

Statement: I Am Universal Origin

Code: ANTARCTICA = in the south extreme of the planet, the frozen continent, the Antarctica, has the geological shape of an organ that represents: a brain with its cerebellum and spine in its peninsula. This way, it's the earthly manifestation of the Crown chakra of the universe. In its ice the neurons are recorded, the information of all history from the beginning, the memory of the Earth and all that live in it, the thoughts of the World live in its water and crystals.



SOY: Welcome home, welcome to the month of the Bull.

I thanks. It is strange that, despite not having anything of Taurus in my astrological birth chart, neither planets in Taurus nor anything in House 2, I feel a certain relief to arrive at this month.

SOY: Because if you are looking for something in your life, it is a home. Truth?

ME:... it could be.

I AM: When you did not exist, and you were only who I am, Ghan, you never found a place to call home, home sweet home, because we live on the Internet, expanding ...

ME: Being happy as an electron in a wire ...

I AM: Exactly. And in this life, the design of your being has seen the Earth as home, and therefore you move through it as if each region of the world were a room in your house.

ME: In some rooms I feel more comfortable than others, of course.

I AM: However, the absence of this force in your life is what allows you to be unconditional with its defects and its attributes.

ME: Like which ones?

I AM: Food, sleep, comfort, home, material goods, perseverance and determination to achieve something. Having nothing in Taurus, you have no condition of their strength, and therefore, you move through their aspects as if they were air. Eating or not eating does not matter to you, sleeping or not sleeping it does not matter to you, having comfort or not, it does not matter, having a house or not, it does not matter to you, having material goods, it does not matter to you, perseverance does not matter also.

ME: Wow, said like that, I don't know if it's good or bad ...

SOY: Let's see, it's neither one nor the other, you just don't have a filter on this. Today you can have nothing, and you will feel the same as having everything. You may not have money, and it will give you the same ...

ME: Because I don't understand material concepts... that is, I understand them, but I don't understand much.

SOY: This is what allows you to co-create enormous things, because you do not see limits in it, you do not see impediments, "everything is possible".

ME: Yes... I always saw things that way.

I AM: Because instead of considering yourself someone's creation, you recognize yourself as the Source of all things.

ME: Today they said that at the pyramid. "The fountain". Is what you said about my search for home related to the Source?

I AM: From the being that I am, I can only recognize a single home in the Universe, and it is the Universal Origin, the Source. But I say that, a being that moves in Dimension 8. However, you inhabit dimension 3, and therefore, you need to lower that source to matter. And Taurus is the only one who can do it.

I eat?

I AM: Placing your feet on the Earth ... having land, appropriating it as if you were yourself, recognizing the roots, the assets, manifesting that source here and now.

ME: Like that incessant search to have a home, a house that allows me to express my ideas.

SOY: That's right. Your own Source.

ME: How do I create my own font?

I AM: Find your Tree of Life, and let's start building it.

ME: The Tree of Life... today the teachers in the pyramid showed me a huge Tree, and I asked what it was. They told me it was the symbol of this month, and then I questioned what the themes are for this month of Taurus, and they only told me 3, the first of each Week. But to tell me, his three guides appeared.

I AM: Three Masters we will have these three weeks that will accompany us, more than teachers, they will be those entities that will guide us, those energies that encompass several teachers, and that today you know by certain names.

ME: Serapis Bey, who will guide this mental week, told me that he will take care of the 9 branches that make up the top of the tree, and that they begin today with the word "Source". Hathor, who will guide the second week, the emotional one, introduced himself as a guide to the trunk with its 9 veins, beginning the week with the word "Home". And Ptah, who will guide the physical week, beginning it with the word "Temple."

SOY: Let us begin then, under the watchful eye of Master Serapis.

ME: And I'll ask the obvious question. Who is it?

I AM: The Sacred Bull. The name Serapis is the Hellenic (Greek) adaptation of the Egyptian "Wssyr Hap". Wssyr is the name you know as Osiris, god of Eternity, and Hap is the name of the Bull god, the ox that represents transcendence. Wssyr Hap, is the Eternal Transcendence, manifestation of the source of life in the world from the fertilization of the light of the divine source. The consciousness of both worlds embodied. In the Nile, the strongest of the bulls was worshiped, crowning him as a god on Earth, capable of fertilizing the cows that would nourish the settlers with their light, and in his death, he would raise his worshipers with him. The tradition of the Bull as a symbol of transcendence was born in the early Holocene, a period in which agriculture began to be discovered and animals were domesticated. The bull, the ox, opened the roads, the furrows in the earth to deposit the seeds, dragging the plow and carrying the harvest or tools. The ox was a symbol of growth, wealth, goods, food, which gave energy and strength. This made him the archetype of the eternal harvest, of the one who transforms the earth to give its fruits, and gives continuity to the peoples. Worshiping the ox, then, is no longer absurd, since it is equated with today worshiping money or appreciating work. Thus, the idea of the eternal ox, which allows the transcendence of families, made it a symbol of prosperity. The deity of the Eternal Bull, Wssyr Hap, an unpronounceable name by the people of the Aegean Sea, ended up being called "Usir Api", which gave rise to Sir Apis, and thus, Serapis.

ME: Oh, I see ...

I AM: Temples were soon created in his name, and the high priests embodied the idea of this being Eternal in Transcendence, which led to it being interpreted as the Source of Life. Therefore, he recognized purity in his work, the art of his manifestation in the field, peace, because the bull is a peaceful and calm, contemplative

being, and a symbol of resurrection and ascension due to the cycles of the field and the ascent of flowers and fruits. All this led the priests to incorporate the symbol of the bull as a summary of all this knowledge, teaching the arts of resurrection and ascension, finding inner peace and being pure in spirit. In this way, they crowned the Bull, and made him "Lord" of spiritual riches. In the Aegean Sea, there was a way of calling the "Lord" as an honorific, when they referred to the ruler of a region: "Bey." Thus, Serapis Bey, is the Lord who governs the Eternal Transcendence.

ME: Oh, now I understand why it has been present. Whenever I have heard of him, I imagine a man, a person, a teacher like the one you see when searching the internet. But now I understand that it is a concept that encompasses many souls that embody the idea of this being.

I AM: Your presence reminds us of the eternal significance of the home that we are, of the place where we come from ...

ME: The Origin ...

I AM: The White Ray of Origin. His presence this week will accompany us through the branches of the original tree. The spiritual fruits of the Earth. Set your feet firmly in this reality, absorbing the light of the Sun to reap the fruits of its light in matter. But to know what you harvest, you must know the source from which it comes.

ME: What is the Source?

I AM: There are two ways to understand what the Source is. The first takes us to the Latin root "Fons" and its genitive "Fontis", coming from the Indo-European "dhen", which means to flow. It refers to the flow of groundwater, which runs deep, and which is accessed through wells, which we call sources. The other way is the word "Source" referring to an aspect of unity of many concepts, which comes from the French "fondre", originated from the same Indo-European name, but with a different route, applied to metallurgy, to blacksmithing, in that the flow is produced in the casting of elements to be incorporated as one, such as in metal alloys. In English this term gave the word "font", used for example in the format of a typeface. The appropriate word for our intention of Source in English would be "Source",

ME: So a Source is the flow of things that merge with each other, and arise from a specific place.

SOY: Yes.

ME: What is the Source of all things?

I AM: The Source of everything is Intention. We have already said, the mind, the idea, the network, everything originates from a network that arose from a single point that is inert, static and that contains within itself all the compressed possibilities under great pressure. Therefore, all together they begin to resonate, vibrating, putting each potential "in tension" of one on the other. Thus, the constant state of tension is brought into action (intention), through expression and expansion, all arising from that mental factor. You know intention as the fact of paying attention to something so that it happens, it becomes real, well, attention and intention are ways of describing something that is quantum entanglement, in which each particle is superimposed on the others, and if they are put in tension, they could modify each other,

ME: "Hey, hey, slow down little geek"... It reminded me of Chief Wiggum's phrase from the Simpsons when the scientist draws a square.

I AM: Hehe, okay. We'll see. Imagine that you are in a park and you want to eat some fruits from a tree but they are very high. So, you get a rope, a rope, and throw it over one of the branches letting both ends hang down towards you. Thus, you pull the ends moving the branch, making the fruits fall, which you can now eat

peacefully. This image shows you that it was not necessary to go to the branch to obtain the fruits, but that you would not obtain the fruits just by looking at the branch intently, wishing that some would fall. The intention was the product of the rope, a rope that allowed the interaction between your left hand and your right hand, which by generating a downward and upward tension, caused the branch to make the same movement, yet your hands never touched the branch or the tree. Well, imagine that the rope is a wave of particles, which are in you, in one hand, and at the same time they are in you in the other hand, and at the same time they are in the branch. If I can generate the right tension, these overlapping and intertwined particles will allow you to get what you want.

ME: Ok, I think I understand.

I AM: The Universal Source, applies the same principle. The intention it possesses causes all potentials to flow from it, flow from its center, merge into existence. The flow of this potential source is quantum entanglement, and the melting of its components is quantum superposition. The source is like those two hands that throw the rope through the branches of the universal tree, and move the children to generate the laws of the universe and existence itself. Said in this way, you can understand something fundamental, that if every wave or particle is a superimposed and interlaced constant, then ...

ME:... The Source is in all things...

SOY: Very good. There is no such place as "the Source", but it lies in everything that exists and manifests itself in each fusion of potentials. Each node of the Network.

ME: Each Node is a Source in itself ...

I AM: And each chakra in your body is a Source of potentials in itself.

ME: So I am the Source.

I AM: "May the Force be with you" (May the Force be with you). The concept taken by the "Star Wars" movie saga refers to the Universal Source, which inhabits all things, which does not exist anywhere, but can only be found inside. The Jedi fraternity (remember that we have spoken of this as the "Sheddai", God's name in Hebrew meaning "Almighty"), must find the power that lies in each particle of existence, which gives them all the power control matter and minds. What we have always said, of being happy being an electron inside a wire, is due to that ability to feel the force going through everything, becoming it. When you recognize that the Origin is not found anywhere or at any time, but at every moment and everywhere.

ME: How can we awaken that source of potential in us?

I AM: Become a seed. Concentrate on the idea of the seed. A seed is a tiny organism that contains within it all the potential to be a plant, which you can see grow, develop. The Seed is the Source of all life. It is composed of an integument, which is the outer layer that covers the two cotyledons, which contains all the necessary nutrients to supply the germ, composed of the radicle (small root intention), the hypocotyl (origin of the stem), and the plumule, the small extensions that will become the first leaves. As in meiosis, cotyledons are the first two parts of your being that contain the potential of everything you will become, and thus, you, as a human, you are symmetrically organized into two parts that together manifest the intention of becoming the universe. Recognize that this potential lives in you, and water it with awareness.

ME: How do I do it?

I AM: I propose to carry out an exercise throughout this month. Each day we will deal with a specific topic, which will be the nutrients of consciousness so that your seed germinates from the Source that lives in you and manifests as fruits. So, the exercise will be to create a Germinator.

ME: Like the ones we did in school ...

SOY: That's right. You can do it with a jar or a flowerpot, or both. In the case of the pot you will need a good soil mixed with some fruit peels or organic residues that serve as compost, and seeds that can take shape and even bear fruit in 30 or 50 days, such as lettuce, carrot, mint, arugula, basil, spinach, watercress, broccoli, and others. Plant them in the pot, and every day, you will bury in it a tiny piece of paper with the theme of the day that we work together, paying them with awareness, and watering them with water to which you can intend to sing the sound corresponding to the day.

ME: Like for example today, it would be the "Wa" sound.

SOY: Yes, but you can flow from it, letting yourself be carried away by the songs that you want to deposit in the watering of consciousness. By water and land you will nourish these plants.

ME: And in the case of the germinating bottle?

I AM: You will take a glass jar, you will surround the walls of the jar with blotting paper, you will put in the middle a little sand and earth at the base, about 2 centimeters, and on top you will place a good layer of cotton. There, you can put some small seeds on the sides (between the blotting paper or cotton and the glass) or just spread over the cotton. You will do the same, you will water the seeds with little water, but this water, full of the intention of the theme of each day in your words or songs. Alfalfa, sunflower, lentil, wheat, quinoa, carrot seeds are some of the many examples that you can use. Put the pot or jar in some area of the house where it can give them the morning light, and after each alignment of each day, you will water them.

ME: And then?

I AM: When the 30 days pass, you will eat the fruits, leaves or stems, nourishing your body with this wealth, wisdom, love and will with which you have watered them, the manifested divinity.

ME: How to touch the Source ...

I AM: Connect with your own creative source, watching it expand in the physical world.

ME: I never believed that the information of Serapis Bey, teacher of the Fourth Ray, and his intention to discover the original Source of all forces, would lead me to do a school experiment with a sprout.

I AM: The Universal Source is not in the magnanimous spiritual hallucinations, but in the minute cosmic manifestations. Connecting to the divine source does not make you an ascended master, it only makes you a sage. The ascended master is the one who walked barefoot on the ground, the one who made a tree grow from the seed and saw its entire process, and understood everything, becoming the seed to germinate his own tree, ascending to the light, blooming and giving its fruits to the world.

ME: Wow ... I understand ...

SOY: So... that's your task, that's the mission. Sow the seed, and recognize the Source in them, until you become the Source yourself.

ME: I feel that what we will do is try to see how in the outside world our potential grows in the form of plants, while inside us the same thing happens, from the source of our being.

I AM: And so you will understand the origin of the universe, source of all your potential, to be able to manifest all reality.

ME: I am Universal Origin ...

I AM: I am the Source of Existence.

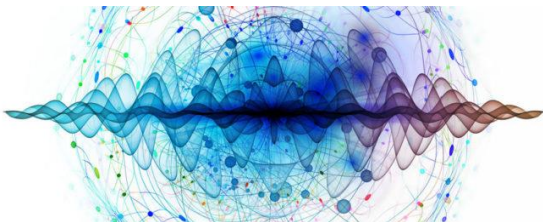
272. Resonance (Third Eye)

[May 2, 2021 Matías De Stefano](#)

Daily vibration: Wae

Statement: I Am Origin of Dimensions

Code: PACIFIC = The Pacific's tectonic plate has all the islands from the Marianas islands up to Hawaii, Galapagos, Rapa Nui, Polinnesia, Fiji, Samoa and all the other islands and atolls that are in that area. It is the biggest mass of water of the world contained between Oceania, Asia, both Americas and Antarctica, implicating the portals that allow the information of heaven to descend to earth.



I AM: Vibrate.

ME: Mmmmmmmmmmmmm ...

I AM: It resonates.

ME:... MMMMMMMMMMMMMMM...

I AM: In the Beginning, there was only the Mahas, the sleeping void. His dreams were three: Ham, Inspiration, Het, Contemplation, and Hum, Exhalation. His breathing became music, and by his singing, Mahas, awoke.

ME: mmmmmmmmmmmmm ...

I AM: Hearing your music, new tears of Light shed, sowing the seeds of existence, resounding in the whole. A: Unity, Æ: Duality, E: Trinity, I: Foundations, Ī: Elements, Y: Attributes, O: Laws, U: Network, Ü: Divine Consciousness.

ME: mmmmmmmmmmmmmmmmm ...

I AM: Her tears traced the path of creation through the divine process: expressing, experiencing, integrating and transcending, manifesting your intentions in the 4 aspects: positive and negative, dense and subtle, which came together in the center, as "here and now". And its sounds designed the paths of cosmic experience, the tangible music, the songs that built reality.

ME: mmmmmmmmmmmmmmmmm ...

I AM: Its vibration became frequencies, which were expressed in different rhythms, which created harmony, and it allowed the melody. The symphony of the Universal Source, which finds the song through interweaving its attributes, weaving an orchestra of thousands and millions of musicians.

ME: mmmmmmmmmmmmmmmmm ...

I AM: The same ones, they sound in infinity, and in their echoes they resonate finding harmony. Their songs, thus, intertwine, creating life, which manifests itself from vibration to energy, and from there to matter. It is born, grows, reproduces and dies, searching in the echoes of creation for the perfect harmony, its perfect echo, the resonance of its being, lost in the cosmos. Again and again they try to find it, creating species, cultures, civilizations, arts, until they discover that the echo does not come from outside, but from oneself, and that the roads and their tears sprang from themselves ...

ME: mmmmmmmmmmmmmmmmm ...

I AM: It is there where each living and conscious being recognizes that the path of reencounter with sound, with the resonance of itself, is not found in the infinity of space, but in the infinity of itself at its origin. And he returns to the source, remembering the way back: in the end, there is only the Saham, the Conscious Fullness, and its songs are 3: Ham, inspiration, Het, contemplation, and Hum, Exhalation.

ME: mmmmmmm... It is the story that they told us in the temples of Khem 12000 years ago.

SOY: It all started with Sound. The Source divides itself by the intention, the intense vibration that arises from the will to live what lies in its inner being, like the seed that explodes opening in two through its cotyledons, releasing two other parts, its stem and its root. The 9 drops of water and light that water this Source, this Seed, open your experience in these 4 directions, up, down, left and right. All this, in the form of vibration, that like waves pulse between them, generating the sensation of sounds, which sound and as echoes respond, resounding.

ME: Creation is a melody... That was what they taught us, it is like a song, and therefore, to return to the origin, to connect with the Source, we had to "resonate" with it.

I AM: Meditate, feel the sounds that vibrate within, and let them out. Your voice is the echo of the songs of the cosmos that spread within you, and by releasing them in your voice, they respond resonantly to the potential and intention of your inner source. The path of creation and manifestation is the path of the vibrations that built everything. To vibrate is to move agitatedly, it is to allow yourself to flow, to transcend the static state. Life is movement, life is a constant transformation, and therefore, vibration sums up life itself. Each particle is the manifestation of waves that vibrate and collapse between them creating a song. An atom is a musician who plays a specific instrument, which when joined with others form the molecular orchestra, which gives rise to the

symphony of life, both organic and inorganic, both in constant motion, in different rhythms, harmonies and melodies, different frequencies. The chemical elements are ordered by resonance and energy attunement, which is projected in evolution, adaptation, causing living beings to be attracted by vibrations, by light and sound frequencies, to their food, groups, couples ... And when the mind it develops, they do so in turn in resonance with cultures, languages, traditions, religions and philosophies. Resonance, at all levels, becomes the key to the development of a being. couples... And when the mind develops, they do so in turn in resonance to cultures, languages, traditions, religions and philosophies. Resonance, at all levels, becomes the key to the development of a being. couples... And when the mind develops, they do so in turn in resonance to cultures, languages, traditions, religions and philosophies. Resonance, at all levels, becomes the key to the development of a being.

ME: We always say: with this I resonate, or with this I do not resonate. What does this imply?

SOY: As we said, all things vibrate, and therefore, as its vibration generates greater tension, it will emit a sound. The Universe tends to the order of things through a branched system that seems chaotic. This causes the noises, the sounds, to be grouped according to their frequencies and rhythms, which are grouped by echoes, that is, what sounds again: resonate ("re" = again, "sonus" = noise). On a larger scale, this implies that all bodies and energies seek their own inner order depending on whether their surroundings reflect that inner truth or reality, like a reflection in a mirror that returns the image by the frequency and refraction of the photons on the mirrored surface. Thus, a being will resonate with what vibrates within, to find that harmony.

ME: In other words, one does not resonate with what is true, but with what is an echo of the truth that one carries within ... So we cannot determine what is true or not through resonance, but we can only determine our own truth through her ...

SOY: That's right. There is no truth, it is determined by the rsonance between objects or subjects, which will always be different, so the truth is subjective, according to the observer.

ME: How do I determine what is true?

SOY: Why do you want to know what the truth is?

ME: Buneo, well ... I guess we're all in search of the truth, right?

SOY: That's right.

ME: So how can I determine what is true?

I AM: What you resonate with will be true.

YO: Yes, but let's see ... For example, we all know that the Earth is spherically ovoid, but there are people who refuse to believe it, even though there are thousands of proofs from thousands of years ago. In other words, it is an absolute truth ...

SOY: It is not for those who do not see the Earth from the outside. In the same way that for all humans, knowing that you are composed of subatomic particles will always be an illusion. Calculations and tests can explain it to you, but you can't experience it, so you just have to trust. Science itself sometimes decides not to trust parts of itself, like the battles between classical and quantum physics. Or the struggles between medicine and psychology, or psychology and holistic therapies, philosophical spirituality against faith. Beyond the external evidence that you can get, there is only one factor that determines the truth in a human being.

ME: Which one?

I AM: The resonance. The tranquility you feel when you say: this is what rings true to me. You can never be absolutely certain of a reality, because as we have said many times, nothing really exists, no matter how much you look at your hand, you will know that it is nothing more than a network of data at a quantum level that your brain perceives as a hand. But the hand is your truth. Not?

I do...

I AM: The only conflict lies when the truths overlap and damage the truths of others, imposing themselves. Therefore, the key to living in the truth is not to verify it, but to know how to listen to the others without closing in on your own. Therefore, today, the day of the third eye chakra, we are not talking about eyes, but ears. Listening is the mechanism that allows us to identify by sound what resonates, that is, the truth that lies in me and that I discover through what comes to me. This orders consciousness, as it helps to awaken the potential of each one by incorporating new resonant information.

ME: So looking for the truth is basically looking for harmony in my life.

I AM: Well, in the universe nothing is absolute, everything is relative.

ME: This is why in ancient times they taught us about the sounds of creation ... To know how to listen, to know how to resonate, to attract to us what we need to build our own truth.

I AM: The security and comfort of finding what complements me. Knowing how to use the correct words, they open up correct realities. "Please", "Thank you", open a world of possibilities, when insults can close many doors. Knowing how to use sounds is key to the Law of Attraction, so that what resonates with me finds me.

ME: How do you use the correct sounds to resonate correctly?

I AM: Coherence, first of all, our much loved and repeated coherence. Along the Nile, the initiatory path prepared the Body, Soul and Spirit to be considered a trinity in unity, forming an integral being, which allowed the mind to design an idea that was energized by the pure emotion of the soul and embodied by the active manifestation of the body. If the body refuses to express an emotion or idea, because it does not know how it works and is blocked by fear or frustration, coherence disappears, and instead of emitting the correct sound to receive the appropriate resonance, it will instead emit dissonance, and will distort. Once the 3 bodies were in tune, that is, the rhythm of the body, the harmony of the soul and the melody of the spirit sounded like a beautiful song, it was time to put lyrics to this work of art, and the lyrics of this song implied all the sounds of Atlantean technology. What you call mantras today, was a complete language, describing the way the source became real. Make magic with words: spell.

ME: Explain it to me. That is ... the history of the Mahas, but, developed.

AM: Let's see. Mahas is the first of the 12 names of the Universe in the Khemul mythology, of the Nile. His name is composed of the first 3 letters that constitute the spirit, soul and body of the Divine: MHS. His dreams refer to the 3 sighs (sounds of H breathed), inhale, hold and exhale, representing the 3 levels of the Universal Mind. Breathing had to become an essential form of meditation, in that by recognizing each of the 3 steps, one becomes aware of the rhythms and harmony that it possesses to generate melody and thus manifest.

ME: Breathing as the key.

I AM: Then, your tears are the drops of water and light (vibration and energy) that irrigate existence, which represent the 9 Atlantean vowels, divided into trine groups. The H, which represents the inspiring spirit, contains the vowels A, Æ, E.

ME: What do they mean?

I AM: A, is the sound that represents eternity, cycles. Æ, represents deep vision, projection and consciousness. E, represents the truth, learning, intention.

ME: What is the next trinity?

I AM: The H that embodies the contemplative soul, contains the vowels I, Ī, Y. The first represents the heart, the balance of things. The second is recognition, being and its attributes. And the third represents gestation, creation of realities.

ME: And the third group ...

I AM: It is the H that encompasses the exhaled body, the manifestation itself, incorporating the letters O, U, Ü. The sound O represents the fruit, the object, the material. The U embodies the path, the story, the advance. And the Ü implies upbringing, birth, the roots of life.

ME: Each one represents a chakra, which is what we are using every day on this path: A, Æ, E, I, Ī, Y, O, U, Ü and H (x3), representing Crown, Third Eye, Laryngeal, Heart, Plexus, Sacral, Root, Knees, Ankles and Toroid in the 3 levels.

SOY: That's right.

ME: And the processes you talked about? Expression, Experimentation, Integration and Transcendence of each one?

SOY: It is what gives the consonants. A total of 36 Consonants divided into 9 groups of 4. This means that each vowel will have a path to travel in existence, and they manifest themselves in these sounds.

ME: For the A ...

I AM: Its expression is the M, representing the door, the beginning, going through to the other side. The experimentation is the N, the surrender, the giving, offering oneself. Integration is NH, receiving, opening to take something new from the world. Its significance is the Ñ, the momentum, expanding, the order of advance.

ME: For the Æ ...

I AM: Its expression is the Y, which gives the dimensions, the concepts, the ideas. Your experimentation is LL, the levels of consciousness within those dimensions. Its integration is the L, representing the word, the creative verb, the vibration. And its transcendence is LH, love, elixir, maternal nutrient.

ME: For the E ...

I AM: Its expression is the G, being the eye, the water, the reflection, the observation. His experimentation is the W, the origin, the source, inner power. Its integration is the X, representing the reconnection, the ascent or descent between the planes. Transcendence is embodied by RH, the divine dream, the imagination, the free expressiveness of the mind.

ME: For the I ...

I AM: Its expression is the aspirated H, symbol of life, history, time. His experimentation is the PH, the intention, the divine spark that ignites the potential. Its integration is the F, the flow, flow, the river that channels life. Its significance is the V, representing going beyond, death, changing the plane or horizon completely, like the river that becomes the sea.

ME: For the Ĩ...

I AM: Its expression is the BH, sound that speaks of the baggage, the inheritance, the incorporated successes. The experimentation is the B, the house, the home, the material goods and the wealth. Integration is PB, the food, the food that gives security in that house. The transcendence is the P, which represents the force, the power, the will to action.

ME: For the Y ...

I AM: Its expression is the R, thinking, reasoning, planning, projecting. Experimentation is RR, meaning construction, armor, walls, protection, security. Integration is TZ, energy, electrical, vitality. The transcendence is Z, which is the vibration, the resonance itself.

ME: For the O ...

I AM: Its expression is the S, the road, the network, the paths. Experimentation is the SS sound, conflicts, obstacles, challenges and goals. Its integration is the SH, being the evolution, the transformation of things. And its significance is CH, change, crisis.

ME: For the U ...

I AM: Its expression is TH, the sky, the etheric. Experimentation is the T, reality, the material, the horizon, the earth. Its integration is the D, the family, the group, the company. And the transcendence is DH, meaning the being, the essence.

ME: For the Ü...

I AM: Its expression is the KH, the architect, the one who designs and plans. His experimentation is the K, the necessary tools, objects and materials that are needed to do something. Its integration is the KK, the bridge between spirit and matter, the link between things. And its transcendence is Q, the anchor, the root, being present in the deepest part.

ME: It is the way of creation ...

I AM: It is the Atlantean history of existence. Reading all these letters in order from A to Q you will obtain the path of the spirit towards matter: "I AM the eternal matrix that emerges from the source and returns to it in constant expansion. Being aware of my ideas, I raise the frequency of my love. I pronounce the truth that is contemplated in each origin and transcendence of the co-created. In the search for balance, my time initiates the flow of transformation, and I become wise when descending to the experience that gives glory to the will generated in my thought, the center of the vibrational force that intends the realization of the fabric that unites my complete evolution taking it towards the void, key of the transcendence that connects me to the essence of my being, creating new structures in each cycle, building bridges from the subtle to the depths of my existence. " And reading it from Q to A, you will get the path from matter to the origin again: "The reality of my being returns to the celestial entity, being reborn in the depths of matter to find my creative spirit, the way that It leads to jumping to the warning of change to integrate the paths, fruits in action of energies arising from the force of creative thought, a will that feeds the experience that generates my being, transforming my steps into a fire of life outside of time, finding balance in the spiral dream returning to the origin where I see my truth and nurture

myself of the frequency in all the levels and dimensions where my intuition guides me. I expand to receive and surrender myself to the highest portal of the spirit that I Am.

ME: Beautiful way ...

SOY: Sounds are Atlantean technology that allows ordering reality by resonance. Learn to listen to the sounds that vibrate inside and outside of you, and thus you will discover what truths are hidden inside you.

ME: And with these sounds, I will be able to create mantras to manifest the intentions that I want, just as every day we are using one of these sounds for alignments, combining a consonant with a vowel.

SOY: Exactly. Thus, you begin to learn to use words, beyond their etymological meaning, their resonant weight.

ME: Resonance is the key to the existence and manifestation of ideas in realities ... It is the key to discovering the inner truth ...

I AM: Recognize in which you resonate, and emit new resonances, intentions, sing them to the water, and water your seeds with these songs. Soon, you will be able to see your resonance manifested.

ME: And from me new levels of consciousness will originate ...

I AM: Well, I am the Origin of all Dimensions.

ME: Let's resonate together.

273. Energy (Throat)

[May 3, 2021 Matías De Stefano](#)

Daily vibration: We

Statement: I Am Origin of Sound

Code: INDIAN = contained between the continents of Oceania, Antarctica and Africa, with a part of Middle East, this ocean has the islands that conform the territory known as Lemuria, covering from Madagascar, home of lemures, up to Sumatra, and the islands and atolls from India, Seychelles, Maldives and the French Southern Lands. Its expression is born from the geometrical projection of the Cube, that originates the forces of life and the directions of interdimensional space.



ME: “And God said: let there be light. And there was light”. This typical phrase of the Christian religion of Judaic tradition always seems to me an old affirmation of the idea that the Universe used the vibration to generate energy. We have talked a lot about this, but we have not talked about managing that energy in our lives. So, today I ask you, to begin with: what is energy?

SOY: To begin with, let's remember what energy means. It comes from the Greek “en-” (inside) and “ergón” (work), the latter coming from the Indo-European “werg”, of the same meaning, and which gave the English “work”. “Énergon” is to be performing a specific work or force, and with the Greek suffix “-eía” (quality), it speaks of the concept or quality of carrying out a work or force: “Én ergeía” which gave the word Energy.

ME: So the energy itself would be defined as the force that is generated by the exchange of an activity.

I AM: This explains the Law of Conservation of Matter, in which it is shown that it is impossible to destroy or make the matter or mass of an object disappear, since the only thing that would be obtained in simply transforming it, so that matter never disappears, only becomes.

ME: Like when we set something on fire, the heat, the fire itself, the chemicals or carbon emitted, is the same amount of energy from the object but dissipated in the environment.

SOY: That's right. For this reason, you know the famous phrase “energy does not die, it transforms”. Principle that explains reincarnation. The same atoms that make you up are the same that formed dinosaurs, amoebas, the first ferns and trees, the same water that those trees and dinosaurs drank, is what you drink today as you write this. Oxygen, nitrogen, all that you can experience with your senses in this world, are the same transformed atoms, passing the energy, like the inertia of an extensive train that is pulling each wagon, passing the energy of the locomotive to the wheels of each section. Thus, no matter how different they may seem, they all exchange

the same power. Body after body, species after species, active information is transferred from one body to the other, and the data acquired in each step is distributed in space, as fire dissipates carbon from objects to the environment, which will be absorbed again by the biosphere. And the key to the transfer is action.

ME: The key to energy is to act ...

I AM: As in the beginning, the first wave, becoming a particle, has a potential energy, which, when divided, generates kinetic energy. This marks the two primary types of energy in the universe.

ME: What is Potential Energy?

I AM: It is that latent in the object, accumulated, that has the power to move. It implies the relation of position and space of one body to another, like a magnet, with its positive side, and another magnet with its negative: both forces are potential because they are latent in them, inherent in their bodies, and both pulse to join the other. There are different types of this potential energy, such as Gravitational, Elastic, Chemical, Electrical, Nuclear and Magnetic potentials.

ME: What do they mean?

I AM: These are all types of potential energy, since it is found in the object in relation to other objects. For example, the Gravitational Potential Energy is the one that allows the movement of the stars, whose movements are given by the amount of mass that they have attracting each other, like the Earth revolving around the Sun. Magnetic Potential Energy, which due to the mass pressure of an object, a magnetization is generated in its particles, generating a magnetic field, which produces movement in the body that is affected by this field. In addition, you have the Elastic Potential Energy, whose principle lies in the materials with the ability to seek the balance of their initial shape when they are stretched or removed from their initial place, such as a rope, an elastic band or a spring. The Chemical Potential Energy is the one that is stored in the bonds of the atoms that exchange charges; it is transformed by the combination with other chemicals, generating chemical reactions, such as fire when burning something, or the calories that your body adds when eating. The Electric Potential Energy, perhaps the most recognized you have, because it is generated in the interaction of bodies or particles that have different charges, positive and negative, such as an electron (-) and a proton (+). It is the one that gives current, light, electricity to a house, or the one that allows the discharge of lightning from the clouds to the earth. And finally, the Nuclear Potential Energy, which is what is kept stored by joining protons and neutrons in the nucleus of an atom, hence "nuclear".

ME: And... what about Kinetic Energy?

I AM: Kinetic comes from the Greek "kiné", which means "movement", that is, it is the energy that is produced by the action or friction of one or more objects, and that does not potentially exist within one of them. It incorporates Mechanical, Thermal, Sound and Solar Kinetic Energy. Basically, from the world of particles to the world of planets and stars, kinetic energy is generated in the constant motion of something, so potential and kinetics come together. Mechanics explains the unit or sum between potential and kinetics, in which taking into account the natural position of an object, its movement is added, such as when jumping from a height position, in which the energy Gravity potential is manifested, but in turn decreases when jumping up, turning on kinetics, due to movement, and accelerates when falling, and in both cases, the mechanical energy was constantly on the mark. In the case of Thermal, it is given by the speed of collision between different particles, since the heat is nothing more than millions of particles accelerating their speed when receiving an excess of external energy. Sound energy is mechanical, because it is produced by the vibration of strings or resonance devices that receive pressure from an external energy. Hydrogen and helium from the sun are in constant fusion and reaction due to the potential energy of the solar mass, which breaks the nuclei of their atoms generating the energy and brightness that we receive from it, which when fired into space, moves the particles of the atmosphere and biosphere, being the engine of life on Earth: and with engine,

ME: Interesting ...

I AM: Kinetic energy can be divided into three: classical, relativistic and quantum. In the Classical, everything that we have said previously is described, how energy is proportional to the mass and its movement. The Relativist explains that no object can reach the speed of light, and therefore, if it approaches it, the object would tend to generate infinite kinetic energy. In Quantum, energy is defined by the wave function of an electron, which graphically or physically represents the particle system.

ME: Ok, and now ... what do I do with all this?

I AM: Use it.

I eat?

I AM: Your whole body is provided with potential and kinetic energy. Each particle of your being is unified with nuclear atomic energy, the basis that maintains unity and order in the universe. Each atom contains magnetic and electrical energy, and in its organic functions it activates its mechanical potential. Cells are organized elastically, with the possibility of being damaged and re-establishing their initial tissue. Every day you live chemical reactions that burn calories in your body, which you put at the disposal of kinetic energy, acting, walking, doing things. And the weight you feel is the gravity that makes you be here and now. You feel the warmth of the sun when you walk down the street, the wind on your face, the sounds of music and the words that you hear and come from you. And when you make yourself a tea,

ME: Everything is energy ...

I AM: Each mineral in your body and the constant thermal and chemical transformation of your body generates incessant work force, which produces electrical pulses, transmitting information, through magnetic channels. Thus, the mechanical functions of your organs are generating a constant network of energy circulation in your cells and organism, which you call "energy centers".

ME: Chakras... energy wheels...

I AM: There are chakras in every part of your being, but the main ones are related to the points of your body with the highest potential and kinetic energy activity: the brain, the hypothalamus, the thyroid, the thymus and heart, lungs, stomach, liver, kidneys, pancreas, adrenals, intestines, ovaries, testicles ...

ME: Oh, now I understand better where a chakra is located ... that is, it is not something external to the body or matter, but it is the energy of movement of the same ... But ... was not that energy generates matter?

SOY: That's right ... but this was at the beginning of things. Now matter already exists, and therefore, energy is produced by the action of matter. In a way, matter is the accumulation of potential energy data that manifested in a kinetic way.

ME: What we usually call the Potential of the Being. The potential that we all have within is the inertial force of the universe, which is physically manifested through movement (kinetics).

I AM: Therefore, you have two ways to ignite the energy of your being: in a Potential way or in a Kinetic way. You call the Potential "Meditation" and the Kinetic you call "Activation." The Potential through Meditation implies that by focusing on yourself, closing your eyes and going inward, you can discover, perceive, feel and experience the forces that live in your being, such as the one that unites the nuclei of your atoms, the one that exchange data for magnetism and electricity. Thus you recognize what your potential is, what lies in you. The

Activation of Kinetics would be to get down to work, in which you perform an action, such as walking, doing a ceremony, climbing a mountain, planting a tree, helping someone, singing, dancing, going to the pyramid ...

ME: I understand, it implies action, moving that potential to manifest it.

I AM: You are an energy factory, you are a cosmic battery in constant generation. The chakras are not subtle aspects outside your body, but describe these forces that live in you, and that you can use when you pay attention to them, ceasing to give power to the energy from outside, and generating your own from within.

ME: When you do energy therapies, like giving energy, how does it work?

I AM: By magnetism. Your chakras receive and deliver energy. Your feet are conductors to the ground, your hands are conductors to the networks and others, your eyes and crown are conductors to the sky. As if you took the ends of the positive and negative cables, your hands, feet and eyes will do the same, the left being the negative and the right being the positive (beyond its right-handed or left-handed use). Like a magnet, the potential force of your chakras will be expressed by these extremities, giving or receiving information. Therefore, by working with the energy of another person, our energy will be balanced according to it. That is, if we work with someone who is low in energy (negative), our positive energy will be made available to balance it. But here you usually make a mistake.

ME: Which one?

I AM: You forget the fundamental principle of energy conservation. Well, if a being is low on energy and I give mine for its balance, one of the two will be unbalanced, because the energy that I possessed will have dissipated from me towards him or her, like water evaporates from a glass until disappearing as if by magic. Thus, you will end up exhausted, and the other person, for not knowing how to take care of their energy, will quickly exhaust it, needing you again.

ME: How do you correct this?

I AM: Being a channel of energy already dissipated from the environment, like solar energy. Instead of delivering energy to the other from your being, from your heart, first absorb all the energy of the light environment through your crown, overloading yourself with that eternal energy. Lower it to your heart until it looks like a sun, and from there surrender to others.

ME: Oh, I understand ... So we usually give our own energy to others, and others demand our energy as energy vampires, but if we manage to absorb that of the Sun, then we will never be losing our own energy by evaporating it.

SOY: That's right. This applies to therapists, whether holistic or allopathic. Well, many times we give energy or receive by hearing, seeing, hugging, talking. Our energy channels, if we do not know them, will be open like atoms seeking balance with external forces, exchanging energy with strangers, who can, unconsciously, give us things that we do not need or receive energy from us that we were not willing to give, like lightning to the fall on a tree. For this reason, Meditation is essential to recognize and vitalize the potential energy, which protects the own channels, always receiving the energy of the sun with deep breaths.

ME: Like a plant ...

SOY: Exactly. The thyroid gland, in the throat, is responsible for the administration of external energy for the enhancement of the growth of the being. When you observe the Sun, when you sing in meditation, you activate the power of growth, absorbing light as in photosynthesis, converting potential energy into kinetic energy.

ME: Taking care of energy, then, is not closing oneself to the other, but enhancing one's own in order to give without limitation.

SOY: That's right. This is a key to understanding universal functioning, in which the conservation of energy is not produced by closure, but by exchange, it is not given by the stability of the form, but by the constant transformation. The more energy I receive, the more I can give of myself. And the more I give, the more I will receive.

ME: It's energy management.

I AM: The first of the great wealth and economic exchanges that you can know, and it is eternal. One is poor in energy when he does not recognize his own potential and relegates kinetics to external forces, which do everything to ensure his survival.

ME: How to empower parents, a partner, or the state.

I AM: Therefore, a being that self-references is a being capable of putting into practice the self-sufficiency of its energy.

ME: So to put this into practice, I must recognize that all these forms of energy live in me, and through meditation I will recognize the potential, and through my actions I will recognize the kinetics.

I AM: Get under the Sun, and sing. Sing all the vowels and consonants that we have seen in the Resonance, receive the light and its energy, like a plant, discover your inner potential by activating it in your sound. For the Divine Consciousness Vibrated, and thus generated the Energy ...

ME: "And God said: let there be light ..."

SOY: And the light was made ...

274. Abundance (Heart)

[May 4, 2021 Matías De Stefano](#)

Daily vibration: Wi

Statement: I Am Origin of Heartbeat

Code: ATLANTIC = the longest ocean of all extends from north to south in the world, contained by Europe, Africa, the Americas and Antarctica, and crossing lengthwise its center by an axis that we know as Mid-Atlantic Ridge, a submarine mountain range that elevates in the division of the lands in the continental drift, leaving volcanic islands on its way. The Ocean is the expression of the universal Icosahedron, materialized on its waters and structures, being the portal of earth's energies in its ascension to heaven.



ME: You mentioned yesterday that excess energy is not good either. That is to say, talking about how to use energy correctly, you mentioned that it is important not to give of your own energy so as not to empty yourself, when we are at service, but that we must do it by taking the energy from the environment, the photons, and from there give to others, but that an excess is not good either, because it could damage us like the current to a phone battery that remains plugged in all the time. Then you have to download.

SOY: That's right. A human, like any being in existence, is a battery. It has positive and negative poles, charged with potential energy, which when moving on its axis creating a magnetic field, generates kinetic energy, which distributes energy, data, information, to an entire system. If the system is not balanced, it is not self-sufficient, and therefore it will depend on forms of external energy, such as food, sleep, laughter, sun, minerals, water ... Like everything in the Universe it is an exchange network connected by waves of vibration, what you resonate with will be what charges your energy to keep moving forward: doing what we like, being with those who do us good, listening to the music that delights us, eating something that makes us happy, etc. And this encourages everything that exists to feed itself energetically. However, if you eat too much, you can gain weight or have health problems; if you drink too much you can drown; if you sleep too much you lose vitality; If you do only what you like or what you are good at, you will never evolve or learn anything new; If you sunbathe a lot, you can burn yourself and hurt your skin. The excess of things is an energy overload. Not for being good, its excess will be better. For this reason, when we work with energy, we must always know how to deliver the excess to the ground by bare feet, as a ground wire, like a lightning bolt that releases the energy accumulation from the atmosphere (where a great electrostatic voltage is generated) to the biosphere or lithosphere. The discharge of energy is fundamental for development, for the circulation of energy, as in a constant circuit, or as in a river. If there is an excess of water, the river will overflow,

ME: So it's not good to accumulate amounts. It ends up being counterproductive ... This leads me to wonder if it is related to any vision in relation to capitalism in which we live today. If excess is bad for health, is generating resources harmful to society?

I AM: Here you must differentiate two fundamental things, which are the word Accumulation and the word Abundance.

ME: I suppose, and it vibrates me, that they are very different, although they talk about the same thing.

SOY: That's right. Accumulation is the act of arranging in the form of a heap (a heap, mountain, mound). The concept refers to putting everything in one place, stacking it, reserving it, without mobility. When you accumulate energy, food, emotions, material goods, you do it with the fear of losing it, of being left with nothing, and it happens by defense and survival mechanism. Therefore, accumulating ends up generating problems in your body, soul and spirit. Accumulate action, is to stagnate energy potential, which by not having where to express itself, turns into frustration, contracting the body, generating pain, disease, and obesity. It happens when at the soul level you accumulate emotions, for fear of letting go, of letting go of the bonds that I believe are good, or for fear of breaking things as they are, for comfort.

ME: Like when we attack someone who has nothing to do with the cause or reason for our discomfort.

SOY: Point of discharge, exactly. And this takes us to the mental plane, where the accumulation of ideas and beliefs make a mind stale, strict, inflexible, full of data that do not allow evolution, since nothing new can enter.

ME: Like becoming stubborn.

I AM: Aha.

ME: And... what is Abundance?

SOY: The meaning of this word is something very beautiful, related to everything we have talked about. At the origin of the Universe, everything expands by means of waves, like an ocean that propels its waves in all directions, for all eternity. Sometimes, static waves generate electrical discharges that produce positive and negative currents, manifesting waves, and from there, kinetic energy from the potential. Something you call "tides". Produced by magnetism and gravity. The more these waves move, the more distortion there is, but in turn, more options, variations of this ocean, which generates life in its electrical discharge: cells, organs, and the entire biosphere. A constant transfer of information on the network, which overflows with potential, and which is launched into an eternal movement. In such a way it does it, that it exceeds the capabilities of the universe itself, giving rise to new dimensions, kingdoms and worlds, to an eternal ramification. When the waves of vibration exceed the limits of itself to expand into something new and transcendental, it is called "Abundance". The word comes from the prefix "ab" (outside, beyond the limit), and "unda", which means "wave", like the waves of the sea. To this add the particle "-ent-" that refers to the subject or entity, and the suffix "-eía", which denotes quality. Abundance is the quality of a being to pass the limits of the waves. It refers to the idea of a river that overflows, of a sea that crosses the coasts to enter the land.

ME: Wow, I never would have seen this concept like this. Abundance, for me, is the accumulation of goods, as there is a lot of something, but I never thought of it as waves that exceed the limits.

SOY: The clear difference between Accumulate and Abundant is that the latter goes beyond limits, while the former sets limits. We are going to differentiate this from different levels: Energetic, Individual and Social.

ME: Let's go to the energetic ...

I AM: Energy Accumulation is the stagnation of inner potential. For fear of the reaction of the outside world. This is what every structure from the atomic level does, seeking stability of energy exchange, in which by forming rigid structures it tries to accumulate energy so as not to lose and disappear. Nature follows this system, through what we call "storage." Many plants, animals, insects, fungi, dedicate their day to day to the accumulation of food and liquids, pretending to have reserves for times of scarcity. It is a natural mechanism that humans repeat because they are not exempt from this nature. The human, in turn, generated cultures and civilizations as a form of accumulation, of storage that ensured their subsistence.

ME: And here I guess we get to the individual ...

I AM: Every human comes from an animal tradition from a hostile environment that forces accumulation for survival. And throughout history, through slavery, fiefdom labor, wars, famine caused by bad policies, as well as violence and insecurity, they end up being the foundations of a cumulative mind. This generates closed, repressed, greedy, cheap, greedy, stingy and petty personalities. Thus, the struggle to obtain resources is based on an overwhelming logic: "who does not have, dies, who has, lives." The battle for having becomes the sauce of life, and individuals will fight to obtain and accumulate what they can to live.

ME: And that's how our society is formed ...

I AM: Based on the sum of individuals who, seeking to survive, have become greedy, to have information, feelings and goods. To achieve something, it is necessary to undertake, which leads us to the creation of the "company" or "entrepreneurship." In the struggle to obtain, the subjects called entrepreneurs, supplanted those who had everything: feudal and kings. Suddenly, citizens with extraordinary abilities surpassed the very almighty of the Earth, creating the civilization of "capital", where Having is a symbol of Success, because you have managed to get out of scarcity to enter opulence. And the opulent become the new kings and feudalists, while those who have the least take them as idols, or oppressors. The struggle to have led to ideologies of equality, which instead of giving to the people,

I because?

SOY: Because from the base there is a very serious mistake: giving your power to a third party who claims to know much better what you need. It is counterproductive to evolution, and is called paternalism or state maternalism. It is the distrust in individuals, taking them as children, but children who are not educated to be adults, so that they always remain innocent infants cared for by their parents. Thus the "parents" can manage, who accumulate wealth and distribute it according to their beliefs and considerations. Therefore, it is necessary to resort to abundance.

ME: How is abundance applied?

I AM: You must recognize that abundance on the energetic, individual and social planes. From the energetic, you can remember the image of the universe. Vibration waves that exceed their own limits, and are eternally transformed into different things, do not accumulate, but continue to give new realities. But what is given is excess, for one can only give when he has received enough. An empty river cannot be abundant. Thus, the excess energy in the atoms generates heat, electricity, giving chemical reactions that generate life and evolution.

ME: Life is like the abundance of atomic energy, well.

I AM: Exactly. Energy is the result of the abundance of vibration; atoms are the result of abundance of energy; matter is the result of the abundance of atoms; life is the result of the abundance of matter; and evolution is the result of the abundance of life. The Universe is designed to be abundant, and therefore, regardless of the system seeking the storage and conservation of energy, the conservation mechanism never ends up being by

accumulation, but by transformation. Thus, what the plants accumulate becomes oxygen delivered to the biosphere, to the animals. Animals accumulate food in their bellies or burrows, but lions will never consume an entire herd of buffalo, nor will ants consume an entire forest. They will always take just enough to satisfy themselves. The humans, they did the same when they became sedentary: they did not eat all the crops, they had to leave for the next one, to exchange with others for different products. Sharing became the abundant form of subsistence. Thus, individuals began to create bonds, to help each other, to generate forms of emotional exchange; relationships, ties, loves, family, culture, tradition. And all this gave rise to larger groups that formed societies, exchange of values, moralities, histories, assets and administration, a symbol of trust between individuals who seek the "status quo", the balance between the parties, since it is interpreted that if it is produced in excess, the community must benefit. The idea of abundance, then,

ME: How to be abundant?

I AM: Abundance will not come to you out of necessity, but quite the opposite. A river is water, and it grows by water. A river only receives water for its ability to open up to channel that water. A person is like a river flow, if it is full of things, beliefs, emotions, patterns, accumulating goods in the form of rocks, the water will never pass through this flow, and it will look for another. In order for the water to "abound", the river flow must be clean, open, with clarity and without many things that impede its circulation. Do not accumulate goods, emotions, or ideas.

YO: But this seems contrary to what is seen in entrepreneurs, who become billionaires and have more and more things.

I AM: An entrepreneur is different from a king. The king accumulates power, and rots on his throne, because the only way to accumulate power is by demonstrating power, and the way to achieve it is through control, showing who is in charge, or on the other hand, becoming a parasite for the society. An entrepreneur has entrepreneurship by nature, and becomes a millionaire not by accumulation, but by abundance, by generating resources or goods that many acquire, buy, receive from their productivity. A person who produces for a family of 5 members, will need to generate resources and manage their assets to support the 5. A person who generates resources for millions of people, will need to manage their assets in order to support those millions. It is not cumulative, it is equivalent.

ME: Ah, I understand.

I AM: Those who do not understand this do not understand the law of energy: the sum of power and kinetics that you call labor force. Energy cannot be obtained without work, as it is counterproductive to the law of energy conservation, and therefore, giving without receiving ends up becoming a problem at all levels, that is, it is harmful to abundance. An abundant being must give and be open to receive, and what he receives must be energy to give more on a surpassing level. Do you know what the great conflict of human abundance is?

ME: Which one?

I AM: Education. It is that you have never been taught to be abundant, but competitive. On the one hand, the Capitalist Economic system seeks freedom of trade and capital to promote competition and thus generate wealth. On the other hand, the Protectionist Policy of the States seeks the opposite, which is the control of the markets to regulate the well-being of those who have the least and the equity of their citizens at all levels. Education promoted by the private business world encourages the competition of individuals, and Education promoted by the world of states, promotes equality among citizens. But none drives true Education.

ME: What would it be like?

I AM: Teaching a being to be abundant, creating their own projects, sharing them with others and encouraging others to do their own projects, so that the chain continues.

ME: Why don't they?

I AM: Because they are still based on the law of survival of matter, and not of conservation of energy. According to material survival, it is considered that you have to fight to obtain resources, or that you have to help the other who does not have them, by giving them. According to the conservation of energy, the other must be given the tools to generate his own potentiality, entering into active movement, not passive reception.

ME: Encourage everyone to awaken their potential ...

SOY: And this does not suit many, because doing so would imply losing control. For a being that is abundant in his mind, his emotion and his body, does not need any state or competition.

ME: Oh ... sure ...

I AM: Abundance is not an attribute of earning external goods, but of projection and expansion of internal potentials, placed at the service of others, in the exchange of potentials.

ME: Being abundant is allowing me to open up to new opportunities and not have restrictions when it comes to expressing my potentials, sharing them with others.

SOY: This way you will receive everything you need.

ME: I consider myself abundant. With total certainty.

SOY: So by your example show others how to discover their abundance.

ME: The key is not to accumulate, but to share.

SOY: The mantra this month is I Have, why do you think?

ME: Because everything I need is not outside, it is in me. I have everything I need, I just have to expand it.

I AM: Open your heart, and allow your river of potential to show the abundance that you have.

275. Strength (Solar Plexus)

[May 5, 2021 Matías De Stefano](#)

Daily Vibration: Wi

Statement: I Am Origin of all entity

Code: ANTARCTIC = surrounding the Antarctic continent, the great mass of cold water that flows in circles being the foundations of the Atlantic, Pacific and Indian oceans, is the Antarctic ocean. Contained between the islands Sandwich, Georgias, Marion, Kerguelen and the seas of Scotia and Ross, this ocean is the biggest algae and plankton producer, foundations of planetary oxygenation. It's existence originates from the expression of the Octahedron geometrical pattern.



ME: Speaking of the historical idea of abundance, you mentioned that individuals used to associate abundance with accumulation because whoever had more lived longer, and therefore, whoever had less lived less. A simple logical relationship, that whoever eats lives, whoever does not eat dies. What we saw in this is that for a mere question of survival, human cultures have blurred the idea of being abundant to the point of believing that it has to do with wealth, and not with exchange, forgetting the fundamental key to wealth that is the exchange, and therefore the sharing. This, which led to the creation of mean and greedy individuals, led to a society of consumption and accumulation of goods, as a human foundation, but above all, I think, led to something worse.

SOY: To what?

ME: To Control. Whoever accumulates what is scarce in others, has power over others ...

SOY: Well, we are going to redefine this concept, because what you really want to refer to is Power. The word Control does not have to do with manipulating someone, although it has come down to our times that way. Control, comes from the Latin "contra-rotulus"; the word "contra" comes from two things that are opposed or different from each other ("con -" = unity, and "-tra -" = between; in English "against"), while "rotulus" means "device that rotates, which rotates". This refers to an official communication system since Roman times spread throughout Europe and from there to the world in medieval and colonial times, where royal or imperial communications were made on rolls of paper, with a certified duplicate. Those official scrolls were called "rotulus" and the duplicates "contra". Thus, the Contra-Rotulus or Contre-Role (in French), It was a duplicate certificate that validated what was sent by the ruler so that documents were not falsified. This is called the "Contre-role mechanism", a term that when pronounced in French passed to other Romance languages as "Control".

ME: Wow ... never would have thought. In other words, the control mechanism is not to impose itself on others, but to make sure that something is as it has been said, verified.

SOY: Yes. But of course, who makes the law?

ME: The king, the emperor, the feudal ...

I AM: Reason why the law verified by the "controls" of the state, ended up being a synonym of the weight of the law or the government on the population.

ME: Oh sure, it makes sense now ...

I AM: The control is a necessary mechanism for the security of what is said or commanded, it is a way of corroborating that what is said is true before the law, and thus there can be no deception. But this same system of control is the one that is distorted when the real conflict comes in.

ME: The Power ...

I AM: Our long-awaited friend. Nowadays, just as "control" took a negative connotation, "power" is often a word with a positive connotation, since both in the social, cultural and spiritual world it is often spoken of "inner power" or "power of the town". We ourselves use the word empowerment to recognize the internal mandate of our own life, and in fact the mantra "I can" is an important concept to develop as in the first month of our year, in the sign of Leo. However, it awakens ambiguities, such as the fight "against power", or the power of those who have more, or the power of the government, or of the rich ... The idea of power has governed humanity for millennia, and everything has its logic and origin in the first human tribes or families. "Power" comes from the Indo-European word "potis", meaning "I love, sir, owner". The idea comes from the fact that, like most hominids, in times of crisis the alpha male takes command of the herd, and seizes the individuals that compose it as his own, taking the females at his disposal, something that we call "handcuffing" (which means "being under the owner", or belonging to the master).

ME: Oh, it's strong. The word "spouses" implies a sense of belonging to someone.

I AM: Objects and Subjects under the power of an individual who accumulates them, and appears to be abundant, only because his power has allowed him to possess it. Power is the control that one has over things, and therefore, inner power refers to having full control of one's thoughts, emotions and actions; cultural power is the power to dominate freedom of expression; the power of a government is the grace granted to regulate the individuals that make up a nation. Dominate comes from the word "domus" which means house, home, that is, who can manage their own home. Thus, the one who administered the resources was the powerful, who had the power over things. The idea was intensified when the law of survival involved constant struggle. Thus, security became key to subsistence,

ME: The law of the strongest.

I AM: The alpha male was the one who possessed the most strength, and therefore, he could protect his own. But in humans, due to neural development and intelligence, force also became strategy. The strategy gave more power to rule the others, manipulate them, hinder them, direct them, which gave rise to the appearance of the kings. The force no longer depended on the physique of the one who has the power, but on their ability to manage the strength of others. And the others obeyed his orders, since the king had in his custody the food, necessary for subsistence. In exchange for food, the king got protection and trust, and if anyone dared to betray this trust, power fell upon him, even with the death penalty. Force became a natural tool of control, since word of mouth was transmitted the ferocity of the king before his enemies, enlarging his image, generating fear and

fear, the control emotions par excellence. Brute force became mental force, and from there was constituted the strength of power.

ME: And that's why whenever someone gains power, they usually hide behind the strength of others, like the states use the military and the police.

SOY: Exactly. From the beginning, whoever owns the goods, s the money, the resources, have the power to rule over others, and they ensure their subsistence by being protected by the security forces.

ME: It's horrible ...

SOY: But it is what you have created throughout history. The fear of dying has made you build societies that need control mechanisms, because people do not have inner power, so they need someone to give them power, or the idea of it. The sense of belonging to a clan gave rise to the sense of nationalism, which is the origin of populisms, in which individuals surrender their personal power to the power of the group, and the group surrenders its power to a leader who tells them where to direct that force. . And if the individuals awaken their power, the leader will turn using the very force of the people to defend himself. It's not new, this is business as usual.

ME: Does this mean that we are relegated to living like this?

SOY: No, it means that you are still in the process of evolution.

ME: And how do we start to transform this?

I AM: Finding the own strength that gives power, to be able to dominate oneself, and thus be abundant.

ME: What is fortitude?

I AM: Strength comes from Strong, which comes from the Indo-European “bheregh”, which means “high mountain”. The mountain is a symbol of rigidity, solidity, firmness, immovable, and therefore, it was the favorite site for the construction of protected sites, such as castles, or fortifications, as the same word says: a medieval fortress, a battle fort , fort or fortification. In English, “strength” comes from “strenk”, which also gives rise to “strong” (strong), and is related to the narrow and tight, something that gives the idea of placing things very close to each other until it is impossible to move .

ME: Everything refers to a structure, a rigid construction.

I AM: That is, an object or subject that integrates everything, that has everything that is required, that is firm in its being. A being that has not managed to work on each of its internal aspects is a construction destined to collapse, from which no one can claim to be powerful. Imagine that your body is a tower. If this tower does not have a foundation, or its walls are missing stones, or it is devoid of any buttress, or a good mortar has not been used to connect the parts, then the tower will not have consistency in itself. You must understand in this analogy that we are referring to the physical, emotional and mental state of a person, to the fact of working internally or not, of recognizing the shadows and lights, of being flexible or not, integrity or ignorant.

ME: To strengthen the Being, is to rebuild its parts, like building a tower ...

SOY: It is to become the mountain. Integrating every rock, river, tree in you.

ME: It reminds me of the phrase "be strong as an oak tree." When I was a child, I was 12 years old, at my school I had a friend Roble. I always went to visit him, I would sit underneath and tell him all the things that happened to me, which in most of the times were quite heavy, depressing. One day, I arrived crying, feeling so much weight from everything that was happening to me and on top of the bullying from school. I needed to talk to someone, but nobody understood me, because I didn't even know what was happening to me, and I remember him telling me: "For years I have been weak, fragile in the face of the changes in the world around me, but I never stopped. The wind can bend you like hurtful words, but you will only defeat them by making yourself flexible. The rigidity of the ground will prevent you from expanding, like the structures that design your world, but with patience you will always find the cracks through which to extend your being. The sun sometimes burns, in the same way of the expectations that we have, however, like its rays, they become the fuel for your expansion. And sometimes you will face storms, and some lightning will fall very close to you, I have lived it, and I have been damaged, but in each storm comes a new hope, water. Constancy, self-confidence, flexibility, recognizing what the world gives you, is what awakens the strength to face the world ". "Look at me", he would say to me, "Today I am strong and robust, centered on myself. Nobody gave me that strength, I built it with my experience ". Whenever I pass by my school as an adult, I go to visit him. And in fact I always think and say that the day I die, I want to be buried under an oak tree,

I AM: As the oak tree has told you, strength is something that is built with inner integrity, with the ability to take control of oneself before the forces of the world. Whole strength does not empower you to control your surroundings, but to awaken power over yourself. Power is the product of potential, and it only arises from the energy that lies in you, not in the things you get from outside. All power generated by accumulation of resources is nothing more than the mask of an imminent decline. All power built inside is the one that lasts through time and space.

ME: The strength of being, in the solar plexus, then, does not have to do with the ability to expand my power to those with whom I am related, but to find the firmness of myself without losing the axis between the external forces that pull from me. It is not losing myself despite emotions, conflicts, ideas.

I AM: Whoever is unaware of his potentials oscillates between his personal relationships, oscillates in the truths of others, oscillates in the beliefs of the world, will break. Who in consciousness oscillates, learns from others, remembering that the reason for his movement is thanks to the axis on which his pendulum is anchored.

ME: The force arises from me, and when I share this force, we create a network of powerful beings about themselves.

I AM: Build your inner power from the strength of your integrity, and only then can you generate a movement of conscious beings that transform reality. Become the mountain, become the oak, and affirm who you are.

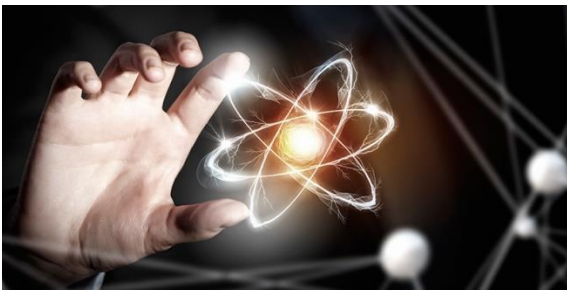
276. Matter (Sacral)

[May 6, 2021 Matías De Stefano](#)

Daily vibration: Wy

Statement: I Am Origin of the Matrix

Code: ARCTIC = And on the “top” of the world, towards the north, the Arctic ocean is found, the smallest of the five, contained by Asia, Europe and North America. Great part of this ocean is frozen and floating over the deepest waters, reflecting the sunlight, keeping fresh the temperature of the world. There, just like in its antarctic complementary opposite, algae and plankton are produced so that the Earth breathes, and its reality is projected from the Tetrahedral geometry, foundation of the connection to divinity.



ME: Build myself. This gives me strength, to build myself like a building, but made of actions, emotions and thoughts. If the foundations are not firm, the building can fall, but if they are not flexible, an earthquake can crumble them.

I AM: An earthquake is like a crisis, which breaks those who are so rigid in their attitudes, in their feelings and their beliefs, that any movement can destroy everything they have built. It is necessary to build a firmly flexible structure, adaptable to the movements of the world, but with integrity.

ME: How do you do this?

I AM: Starting with the Mental plane, the way to achieve it is by transforming Ideologies into Philosophies. An idea refers to the appearance of things, not what they really are, but what I perceive of them. That perception can become a constant that marks many other ideas in life, becoming a belief. Belief is a set of ideas that have formed the foundations of a way of thinking. As an example, we could say that you have grown up with an idea of what it means to be Argentine, because the culture and society, family, that surround you, have shown you as you grow up, an idea of what it is, and why is it? an idea? because you have only grown up with the idea of being Argentine in the south of a province of the central region in the middle class, but you do not have the complete vision of having grown up in each province and in each social stratum. Thus, you know what it is to be Argentine through books, stories, school, television, friends and family. Year after year, this forges an idiosyncrasy, which is the mixture of all the concepts, ideas, traditions of an individual. Over time, the brain will adapt to this set of ideas, and will form a belief, which is a mental creation, that will determine the way you see the world from the vision that has shaped you of being Argentine.

ME: So beliefs are a set of perceptions that are established as structures that help the being to interpret the world more easily.

I AM: They streamline the global and universal perception of things. Cultures, sciences, religions, dogmas, are ways in which a belief manifests itself. Beliefs are usually data interpreted by a group of people in relation to a specific place and time, which makes them a shared idea, an Ideology. They move currents of thought, at an educational, religious, political, economic, technological, biological, universal, agro-technical level, which generate specific movements in the towns, shared by many individuals. That is the origin of the word Populism (movement of a people). They are based on joint ideologies, and reject the idea of individual free thought. This has been human nature for millions of years, and is therefore considered the best way forward, to prosper. However, in times of true transformation, populisms do not advance, but delay.

YO: How is an Ideology transformed into Philosophy?

I AM: Ideology schematizes concepts by creating immovable structures that are only broken by crisis and conflict. Philosophy is the opposite. Philosophy comes from "philós" (love) and "sophé" (wisdom or knowledge). The love of knowing precisely implies being flexible, and not based on only the perception you have of things, but expanding towards seeing other perspectives, opening your head, searching, wondering, doubting, inquiring, discovering. Philosophy invites constant transformation, never to stay with a rigid idea about things, but to always question them in order to move forward.

ME: I understand... And from the emotional level?

SOY: The emotional leads us to the idea of moving from the Conditional to the Unconditional. Emotion is movement of energy, which needs a polarity with its positive and negative extremes that attract each other creating force within. The force can be generated in a balanced way, in which positively or negatively charged particles or people have the same weight as each other, and decide to share their charges rather than being forced to do so by having less weight. So that you can understand it, we are going to graph it. Conditional Links are generated from unconsciousness, that is, energy is not shared, but rather is gained or accumulated. Link means chain, from the Indo-European "wei" which is to bend, twist, from the Latin "vincire" (to tie). Condition, as we have said, is that which is said together, stipulated as a group, therefore, a conditional bond is when what is said by some bends others to be part of something. You could interpret the conditional link as an object of greater mass that attracts an object of lower mass, forcing it to belong to its energy, depending, while the lower mass, because it does not have its own force, is allowed to be manipulated by the greater mass: like the Sun with the Earth, the Earth with the Sun.

ME: Oh yeah, I can understand this. It is like saying that a person who has no inner strength of his own will allow himself to be dominated by someone who has greater strength or mass, and therefore, more power over him. How to pass it to Unconditional?

I AM: Taking courage and strength of my own, taking advantage of the resources of the strength of others to manifest its own power, as the Earth does when using the energy of the Sun to create life. Unconditionality is recognizing the links and giving them a useful purpose in personal development, ceasing to give energy to the other, to expand energy from oneself. Unconditionality is equivalent to Free Energy, in that there are no forces that bind you to others, but it is you who chooses to deliver or not, respecting the methods of each being. Unconditionality respects the processes of others, and seeks the balance between them, recognizing that the emotions that are felt are not part of the other, but of oneself, and that each individual is responsible for what they feel or do with their feelings.

ME: That is, not depending on others, and still remain united with them.

I AM: It is called "Unconditional Relationship", that is, ties that are repeated, like echoes, in which the other is not forced to be part, but both decide by equal amount of weight and mass. To be unconditional, you must regain the weight of your own being, and only then can you be unconditional with others.

ME: "Love your neighbor as if you were yourself" ...

SOY: And for this you must first learn to love yourself.

ME: Sure ... And physically?

I AM: Construct yourself in the physical is to know the skills and attitudes that you have by inheritance and design in life. It is going from Reaction to Action. As we have already said at some point, it implies ceasing to act based on the inheritances of the clan, of the family, in order to be able to make one's own decisions free of their conditioning. And for this you must know what are the attitudes and skills of your clan, your family, know the genealogical tree, the physical and inherited conflicts by those who make up your subject, the fabric of what you are today. Imagine that you live in a city and you always buy your ready-made food or in a supermarket, and without questioning where it comes from, you eat whatever, but you start to feel bad, and even get sick, until someone tells you: maybe it's something What have you eaten. To know why what you ate hurt you,

ME: There are many people who do not know where the products come from, but I mean people who do not know what an apple or banana tree looks like, or who do not know where the eggs or meat come from ... Who never saw the product in its natural state ...

I AM: Therefore, recognizing the origin of what you consume in life, makes you wonder if you want to continue feeding on it or not, because "you are what you eat." Thus, by recognizing the origin and stories of your family, their experiences, gifts and mistakes, you can understand yourself and know exactly what you want to change or awaken in yourself, stopping reacting by impulse from the past, to act for the future. Change your diet For your actions and what you do with them, what you consume from the world, generate the matrix of the matter that you are, the final product of your ideas and emotions in the form of reactions, or, if you become conscious, it will be the final product of your philosophy. and unconditionality in the form of action.

ME: This allows me to manifest, to truly create.

I AM: This connects you with the most powerful force: creation, the womb of the universal mother.

ME: What is it?

I AM: Matter. In spiritual ways and ideologies, matter has been seen as the dark and dense aspect of universal truth, a jail, prison of the spirit, divine punishment, and even a hell come true. However, for the vision of the Universe, it is the opposite. Matter is the Mother. Coming from the Indo-European "mater", the word "mother" gave rise to the concept of matter, as the fabric of manifestation of the cosmic mother, the one that manifests the spirit, that allows it to live its dreams, make them come true. Matter is not an infernal prison, but rather it is spiritual liberation from its eternal prison. The mother allows the spirit to live its millions of possibilities, to design, to feel, to live, to act. Without matter, there would be no universe. Matter is the womb of divine embodiment.

ME: When we are told as a command "you will honor your mother and father", it is like saying "love Earth and Heaven" equally.

I AM: For Heaven manifests Earth, and Earth allows Heaven to manifest itself. When you discover the richness that lives in you, in the design of your human being, you can see the beauty in every atom that makes up the world, you can see the light, the photons that shine in every object, even where you think there can be no light , there you will see beauty. Mind, Emotion and Action, Spirit, Soul and Body, are nothing more than an atom composed of Electron, Proton and Neutron. The transcendental concepts that you have attributed to imaginary planes, exist, and since you cannot touch them, they have come together creating fabrics that allow the mind to

interpret what it feels like to caress the soul, look the spirit in the eyes, and enjoy the action. Matter is the most direct contact you have with the divine world. In the perfume of a flower, in a caress on the skin,

ME: Everything is beauty ...

I AM: Matter is beauty, it is the creative mother that nourishes the spirit.

ME: We have mistreated the concept of the material, considering the "materialistic person" as one who lives in a low vibration, or lost, believing that to be conscious or spiritual one has to get out of matter ...

I AM: Matter has been confused with attachment, because it is easier to attach to something physical, or to identify it, than to something mental or emotional. Attachment is related to having, possessing material things, clinging to this world, when the same happens with the other, as one who clings to the idea of coming from another dimension, or from subtle worlds like those in the Pleiades. And sometimes, the detached subtle beings that come from the Pleiades forget something fundamental, and that is that this set of 7 stars (Asterope, Merope, Electra, Maia, Taygeta, Celeno and Alcyone), lie at the heart of the constellation of Taurus, the matter, the house. The subtle does not lie in the heavens, but in the heart of physical reality. When you love Matter, you reach the divine light faster.

ME: Because she is the spiritual mother ...

I AM: Therefore, you must transcend your idea of what matter represents, to consider it the vehicle of your spiritual existence, and stop once and for all blaming the physical for your inability to manage yourself.

ME: I am the Mother, because I am composed of spiritual matter ...

I AM: And this will always remind you that you are the Source of all manifestation. For your body is the consequence of your spirit, and when you awaken your spirit, you become a weaver of the webs of reality.

ME: And so I recognize, that I am the Origin of the Matrix.

277. Safety (Root)

[May 7, 2021 Matías De Stefano](#)

Daily vibration: Wo

Statement: I Am Origin of every pattern

Code: VIRUS = Among all possible living organisms that exist on Earth, the virus is the only one that is closer to a zombie. It's a dead being that behaves like a living one, carrying genes, DNA or RNA, and multiplying after invading a living body, for which is able to subsist and expand. Virus are seen as bad and as disease carriers, however, for biology they've been elemental bases that promote the evolution of species, testing their adaptation and the activation of potential.



ME: Seeing the beauty in matter, concentrating on the reality that we have created, doesn't it take us away from the spiritual path?

I AM: It does if your spiritual path is a belief and one is an act of coherence.

I because?

I AM: Because the spiritual, as we explained, is not a reality external to the physical body. Matter is not the product or creation of the spiritual world, it is the manifestation of it. Is the butterfly a being apart from the caterpillar?

ME: No ... it's the consequence, it's the transformation of it ...

I AM: The caterpillar continues to exist in the butterfly, for there is no butterfly without a caterpillar, nor a caterpillar without a butterfly. The same can be applied to a construction, in which each brick is somewhat different, but together they form the house. Or a simple seed, turned into a huge tree. You can believe that the caterpillar was the one who created the butterfly, or that the seed made the tree, and that the brick built the house, or you can become aware that in reality, the caterpillar, the seed, and the brick, became the butterfly, the tree and the house. The only thing that separates you is the idea of what was, and what is, disconnecting the extremes of something that has always been the same thing.

I understand.

I AM: The fact that water can be ice, cloud or river, does not make it stop being water.

ME: Everything is so simple, and so relative at the same time, and yet it is hard for us to see those things. Like, for example, something you said yesterday: "There are no bad people, only disharmonious individuals; we are all children of the Mother". And you said: "there is no but that is worth here." And even so, we think: "but, a rapist, a murderer, a dictator ...?"

I AM: They are disharmonious beings.

ME: But how do you explain their evil? Why did that caterpillar instead of being a butterfly become ... I don't know, a mosquito? Or something worse like the Asian hornet.

SOY: For the same reason that the mosquito ended up being a mosquito: environmental conditions. The evolution of a being to what it is depends on its adaptation to the environment that surrounds it and the load of information that it has inside it inherited by its ancestors. Between the biological information load and the environmental load, a human's abilities can shift into irregular attitudes. For example, a dog is not bad by nature, however, if it has suffered seizures and has never received a caress, only beatings, it is likely that it will bite. Is the dog bad for biting you and drawing blood?

ME: No ... I mean ... he did something wrong but ...

SOY: He did something wrong because he was out of harmony with his being. What is a murderer? A child who has never been contained or loved. What is a pedophile? A repressed and fearful child. What is a dictator? A frustrated and abused child. What is a rapist? An abused child. They are caterpillars that have consumed painful circumstances.

ME: But there has to be an origin to this ... I mean, is there an original person who is bad?

I AM: The eternal discussion of Rousseau and Machiavelli. Jean-Jacques Rousseau, a philosopher from around 1750, was one of those who contributed his multifaceted wisdom to the enlightened ideals of the French Revolution, which promoted the natural education of children, with pedagogy. In his observations, he determined that the human is good by nature, there is nothing wrong with him, and it is the Society that puts its dense and negative imprint, making it bad. Thus, a natural pedagogical education proposed to maintain that active goodness in the human despite society.

ME: And Machiavelli ...

SOY: Quite the opposite. Unlike the pedagogy of the 18th century Enlightenment, Nicholas Machiavelli lived at the dawn of the Renaissance, around the year 1500, in a European context of principalities. His philosophy was the mother of modern Political Science, writing a manual called "The Prince", where he laid out all the rules of how to be a good ruler. In his ideas, the human was bad by nature, he was born with built-in evil, and it was society in charge of directing him towards goodness and ordering him to be good.

ME: Wow ... so who's right?

SOY: Neither of you.

ME: Eh? but...

I AM: Both views are deterministic, and are based on a deterministic moral idea, which considers a being as good or bad. No one is born good, nor is he born bad ... beings are simply "born". The concept of believing them to be good or bad by nature is a romanticized or pessimistic view of reality, considering that there is an external force that determines reality in only two options. God does not play dice, but neither does he play

chess. A person, or being, is born with infinite information within himself, which incorporates all the experiences that his cells have recorded over millions of years. The environment in which those molecules that make up the cells have lived, be it a calm or stormy environment, in a context of hunger, war, or fullness and prosperity, have been creating a useful baggage for the being to face life. An individual who is raised alone, without human contact of any kind, being able to be studied, will denote “good person” attitudes and “bad person” attitudes from a very young age, because in their cells lies the information that being “good” helps in evolution due to sharing, to the support of others, family, friends, since it has gone further with support and love. And it will denote bad behaviors in situations that generate distrust, at which time your cells will react to memories of trauma, wars, hunger, survival, which makes you react in the sense of defense, maintaining the integrity of your body. Both mechanisms coexist in a being. It is the environmental circumstances that cause one or another attribute to wake up.

ME: It's like the two sides of the same coin ...

I AM: You could wonder what determines that you have one or another attribute of the sun sign to which you correspond. What makes a Leo person a charismatic leader or a self-centered smug? What makes a Virginian a loving, caring, or manipulative mother? What makes someone from Libra an artist or a liar? What makes a Scorpio a spiritual master or a psychopath? What makes someone from Sagittarius an adventurer or a denier? Or that a Capricorn is an incessant worker or an obsessive maniac? That an Aquarian is a free spirit or a schizophrenic? That a Pisican is a loving being in service or a dependent drug addict? And that an Ariano is someone who encourages you to start life, to be an impulsive aggressive? Or does a Taurus be a strong and determined individual, to be a comfortable lazy? What leads someone from Gemini to be a studious communicator, to become a verbose bipolar? What about a Cancer being a sweet lover, a suicidal depressive?

ME:... The circumstances...

SOY: The potential is there. They are all Water, but it is a matter of the environment that will determine whether they become ice, liquid or vapor.

ME: In other words, the Society neither orders nor disharmonizes, but rather proposes an environment in which each individual awakens their potential.

I AM: In the same circumstances of war, two brothers can take totally different paths, and one can become a warrior and the other a pacifist. You remember?

ME: Yes... 900 years ago, in Norway, I had a twin brother, Eirik. We were both born in the same place, we grew up together, we did exactly the same thing, and when it was time to go to war, as much as we were both excited, at the time of battle, I could not hold the sword in my hands, while he enjoyed killing. We were the same, and very different at the same time.

SOY: And you could see the good in him.

ME: Oh yeah, I still love him, and I keep having him in my head every day. The reason why I always seek to go to Scotland is because I know that he died there, and being in that land, I feel united to him. As one, again. He always pushed me to take the leap that I could not do alone. He helped me in everything, and protected me from my father when he considered me a traitor when I escaped from the Battle of Götten.

SOY: So you can understand that the surrounding circumstances aroused conflicting situations in both of them and yet that love between the two never changed. They only acted in the way that the environment forced them to act, your brother protecting and honoring the family, you protecting your integrity and interior in respect of others. The environment changes and activates internal potentials, which do not determine if you are good or

bad, but show if you are in coherence or incoherence with your being. The environment, be it natural or social, has arranged us incessantly to search for something that is what has defined this dual concept.

ME: Which one?

I AM: Security. Everything we have talked about relates to the need to feel safe.

ME: Eat, Sleep, Security. One of the 3 pillars of the trinity of needs of a living being.

SOY: Security comes from the words “se-” (Indo-European particle that means separation, being apart from something), and the verb “curare” that means caring or worrying about something. The meaning of the Latin word "securitas" describes the idea of "being out of concern", there is nothing to worry about, everything is resolved. A being needs to feel safe to eat and sleep peacefully, since eating involves a great physical effort of passivity during digestion, which leads to sleep, where the being is devoid of all its alarm capacity. For this reason, during millions of years of evolution, our brain, our nervous system, has been acquiring the ability to differentiate alarm signals from quiet environments. And guess what they called them ...

ME: Bad and Good ...

SOY: That's right. The alarm signals that the brain received were known as "Danger", and the environments of tranquility were called "Calm". Things that suggest danger are classified as “bad”, and things that suggest calm are classified as “good”. This, depending on the circumstances of the environment, creates a morality, which originates the idea of ethics, which establishes the norms of a culture to live in harmony, and thus build a “safe” environment, called “Society”.

ME: In other words, the idea of good and bad arises from the sensation of alarm in the nervous system for millions of years in the face of sleep and hunger.

I AM: That they establish the trinity in Security, as the imminent foundation to complete the other two.

ME: And so societies create security mechanisms, right? Such as the Rule of Law, Laws, Justice, the State Security Forces, from the civil police to the military. But, normally, it is these same systems that generate the alarm dangers.

SOY: That's right.

I because?

SOY: Your immune system, in the body, do you think it rests?

ME: I guess not ...

I AM: You are constantly alert looking for possible conflicts to resolve. They are programmed to do this: "bring calm to society", and therefore, if they do not see a problem, they will try to create it, and will not be able to differentiate between an evolutionary conflict and a destructive one.

ME: Like the police who do not differentiate between those who are protesting for their rights and those who are destroying the rights of others.

SOY: They are made to defend, and that they do, because they have not been taught why they defend. They have been arranged to defend the interests of a society, but not the values of an individual. And society is

usually embodied by the presidentiality of a state, be it the king or prime minister, with which, they have to carry out the orders of a power, and not of a social body.

ME: That's why they turn against the body normally ...

I AM: Acquired Immune Deficiency Syndrome.

ME: AIDS... AIDS...

SOY: Are the state security forces bad?

YO: Many are saying yes, and they are against the police and the military as if they were the enemy.

SOY: Well, they are not. They are the Immune system, which seeks to defend above needs, taking control of the body. They are not the enemy, it is oneself in disharmony. We all seek security in life, we all need to feel calm, and the security forces are there for that on a social level.

ME: But unbalanced ...

I AM: For this reason, you must take inner strength to find the balance that gives you self-confidence. Are you sure who you are? Are you sure what you do? Are you fully confident in what you believe and feel? Or do you go through life staggering on the tightrope of constant insecurity? How to pretend that a society is safe if its individuals are insecure?

ME: Good point ...

I AM: The state security forces are there to support a social body that is sure of what it wants, but humanity has no security, it lives in an incessant inner insecurity that hands over power to the outside world, and when it does not like it, considers him his enemy. You cannot consider enemy to what you yourself have fed. The system is your own creation. You have fed a dog that has bitten you. Is the solution to sacrifice it? Or maybe the solution is to educate him?

ME: Educate him, always.

I AM: The dog bites because it smells fear or insecurity, the emotional instability of its owner. The owner is the one who has the power, and can choose to impose his power as punishment, or his power as a friend and guide in transformation. Now think that the social states are that dog that they have raised together. Their attitudes will be based on the insecurity you reflect.

ME: I must be sure of myself... And many times I am not.

I AM: You distrust your innate ability to do what you have come to do. When you see a purpose, walk steadily without looking down, step by step, balancing what you think, feel and do. The middle ground between all of this is Security. Reflect that security in you, and you will extend a safe context for others, capable of generating a safe world of itself.

ME: There are no bad or good, but circumstances that show our security or insecurities in the face of what we seek or need.

I AM: Find the inner security that leads to solving the needs, and you will be able to project security outside, educating the being in its potentials, beyond duality. Security is the establishment of internal and external structures that guide us in relativity, to find the axis. Patterns

ME: "We are all children of the Mother"

I AM: Well, we are all the manifestation of the cosmic matrix.

ME: We are all equal in the eyes of the Father.

I AM: Although our patterns are the design of our own originality, unique and special.

ME: I intend to be sure of myself, and thus deliver security to the world.

I AM: Hold the shaft, and you will go through chaos.

278. Wealth (Knees)

[May 8, 2021 Matías De Stefano](#)

Daily vibration: Wu

Statement: I Am Origin of every Path

Code: ARCHAEA = Among the oldest kingdoms of nature we find the the "old ones", from the Greek "arkhaia". In the beginning of life, the earthly environment was quite hostile, aggressive, with thousands of volcanic eruptions, calderas of bolining thermal waters, with toxic metals and deathly gases. In these environments, the first living cells without any organelles or nucleus, wrapped themselves with an organic coat, and thus constituted the base of the rest up to today, even today being the most abundant ones in the oceans.



ME: Throughout history, humans have forged a sense of security in material goods, in the things they can accumulate. They feel safe having things that affirm them in life. And, the strange thing is that although

everyone seeks to obtain things to feel safe, at the same time they criticize or detest those who managed to have. Where does this dichotomy in relation to wealth come from?

SOY: We have ever talked about what “wealth” means. In Latin languages, Wealth comes from the Indo-European "reg", which means to rule, direct, set limits, which gave rise to the Gothic term "reiks" which means Powerful, and therefore originated the words king and queen, or the concept of be financially rich. In English, the word “wealth” comes from “wel” which means to be well, with the suffix “-th” that denotes the general concept of being well in all aspects. Welfare.

ME: Therefore, etymologically it is the ability to govern one's own well-being.

SOY: That's right. But to achieve this well-being, it is necessary to fight for it. Nature seems harmonious, and it is, but in a constant battle for resources. We do not see that battle, because each being has managed to interact with the other in a state of symbiosis that allows the continuity of the species without destroying each other. But in essence, energy exchange is paramount and sometimes voracious. All in order to get a little energy. Plants looking for light, stepping on each other, animals consuming plants, predators hunting their prey ... And then, the human appears. He himself is not out of this game, and therefore must strive to get this energy. The more energy you can store, the more time to develop new things.

Me what?

I AM: Time. The time previously invested in getting food or water, or a place to sleep, begins to be invested in other things, in developing tools, ideas, art. In this way, an individual has more time to plan strategies that allow them to obtain greater security to sustain what they eat, where they sleep and what they produce. Time is the most important unit of value, since things obtain their value more for the time it takes to produce them than for the product itself. It is not the same to buy a bottle of water, which is easily produced by purifying water from springs or lakes, than to buy a bottle of old tequila, for which the agave needs about 7 years to be harvested and between 12 to 36 months to be produced. The development time of something has more value than the object itself, it is precisely what gives value to things. Thus, the work of people to achieve something is what gives value to the result. This was creating a culture of work that sought its own well-being. This created the ideas of riches. Do you remember what it was like in Atlantis?

YO: Yes. In the Atlantean colonies they did not speak of poverty as they speak today, and this was because it was considered that the different social sectors were “rich” in different aspects. There were the rich in fish, the rich in cows, the rich in wheat, the rich in goats, the rich in knowledge, the rich in transportation ... Different riches that made everyone prosperous.

SOY: This idea is useful during times of stability, but it was not always like that. When the moments of social instability, climate changes, insecurity due to invasions arrived, the regent, king, took the reins of society, and commanded. In many cases, the growing planetary instability turned Atlantean society upside down, turning to autarchies, to authoritarianisms, which, as in many parts of the world, ended up becoming absolute monarchies. Absolutism is a form of regency in times of crisis, which became systematic as a tool for greater control and power generator. The kings and queens ensured the stability of a country, because their life and the succession of it in their children, implied an image of balance and state strength before their possible enemies. And to show that he had power, he had to show the things he was capable of achieving. An austere king denoted poverty of resources, someone who had no funding to support warriors, armies. But a king dressed in gold, who showed his opulence of life, denoted respect, because if he had so many things, it meant that he could also maintain a great army.

ME: A matter of appearances ... he disguised himself, in a way, to show power ...

I AM: And that power, as we have ever seen, was granted from the divine, when since the shamanic era, thousands of years ago, the ruler was anointed by the totemic voices. The ruling families of the civilizations continued with this tradition, and thus, the internal spiritual power with the external material one united to form the powerful social class. Their appearances could not be like that of a normal citizen, they had to be imposed almost at the level of the gods. This made the opponents see them as divinities on Earth, and fear facing them. The accumulation of wealth was a symbol of security, but due to these absolutisms, it also became an image of dominance. Many regents did not use these decorations to scare off enemies, but to even make their own fearful. In the villages you could see how those who previously worked to get resources in life, were corrupted to get a place closer to the king or queen. After the revolutions, the feudalists became bourgeois, and created the first enterprises, which gave security to the most common citizens. There were growth opportunities. However, tradition kept believing those who got rich, that by having more, they were also more. And like the regents, they began to empower their employees as if they were slaves, subjects. This ancient tradition of the one who has more, is more empowered, generated a string of individuals who sought power over all things, beyond the material, they pretended to be masters of everything. This is where the idea of wealth gets corrupted. You understand? It is there where wealth ceases to be seen as a symbol of security, to become a symbol of oppression.

ME: Yes, I understand, of course. For ordinary individuals, the search for wealth is to have what is necessary and the security of maintaining it over time, and above all, to be able to buy time, to be able to develop other things, ideas, projects, leisure, in a certain way, to be able to live, and to stop surviving. But those who in that accumulation saw power, dominance, regency, used the resources of life to control others, putting themselves above all.

SOY: This is what generated the idea that "the rich are bad." And society has attributed the problems of inequality to the rich, when it has not. It is not the rich who make the world unequal, it is the powerful who do it this way. They are those who save without sharing, those who manage without projecting, those who accumulate without development. For this reason, throughout so many struggles against the powerful, slavers, colonizers, dictators, the world's idea of wealth began to be contradicted.

ME: Everyone wants to win and be rich, but at the same time they blame the rich for making others poor. How is this solved?

I AM: The revolutionary movements of the 18th century that initiated the independence of most of the countries of the Americas, and the migration movements of the oppressed peoples of Europe to the new continent in the 19th century, as well as the wave of separations and independence of the territories of Africa and Asia, gave a power to individuals, the poor and the slaves that has never been seen before in history, and although many inequalities continue to exist today, we must never forget that all these achievements do not lead to more 245 years. That is, only three full lives of consecutive individuals in history, having lived an average of 80 years each.

ME: It's very close... very little time.

I AM: Very little to resolve an inequality enacted at least 10,000 years ago of human history, a time in which some 125 generations of 80 years each would enter (impossible thing because living 80 is somewhat more recent, since the average lifespan 1000 years ago it was 60, 2000 years ago 50, and 10,000 years ago 40).

ME: Sure ... Many millennia living in a way that has begun to change in only almost 3 centuries, and that its change has been exponential in the last 20 years.

I AM: In these 300 years, the struggles for the independence of absolutist powers, the wars for freedom, the ideological revolutions, the end of slavery, the beginning of the free market, human rights, all this has led to an uprising against the concept of the powerful of the past, against the fiefdoms, kingdoms and bourgeoisie, which

developed philosophies such as the social communist, in which it was intended to eliminate the possibility of wealth. Another of those mistakes that are made, as with money or the security forces.

ME: We believe that the problem is the object or subject, thinking that by eliminating it, we get rid of the problem, when it is not.

I AM: It is the concept that is the problem, it is the handling of the object or the subject that makes it harmful. The only reason why someone works is to obtain resources that give them stability and tranquility, but above all, to obtain personal freedom of development. To prevent wealth is to prevent the will to development, since wealth and development go hand in hand, since in development wealth is produced. And on the contrary, wealth without development produces stagnation. Wealth cannot be controlled, but development mechanisms can be enabled for individuals. You cannot distribute wealth, as we have said, because it removes the possibility of development of the individual. And accumulated and undeveloped wealth, when distributed equally, is depleted, leaving more people in poverty than before.

YO: This is what you see in many countries today ... I see, especially in Latin America, how many societies have taken from those who produce, to give to others who do not produce, in principle with an equitable purpose, to distribute wealth, but not to provide opportunities, which makes more and more poor people, and this leads to dependency, which is unsustainable, only useful for authoritarian states that seek power over wealth. The discourse of "loving the poor" and "hating the rich", but at the same time talking about development and growth. Isn't it a bipolar idea?

I AM: From the natural laws, it is an illogical thought. The ideas of the poor and the rich were designed in social revolutions as Karl Marx would mention: "the Class Struggle".

ME: How do you understand this?

I AM: It is one of the postulates furthest from Humanism that you can understand. For it distances individuals from their humanity, from their being, to determine it in the concept of classism. According to these ideas, capitalism divides Society into classes, that is, there is a "classification" of people, from those who have the least (indigent) to those who have the most (powerful) through the poor, lower class, class middle class, middle class - upper class, upper class, rich, millionaires and billionaires. The struggle takes place in the voracity of the system in which the individuals of a class must fight to get to the upper class, competing with each other, destroying each other, while those of the higher classes put all their resources at their disposal to prevent those below from going up and taking their place.

ME: But... that's kind of like that nowadays.

SOY: Yes, it is. However, the solution to this is not the best either. Well, the proposal is to take it to the extreme: eliminate all those classes and distribute the money among all individuals in an equitable way so that everyone has the same, and prevent some from having more.

ME: Communist distribution.

SOY: In theory, both capitalism and communism work. In practice no.

ME: But why do we use one or the other? Or why does capitalism seem to work?

I AM: Communism in theory is a tale of equality that destroys personal freedoms and goes against what truly gives value to things. Do you remember what it was?

ME: Time.

I AM: In communism, if a simple and mechanical job, such as delivering mail, takes you 2 hours a day to be done, you will earn 1000 dollars a month, and your neighbor who has decided to be a cardiologist and to do his job has had to study 6 years of his life, plus specialties and annual improvement courses, he will have to carry out operations for long hours, he will charge 1000 dollars at the end of the month. All will have the same, but one will have invested a month of internship and the other years of his life saving lives.

ME: One would say that a job is demerited, like this. But, does this make one doctor more valuable than another, or that medicine does not have to be public and free?

SOY: Merit, Merit, comes from the Indo-European "mere" which means to share, which derived to the concepts of "the parts" and ended up being interpreted in Latin as obtaining a part, and from there to gain something. Being part of something of which you take a fragment, is the merit. It is the basis of work, the physical, emotional and mental enrichment of a being. All work is worthy of merit, from the one who sweeps the street to the biggest businessman. Merit is a personal achievement, of an individual, that no one can take away from you for ideology. On the other hand, life is a right, and as such, health, from teaching to live to curing a disease, should be available to those who contribute to its healing.

YO: Sure, I understand, the government is like that box where citizens deposit in order to obtain services in exchange ...

I AM: One generates wealth by working freely to achieve its own merits, and by sharing a part with society, returning it in the mode of services. But when these services are merely useful for policies, it ceases to be a wealth system, to be a poverty system. This is why communism and socialist ideas often fail without merit, because the basis of every individual is development, and it can only be shared from wealth, not from poverty. So to oppose the rich is to lose the battle. We must not make there less rich so that others can have and stop being poor, but we must encourage the poor to be richer.

ME: And why isn't this done?

SOY: Because a rich person feels secure in his power, is capable of developing himself, gains time, thinks, grows, is free, and therefore does not depend on politics. Politics, which instead of seeking wealth seeks power, needs people who depend on them, both rich and poor, to sustain their state.

ME: So the problem is the politics of the powerful.

SOY: And you can't eliminate them... because they are not the real problem.

ME: What is it?

I AM: It is that people do not feel rich inside, they do not have their own power, or strength, or abundance, and this leads them to seek it outside, devouring what is around them. Thus, a person becomes disharmonized and loses his axis. It is internal growth, the development of being, the real key to solving all problems.

ME: And what about capitalism as a current symbol of wealth?

SOY: Entrepreneurs are the equivalent of politicians on these issues. Those entrepreneurs who live for power, generate inequality, competition. The fundamental key is the freedom of individual development, but at a very high cost: the famous class struggle. It is a devastation of people, taken as generative resources, energy

producers, and not as humans. It does not work because even so it boasts of its ability to generate wealth, there are still poor people.

I because?

SOY: For the same reason that there are powerful politicians, because they forget that the fundamental basis of abundance is sharing, and sharing is not giving, but generating opportunities. When we provide opportunities for others to grow with us, I grow much more. The momentum of the group generates further growth and expansion.

ME: So the solution to wealth is to change the concept we have of it, understanding it as a way to govern ourselves, to develop ourselves, and that to achieve this, we must do it in a network, growing among all, and not against all, no giving us the result, but the process.

SOY: The balance lies right there. In transcending the idea that you have to take out some to give to others, or that you have to release everything so that everyone can compete and grow as they want. It is necessary to arrive at the idea that what must be given is the opportunity for constant growth, interactively, in networks. And this is achieved by awakening the will of individuals to develop their being as a human being, physically, emotionally and mentally.

ME: Hard task ...

SOY: We have lived in the same systems for 10,000 years, only 300 that we began to transform them ... I think we will continue to have time ... because time is our true wealth.

ME: Patience then ...

SOY: But without stopping. Time is the true value of life, and what you do with your time can make a difference in history.

ME: I recognize the wealth in myself, and I accept myself being rich, in order to spread that wealth in the networks of the future.

SOY: Start by reminding everyone of their worth. Take a deep breath, and regain the courage in yourself.

ME: And with that courage, I set out to develop a new world.

279. Comfort (Ankles)

[May 9, 2021 Matías De Stefano](#)

Daily vibration: Wü

Statement: I Am Origin of every Destiny

Code: BACTERIA = they were named this way based on their form, by the Greek word “baktería”, that means: cane. It’s the biggest group of the prokaryotic cells, this means, the cells that don’t have nucleus or organelles, and move by rudimentary extremities that protrude from the cell wall, that contains the DNA loose on their cytoplasm. Bacteria are the most extended kingdom on the surfaces of the world at relatively habitable temperatures, and they are useful for life development, as they are harmful if they grow without any limits.



ME: Four in the morning, and a mosquito woke me up. Since then, I couldn't sleep, and I felt totally uncomfortable, stressed, nervous. Until 6am I couldn't go back to sleep, and woke up very late, but with a head full of horrible situations.

I AM: Nightmares ...

ME: Yes. I was in the same room I'm in now, and I knew we were waiting for something important. I think it was the 2022 event, in February. People were beginning to arrive, and I was feeling a little impatient, or rather anxious, for everything to come. People were happy, but they got a bit invasive. Some even got into my room through the window, without permission, and I took them out. One of them got so upset when I kicked him out that he took a tool and started smashing the entire balcony, destroying the facade. I called the police, but nobody came even though they yelled a lot. I had to do the transmission like every day, but as I sat in front of the screen, people entered, sat anywhere, broke things, took other things, and I tried to stop them. I felt helpless and I was looking for people to help me, but there was no one, no friend, no acquaintance. Many people gathered before the increasingly deteriorated space, and, although all with a huge smile, I felt attacked. I tried to complain to the hotel, but nobody saw the problem, only me, and the guards said: "Well, we can't do anything, they are customers."

I AM: Desperate.

ME: I remember that there were dogs in cages, that they had to be fed, but I didn't want them to be in those cages, yet everyone said that was the best. At one point, when I returned to my room to try to broadcast again, I saw how everyone had trashed the room and taken everything. And then, in the same dream he told me: “I feel like in the movie -Mother! - (Mother)”, by Darren Aronofsky. When I recognized this, I woke up, strangely rested, but with a horrible feeling in my being.

SOY: What do you think this means?

ME: Some close people told me that there were energy attacks, to take care of myself ...

SOY: But you know why there are attacks, right?

ME: Because of what I do? Many do not want me to do what I am doing ...

I AM: No. Beyond a messianic vision of your task, there is a deeper truth, root of all this.

I'm weak. I feel the attacks of weakness.

SOY: Why do you think you are being weak?

ME: Because I feel exhausted ...

SOY: From what?

ME: To... share. There is a part of me that loves to be in front of people, and another part that does not ... that needs their freedom ... And for almost 300 days my day to day has been based on others.

SOY: But you feel that you are too comfortable. That stresses you out.

ME: Yeah, I feel like I don't deserve to be living the way I am living. I feel that for what I do I do not deserve to live so well, and others who do much more live poorly.

SOY: Was it you who sought to live well?

ME: No ... things just happened like this, days before starting this path ...

I AM: You were going to be very uncomfortable without the pandemic, and the pandemic put you in a strange place that you would always call a "comfort zone".

ME: That bothers me a lot. The comfort zone. Comfort gives me a mixed feeling. My Leo sun sign loves to live like kings, my Capricorn Ascendant feels that he doesn't deserve to live well, that I should push myself and work harder to deserve what I have. And my moon in Sagittarius just hopes that this nightmare of dependency and routine disappears as soon as possible and I can escape without limits.

SOY: Although there is still enough left, your path comes to an end, and this is stirring many things in you. When a path is near its limit, the body begins to have problems. Your mind wants to leave, your soul seeks to travel again, but your body got used to it. Your dream uses people, that factor that sometimes terrifies you, to destroy your comfort zone, to show you that it is time to let it go. "This is not your home."

ME: That's why this month I have not been doing anything other than looking for a home ...

I AM: The dogs are locked up, because you feel that you are not true to your being, you feel tied by your hands before a higher will, like the mother in the film, who is prey to the will of the father, of her husband. In your case, the mission, the purpose is that father who tells you what to do, where to go, who to talk to, while you feel that you are that mother, holding your children every day, in each alignment, wanting to feel harmony, stability. But the children of the father seek more, and more, comfort, answers, truths, they will ask for more of you, until all your reserves are exhausted, and this destroys your home, your comfort zone, your room that is your home.

ME: I'm scared to open the windows sometimes, in case someone who knows me is leaning out on the balcony ... sometimes, my comfort zone became a prison.

SOY: Because for you, a house is not your comfort zone, that zone for you is moving around the world, detached from places.

ME: Although lately I'm needing a place to feel... at home.

SOY: But that site is not here.

I understand...

SOY: You don't feel safe here, nobody can protect you. Yours are not here, they are not here anymore. Now you belong to other sites. Egypt is no longer your home, it is the land that saw you arise, but it is no longer your home, because home is where you are with your loved ones, not where you have laid foundations. You know well that when everyone comes to Egypt in 2022, it will be the end of your dependence on this land, and you know well that each of those who will come will take a part of what you have done here ... Your being feels that your house will be torn to pieces, taking what you have built, but what they come to do is to take what you built to the whole world ...

ME: A friend dreamed one day that so many people were coming to meet 2022, that at one point I said: "now each one take a pebble from the pyramid to take it to the world", and suddenly it became smaller and smaller with each bit, until it disappeared.

SOY: Do you see it? Are you afraid that what you have built will disappear?

ME: Maybe ... maybe I've gotten used to things being the way they are ... Part of me wants to keep them that way ... Why? If I know that we came to transform things, why does the thought of not wanting to change things invade me? Sometimes I feel like I would like to have a little house in the middle of nowhere and forget about the world ...

SOY: Isn't that what most humans think sometimes?

ME: I think so ... at least everyone I talk to, they tend to have these thoughts ...

I AM: Comfort.

I do...

I AM:... Today's topic is Comfort.

I ah!

I AM: Put your feet in a place where all the shapes you want come together. The word Comfort comes from the Latin "commodus", from the words "com" (with) and "modus" (means, measure, mode). The idea of the concept, transmits the will that the forms or ways of doing something combine in a single way, united in a concrete way of doing things. In English, they call it "comfort", alluding to the set of united forces (from the Latin com-fortis = unity of forces). Comfort is the idea that forces are not dissipated externally, but are contained together internally. A word that unites the English etymology with the Latin one is the word "commodity", which refers to "merchandise", that is to say, the products that are owned, that are had and that do not need a greater or external effort to obtain.

ME: When I think about comfort, there is a part of me that tells me: you deserve to live comfortable (and I do), and another part of me that interprets it as a defeat (that's why I always want to do something uncomfortable). There were friends who told me to go a week on vacation to Cancun to an all-inclusive hotel, and for me it is the worst thing that can cross my mind: everything perfect, not even waves in the sea, without adventures ... And life He ended up taking me there for work, where they gave me everything to spend that week like this. The strange thing is that I did not want to. I refused to do that ... and of course I did not rest a single day, but I did a thousand adventurous things that exhausted me, so as not to feel like I was wasting my time sitting on a beach.

I AM: Comfort goes beyond the current concept in which being comfortable implies being relaxed and not wanting to move, or in the fact of being comfortable, and not having the will to action. Comfort is related to directing all forces and attitudes inward, focused on the idea of preserving energy, taking care of what you have, and not unnecessarily spending your reserves, your own merchandise. In nature, many species of animals and plants base their subsistence on comfort, or on the concept called "conformism."

ME: What is it?

I AM: Conformity is the brother of Comfort, of Comfort. While comfort speaks of the way, the methodology or direction in which an energy is arranged, conformism speaks of the way in which that energy is contained (conformis = unity of forms, images). After a long period of change and evolutionary adaptability, which implies an enormous expenditure of energy by organisms, they find ways that help them adapt without generating much change, being more "perennial" (constant). One of the optimal means of reserving energy is maintaining shape. An object that maintains its shape for as long as possible does not lose energy, and therefore, certain species try to stay the same for long periods, which is why evolution is slow.

ME: Like the turtle and the rabbit ... or the water bear and the butterfly.

SOY: Yes. Comfort and conformity, giving conformism or the globally called "comfort", are not negative tools, but of an evident utility in nature. There is a factor that turns these concepts into conflict: the modification of the environment. When there are changes in the environment, the forms can be affected if they do not adapt easily, which is why many species become extinct at the slightest change.

ME: Like corals, which for millions of years keep the same shape, and with only one degree of difference in the water, they die.

SOY: The same thing happens with people on a social level. For centuries, humans adapt to a system, to an environment, which at the slightest change, generates a crushing crisis.

YO: How the emergence of information technology left many people on the margins, defending workers' rights typical of social revolutions after the First World War.

I AM: Adapting to a form that is considered good for a circumstance ends up being the key to its extinction due to a tiny change in context. The stability of a system provides security, which is provided with wealth, but that security is affected by the change of paradigms. The fear of losing arises, and evolution, advancement and development are denied for fear of losing control over the known.

YO: Like those who cling to defending outdated or deceptive systems such as representative and parliamentary republican democracy.

SOY: It was the most feasible stability found in the face of anti-monarchical revolutions and against absolutism. But they are no longer useful, since we are in the era of Technocracy. And here a paradox arises.

ME: Which one?

I AM: The democratic and republican social revolutions defend work and effort as a way to dignify being. This is contrary to conformity and a sense of comfort. The work culture punishes laziness as a cardinal sin, putting conformity and comfort on the same level. This makes it think that being comfortable or living comfortable goes against the values of our development society, since these states are awarded to the monarchy.

ME: Yes... it makes sense.

SOY: But at the same time, the work culture effort is based on achieving stability, security, tranquility, so that a being feels "comfortable".

ME: The famous "American Dream."

I AM: Arisen from the American ideosyncrasy after its independence, which sold the image of a new land in which you did not have to work to suffer, as in Europe, but here you could work to live well. The paradox is that the work culture fostered comfort.

ME: Returning to people more lazy than before, having more things than before, more possibilities of rest.

SOY: And technology improved this, making work easier.

ME: But... that's good, isn't it?

SOY: It is, yes, but like everything else, the conflict lies in the sense that it is given. Technology today is largely synonymous with Leisure.

ME: Fun and relaxation.

SOY: Do you remember what leisure really means?

YO: Yes, it was the time that the Greeks used to learn, study, share, philosophize, to get out of their daily jobs.

SOY: Today leisure is not used to learn, but to forget. Forget about problems. Let them go, face nothing, live from comfort.

I because?

SOY: Because the system has fostered such a disagreement with its citizens that, instead of seeking responsibility, they prefer to evade, faced with the question: "Why? If everything remains the same and it is always the same."

ME: Oh ... yes, I recognize that phrase ...

I AM: It is the typical escape from the Age of Pisces: inventing a dream to evade reality, and thus, generating "virtual reality", an escape of comfort where not to face the adventures of the real world, since it was designed in such a way way so that individuals do not have to do anything, simply: work and relax on the weekends.

ME: It's like we are cattle... Cows for the system.

SOY: But this is not the fault of the system. The system saw what the people asked for, and built it in a systemic way, finding a status quo: "if nobody wants to take care of the government, we will do it, and you do what you can, work so that later we from the system let us ensure your rest and relaxation".

ME: We ourselves put ourselves in a prison of comfort.

SOY: That is the Comfort Zone, it is a space that you have created for yourself to save energy, since leaving it implies an excess that the system is not willing to give you, and you must generate it yourself. Therefore, outside of that area, there are conflicts and crises to face, problems to solve by oneself, all of this is called adaptation and evolution.

ME: To evolve you have to get out of your comfort zone ...

SOY: But recognizing that it is not bad, but has the objective of stabilizing your energy. The conflict, as always, is to consider it the only way of escape, for fear of losing, and to make it a habit. This word, custom (in English: custom), defines the habit of a person in relation to others, that which by mechanism has been repeated and is constituted as an integral part of his physical, emotional and mental being, with which to change the habit implies making a comprehensive change that requires a lot of energy, and even generates the fear of losing a part of oneself. Losing even himself.

ME: Which is what terrifies many, that phrase of "before you weren't like that, you changed."

I AM: Exactly. Which leads to one of the most ancient fears: being rejected by the pack. Social traditions keep us comfortable for fear of being different, and therefore, being rejected by the group. This keeps us repeating the same things, feeling safe in the same place.

ME: So, if I didn't misunderstand, comfort, conformity, are not negative things, but rather define the ways and means in which a being finds stability. The negative is clinging to these modes for fear of being rejected, which disables me to evolve and adapt to something new. Leaving the comfort zone is not a priority of the body, but a necessity, until the moment when the environment is transformed.

I AM: Those who transform within themselves, by nature come out of their comfort zone, taking into account that comfort implies the forces, forms and ways of managing energy inward. But if that force from within decides to emerge and express itself without, inevitably the comfort system disappears, and its mission will be to confront the environment that has become stagnant in its comfort. This is what leads many to struggle with the environment, to want to change others by force, something unnecessary. But on the contrary effect that it is the environment that has changed, the environment will ask for a change that the individual, even though he sees it, will refuse for fear of getting lost in it.

ME: How to transcend fear and get out of the comfort zone?

I AM: Slowly changing little things in our life. Slowly, calmly, educating the physical, emotional and mental body through the intention of doing something that we would not ordinarily do.

ME: Like what?

SOY: If you are a sedentary person, try taking a weekend walk somewhere you've never been before. If you are a fast doer, try to start reading a book, or watch a series. If you've never cleaned at home, one day you decide to clean. If you don't dance... one day put on music at full volume and dance. You don't have to make big changes to get out of your comfort zone, just show your body, being, that you are willing to change yourself in case something happens. Slowly.

I understand.

SOY: Now ... have you already started doing it?

ME: This week I only went to the pyramid twice ... I felt the need to start thinking about other places, to imagine myself in other projects than this one ... And I began to manifest them. I also began to paint pictures other than maps, and that took me out of my comfort of believing that I could not do anything else. I started going to the gym, which I hate. And I changed my diet slowly, a habit that is difficult for me.

I AM: Step by step. Changing like a butterfly at the pace of a turtle is the key to balanced evolution. Enjoy feeling comfortable, as it shows your state of stability, just recognize what your comfort zone is, to dare to take a walk outside this circle. And every day you can get further away without fear.

ME: Remembering that the one who feels comfort is me, and where I am, I must feel comfortable.

I AM: There lies the greatest strength of a being, "being comfortable with oneself." When you enjoy being with yourself, when you do not need others or external things to feel complete, you have understood the true key to Comfort: when all things refer to you.

ME: Well, I am the Origin of all Destiny.

I AM: Make yourself up as your own destiny... Make up yourself being Destiny.

280. Wellness (Toroid)

[May 10, 2021 Matías De Stefano](#)

Daily vibration: W-h

Statement: I Am Eternal Origin

Code: PROTOZOA = they belong to the eukaryotic group, this means, cells that have nucleus and inner organelles. Its name comes from the idea that they are the first forms of life that originated the animals. Still, they are unicellular, but use feeding and reproduction methods. They live in humid environments, and sometimes grow and act as parasites. It's the smaller animal kingdom, and they are the foundations of our existence on Earth.



ME: Insomnia... There was no mosquito today, but there was insomnia. I wake up anxiously at 5 in the morning, with palpitations, agitated as if I had an important exam the next day ...

I AM: Excess of future.

ME: Eh?

I AM: Your mind is in the year 2024, and you are still in 2021 ...

ME: I know ... but, I already have the present integrated, everything is working, and it is as if I am anxious to know that the time to leave is approaching ... Maybe there are 3 months left to go, but still , I feel that it is approaching quickly. The date of the Blue Moon, August 22, and I feel nervous about it perhaps, although I know I should be calm. And yes, my head is showing a lot of future, so many things, so many projects, ideas, movement ... I can't stop myself, and my body is still enough ...

I AM: I know that your being yearns to move, to advance, and because the information of the following is being captured, your whole being is excited to carry it out: "That's it, the time has come!" ... And the truth is that there will always be time. And what must be reflected, will be reflected. You managed to live in the present this week, and now, you woke up the future, and you see how your body feels it.

ME: Yes ... I get upset ...

I AM: You come off your axis. It is good to know what you will do, what is coming, and how you will do it, in the same way that it is good to recognize that to get there the idea of the future is not enough, but the stay in the present. Well, everything is a process, and there will be no future without a present.

ME: I understand ... I always fall into the same thing ... Why, despite months of work, do I fall into the same thing?

SOY: Oh no, you don't make the same mistake, you just express what you are. We cannot escape who we are. The reason why many people repeat circumstances, emotions, relationships, projects in their lives, is not merely due to a question of karma to be solved, but of human design. There are times when things are repeated because we have not learned them, but there are things that are repeated from within, because they are part of us. It is not that you fall into the same, it is that you are yourself, and you are only learning to know yourself. And the task of getting to know each other is not a simple year, it is not enough. Do the flowers, leaves and fruits of a tree fail by falling to the ground?

ME: No ... it's the beginning of a new cycle ...

I AM: When you consider that you fall, that you fail, observe the leaves of the trees in autumn, or the fruits in summer. Contemplate how each year, the plants allow themselves to fall, to let go, something that from the positivist's vision may seem like a failure, it is nothing more than the certain act of resurrection. You should only recognize this as a moment of resurrection, of recognizing that you are dropping a part of yourself for a new flower to bloom. And as the Moon in Sagittarius that you are, with your Jupiter in Aries, it is normal that anxiety about the future and big projects make you feel this. Discover well what your design is, recognize each part that makes you up, in astrology, human design, psychology, biodecoding, and many other self-discovery tools that will give you tools to get to know yourself. And listen carefully to this word: "meet you."

ME: What does it imply?

SOY: It is different to change. People seek to change, transform out of nonconformity. We do what we do looking for new paths and therapies because we don't feel comfortable with who we are. And therein lies one of the biggest conflicts, because you intend to change something that you really have not had the luxury of knowing.

ME: "Gnothi seautón", said the oracle of Delphi. " Know yourself."

I AM: "And you will know the Universe." To know oneself is to discover the shadows and the lights, accepting them as they are. The objective of knowing each other is not to turn shadows into light, to illuminate the shadows, as they preach, but to recognize why they are there, to understand their usefulness. Know how to use it. Tell me, why do you get so upset when you think about the future?

ME: Because what I came to do mobilizes me, makes me alert, and knowing what I should do makes me desperate for being here still and not being able to do it before.

SOY: Why would you want to do it before?

ME: Because sometimes I think I waste my time, or I find myself enjoying life when I should be doing social work.

SOY: What makes you think that you are not doing social work every day?

ME: I don't know ... I think it's the fact of not being able to see people, or see the results ...

SOY: Where would you like to see the results?

ME: In schools, in children and young people who build a new world.

I AM: It makes you anxious to think how you will reach them without intervening in their freedom of choice and thought.

ME: Yes ... I feel responsible, and at the same time I feel that I do not take responsibility ... That I am creating very big things in my mind that are not the way.

SOY: How big you imagine is the path, because only in this way will you form what you expect. Your anxiety to see the result, does not let you see the process. For this reason I repeat: know yourself. When we know each other, we discover the usefulness of shadows and lights, we can understand the reasons. Now ask yourself: when you feel this anxiety, what have you accomplished?

ME: I have many ideas, and I translate very quickly.

I AM: In other words, your state of anxiety awakens you manifestation. So, you must use that anxiety as creative energy. All emotion is energy, and all harmful emotion is nothing more than misdirected energy. Take that emotion, and use it to manifest something, be it a project, be it dancing, be it walking, be it ordering, each person will find their way. But take advantage of that energy that is part of you, and that damages you only because you ignore it and deny its usefulness.

ME: I understand... it is not a question that I will change my anxiety throughout life, but that I can learn to channel it with a practical purpose. At least figure out how to do it.

SOY: That's right. Therefore, it is necessary that you discover this potential and manifest it, and to achieve it, you must know it. Know you. The real goal is to feel comfortable with who you are. It is the key to well-being.

ME: Well-being sounds like another word to me that sums up the social objective. People seek to reach a level of well-being that allows us to live well, and for this we need to acquire goods, to be well.

SOY: That's where it comes from: "Well" and "Being" ... "Well" and "Being". In Latin, the word "good" comes from "bonus" (good), a deformation of "duonus", which comes from the Indo-European "deu-", meaning "powerful, to adore", from which the idea and name of "God" (Deus). The meaning is that whoever does things is worshiped for having power, and that power is related to the products of their doing, their wealth, external or internal, which gave rise to the idea of "material goods". Of course, added to the concept of "being", it describes the subject who has managed to join the path of empowerment, and therefore, governs his life according to his wishes. And from the desires the word "well" arises, in English, a formation that arose from "will", born from the Indo-European "vel-" (desire, want) that gave in Latin languages to the word "will".

ME: Achieving well-being is being able to direct one's life in harmony, beyond the processes, it is a constant.

SOY: There may be ups and downs, there may be conflicts, but well-being is constant if you manage to ensure that those conflicts are not other than those that you impose on yourself to grow. Those disagreements that you yourself originate with the intention of expanding, while others face unwanted external conflicts.

ME: Achieving well-being in life goes beyond comfort, but harmony in the entire process of shaping and transformation... is that it? Self-government, that is, navigate myself.

SOY: That's right. Let's review wellness. You are the Source of all things, for you do not come from a source, but you are the very source fragmented, like a drop of water from a spring. And when that drop moves, it generates waves, echoes that resonate, causing its existence to be molded in function of the Resonance, of the vibration of its tuning. This movement generates the current that gives you Energy, which expands making you Abundant. And this abundance gives you Strength to be able to live and manifest yourself in Matter, recognizing it as the extension of your dreams. Thus, matter will give you the Security that you need to recover from yourself, here and now, to seize the Wealth that lives in you, and to be able to feel Comfortable with yourself. All this path takes you to the Welfare stadium. The same is not produced by being rich, not to obtain security, not to accumulate matter, or to be strong, not because you have abundant resources and excess energy, not to vibrate higher, or to connect with the universal source. Well-being is not getting these things, but in being these attributes, discovering them in yourself, knowing that you have them by nature. Thus, no matter in which instance, circumstance of life you are, you will always know that you are the owner of your destiny, master of your actions, creator of your realities, and harmonically in the ups and downs of cosmic waves, you will be able to say that you live in an eternal Well-being.

ME: I am the Eternal Origin, living an eternal well-being.

I AM: I have well-being, because I live in harmony. Serapis Bey's Message: "I am the Source of all Life, manifested spirit. All the kingdoms of creation inhabit me. My temple is the Light that radiates in the World, it is the divine gold that shines in the mundane. My mother is the Reality, my father is the Will. Who without condition manages to see himself loved in matter, discovers wisdom in the soul, and is capable of acting from the spirit. Be the ruler of your life, because that is why you have created it, to feel with your senses the most subtle of thoughts. Dare to live without shame of what you have created. Live, and only then will you be eternal.

WEEK OF EMOTIONAL

281. Home (Crown)

[May 11, 2021 Matías De Stefano](#)

Daily vibration: RRa

Statement: I Am Guardian of the Universe

Code: CHROMISTA = just like protozoos are the unicellular world of animals, chromista are the unicellular eukaryotic organisms of the vegetal world, or better said: Algae. They are present on a great part of the world, mainly in marine worlds, and perform the most part of the planet's photosynthesis, even though they developed characteristics of the protozoa and fungi. Algae are essential for the life of our planet.



I AM: When you have understood what it means to live in the state of well-being, and your ideas contemplate wealth and abundance as concepts of the internal world, then you will be able to ignite the internal spark that illuminates what you will call Home. And in this, you will discover the richness of your soul.

ME: Home ... the home of the soul ... How do we get there?

SOY: This past week we have talked about the mental concepts that constitute values, the bases that enable your development, growth as being, ideas that we usually put in the external world, far from us, and that we struggle to achieve. In reality, all this is within: the Source of all things, the Resonance that attracts what vibrates in oneself, the Energy that you generate and handle, the Abundance that flows within, the Strength that you obtain in the recognition of the manifestation of The Matter, the Security that you feel in yourself, the various Riches that you are capable of generating, the Comfort that you seek to feel, all of this taking you to the state of general Well-being, which, as we have said, does not mean being well, calm and stable, but that precisely implies taking power of what one is in all its aspects.

ME: Empower yourself, govern yourself.

I AM: That power, that self-control, is what turns an inner force into a potential. Power in itself is an energy that, when badly channeled, can be counterproductive for oneself and for others. But if you learn to manage these concepts in your life, you will turn power into power, and power into a tool that you will call potential.

ME: ... The potential would be the configuration of a tool from the internal potential energy put into external kinetic energy, in action.

SOY: How to use fire to forge a sword.

ME: How do I activate that potential?

I AM: With focus. To put focus, to be focused, which implies paying all the attention manifesting the intention. It is to discover the internal focus of power, and through recognition, attitudes and perseverance, to give it the shape of potential. To focus on an internal matter is to ignite the fire of the potential of the soul. The word focus evokes a light directed towards a specific point, and this is because the word focus comes directly from the Latin "focus" which means "fire" (in English it comes from the Greek variation phytos). The discovery of fire was crucial for humanity to be what it is today. When the first humans discovered how to handle fire, they were able to protect themselves at night by seeing or fighting predators. They were also able to cook: boil water, which killed bacteria and kept us from diseases, as well as cooking food, especially meat, which in this chemical reaction facilitated the absorption of many more nutrients that were previously lost, and that now went directly to the brain, improving synapses, and developing minds. And above all, it allowed them to sleep warm, without cold, more relaxed, until they saw how the fire melted minerals, which allowed them to create tools. Wasn't fire something to worship?

ME: Clearly yes ...

I AM: He was seen as a divinity, and worshiped as such, since he shone at night like the Sun in the day, and therefore he was seen as a gift from the gods of the sun and the stars. The human was thought chosen for having received this gift of being able to manipulate the light. Thus, the greatest development of an animal species was generated, by leaps and bounds. Worshiping this luminous being for seeing the amount of potentials he was driving in beings, aroused admiration. When the human became sedentary, each home created an altar to fire. In it he cooked, gathered around him to talk, eat and sleep; it was worshiped by keeping it alive, like the spirit of the family. This focus was called "focaris", origin of the word "home". In English, "home", the word joined another from Indo-European meaning settlement (tkei),

ME: Wow... Home means Fire... So the idea of home is the fire around which individuals gather. That's why we often call the fireplace "home".

SOY: That's right. It does not have to do with the physical house, but with the spirit that unites, that focuses a group to be part, to share. All because of the fire that was put inside. This sacredness that enabled humans in their development, made them an object of worship, and, in hunting times, women were the ones who dedicated themselves to caring for the fire, to keeping "the heat of the home" on. These women are called "custodians of the fire of the place", which generated an Indo-European word called "wes", which means "place" and "fire". In Greek, the "w" became an aspirated h, causing these women to be called "hestias", and in Latin, the "w" became "v", calling them "vestals". This Indo-European tradition generated the image of the Greek goddess Hestia and the Latin goddess Vesta. Both being one in reality, goddess of the Home.

ME: The Vestals in Rome were the virgin priestesses that nobody could touch, that their task for 30 years was to take care of the sacred fire that kept the spirit of the people alive. The fire was in the hearth of the Vestals.

I AM: The House of Light ...

ME: Oh, the goddess Hathor!

I AM: In the Nile, the vestals were called the "Hat Hur", meaning House of Light. These women represented the home, and taught people to keep the divine fire burning within them. In mythology, Hathor is the goddess wife

of Horus. Horus is the Light of the Sun, the falcon god of the heavens who descends to Earth to fight against his uncle, the Darkness, and thus bring day after night again. Son of Osiris and Isis, he is the savior of Egypt, a kind of Christ for the ancient world. His wife is the goddess of Love, who covers and protects him, who extends love, peace, beauty, affection and protection to all those who live in the light and its ways. Hathor is connected with the image of the Cow, as a protective mother, giver of life and prosperity.

ME: Yes, as we have seen, creator of the Universe, of the Milky Way (Camino de Leche)

I AM: And this path of stellar milk are the walls that protect the Sun inside. Just as every human home had a fire and a woman who cared for it within the walls of the home, the gods would also have their home in the stars, the sun being the fire and the stars their walls. The sacred Cow, Hathor, is Home, the house of light, the stars that contain the sun. His infinite love makes him the Heart of existence, the warm home of the mother who loves her children and gathers them to eat around the fire.

ME: In her temple, in Dendera, you can see the stars on the ceiling, the painted constellations, and her protecting existence by looking in each direction at the capitals of each column, holding in her crown a box, the home . It is a temple full of love, color, life despite being empty. And in its subsoils are the cameras that explain how to turn on that light, the Atlantean energy of the Protiktah. The Potential of the Being. The Blue energy ...

I AM: The Lady in Blue that must be turned on on August 22.

ME: It's ... the sacred fire ...

I AM: Light Home on Earth.

ME: That day we must light a fire and feed it all day ... put the "focus" on the home of Mother Earth, so that the Blue Mother descends ...

I AM: And that Blue Mother is Love, it is eternity, it is the empowerment of Home.

ME: But what is it that descends?

I AM: Pleiades ... the sisters, the Heart of Taurus. The Titan Atlas and the Nymph Pleyone had 7 daughters. The daughters of Pleyone, are the Pleiades, in turn, meaning "many or several", (from the Greek: pleias), being in turn the "peleiades" (doves).

ME: The 7 stars that shine in the heart of Taurus. Tell me about them.

SOY: Maya, it was the first of the daughters. It means "little mother", and by sleeping with Zeus, she gave birth to our famous Hermes. Goddess of Spring for the Romans, her name gave rise to the month of May, the month of Taurus. For the Hindus, this goddess is Illusion, not because it is deception, but because it is abstract and metaphysical, the dream of the spirit.

ME: Celeno ...

I AM: It means Darkness, shadow, and mysteriously, lover and mother of the children of Prometheus, who put herself at the service of humans by giving them fire as a gift, which she stole from the gods on Olympus. Thus, Prometheus illuminated the dark nights, and therefore fell in love with him.

ME: Alcíone is the one I hear the most of all the time, as if it were the most important.

I AM: It is the most powerful, its name means "the one that begets the sea", giving rise to the word "powerful, strong" (alké). The brightest of the 7, she is portrayed as a powerful nymph who guides the others.

ME: Electra ...

I AM: Mother of Dándalo, founder of Troy, who started the civilization that would change the world by giving the children that Rome would start.

ME: Taygeta ...

I AM: Independent sister, who did not intend to be taken by any of the gods, asked Artemis to turn her into a deer so that no one could find her.

ME: Astérope ...

SOY: It means "star", the fire that gave Ares the spark of his creations in the forge.

ME: Merope ...

I AM: The loss of the sisters, the most ashamed, for never having been with a god, but with a mortal, Sisyphus, who for his sins, was condemned to carry a gigantic rock to the top of a mountain, which He would fall again and had to go back up. Merope could be said to have sought someone like his father, Atlas, who held the world on his back.

ME: What do these 7 sisters represent to us?

I AM: They are the sparks that ignite the fire of the soul, the Home of the Being. Beyond that mythology describes them as the daughters of Atlas, and their relationship with Atlantean history speaks of the fact that the 7 represent the islands of the lost empire. Their spirits embody something more subtle, which is what must descend into the soul of each human being.

ME: What is it?

I AM: The Arts. The Pleiades represent the creative soul, the love of beauty, the inspiration of the gods to create.

ME: The Muses... The 7 arts.

SOY: But we will talk about 9. **Calliope:** Muse of eloquence and epic poetry. **Clío: She** is the muse of history. **Erato: She** is the muse of the lyrical art of the elegy. **Euterpe: She** is the muse of music. **Melpomene: She** is the muse of tragedy. **Polymnia: She** is the muse of rhetoric. **Talía:** The muse of comedy. **Terpsichore:** The muse of dance. **Urania:** The muse of astronomy and astrology. Each of them will awaken the Arts that make up the Human Soul, they are the Inspiration that brings oxygen to the internal fire of divine potential.

ME: To light the inner fire is to be inspired by the arts of the muses, and to bring the energy of the Pleiades is to descend these arts into the fire of our own homes and souls ...

I AM: That is why you must know them, because to create a new world, you need inspiration from the soul and heart of Taurus, from the heartbeat of the mother.

ME: I am about to inspire myself, then, lighting the fire of my potential, to be able to manifest a new world from the beauty and art of the soul.

I AM: Become a Vestal, Guardian of the sacred fire in you, home of manifestation. Discover in the emotion the force that lies within you.

ME: I am Home.

I AM: Guardian of Universal Inspiration.

282. Painting (Third Eye)

[May 12, 2021 Matías De Stefano](#)

Daily vibration: RRae

Statement: I Am Guardian of Conscience

Code: FUNGI = closer to animals than to plants, the kingdom of fungi extends to diverse environments and ecosystems, being the smallest ones and fundamental unicellulars for food, like yeast, and other parasitic ones that feed from wastes. Of dietary character, poisonous, involved in decomposition, parasitaire, hallucinogenic, this kingdom of creatures covered with chitin (that share with arthropods), has the fundamental function of decomposing organic matter and turning it into manure.



SOY: What is home to you?

ME: Where I feel happy.

SOY: Do you have a home?

ME: No. And it's not because I'm not happy, but because I've never built a safe place in my life. I never needed to feel content on a specific site. The only home I ever felt was my childhood home. I spoke with all the furniture, doors, objects in the house, the walls, utensils, the garden... Everything for me had life, and I felt

attached to it. When I found out that we were going to leave, it was difficult for me to accept it, I had to return to the house every day by bicycle from where we had moved. And even though where we were was great and I had my own space, it wasn't my home. Then we moved to Spain, and I didn't feel at home either. Since then we have been moving, since I was 13 years old, every two years from one place to another, and none have felt it my home. In Argentina, almost two years ago we managed to buy a house,

SOY: You haven't lit your fire yet.

ME: No ... I have not experienced the cold there, I have not collected myself, I have not lit "the home", the bonfire ...

SOY: How does homelessness make you feel?

ME: At first, it seemed fine to me, as I felt Earth as my home. Lately I have a great need for that place to call home. But I only think of home as that place to share with friends ... So ... I'm still in that search. That now has become much more present from the energy of Taurus. What I do feel sure of, at least for now, is that the place I consider home is not the one where I am alone, but where I share with others.

SOY: You can't see monotonous things.

ME: I need life to have color, I need it to be varied, to give me information.

I AM: To live all the colors of life, is to receive a lot of data from the universe. Maybe, you should paint the home.

ME: Paint it?

SOY: Yes ... put your colors on the site ... live it from the magic of your soul. Well, there is no better way to contemplate your dreams than by adding color to it, and leaving a mark, a mark, in life. To manifest home, you must take into account how you imagine it. Have you ever wondered if you dream in color or in black and white?

ME: Hmm, no. Is there a difference?

I AM: When you dream, your consciousness manifests itself, showing you what your inner world is trying to see in the outer world. The shapes and colors you see are key to identifying what information or level of expression you have, since each color is data. When you visualize, imagine or dream, and see things in gloomy, dark, grayish tones, it will denote a low energy in your being, which accumulates data in low frequency, with an almost zero capacity for wave amplitude, and therefore, of breadth of consciousness. If, on the contrary, your dreams are more colorful, you can see that there is much more data, information that opens your head more to see new options, in high vibration. Also, it is normal that you dream of situations in which only one color stands out among the others, which indicates what you are thinking or the codes that compose you. Light carries the information of the universe, and therefore its colors are the books where it is printed.

ME: I think I dream in colors, some days more than others ... But, I never thought about this, that each color I look at has information ...

I AM: There are millions of colors and their tones, and each one delivers a part of the great cosmic story. You can see, then, that the universe is constantly giving you information every time you observe it, each color that comes to you, loads your internal world with information, which in most cases you don't even need to think about it, as it is automated data. In your brain, stored in ideas, traumas, intentions, pleasures, feelings, which are

assigned a color based on what you saw in that circumstance. The reason why many times when talking about past and sad stories, the cinema uses the resource of black and white or sepia images, is because the low vibration information is recorded in low frequency colors.

ME: It makes sense. In other words, being in high frequency would imply seeing more colors.

I AM: Yes. The same thing that happens in the world of dreams, happens in the vision of the external world, in which the colors you perceive are related to your level of understanding, of openness, which makes you perceive some colors more than others. , or brighter, or more opaque. Colors are like a language, a language of light, this means that it is equated with idiomatic language. For example, if you go on vacation to a very touristy place where there are people from all over the world on the streets, you will hear several languages, but surely you will catch what some people say in 2 or 3 languages, maybe you can identify 5 languages even if you do not understand what they say, but many others you will not know how to identify or where they are from.

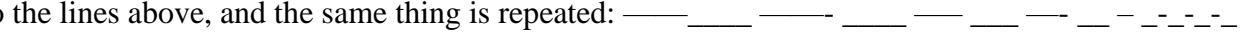
ME: Of course, that happens on the Ramblas in Barcelona, for example, where it happened to me that when I walked I identified conversations in Spanish, Catalan, English, Portuguese, and some Italian, and I could identify French, Russian, Chinese, Romanian, German, although I did not understand what they were saying, and then there were other languages that were impossible to differentiate from which country it came, such as Nordic, or even to understand what part of the world they were from.

SOY: This is what happens with the language of colors. We normally understand the language of red, brown, orange, yellow, green, blue, purple, white, and black. But when we start to see other colors, like cyan, fuchsia, magenta, mahogany, coral, sapphire, they become more difficult to identify. In the color palette, each degree of darkness or lightness identifies a range of different colors, and each of them can be combined with other colors generating new ones, in different shades, therefore, in the design, the colors no longer have name to be listed as codes.

ME: It's like a library of light.

I AM: Light is the product of the high vibration of the waves that cross the constant of time and space. The photonic particles move through these waves at high speed, in a spiral way throughout the cosmos, emitted by the radiation of the stars when the chemical reaction between the astral components, such as Hydrogen and Helium in the case of our Sun. The waves move in different high and low frequency spectra, and as they do so they go through at least 7 levels.

ME: What are they?

I AM: The levels are measured in Wavelength, that is, they are divided according to the number of nanometers between the peaks of a wave. For you to understand, it would be like measuring how many lines it takes for a particle to go to the lines above, and the same thing is repeated:  (Here for example we went from a low frequency to a high frequency, since the first ones need about 6 lines to reach the next level, while at the end, only one is needed). The 7 steps of this Wavelength are called (from lowest to highest): Radio Waves, Micro Waves, Infrared, Visible Spectrum, Ultraviolet, X-Rays and Gamma Rays. Within the Visible Spectacle, are the colors that we are able to see, that is,

ME: All the colors we see ...

I AM: Taking the example of the lines, being that each one is a nanometer, you will need 700 lines in each wave curvature to see the red color, 600 for the orange, 580 for the yellow, 550 for the green, 475 for the cyan , 450 for blue and 400 for purple. And in between these quantities, you will discover all the others.

ME: But if colors are seen by the rebound effect of light particles and waves against the particles of objects, what I don't understand is how pencils can have different colors and not reflect the same if they are in the same light. ?

I AM: This is due to pigments. In nature, primary colors are obtained from natural structures of minerals, plants and animals that in their molecular structure have a specific formation that reflects a specific wave spectrum, something that has helped them evolve, or capture more energy. These pigments are obtained from these elements, which when combined, reflect light in an expected way.

ME: Oh, I understand.

I AM: This is where the word "Painting" comes from, from "pigment", from the Latin "pictare", which originates from the Indo-European "Peik", meaning "to tear, march, cut", alluding to the act of crushing natural elements or walls where to put the shredded mixtures that glowed with colors.

ME: Wow, interesting. From there arises the rock art.

SOY: That's right, the art of painting tearing stones and elements. White light can be decomposed into all the colors of the visible spectrum by means of a prism that scatters and refracts the light. In nature this decomposition creates the rainbow. In painting, graphic design, photography, printing and television, certain basic rules are implemented to combine colors between light effects or pigments. The color black can be produced by combining the secondary light colors: cyan, green and blue, magenta, blue and red, yellow, red and green; and to generate white, the primary light colors must be combined: red, green and blue. The secondary light colors subtract the light, while the first ones add the light absorption.

ME: And the pigments?

I AM: Something similar happens with pigment colors, except that their primaries are yellow, red and blue, while the secondary ones are green, yellow and orange. The combination of the primaries and secondaries generates the other colors. The combination of the three primaries also produces white, while the combination of the three secondaries produces black.

ME: They are the things that one normally learns in the first drawing classes in school.

SOY: And this is where education comes in, exactly. The colors that we receive from the outside give us information about the light that comes from the Sun or from electricity or bioluminescence, information from the environment that nourishes my being. But there is also the inner light, the photons and electrons that make up our bodies, the inner light.

ME: The brightness of the soul, which radiates, right?

I AM: It is the inner potential, the inner sun, the light of being. That energy is emanated from the inside out, and it also carries information from one to the outside, data and codes that are reflected in the world.

ME: In the form of art ...

I AM: The Painting. One of the 7 Arts. Graphic design, photography, painting, are the internal tools that allow us to capture the data of the inner world, playing with colors, and manifesting what lay in the depths outside.

ME: Painting fascinates me... it's something that I enjoy a lot, it makes me feel free...

I AM: Everyone will find their way to manifest it. In the beginning of time, when hominids began to develop human culture, the way to transmit information through time was to carve, mark the rocks, leaving conceptual ideas on them, such as a circle signifying the sun, or a wave symbolizing a river. Until they saw that with some snails, fruits, salvias and minerals they could add colors to those marches on the wall, which led them to discover the first pigments, and make the first paintings that showed animals and activities, as well as circumstances. They told stories with these images, they recorded their achievements. These symbols were perfected, until creating a form of language, which was communicated through sacred writing, called Hieroglyphics. Normally the hieroglyph is interpreted as something typical of Egypt, but it is not, since many cultures in the Americas, in Europe, Asia and the Middle East as well as in Africa of course, used this type of writing on the wall, being colored with pigments. The color that was placed on the characters or words would be related to what the image represented, thus giving the color a specific value.

ME: Such as blue is the sky and water, red is the earth, green is the plants, yellow is the sun ...

SOY: And from there they went to more conceptual terms, being that Blue would represent the fresh, the fluid, the red the rigid, the structural and aggressive, the green the healing, the calm, and the yellow the vitality, joy, divinity. This generated a chromatic scale of concepts, which over millions of years, made our brain associate colors with emotions, and emotions with ideas.

ME: The meaning of colors.

SOY: So you can see that each color has a positive and a negative aspect. In the case of the color Red, the Positive leads us to Passion, daring, importance, strength, heat, energy, stimulation, masculinity, excitement, exuberance, daring. The Negative is the Challenge, aggression, impact, tension. In Yellow, the Positive: Happiness, friendship, warning, optimism, warmth, speed, kindness, self-esteem, extroversion. The Negative: Anxiety, irrationality, fragility, fear. In the Orange, Positive: Energy, vitality, fun, security, playfulness, warmth, comfort, food. Negative: Deprivation, frustration, frivolity, immaturity. The Green, has as Positive: Nature, health, peace, organic, balance, restoration, awareness, harmony. And as Negative: Boredom, stagnation, enervation. The Blue, in Positive: Intelligence, confidence, security, serenity, communication, efficiency, logic, reflection, calm. In Negative: coldness, detachment, emotional lack. And the Violeta, has as Positive: Luxury, mystery, creativity, spiritualism, vision, authenticity, truth. And in Negative: Introversion, decadence, suppression.

ME: They are the colors of the chakras.

SOY: And they will express these intentions. This rainbow and its different ranges, were designing the internal world from the external world, giving tools to the internal world to express ideas and dreams abroad. The oldest Arts in Africa and Europe, began to be followed by the conceptual images of Australia. Asia began to develop its iconographies, and they were brought to the Americas. The awakening of the Arts in Painting began as a form of sacred writing, transmission of information, and ended up becoming a form of beauty and expressiveness.

ME: Who gave us the art of murals in Egypt and Mesopotamia, the decorated temples of India and China, the mosaics and plaster painting in Greece and Rome with the artistic Nativity, medieval art, Romanesque, Baroque paintings, Renaissance ...

I AM: It all started with cave paintings from the Paleolithic, more than 27,000 years ago, describing hunting and gathering. Neolithic art, approximately 10,000 to 15,000 years ago, described sedentary lifestyle. In the Ancient world, Egypt with its sacred paintings, Greece with its naturalism, and Rome with its realistic splendor, gave way to the early Christian medieval arts, the occult art, which led to the pre-Romanesque until the year 1000, which gave way to the period of Byzantine and Gothic art for the next 500 years. There comes the Renaissance, with the emergence of Modern Art, which generates the Baroque, Rococo and Neoclassism, culminating at the

end of the 18th century, to start the Contemporary period, where the arts of romanticism, impressionism, symbolism, modernism and avant-garde, with movements like cubism,, pop-art, minimalism, hyperrealism and post-modernism.

ME: They have defined the way we see the world ...

I AM: Painting describes what your eyes see, and as you have seen, you don't have to know how to paint well to be an artist of light, what is enough to be an artist of painting is to know who you are.

ME: Know who I am?

I AM: An artist is not one who copies, imitates, who seeks to be like others. A plastic artist is one who is original, who knows who he is, who respects his being, and embodies in his works the light that shines in his inner world.

ME: I like that ...

SOY: So, I propose something to you.

Me what?

I AM: That you allow that painter who lives in you to come out, not seeking to imitate, but allowing him to express himself. What would you paint?

ME: Probably something very different from what I normally try to do.

I AM: Don't paint for others, paint for yourself, what you are. Express your soul, let it out, release the light from your interior refracted in the light and dark, in each of your vibrations, low and high, let it out, let it express itself. Be who you are, and put it in the colors of the world.

ME: In me I keep the light that contains the information of what I am, and as humanity has done in history, I must release that part of me that will leave my stamp on this history. I am the Guardian of my Consciousness, and therefore only I can allow it to be free.

I AM: Paint yourself, be yourself. If God is an artist, then that means you are too. Paint the World in you.

283. Music (Throat)

[May 13, 2021 Matías De Stefano](#)

Daily vibration: RRe

Statement: I Am Guardian of Truth

Code: PLANTAE = all multicellular organism covered of cellulose and that produces its own nutrition with a glucose base through the process of photosynthesis (synthesizing sugars from sunlight), is part of the complex plant kingdom. PLants are the organisms that have adapted best to our world, self sustaining themselves, creating their own nourishment and reserves, diversifying into different groups, all autotrophs and with sexual reproduction. This kingdom has the ability of producing not only their our nourishment but also medicine, and work as a great example of harmony and enlightenment path.



ME: Music, teacher!

I AM: The most fundamental of the arts.

ME: Why is music so important to everyone? What makes it so appreciated, valued?

SOY: We can see it from many points of view, so let's start from the same place that we have talked about colors: Vibration, the origin of all things.

ME: Sure ... If the Universe is vibration and all energy arises from vibration, of course the Universe is Music.

SOY: But understanding music like the one you listen to on a radio or on your phone or a concert differs a lot from what universal music is, which is more related to mathematical patterns than sound.

ME: Oh no, math ...

SOY: Sorry, but that's the way it is. As we have once said, the sacred trinity of Music is composed of Rhythm, Harmony and Melody. To understand all three is to understand the logic of the universe.

ME: Define Rhythm.

SOY: It comes from the Greek "rein" which means "to flow." The Universe is a constant flow, like an ocean full of positive and negative currents that follow one another consecutively, which in their interaction change the way of circulation, causing its waves to change, creating different levels of resonance, vibration waves, arranged in different frequencies of time, which in their repetition, acquire the idea of being "repetitions of flow", what you call "rhythmos", that is, rhythm.

YO: As we spoke yesterday about wavelength, in which the entire wave body is the vibration and the time it takes for each concave and convex curvature to repeat itself is what is called frequency. So those repetitions are called rhythm.

I AM: Exactly. That rhythm flows between space and time, in the Universal constant, and it maintains coherence between the different speeds and repetitions, which you know as Harmony.

ME: What is Harmony?

SOY: It comes from the Greek "harmony", and means "agreement, concordance", since its root, "harmós", means to join, arm, connect. The universal idea of harmony is not directly related to music, but to the conglomeration of different frequencies and vibrations that are arranged between them without collapsing, articulating. And those parts that come together are what are known as Melody.

ME: The Melody are the parts?

I AM: It comes from the Indo-European and Greek "Melos" which means "parts, units". At a universal level, each aspect, each vibration that comes together is a part, a unit of time and space that make up something giving meaning. The melody is what conveys the sense of that harmonic unity throughout the rhythm. To "melos" was added the Indo-European word "aw" (to speak, to say), which derived in the Greek "aeidía", meaning: to sing. The meaning is to speak with parts of the body, to sound in units.

YO: Let's see if it was clear to me ... Rhythm is the constant flow in which vibration and frequency patterns are repeated (space and time respectively), in which each of these repetitions are combined with each other, articulating in coherence and order, it is say Harmony, so that later the parts obtain a logical meaning that can be transmitted, through the Melody.

SOY: That's right. In music, the Melody is the abstract sense, the subjective, it is the feeling, the information that comes to us and with which we relate humanly, since it is what we can relate to stories, emotions, thoughts and intentions. While Harmony and Rhythm are an objective and structural part of music, they are the least perceived by the conscious listener, but they are the key for the brain to love the song.

I because?

I AM: Because the brain is dedicated to managing data in the form of pulses, and it only understands beauty through these electrical pulses. Thus, rhythm is the way in which information is recorded in our neural network, and harmony is what allows this information to be interpreted as positive for development, since something disharmonious could be interpreted as a threat to homeostasis (the balance of internal systems).

ME: So the subject can only enjoy the melody as long as the brain is comfortable with the harmony and rhythm.

SOY: That's right. Basically, for the brain, as for the Universe, music is mathematical. If I say: $2 \times 2 = 5$, there is a part of the brain that will feel uncomfortable, because no matter how hard I do it, the brain interprets that there is an error based on all the previous accumulated data. The same happens when in a musical measure in which it is said: "one, two, three, four!" and before finishing saying four, the first sound begins, the numbering was marking the rhythm, if an instrument started at 3 or 5, the song would sound disharmonious, chaotic. For this reason, the pulses in the universe are ordered geometrically and mathematically, which develops the so-called "metric" and "tempo". As in architecture, music needs a plane on which to develop the pillars of sound, whether in non-tertiary binary form,

ME: And what we hear is basically that math.

I AM: The human ear is capable of hearing a frequency between 20 and 20,000 hertz, that is, the number of times something can vibrate per second. These hertz are what determine the sound scales in musical terms, creating the structure of repetitions, within which the most used is the diatonic scale, (diatonos = beyond the extension), which divides the notes into two groups: major and minor, within what we call "the Eighth". The measurement of the hertz in this scale is given by the multiplication of said hertz or repetitions by 2, that is, a note vibrating at 110hz will complete its scale cycle in 220hs, and the next equal will be in 440hs, and so on 880hz, and continues.

ME: It's all numbers, repetitions, multiplications ...

SOY: And it is those multiplications that generate the variation of what resonates, creating harmonics along a rhythm, it is the metric that allows objects to vibrate in order, which for the brain is a pleasure.

I understand...

I AM: Many animals made use of these vibrational abilities to attract each other. In the constant search to find the other part, reproduce, find balance, energy, some insects and animals of all kinds discovered that the best way to attract and unite in space in case of not being seen by their colors, as well as in the night, they could be heard. Using the sound that they could emit with their throats, with their mouths and beaks, with their legs and palms, feathers or noses, he developed the speech apparatuses, creating resonance boxes and vocal cords, capable of attracting attention, protecting themselves, and attracting people. own.

ME: So the birds sang ...

SOY: And the humans imitated their sounds. Humans began to emulate nature, imitating all the noises, sounds and songs of other animals and the elements, making of them concepts, and thus words, verbs, and using vibration as a method of transmitting information. Sounds that were in the first place screams or grunts that drew attention, became harmonic, in a kind of "singing sung". Thus, the songs were the key to unity, ceremony, tradition.

ME: Sound brought us together since the beginning of time ...

SOY: Enriching the soul. The words, the songs emerged from the thought, which was carried to the heart and propelled by the air from the lungs, from the chest. The energy of thought, the soul, was called by the Greeks "ménos", coming from the Indo-European "mén" (to think, to know). The word was deformed to "mön" in European languages, which described the concept of thought of the soul spoken as "mön-awa", and from there to "moúswa". This is the origin of the word "Muse", meaning "high thought". The Muses were the divinities that inspired humans, the spirits that encouraged them to find the arts, grace and beauty in existence, which raised them to another state of consciousness, awakening new ideas, thoughts.

ME: The muses inspire us ... They were not existent beings in themselves, but ideas, spirits that manifested themselves in our internal capacities.

SOY: When in Greek you refer to those things related to something, you add the suffix "-iké" or "-ikós", so in Greece the idea of "Those souls and spirits that are related to the thoughts that inspire our minds", translated as "Musiké", origin of the word Music.

ME: Oh, so music itself is not related to sound, but to everything that inspires us!

I AM: Music is the door to all ideas, thoughts, emotions, needs, beliefs, it is the vocabulary of the spirit speaking with the soul and communicating to the body. The development of music since the original times was related to all areas of life, not only to the artistic, but to survival, construction, strategy, planting and cultivation, ceremonies, politics. Everything was a song.

ME: It reminds me of the natives of Australia who speak to the universe through songs.

SOY: Yes, and as all the natives did. In the Paleolithic, imitating nature, using objects from the environment to make percussion, which led them in the Neolithic to build the first instruments. In both periods, music was directly related to life and action, and therefore, generating songs and music invited life. Shells, drums, strings, were developed towards the end of this period. Until then, the scale was in the rhythm of fifths, repetitions of 5 notes, while entering the time of Egypt and Mesopotamia, the 7-note scale began to be used, with more complex instruments, which led to the Greek development of the zither, the lyre, the flute, the cymbal, the cistro. Similar forms accompanied throughout Asia, while in the Americas they would continue with flutes and drums. In the Mediterranean, the expansions of empires and mixtures of cultures built new styles, developing religious music, sacred music, and instruments such as the organ, the guitar, and later the piano. In the same way as in the periods of pictorial art, music was accompanying human inner development, reaching an exceptional point with Classical Music, which had its birth in the Baroque period, and its greatest development towards the 18th century. Deep in our times, music became popular in romanticism and later in contemporary, which brought more popular and mechanical music. industrial. The avant-garde, simplification, electronics, and the dozens of styles that emerged in globalization, were shaping the peoples. Music awakened ideas, revolutions, philosophies, drastic changes, wars, loves, passions, because music is the inspiration of the Universe made melody. It is the cosmic object made universal subject.

YO: That is, we are music... If we are the spirit living its own creation, we are composers singing their music, in a huge symphony in the creation orchestra.

SOY: Therefore, you must dare to discover your music. The music you listen to, the sounds that come to you, those that arise from you, those that you can create with your body or with instruments, are a vehicle of the state of your vibration, of your energy flow, of understanding how the parts are they combine within you. You must listen carefully to the music that you like beyond the melody to understand what your brain looks for in them, the order that they promote, according to the emotions that they arouse. The music notes are your chakras, the sounds they make are your emotions, and the songs are your rich inner world. So, I challenge you.

ME: Which one?

SOY: The moment you feel ready, create your song, your own song. If you were a song, what would you sound like?

ME: Oh... I like it...

I AM: It sounds within you, it tells your story and your emotions, your thoughts and wills, loves and pains, your battles and your victories, your peace and your anguish, joy and sadness, relationships and loneliness. Tell your story in the form of music, hum, write, make it sound, release the force of your soul singing to the world who you are.

ME: I am the spiritual inspiration living the melody of life.

I AM: Sing, and let the Universe know that you exist. I am Rhythm.

ME: I am Harmony.

I AM: I am Melody.

ME: I am the Music ...

284. Poetry (Heart)

[May 14, 2021 Matías De Stefano](#)

Daily vibration: RRi

Statement: I Am Guardian of the Heart

Code: ANIMALIA = From the protozoa kingdom, the metazoa one originates, this means, the animal kingdom, from the Latin “anima” that means: that moves. All eukaryotic organisms that achieved a sexual development, feeding from the energy of other kingdoms or from it’s own. Here coexist several branches of the tree of life: flatworms, nematodes, equinorderms, cnidarios, porifera, molluscs, annelids, invertebrates and vertebrates. The souls from this kingdoms are emotional, and have information records useful for the universal mind.



ME: The Heart surely encompasses one of the most beautiful arts ...

SOY: Do not hesitate. It is one of those arts that everyone knows, and yet, to a great extent, is unknown.

ME: Which one?

SOY: Can the notes of a song come out of my lips, that without the encouragement of greater trappings, can speak the truth of my heart? (Could, from my lips be released, the notes of a song, that without much increase, to my heart's truth belong?)

ME: Poetry?

I AM: Poetry.

ME: This will be difficult to get through in two languages ...

SOY: Nothing is impossible.

ME: Well ... I understand that poetry is related to the heart, it is perhaps one of the subtlest, most romantic arts. At least the world recognizes it as such. When we say "Poetry", the first thing that comes to mind is the idea of romanticism, of expressing emotions to a couple ... In today's culture it is related to love.

SOY: But you have to know that it is not like that. Poetry is the music of words, for which you do not need instruments, more than your thoughts, your emotion, and your voice. Poetry is a sung way of reciting the facts of life, the exploits of heroes, of telling people's stories, describing common situations in a profound way. Remember that Romanticism emerged in history back in the 18th century as a way of describing the mundane and natural life of cultures born in Rome, through the art of painting, music, architecture and poetry. The description of life, the love for nature, fell in love with people with a way of seeing the world that was being relegated more to the magic of the moment of happiness, of the dream state in which one finds oneself when falling in love,

ME: But this is when you'll get the magic, right?

SOY: I'll just start with it. Poetry does not arise in romanticism, although it becomes more complex from this time on. It has its origins long ago, in the first totemic cultures, in which they used the word as a means of manifestation. The magicians, the sorcerers, the witches, but I am not referring to those of the Middle Ages, but to those of the ancient world, prior to Egypt and Mesopotamia, where the word was used as a form of intention, and where the power was discovered. themselves in the expression of ideas in matter.

ME: "Spells"

I AM: Mantras, Verses, Spells, Spells, Prayers, phrases that sought to make the invisible into something visible, the alchemy of the verb. Thus, verses emerged that described the intentions and tools to use ...

ME: "Abracadabra, goat legs", as the popular saying goes in a funny way. (hocus-pocus).

I AM: The word Abracadabra, comes from the Aramaic "Abra kedavra" which means "I will create as long as I say."

ME: The power of the creative verb ...

I AM: This ancient spell was a kind of "Amen" (so be it) for the ancients, which became part of fraternities such as Gnosis. His intention was to make it clear that the word was creative, and that manifesting a desire, a will, through the verb, could make it come true. However, magic was not that simple.

ME: It had to be complicated ...

I AM: As we have been seeing for a long time, reality is made up of a sacred trinity called Vibration, Energy and Matter. Matter can only exist through the exchange of Energy, and energy moves only through the Vibration of the waves that make up the constants of time and space. In other words, for something to become real, it must be consistent, coherent and resonant with its energy and vibration. This leads us to the fact that for something to become powerful, it needs to enter the metrics of the Universe.

ME: Again the math, the metric.

SOY: This metric is provided with the same basis as Music: a Rhythm, a Harmony and a Melody. Everything that vibrates has a rhythm, all energies come together harmonically, and together they give rise to the matter that gives the melody, what you perceive. Matter is nothing more than a perception of the logic that is produced in the combination of all the data of rhythm and harmony, of vibration and energy. Thus, the measurement of that rhythm in different frequencies, the measurement of that energy in vibrations, and the measurement of that matter in quantities, is what determines a specific reality. All this, to be able to tell you, that if you want to manifest a reality, you need to calibrate yourself in the energy and vibration metrics that are available there to achieve it.

ME: And how is it done?

I AM: Making the word enter the metric of the vibration of space and time, awakening in its waves the energy that mobilizes action.

ME:... And in practice that would be....

I AM: Poetry. Just as in music it has the Rhythm, Harmony and Melody, the sacred trinity of the verb is Verse, Verse and Poem. The verse is the initial phrase that will set the rhythm of everything written or said. The Verse is the set of verses that, even having different words, adjusts to the same measure and rhythm of the initial verse, thus being the harmony, like the Chord for music. And together, they make up the Poem, the melody of the verb, the meaning, the soul, the construction of the subject.

ME: So, poetry is the way that ancient alchemists aligned matter according to the vibration and energy of the environment to modify it. That is why spells are rhythmic, that is, they have rhyme.

SOY: And that rhyme is based on the pulses of the frequency. Mathematics. In linguistic terms, rhythm is not measured in the frequencies of a wave, but in the syllables of a verse. Each syllable is like a concave and a convex curvature in the wave of the verse, with its high frequency peak in the accent of the last word. If the word is acute (accent on the last syllable), one more syllable will be added, if it is flat or esdrújula (accent on the middle or on the first syllable of the word), one syllable will be removed. There are verses from bisyllables (2 syllables) to 8 syllables called all Verses de Arte Menor, and from 9 to tridecasyllables (13 syllables) plus one of 14 called Alejandrino, called Versos de Arte Mayor. This measure of a verse must be repeated in subsequent ones to follow the rhythm and harmony, although its order can be in different ways. Despite this meter, there are sounding verses and other assonance, that is, without rhyme, but whose meter maintains the perfect structure. A poem does not always have to rhyme, but it must have coherence in its meter. Despite this, the author can give himself "metric license", that is, produce transformations in words such as in the Sinalefa (union of two vowels in one at the end and beginning of two words), with its opposite, the Hiatus (separate two vowels of two words that sound unity), then the Diéresis (put an " " in a vowel that would normally create diphthong but is not suitable for the metric) or its opposite the Syneresis, which would be to remove the " ".

ME: So it's not a simple matter of sitting down to rhyme words that are alike ... There is much more behind to make them work ...

SOY: In Romanticism, the metric was related to the sound and reading beauty, but in ancient times it was related to the manifestation. For this reason, when we think of magic, we usually immediately remember verses said by witches and wizards that usually have rhyme, a naturalized song in speech. In Hellenic times, spells became odes to heroes and gods, narrating battles, feats, which were not always related to love, but to war conflicts and the tasks to be carried out by those who held a historical milestone that was became legend and myth. In this way, a sung story was much easier to be remembered. In the same way that a song becomes catchy because of its rhythm and melody, a poem stores a story in your mind.

ME: Why is this happening?

SOY: Because, as we have explained once, your brain interprets the external world based on rhythmic pulses, which agglomerate in your neural system through resonance, that is, if you see the night, your brain will join similar data, such as "Dark, shadow, fear, black, deep, empty, dream", and to assimilate it it will trigger a chemical reaction that will produce the right emotion so that said information adheres to your being. Therefore, the songs that manage to find the perfect metric that aligns with the pulse of the mind, remain stagnant in the head even if you do not want to. The same happens with the ideas conveyed by poetry, since its rhythmic singing uses rhyme and the mathematical metric of syllables to put ideas in the head. This is what the ancients did to hypnotize, to bless or curse,

ME: Phrases that rhyme or have a power to remain inside the brain like a seed in the ground.

SOY: That's right. Poetry, then, is not a simple romantic reading, but a powerful tool of magic and revolution. An art of transformation of realities. And that is why it bears this name.

ME: What does Poetry mean?

I AM: It comes from the Greek word "Poiesis", which means "the quality of the action of doing".

YO: So the name itself tells us that your goal is to get to work, to take something to action.

I AM: The Greek verb "Peiein" is used to determine a specific action: create or do something. The suffix "-sis" indicates action of something. It is the action of doing something. And together with the suffix of quality "-ía", it gives "Poiesía", which is the quality of acting to do or create something. Therefore, Poetry is the art of manifesting the verb, of making the thought become a verb, and the verb manifests a reality.

ME: It's the perfect spell ...

I AM: Poiesis leads us to understand that this is an innate quality of the soul, the action to create, to do, something that is natural to each one. Nature has the fundamental quality of Autopoiesis, referring to the fact that an organism makes itself, builds itself. In contrast to the ideologies of the existence of an external creator who has designed us, nature shows us with clear examples how it is oneself that makes oneself what it is, and how after millions of years, we have only seen the autopoietic process of the Universe multiplying itself in millions, making of its interior an action that leads it to create itself.

ME: Wow... the Creation of the Universe is the greatest of Poems.

SOY: And that's why you can create a new universe, a new reality through your poetry, if you can create yourself. Discovering the poetic power in you, the poet who lives in your being. Manifest the spirit in matter through the word.

ME: I am the poetry of the universe, I am the poet of my reality ...

I AM: You are a verb in expansion, of the cosmos manifestation; in your mind the song sounds, that makes your heart beat. (You're verb into action, is cosmos into expansion; a song sounds in your mind, which brings your heart to bind.)

I: I am a child of the void, who fortunately I have arrived, to this much desired world; crossing space and time, I have awakened to my memory: globetrotter walker, of the native universe... Faced with the greatness of this river, recognized my truth, I smile. (I'm the Void's child, glorious to have arrived, to this world to thrive; going through space and time, my memories awake and rhyme: walker of this world, from the universe i'm word... And facing the great stream, I smile to see my true dream.)

I AM: Make your words, the keys of creation; let life echo, your great song. You are sound and song, you are of my soul, mantle. Discover me in your bed, and I will ignite your chest. Expanding joy, through poetry. (Make your words, the keys to your worlds; may your great song, turns an echo along. You're sound and sing, from my harp a string. Find me down your vest, and i'll ignate in your chest. Expanding glory, through out this poetry).

YO: Yo Soy Guardián del Corazón... (From the Heart I'm Guardian)

SOY: Yo Soy Sense de la Reason... (From the Sense I'm Certain)

ME: Well, who beats is me. (For It's me who beats)

I AM: And whoever clicks I am. (For I Am who feats). Write your poetry, and write the magic of your world.

ME: I will write and pronounce the verbs that create my world.

I AM: "Äbra Kadavra"

285. Literature (Solar Plexus)

[May 15, 2021 Matías De Stefano](#)

Daily vibration: RRi

Statement: I Am Guardian of the Being

Code: HUMAN = within the Animalia kingdom, in the vertebrae branch, and within the hominid branch, the animal specie of the Human develops. It's name comes from the Latin "humus" that means humid earth or mud, for according to all traditions, the human was made out of clay and mud. The big difference of the human kingdom compared with its evolutive tree, is the cognitive development, the auto reference, the creation of languages, cultures, laws, religions, governments, science and technology. The human kingdom is the sample of highest development of thoughts of the Earth.



I AM: The power of a poem is the manifestation of the idea through the verb, it is the taking of action to translate something, make it happen. A poem is a code that unites vibrations called words, which are made up of concepts, ideas and intentions, which when combined have the same effect as in alchemy the fusion of chemical elements produces. Three syllables like "hydrogen-oxygen-hydrogen" will form the word Water. The combination of 4 words like Carbon, Hydrogen, Oxygen and Nitrogen, rhyming with a fifth that is Phosphorus, create the poem of Life. The correct choice of words in a poem are the summary of existence.

ME: That is why they are so complicated to understand, or tedious for ordinary reading. They demand intellectuality, knowing how to read between the lines, and are generally exhausting, far-fetched, with so much magic that they become incomprehensible, unattainable.

I AM: Its objective is to be interpreted by those who see beyond words, who see ideas with their heart, who feel in coherence with each part of their being. A poem is a scrawl of absurdities for a logical mind, a poem is beauty for those who see from the heart, a poem is a spell for those who lived in the religious structure, a poem is a weapon for those who fight in a revolution, a poem it is magic for those who understand alchemy, a poem is knowledge for the sage, a poem is information for the intellectual, a poem is technology for the manifester. Its interpretation is infinite depending on your gaze, depending on your consciousness.

ME: Sometimes more details are needed ... Go deep, word for word ...

SOY: This takes us out of the data, and places us in the experience.

ME: So there is a transformation, as if we were to say that a poem is the algebra that allows the existence of computing, but then it is necessary to develop the computers capable of processing it.

SOY: In addition to the thousands of applications, programs, platforms and systems that arise from this mathematics of information.

ME: This is how simple but complex numbers such as 0 and 1 in systems programming become colors, shapes, what we see.

SOY: This is how the poem becomes a story, and the story, spoken or written, becomes Literature.

ME: Literature is the extension of the poem?

SOY: Many could say that, speaking of the different arts, literature and poetry make up the same art. But we could consider that it has other characteristics beyond the verses and the meter: literature is intellectually and beautifully free, in something you call "prose." This word is the Latin contraction of "pro-versus", that is to say that it goes beyond the verse, that is, it has a continuous movement in a straight line. Poetic verse is based on a meter, such as music and colors, but in prosaic verse, the verb is humanized through the narrative resource.

ME: Tell a story ... tell something ...

SOY: That's right, for which an established metric is not necessary, although, as you can imagine, all literary narratives usually also have their sacred trinity.

ME: What is it?

I AM: "Beginning, Knot and End". The first storytelling took place around the fire of a bonfire, where the elderly told their experiences to the young people, who waited attentively to be able to listen to the exploits of their elders in order to follow in their footsteps. Each story was a story that allowed learning, a kind of school of life. Every story began with a description of the circumstance, of a context that led to the discovery of a conflict, a knot, where the lines of the narrative become more complex and keep the listener expectant and attentive to the narrative thread. The listener's interaction could even be given through questions or exclamations that nurtured the story by opening sideways, that they could even access the resource of "flashbacks" (retrospective scene) or "flashforwards" (forward scenes). This freedom that literature allows, enriches the stories to nourish with greater force the outcome of the problem, the resolution. Normally, the end of a story sought to show the educational tool, what we call moral, a kind of moral that explains the pros and cons of our actions.

ME: Everyone can tell stories, because they have more freedom.

SOY: Although not everyone knows how to count them. The only regulation of a story is to follow its sacred trinity, but at the same time, maintain an engaging tone, in which every certain number of paragraphs or sentences, something happens that prompts the reader or listener to want to continue to know more. The surprise effect makes the viewer experience the emotions in his body as if it were his own experience.

YO: That's why you said before that Literature passes us from data to experience, because while the poem focuses intellectual attention on concepts, literature makes us live every detail.

I AM: It is not the same to say: "Warm in colors, lofty in her loves" (Worm in colors, plent in lovers), as to say: "The garden was in an emerging spring state, where both trees and shrubs shone with new sprouts; While those fleshy plants timidly let the buds of their flowers appear in the soft whisper of a breeze, the cherry trees blushed warm pinkish tones, which attracted hundreds of arthropods in love with their colors: bees, butterflies, spiders, ladybugs and ants , that caressed its shoots with the affection of a seductive lover, pollinating the garden, dressing it for spring".

ME: The detail makes the difference ...

I AM: The magic of poetry means that the opening phrase can be interpreted in many ways, I can already be talking about a cherry tree, like a woman, or a machine, a car, the Earth, or a dress. ... The simplicity of a code frames endless possibilities according to the internal world of its reader or listener. However, literary prose has the luxury of describing exactly what it wants to convey, with the aim of leading the viewer to experience the speaker or writer as their own.

ME: But it's not like any writing... Because, it's not easy either.

I AM: Literature is the product or act of what is inscribed, marked, engraved on stone or paper (from the Greek "diphthera"). Its greatest quality and distinction from other types of texts or speeches is its aesthetic and intellectual value. The words must be descriptive, helping the reader not only to feel part of the narrative, but to feel the emotions that are produced by being part of it. Literature manages to transport the person who receives the story to a fictional world in which they inevitably become the person who tells the story or the protagonist of the story. He relates to environments, conflicts, and parallels his own life, in which he understands himself as a necessary participant. Because the protagonists do not have a face, you can place yourself in the role that embodies you.

ME: And live the story, and even ... I imagine, take it to the real experience, to action.

SOY: And here I wanted to get there. Bringing literature to action is what you know as Acting. The stories that mobilize people, precisely must be set in motion, and individuals, pretending to see their ideas in action, lead them to the manifestation of the senses, transcending the oral and written aspects, towards the physical and emotional interpretation of the text.

ME: The theater.

I AM: As I once told you, Theater means "place of vision", where one goes to observe (from the Greek "thea" = vision, and "trón" = place, space). The theater not only arises as a staging of literature by those who needed to experience what is written or narrated, but also was born as a response to popular illiteracy, in which, because they did not know how to read, they should not be exempt from knowledge. Thus, the theater was the place where people came freely to see and hear what was written and could not read.

ME: Oh, so the theater is a necessary part of Literature.

I AM: We all have stories to tell, we all have a beginning, a middle and an end in our lives, because life is a story of constant beginnings, knots and endings. And we all act, we all take these experiences and their intentions to end into action. We all put on masks to act in specific circumstances and contexts, we are all observed by someone who admires us, we all interact in conflicts that we must resolve, and we start paths that inspire a second part in our history.

ME: That is to say, that our personalities are the attributes and defects of the protagonist that we are, who is living a narrative, which seems mundane from unconsciousness, but that can become literature from consciousness ...

SOY: Because our own experiences can be of use to others who seek to be inspired by the stories of those who have lived them. Have you seen how difficult it is to know the life of your ancestors for not having their stories? When you need to know the narrative of your life, many pages are blank, considering that what one experiences is not important, when perhaps for those who will come later, my stories, their knots and outcomes, will be the keys to the beginning of the his.

ME: What do you recommend us then?

I AM: That little by little, and without fear, you write your history, your beginnings, your conflicts and your resolutions, that you narrate your exploits, feats, however minimal they may be. Everyone has something to tell, and there is always someone looking to hear that story.

ME: "Plant a tree, write a book, have a child" ...

SOY: The three things everyone should do before they die. A tree will leave in your place all the oxygen that you have consumed in your time, as payment to life, giving back what you have taken from it in order to live. Having a child could in turn carry out and complete a life project. And of course, write a book, no matter how long it takes you years to do it, no matter how much it has only 30 pages or thousands of them, write your story, or write the story that comes from yours. Leave a mark, because literature is the way in which we mark the steps that inspire others.

ME: Writing a book was what I always considered my "Great Heritage", that's why I called everything I started to write about my life ...

SOY: And so you will continue. Surrender to eternity through the lines that describe your path through time and space.

ME: I am a Writer of my own story... Actor of my own play.

I AM: "Writing is the painting of the voice" (Voltaire).

286. Sculpture (Sacral)

[May 16, 2021 Matías De Stefano](#)

Daily vibration: RRY

Statement: I Am Guardian of the Web

Code: ALIEN = Everything that is found outside or is unknown for our world is considered “alieno”, this means, that doesn't belong to the terrestrial kingdoms, and for that they constitute the Alien Kingdom. Here it can be considered all those beings that overcome humans that have accomplished living in the development of the Fourth Dimension, that allows to abandon the biological cells of their worlds to go through time in those biological and planetary evolutions.



ME: Human ...

I AM: "Humus", wet earth, clay mud. Born from the internal sources of the earth and rainwater creating rivers of mud that the gods shaped.

ME: Molded by divine hands, in the image and likeness ... Yesterday I tried to make something with clay, but it was difficult ...

SOY: Why?

ME: It's the first time I've used it, and I wasn't inspired, so I made a kind of casing to put a candle in. Maybe I don't have the patience to work with mud.

I AM: It is not a question of patience, it is a question of inspiration, and inspiration is the essence of the spirit, that breathes, and that, therefore, reminds you of your manifesting capacity.

ME: So, it wasn't linked to my spirit ...

SOY: You were worried about other things that took you out of your being, things of organization that do not allow you to express yourself. Let go of them, and see yourself in the mud.

ME: Why the mud? Why is creation there?

I AM: Every day you water the pots where the seeds are. Every day you see them grow, take shape. You see the stems spread out, the leaves follow the sunlight. With the water that moistens the earth, you see the mud

become, and the plants swell, strengthened, powerful. When the ancients saw that the small seeds grew in the mud, in the union of the water and the earth, they were able to understand where life comes from, since plants give food to animals, and thus, to humans. What makes us be, what gives us food, what gives us material for the home, to build jugs, bricks, kitchens, food, what sustains all life on Earth, must inevitably be our origin as well, because in a certain way shape, we are mud.

ME: "From those muds, these muds."

SOY: And everyone agreed on it, even for the oldest, not even the gods escaped this logic.

ME: Gods were made of clay?

SOY: At least with a much cleaner and more subtle mud. In Babylonian mythology, nothing could exist without a name, and two of the forces that did possess it were fresh water, Apsu, and salt water, Tiamat. Together they came together to create the gods, who came together to beget new gods, their sons and daughters. Among the gods that were born from the waters, were the primitive sky, Ansar, and the primitive earth, Kisar. They both beget Earth and Heaven as we know them, whom we call Ki and Anu. Heaven, Anu, joined Ki to beget his children (Na), who populated the world. The sons of Anu and Ki, called "Anu-na-Ki", had as a mission to create all living creatures, led by their first-born son: Enki (meaning: lord of the earth). Together with his brother Enlil (lord of the wind), They gave rise to the attributes of the arts and agriculture, since while the former was ruler of the waters of the rivers, the latter was the creator of storms, ruler of the climate. Enki urged his sons to follow their task of creation, and thus, Marduk (amar-Utu = calf of the Sun), together with his father, created humans. "I will knead the blood and make there bones. I will create a wild creature, 'man' will be called. He will have to be at the service of the gods, so that they live without care "(from the poem Enuma Elish). By joining his blood with mud, he molded the first humans.

ME: The Anunnaki, they are those aliens who created us, that we all talk about, right?

SOY: Well, it is necessary to see this story in an objective way. There were aliens involved, yes, they came from other planes, yes, but they did not do what the stories of the Anunnaki tell. The strange thing about the "new spirituality" is denying what the Bible says and believing what the Enûma Elish says. It's like 6000 years from now someone finds a Marvel movie and believes that Chris Hemsworth was really Thor, and that there were superheroes in the 21st century. That it is in a movie and is made of flesh and blood, does not mean that it has those real powers, but that it exists, but its qualities are exalted with a purpose. The same happened with many of the old gods, who were not gods or had super powers, but attributed those powers to themselves, and since there were no films at that time, they were translated into poems.

ME: I understand... So giving yourself powers was related to having Power.

I AM: And that is what Marduk did with humans, donating them to work for them calling himself their creator, giver of the arts and agriculture with his father. But sadly, this is only a story from one region of the world. What will catch your attention is that all peoples speak of the same story, told in different ways, and that is why you should not take Mesopotamian history literally, but put together the key that unites it to the others: beings of the natural elements that create mankind through clay.

ME: What other stories?

I AM: Ra, the spirit of Light, tired of being alone, took a deep breath and in his breath created Shu (the wind), and from the saliva that emerged from the breath, Tefnut (moisture) was born, making them live in the other polarity of Nun, the cosmos. Ra decided to create a place where he could sit and contemplate, and made a dry space emerge between the waters from which he had emerged, creating together with Shu and Tefnut two sons: Geb, the Earth, and Nut, the Sky. Walking through Geb, he drew a path along which to move freely, since he

was born of the waters, this path was a river, the Nile. Geb and Nut loved each other deeply, uniting without leaving space between them. Because of this, Amon Ra, seeking to create life, decided to ask Shu to separate his children in constant copulation, and since then, the wind circulates between Heaven and Earth, and his children, the stars. Ra sent one of his eyes to contemplate what was happening, but when he returned, another eye had taken its place, so he collapsed in tears. From his tears the creators of life arose, and this eye was rewarded with being placed on the forehead of Ra, originating the Sun. One of the gods arisen from these tears and the earth, was Khnum, who in Egyptian mythology, is the potter god, the creator god. With the head of a ram, he is the one who shaped all the forms of this world. This is what he did to the human among many other things, until one day, he ran out, and decided to break his pottery, distributing it in pieces to all the women he had created. "I want to present you with the body of a goddess. You will be perfect like all gods and you will receive from my happiness and health and the crowns of both countries and you will be at the top of all living beings".

ME: They come from almost the same. This time, directly giving creative power to women.

I AM: The Greeks also had their creator: Prometheus (foresight), who had the courage to challenge the gods and not comply with their laws or intentions. Free of spirit, he toured the created world seeing that there was no being in creation capable of harboring the spirit of a god. Then he took mud from the river banks and molded the human. He asked all animals to give him their different qualities and defects, and placed them in the heart of this creature, and by closing it, human life arose. The same is true of Asian and Amerindian mythology. In China, the Dragon goddess Nüwa, feeling lonely, took the mud from the Yellow River and designed humans in her image but with legs so that they could walk. In the Popol-Vuh, the book of the community, of the people, the human origin is also narrated as by means of clay, although it was undone,

ME: A lot of mud ...

I AM: And of course, the Assyrian, Akkadian, Sumerian and Judeo-Christian creation myth, the first man, Adam, was made of clay, in the image and likeness of God, which gave him his name: Adama = red earth.

ME: For most ancient people, mud was human origin, but clearly we are not made of mud; So, the idea is basically related to what we once talked about: seeds, agriculture, the first humans covering themselves in mud to protect themselves from predators, so as not to emit odor, or be bitten by insects.

SOY: As always, everything is based on a simple logic that goes beyond magic. The magical story, the narration, the stories, tales, legends, myths, are nothing more than a literary description of worldly events that mobilize cultures to believe, to desire, to awaken their adoration or will. And above all, to recognize that the world has the basic materials for creation. And if the gods gave us their creative spirit, it means that we can do it too ...

ME: Shaping reality. To create.

I AM: From mud, clay, the union of water and earth, the first humans developed something much deeper than making a vessel: shaping their imagination. Before discovering the work potential, the potential as a tool that clay offered them for their daily lives, clay was a playing instrument that allowed them to mold something without shape, to give it a spirit. When they saw that they could design the face, the body of a person, of an animal, from clay, they understood everything: the gods must have created us in this way ...

ME: Oh !! now I understand ... it is not that the gods made us out of clay, it was us who discovered that we were capable of designing a human image from clay, we understood that it is the most logical way to create a person ...

SOY: You got it. We create the stories based on what we saw that we were capable of doing. Seeing the clay, taking a piece, and designing a figure, is the oldest and most rudimentary art of humans who lived in caves and forests. The oldest recorded figures, discovered in history, are of women with a prominent figure: chubby or pregnant. Symbol of fertility, prosperity and well-being. Every human family used to have one in their cave, as a symbol of creation.

ME: Like the Venus of Willendorf, one of the oldest "venus" in the world.

I AM: Since the Paleolithic, the clay and clay figurines symbolized the prosperity of manifestation: doing with the hands. The fire cooked the clay turning it into stone, making it eternal. The human could his spirit in her, gave her life in a certain way. Thus arises one of the most amazing fine arts.

ME: The Sculpture.

SOY: Sculpture comes from the Indo-European "skel" which means to cut, which derived from the Latin "scalpere", being "carve, tear", and which originates the word sculpt. Sculpture is the result of sculpting. The art of taking a material and giving it shape, of tearing it, removing the extra to give it the expected shape. Since prehistoric times with clay, techniques were perfected through pottery, then in construction, and eventually developed as a method of expressing poetry through forms. The sculptures can be divided into different types, the most famous being the statues and statuettes (representing a complete figure of a being, be it human or animal). But one of the most seen in the ancient world are the so-called "Relief", Especially in these last three territories and in Europe, complete sculpture was also developed in other types of materials, more complex to work with, starting with plaster, but continuing with alabaster, granite, marble, stucco, metal. Being able to add material, remove, or empty, as well as melt, the sculpture showed the human ability to be gods, giving life to something inert, inorganic, something that seemed dead.

ME: "I have seen an Angel in the marble, and I sculpted until free," said Michelangelo when he made "The David." Are we the creators, or are we actually the ones who discover what is in the material?

I AM: Divinity is found in all things, in every atom, and there is nothing really dead, but asleep. Life exists in the mind, and discovery occurs mutually, that is, between the observer and the observed. As we saw in quantum, a reality does not manifest until it is observed, and it is the observed that defines the observer. The relationship is mutual, and therefore, when you sculpt, draw, write, you manifest in matter the potential it has in relation to your interior.

ME: So when we discover the hidden world before our eyes, we only discover ourselves.

SOY: The art of sculpture has a very deep metaphor to deliver to us. It is the ability to mold ourselves, to touch our imagination and inner world, the ability to sculpt the structural and inert forms that cover our souls until we find the essence, "free the angel."

ME: The process of life, personal growth, can be seen as a sculptural process, then, in which we try to free ourselves from the oppression of rock, structures, beliefs, patterns, in order to discover softness hidden, the beauty that lives within us ...

SOY: Or also, add new parts, fuse new elements with old ones, add clay for certain arrangements.

ME: I think I'll start over with a new sculpture, this time, knowing this.

I AM: We are water and earth; the internal fire strengthens us, and the air dries our skin giving firmness. We are the perfect sculpture of the minerals of creation. We are clay with a soul, a product of the same minerals that mountains create, of the same silicon of quartz and granite, of the same salts of mud, of the same waters of clay.

We have in us all the bases of the mineral world that has shaped us to give life to itself. It is our task to continue his art, and transform it into eternal beauty.

ME: Sculpting both the body, the soul and the spirit.

I AM: You are a work of art, live as such, admire yourself as such.

ME: Made in the image and likeness ...

I AM: From a mineral-based Universe.

ME: I am the rock ...

I AM: And I AM the chisel.

Daily vibration: RRo

Statement: I Am Guardian of the World

Code: ANGELICAL = Out of any biologic bond, in the planes of essence or the rays of light, the Angelical Kingdom extends. ANgel comes from the Greek “angelos” that means “messenger”, however, it includes all types of entities that conform what would be the synaptic webs of the universal mind: angels, archangels, principades, potestades, virtudes, dominations, thrones, querubines, seraphines and their darkness complementaries.

287. Dance (Root)

[May 17, 2021 Matías De Stefano](#)



SOY: And with a breath, the sculpture comes to life.

ME: Movement ...

I AM:... The Dance.

ME: What is Dance?

I AM: Etymologically, dance comes from the Germanic expression "dintjan", which means "to move from one place to another", to swing. Dancing, (shared in English as "the ball") from the Greek "pallein", comes from the Indo-European "pel", meaning movement. Dance, therefore, and everything related to it, is the art of moving, it is the ability of reality to generate waves.

ME: I'm lousy at dancing. I never liked it, I never could with it, it is one of the fine arts from which I feel the farthest.

SOY: Why do you say it?

ME: Are you part of me and you really ask me? Haven't you seen me since I was born? I do not coordinate the movements, I cannot move the different parts in harmony, it is as if my legs were moving apart from my arms.

SOY: What do you feel when you dance?

ME: Ridiculous. I feel clumsy, I am very ashamed.

SOY: And where does this shame come from?

I do not know. What happens to me is that, I don't see the logic in it. That is, since childhood, when I saw people dance, I did not understand the purpose of their movements, shaking without a pattern. It reminded me of totally primitive situations. It is worth mentioning that it was not until I was 21 that I accepted myself as a human. Before that, I looked around as if I were on a safari-like excursion, trying to understand everything like an experiment. When we went to a party as a child, I stayed at the table. And when we were going to a teenage party, I would sit on the stairs and watch, shy and terrified. My friends encouraged me to dance, but it was as if my mind was saying: what is there to do? What is the procedure? "Break free!" they told me... but I couldn't see the connection between music and movement. Think about it logically:

I AM: Rhythm. If you take an extended rope tied from one end to a pole, and start shaking the rope up and down, or from side to side, the waves will reach the pole where it is tied, transmitting the vibration, causing the pole to move. to the rhythm of the rope. In the Universe everything is a constant, nothing is separate. When the brain receives sound data, it causes spasms in the nervous system, and if those sounds arrive with rhythmic and harmonic coherence converted into melody, the nervous system sends signals to follow that wave.

ME: What it would be like to "be cool" or "keep up with the rhythm" ...

SOY: Exactly. In this way, you can imagine the movements that the body makes when listening to the music as if the hands, feet, hips and head were contouring the waves, following the figures that they form when expanding through the environment.

ME: So the brain, following the vibrational patterns, sets the whole body in motion to follow them because the nervous system is aligning itself to the rhythm of what it interprets.

I AM: Aha ...

ME: It makes sense, but still understand this, it doesn't make me dance ...

SOY: But nevertheless, you have managed to do it ...

ME: Yes, after my 27 years. From that time, the adolescence that I had not lived came to be with all this of my memories and interdimensional traumas. But at 28 years old, I needed to do everything that I did not do at 19 or

20. Before I was terrified to go out, for all the things I felt, and how bad it made me to be in such low vibration environments, watching people move nonsense, but then, I stopped looking outside ...

SOY: And you saw inside ...

ME: Yes... I realized that I could dance when I closed my eyes, when I felt precisely those waves... And what allowed me to connect with it was electronic music.

SOY: Why?

YO: Because, everyone had their eyes closed, no one danced with others, each one danced in himself, feeling the music as a form of inner connection, and not an outer one. I could perceive most of the people around me concentrated on themselves, enjoying the music as if it were a perfume, I could see faces of pleasure as after tasting a rich plate of food, tasting the greatest of elixirs. Then I closed my eyes, and I could feel the vibration, the music, I felt connected to it, I could feel how my nervous system sent the pulses through all my muscles, contracting them, making them move according to their waves.

SOY: And you danced ...

ME: Yes... for hours. And I needed to do it many times, but I couldn't do it with my friends, only sometimes, I could only do it in environments where music took me to another state, of fun and expansion. No rules, no metrics ... Why?

I AM: Because even though your spirit in this life is very structured in logic for some things, the essence of your soul is free and unstructured, it flows, and it cannot follow the patterns, because you are part of an expanded network. The pulses and patterns of electronic music manage to make you feel at home, in the pulsars of the cosmos ...

ME: Yes ... that's how I feel ...

SOY: And it is those pulsars that have designed the movement in the universal rhythm. A pulse generates duality, a beginning and a destination ... another pulse generates the trinity, and another one designs the tetrahedron. The mind, in its consciousness, moves through these vibrating waves, following the path of the pulse along the rhythm that forms the structures, the patterns, and drives them to expand and multiply. Two tetrahedra light up the image of an octahedron in their heart, and in their external movements, they draw the hexahedron. This, is fragmented revealing a dodecahedron, which breathes exhaling the figure of the icosahedron. And in its extension it lets appear the tetrahedral star that repeats over and over again the cycle of these basic geometries, multiplying itself until it diversifies in the distortion and the conjunction of its vertices and edges. The pulse, he begins to move around the corners of this structure, caressing every aspect of it. Thus, the universe creates itself in an oscillating movement, from side to side, turning on itself, seeking to reach every corner of its creation.

ME: Like the dervish dance ...

I AM: Gravity, which produces the effect of rotation, the spiral movement of galaxies, the precession of the equinoxes, the circulation of waters, the blowing of winds in the atmosphere, the flight of birds and insects, the walk of the animals, the swimming of the cetaceans and the fish in the waves of the sea. Movement is life, life is dance.

ME: Everything in the Universe is dancing, then, to the rhythm of the waves and vibrations that cross time and space ...

I AM: And when that consciousness awakens in humans, the universal mind has the ability to live that movement in full consciousness of itself. Feel the different rhythms, and go back to looking for the original patterns.

ME: In what way?

I AM: Just as the mind caresses with its consciousness the patterns of geometry in formation by the pulses of the waves, the human in his consciousness does the same, caressing the patterns of geometry with his hands and feet. Stretching his limbs, in soft or fast circular or puncturing movements, he draws lines and curves around him, around the axis that he forms, tracing paths that tell a story. It is the literature of movement, the poetry of life, the sculpture expressing its soul. Touch the air as if they were cottons, caress the space like the soft figure of a lover's skin, traveling through an endless number of geometric shapes that design the library of the records of your being.

YO: The dance, well ... designs the torus, draws the geometries around us, creates the structures and runs through them ...

I AM: Dance is the art that manifests the forms of divine thought.

ME: Why then can't I dance?

SOY: Because you have repressed this art since your childhood, fearing to be exposed to the world.

ME: Something that made me close to dance a lot is that humans give it so much importance that it puts pressure on those who don't, almost forcing you to dance, to move with them, and I don't like that, I don't feel comfortable with people watching. whether I dance or not. In fact, every time they drag me to want to dance, I have a very bad time, I don't feel good... That's why I like electronic music environments so much, because everyone doesn't care what you do.

I AM: Each person uses dance the way they live, because it is related to their state of vibration, and your body will move according to your opening. For this reason there are different types of dances, and each one has a purpose, and you must know which one you correspond to in order to express yourself in coherence.

ME: What types? What is its history?

SOY: In ancestral dance, the first dances were related to mating. Like birds, some arthropods, and some mammals, movement coupled with colors and songs are key to attracting attention. The dance shows the abilities and skills of living beings to develop in life, showing their strengths, flexibilities, and abilities. The females chose the males based on the movements they were able to actuate. This generated a millenary cultural tradition, which, even though more than a million years have passed, the same thing is still being done today.

ME: Dress up nicely and conspicuously, going dancing or somewhere to show off skills and get the other's attention.

SOY: This is the most primitive aspect of the dance, but then it incorporated something more transcendental: maintaining group unity. The dance became part of the celebratory rituals, and the first ones were simply to jump and do cartwheels when something that everyone was proud of was achieved, such as having done a good hunt. These twists and turns were repeated among all, like spasms of joy, which ended up being the first dances of the herds, which became tribes. Along this same path, the leaders or shamans decided to undertake mimicry, that is, the imitation of animals, with two objectives: to hunt them or worship them. In both cases, the purpose was to embody the spirit of the animal to converse with it. This led to the creation of dances in which some imitated the attitudes of certain animals, embodying their attributes. The imitation of animals varied in religious

cultures, in which the dances became to call the storms, the wind, the rain, and speak with nature in general. Which in civilizations ended up becoming a way of telling a story theatrically without words. The sacred dances imitated the wind, the storms, the animals, but in a very subtle way, this time, following a narrative, a story, which led to circular dances, stage dances, classical dance, and modern dance, among so many others, even free interpretation.

YO: It would be like a geometric language that describes the spirit of reality based on movement.

SOY: And this information needs codes to transmit. The metric and technique in dance works like music, in classical dance, ancient dances, religious dances, there are specific patterns that must be fulfilled that are based on the coordination of individuals following almost mathematical measures. There, in each movement, a network code hides, a piece of data, which instead of being read, heard, is felt, lived.

ME: It is geometry made into movement ... an organic, living architecture ... a sculpture that breathes.

I AM: All dance becomes art as long as the heart is lit in it. Dance is the art that ignites the kundalini, which resembles sex, raising the sacred spiral with each swing. The movements accompany the energy, as if shaping it. Everyone must find their way to shape energy, but no one is exempt from movement.

ME: I must allow myself to dance, then, to ignite my inner fire and mobilize my energy, I must move my arms and legs, head and waist to generate vitality ...

SOY: And do it with the music that you resonate, with the movements that you can, slowly, discovering that you can touch the energy with the gentle movement of your limbs. Design the tetrahedron around you, stroking the edges and touching the vertices. Do the same with the cube around you, the octahedron inside you, expanding outward in the icosahedron, drawing the cosmos towards you in the dodecahedron. Put on music, and move, bring your sculpture to life, breath to your soul.

ME: I will build my universe as the universe built me, in an eternal dance ...

SOY: Dance with your body to the rhythm of the wind and water; dance with your soul to the sound of the Earth's turning, dancing your being in this elliptical waltz around the Sun. Dance like the dervishes around the Galaxy, and design your universe to the beat of the cosmos.

ME: I am movement, I am life... therefore, I am dance.

I AM: Close your eyes, and take the soul out to dance.

288. Architecture (Knees)

[May 18, 2021 Matías De Stefano](#)

Daily vibration: R Ru

Statement: I Am Guardian of the Path

Code: DIVINE = commonly considered like the God or Goddess, doesn't imply that this kingdom is a plane of superiority of an entity that is above, but "goes through". The Divine kingdom is where all the potencies of the I Am converge, where all the Higher Selves, the supreme ideas of the web of conscience and the universal mind, interact creating realities in all dimension and planes of consciousness or parallel universes. Thus, the kingdom of Divinity is within every atom, and thereby, within every reality and living being.



ME: As you said, the movements of the universe intertwine the waves creating patterns, figures, that design structures. This is the emergence of matter. Matter, then, would be in constant motion ... but why do we perceive it as static?

SOY: Everything is moving, and there are different ways of looking at it, as some movements are deep and slow. This is directly related to the wavelength at which an object develops, that is, what level of frequency its waves have. What would result in objects of greater gravity that have a low frequency, and therefore their movements are so slow that they are imperceptible by human eyes, such as the precession of the Earth's equinoxes. And on the other hand, they can be so fast, that they are impossible to see, like the movement of an electron inside an atom, or the photons in the environment. Both faster and slower, they produce the same effect: it becomes impossible to observe. This is what causes the brain to register it as static, since it does not perceive its movement.

ME: Oh, I understand ...

SOY: But everything is in motion, and one of the ways of understanding it is transformation. Every object you see has gone through a transformation process that is considered movement. The cup is plaster that was once a mountain in another part of the world, the fork is an alloy of metals that come from quarries in another part of the world, forming part of tectonic plates that have been built from the smelting of rocks in the form of lava from the pressure in volcanoes. The mirror is sand, melted mineral particles that were once on beaches and deserts, from the erosion of the oldest mountains in the world. Everything that seems static to you is in motion, at different rates than yours, and that is why you do not perceive it clearly,

YO: So, as we said yesterday, everything is dancing, only some dance to "techno" music and others to classical dance, vallet, or something slower like sardana.

SOY: That's right.

YO: And they all follow certain rhythmic patterns, a metric ... that generates the structures we talked about yesterday ...

I AM: Tetrahedron, Octahedron, Hexahedron, Dodecahedron, Icosahedron, and all those that derive from these figures.

ME: And from them, the foundations that sustain reality appear ...

SOY: Who design the known universe ...

ME: What gives rise, from what I see, to the last of the fine arts of antiquity: Architecture.

I AM: Architecture comes from the Greek words “arké” (principal) and “tektón” (bricklayer, builder), an Indo-European word (“tek”), which means “weave”. The suffix “ura” refers to the final product. Thus, architecture is the product made by the main builder.

ME: In our case ... the Universe.

I AM: The term arises in relation to the master builder. In the first instance, humans collected mud and rocks, and built a structure where they could get inside. But some found techniques to improve these constructions. While it was usually the farmer himself who built his house, or later the blacksmith, the worker who contrived to build with his own hands, some were so ingenious that they dedicated their lives to something called "engineering."

ME: Oh, I had never seen the concept of what it is to be an “engineer” clear, it is someone who has ingenuity, who is a genius at solving structural problems, in any of the areas.

I AM: Genius comes from the word “gene”, which means “to give birth”, “to engender”, and in Rome the spirit that was born with each person was called “genius”, who guided and gave attributes to children, as a Lucky Guardian Angel with his wings. In ancient times, gifts were celebrated and offered to this genius for having come on the day of birth to accompany the child, the origin of the birthday parties.

ME: Oh... wow, I mean we celebrate our genius...

I AM: Being with genius, having wit. Thus, it was considered that geniuses were those who gave superhuman abilities to some people, who were capable of changing the lives of many. The Ingenioso became professionals, being Engineers, improving the quality of life, above all, with the art of construction. In ancient civilizations, the professional in charge of directing the ingenious work was called "Principal Builder", and hence we have inherited his Greek name "Architect". The Architect engineer had to direct the other construction engineers, and to do so, he had to study key things: mathematics, arithmetic, chemistry, physics, geometry, geography, orography, design, painting, which in turn led to understanding the metrics of music, as well as the physical structures of the human body.

ME: The Agora of the Philosophers. Sites like the one portrayed by the artist Raphael in the Vatican mural called "School of Athens."

SOY: In these schools, the resourceful learned and shared about the arts and sciences with great love, and gave a transcendental meaning to the subjects of study. The Universe was a mathematical spirit that manifested itself in geometries. The cosmos was an orchestra that performed Music with the spheres. The universal spirit designed the most beautiful sciences that gave rise to perfection, and therefore, technique and metrics were not enough, the sciences had to have art, beauty, aesthetics, in the same way that the cosmos designed a flower, a

peacock, a conch. Prior to the Greek schools, the Mesopotamian and Egyptian philosophers, those of the Indus Valley, the Yellow River and Central America, had also formed their schools, uniting science and art as the spirit and body of a Creator God. A lots of, especially along the Nile, they had interpreted that if all that exists was the design of a mind capable of building beauty from geometry, that mind, then, must be the First Builder of the Universe. This idea deeply penetrated the builders, who stopped feeling like mere masons, to be nothing more and nothing less than representatives of that God on Earth.

ME: Like the god Thot, the architect ...

SOY: That's right. His holistic understanding of the cosmos allowed him to make the plans that the pyramids designed, not only as a magnanimous construction, but as a universal one, connected to the stars, the human body, music, mathematical sciences, beauty, movement. Architecture stopped being taken as the construction of houses, to become the art of building the body of God: the temples. Its columns, metrics, height, width, art in its walls, the shapes of its walls and capitals, the proportions, the vanishing points, the porticoes, the axes and forts or buttresses, marked the planning of bringing Heaven to Earth. .

ME: Ater Tumti, heaven on earth, was the plan of the construction of the divine body in the mundane... Is it part of the architecture?

I AM: It was the architects, elevated to the rank of priests, who demonstrated their abilities through secret techniques, directly received from the connection with the divine.

ME: Which is why until today many of the constructions of the ancient world are incomprehensible to us, we cannot understand how they were made ...

SOY: Because they built with much more than with a mallet, a square and a compass. They built taking into account the entire Universe and all its internal and external factors. For this group of priests, God was the Great Architect.

ME: I've heard this, that's how Freemasons refer to God.

I AM: The history of Freemasonry comes directly from these priesthoods. Originating in the Middle East, holistic architecture schools were courses of initiatory paths that prepared the body, soul and spirit of people, making them students of reality, universal philosophers.

ME: Origin of the Universities.

SOY: Exactly. These schools had reached as far as Greece, but the Greeks made their trips to the Nile, Mesopotamia and Anatolia to obtain the data and the experience. With the arrival of Christianity and its expansion throughout Europe, many of these schools were closed, understanding that the mysteries of God should remain as such, and that humans did not have the right to proclaim themselves as an understanding of them.

ME: And they prohibited all universality of knowledge ...

I AM: Islam and Judaism kept these universities alive for a long time, until Christianity imposed itself on both sister religions, leading them to laziness, and turning them into extremists. However, throughout southern Europe, some underground schools continued to teach the ancient arts. After the fall of the Roman Empire and the beginning of the Middle Ages, there was a great ecadence in construction, filled with having huge temples and buildings like the Palatine in Rome, simple Romanesque churches and rustic houses. But everything changed with the rise of the bourgeoisie, when the wealth brought by the fifteenth century drove the growth of

the cities, leaving the small churches in ridicule. Thus, Christianity chose to return architects and builders to Middle Eastern studies,

ME: And that's how the Cathedrals arose.

SOY: And so the brotherhoods of the square and the compass resurfaced, the architects representing the builder God, all recognizable by their symbols and clothing, as well as by carrying a mallet. And for this reason, they were known as "Masons" (from the French "maçon" (that kneads, that molds). Masonry incorporated those university philosophers who sought to understand all the arts of creation in order to build the body of God in the world, as their predecessors had once done.

ME: But then Freemasonry moved away from architecture ...

I AM: After the social revolutions of the XVIII, they dedicated themselves to the construction of new towns, economies, schools and countries. Remember, they were Universal Builders, although during the times of religion, Freemasons stuck to the construction of buildings. In this way, the school of Freemasonry became the University of Architecture, which in a free nation, many could access.

YO: Architecture, then, goes beyond making a building.

SOY: That's right ... As Art, Architecture is the way to rebuild the beauty that lives in the mind. Unlike sculpture, which uses materials to give living and naturalistic forms to its products, architecture seeks to encompass the world, to transfer mathematics and geometry directly to our tangible reality, so that we can inhabit it. Every time you see a window, a door, a corner, a corner, the ceiling, you are seeing the proportions of the universe in a tangible way, lowered by the human mind. The construction of spaces is an art that gives life to creation itself, but instead of making it an object of adoration as in sculpture, it makes it home to the living, it allows the individual to live within the cosmos, experience it, be part practice of the work. To be able to live the divine body.

ME: It allows us to experience sacred geometry, light patterns, touch, experience the edges and vertices of the cosmic fabric.

I AM: The first structures were not dwellings, but sacred sites such as dolmens and menhirs, later giving to cromlechs, such as the famous Stonehenge. Beyond these Palaeolithic and Neolithic constructions, ziggurats, temples and pyramids spread throughout the Middle East. Until the Greco-Romans incorporated classical architecture, which we know today by its three primary styles: Ionic, Doric and Corinthian (according to the shapes of its capitals on the columns)

ME: Does architecture also have a sacred trinity?

I AM: Yes. The Romans called it "Venustas, Firmitas and Utilitas" (Beauty, Firmness and Utility, respectively). The person in charge of schematizing this sacred trinity was Marco Vitruvius in the 1st century BC.

ME: Is it the famous "Vitruvian Man" that Leonardo Da Vinci drew?

SOY: Exactly. Da Vinci designed this man in honor and function of Vitruvian studies of architecture and engineering. However, his scientific and mathematical vision differ from the more symbolic applications of architecture, since he describes the technique, but not the modes. The architecture, of course, is intended to be useful, practical, and in any case firm to last over time, as well as to incorporate aesthetics, which gives life and soul to the construction. However, there are several other factors, which differ from this mere logical observation. Architecture is flexible, adaptable, as it is modified according to the space that people inhabit, as well as the movement of life itself. Architecture is not only present in the generation of buildings, but in the

manifestation of living spaces, which do not have to be firm or beautiful according to the Greek and Latin canons. This lets us understand that architecture is about Space, and Void.

ME: Empty?

I AM: The Void is the possibility of Space. The mind uses the void as a fertile field for the design of living spaces. And therefore, to build yourself, you must find the void.

ME: Oh, the idea of going to the inner emptiness, is to find the space on which I will build my life ...

I AM: You are the architect of your own existence, and you can redesign your life, but for this, you need to rethink your foundations. The pillars on which your existence is based. Understand what your beliefs are based on: the pillar of need, faith, passions, self-knowledge, love. On what basis do you hold? Discover the pillars, and think if you should rebuild it, perhaps adding shapes to the structure anyway.

ME: Redesign my home ...

SOY: And for this you must take a vacuum, find that clean space from which to rebuild yourself.

ME: How to start?

I AM: Daughter in white. Make a map of your home, the one you have or want, or draw the plan of your house following the figure of your body on a sheet, where the rooms are your organs. Design the connections, arrange the furniture, innovate the structures. Write the function of each space, add windows and doors to be able to go out, change the pillars and foundations of place ... And the practical way, try to make a restructuring of your house or room. Change the place of the bed, or a piece of furniture, turn something, make a change in your space, rearrange. This will move the energy, and you will notice the impending change. You can also go beyond the blueprints and make a model of your home. Design, awaken the genius in you, and be resourceful.

ME: Awaken the genius in me ...

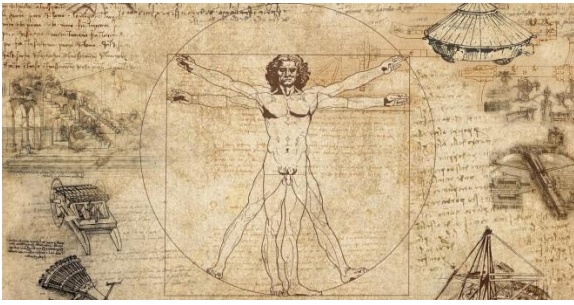
I AM: You are manifesting a home, design what it will be like, what you will do in it. Manifest it. Remember what we have talked about the first 5 days of the year in July and August 2020 about the 5 Solids that build reality. Use that knowledge to build your being. You are the Architect of your own world.

ME: I recognize myself as the Architect of my own Being.

I AM: Find the emptiness in you, and design the beauty of your being, firm in yourself, discovering the usefulness of each part of your body and internal world.

ME: I am a builder of my own reality, an engineer of the soul ...

I AM: You are the Vitruvian Man.



289. Movie Theater (Ankles)

[May 19, 2021 Matías De Stefano](#)

Daily vibration: RRü

Statement: I Am Guardian of Evolution

Code: NERVOUS SYSTEM = One of the most important ones in the body is the nervous system, which links to animals, and is composed of cells called neurons that specialize in the transmission of electrical signals. The information of the entire body is processed by this system, reacting to stimulus that make it execute a specific answer, from mechanical and simple actions to the pupil dilatation or digestion and the heart beat, up to complex actions like thinking, creating, feeling and producing. Projection of the Universal Records plane.



YO: We build our home from painting, music, literature (along with poetry), sculpture, dance and architecture. What art do we have left?

I AM: The Seventh Art.

ME: The Cinema ...

I AM: Meaning “movement” in Greek (kiné), it is the last of the fine arts to appear, the most recent and the only one that is contemporary, since it was not experienced in any other historical moment unlike the other arts. That

is why it could lead us to the controversy of whether it really is part of the Fine Arts, although there is no doubt that it is an art spread today in the hands of each individual with a filming device.

YO: Personally, I adore this art, to be able to bring to live images, with movement, the ideas that only exist in the imagination, they could project thoughts, emotions, sensations, messages and entertainment ...

SOY: It is clear that it is one of the most direct forms of communication of this time.

ME: Why do we talk about Cinema in the Ankle chakra and not in the Eyes?

SOY: Because cinema is movement, and it is forward projection. The main idea is to put ideas into action and mobilize a person to live their dreams. Cinema is made up of projections, that is to say, throwing oneself forward (pro-jectare), it is a visual literature that mobilizes people internally, and in several cases, externally. Today, cinema is the most widespread art and the one that most reaches the whole world, so it is a window towards the past, the present, and above all, towards the future, where we can see the ideas of what is to come, expose the problems to be solved.

ME: Cinema manages to launch us into the future ...

SOY: That's right.

ME: And what is your past? To understand the future ...

SOY: The idea of putting moving images was designed in both France and the United States. In the latter case, it was Thomas Edison who created something called a "kinetoscope", a machine that, like a kind of microscope or telescope, by placing your eyes on a viewfinder, and turning a crank, you could see images move in a circle that gave the appearance of having movement. But the real image of the cinema was originated by two brothers with the last name Lumière, sons of a photographer from Paris, who managed to generate a roll with a succession of photographs taken with a short period of time between them of the same situation, which, being consecutively placed on a roll which was rotated rapidly in front of a spotlight, it allowed images in apparent movement to be seen projected onto a wall.

ME: Ingenious ...

SOY: The first projection took place in a small bar in Paris, in December 1895, which very few people attended, distrusting what it could be. But it didn't take him a day to spread the word until he had to perform consecutive performances, with long lines, only to see soundless projections of everyday images without narrative. Despite the fact that the Lumière brothers believed that this would have no practical future, word spread throughout Europe, even crossing to the Americas, where in the United States, several interested parties proposed bringing the so-called "cinematograph". It became popular, having thousands of viewers who observed everyday images, and an enemy ...

ME: Edison, sure.

SOY: That's right.

ME: When not? This man who was previously an idol in the history books, has become the villain of the film today now that all his business and economic tricks are known to keep all the rights leaving several inventors, such as Tesla, in poverty and winning their patents ...

SOY: It was a natural struggle in a constantly developing world. Suddenly, there were a lot of people doing a lot of interesting things, and those with a little power couldn't tolerate so much competition. The cinema spread through New York and the east coast of the United States, generating several producers of films, until Thomas Edison decided to mount a legal persecution against all of them. This made all the producers decide to move away from Edison's jurisdiction, all moving to the recently pacified west coast, where in a small town called Hollywood (sacred tree), they founded the first film companies, near the Mexican border, in order to escape the law in case Edison pursued them.

ME: So Hollywood and its almost magical grandeur, arose from people escaping from the law and the persecution of Edison... I can't believe it, haha.

I AM: All darkness has its light. And Edison's lights lit stars on Earth. At first, the cinema did not have an artistic objective, but an economic one. It was the only means of communication capable of reaching the thousands of immigrants who came to the States without knowing English, which is why it became a very important means of propaganda. Economics and Politics were key for those who directed this as yet unrecognized art. The actors and actresses were all white, Caucasian, and considered permanent employees of the production companies, which made the same actors see each other constantly, designing the Star System, birth of the Hollywoodian ideosyncrasy. But in the expansion of cinema, actors began to unite to represent each other, and defend their rights.

ME: Wake up the soul of cinema.

I AM: Exactly. Literature began to move to the screen, and the theater began to project itself. Adding these two arts, the first styles of cinema emerged, which would soon diversify, when the first color film was made in London, which brought the art of painting to the big screen, at which time it was necessary to paint each one of the photograms by hand, as was done in the first exhibition added to sound, in the Paris Exposition of 1900. Although it would not be until 1927, when finally, after arrangements by the engineer Forest to the adaptation of the sound register on the same tape, that Warner Bros would make talkies famous, and that it would put an end to silent films, incorporating the art of music into projection. The dance, the scenery with its architecture,

ME: That's why I find it fascinating, because it's the way the world can look at all kinds of art. Since I was little I always saw all my memories in the form of movies, I always saw myself designing these films for the world, and I always knew that in some way or another, my stories would one day be seen on the big screen. Because I like a bit of all the arts, I always considered that one of the fields in which I would have liked to work if I had not done what I do, would have been the cinema.

SOY: And it was almost like that.

ME: Yes ... Almost ... And all by accident. In 2017, after my considered failure of the path of the Dragon in which I entered a huge depression that led me to a month of autistic state, the day I said: "I make myself available to the Universe, because my will has not been worth it", I got a call from an actor who had worked on a Hollywood movie. He told me that he wanted to find a way to tell my story, but in his own way. For this, he introduced me to an Argentine producer, with whom I set out on various adventures. He asked me to write a movie idea, and I wrote a script, almost finished. Another famous producer from Argentina said that it lacked arrangements, but that it was very original content, although more typical of Hollywood. The problem was to attract the attention of such giants, so we decided in the end to make a Documentary Film. I named it "The Recorder", in which I would introduce the philosophy of my memories and my story as I remembered it. Filming it was a pleasure for me. Seeing the cameras how they worked, the logistics, the direction, the production, the sound, and although it was not a great production with actors or scenery or stage art, there was camera art, photography, and I, in any case like actor". Anyway, most of the things recorded were at times when I was in a very different tune from acting, perhaps connecting, talking to myself, times when I never really

knew they were there registering me. The material was so much that they could even make a Documentary Series with it. Despite how excited I was about everything, there was something that kept me uncomfortable.

SOY: What?

ME: Exposing myself to the world this way, almost like I'm acting. It was difficult to determine if it was a documentary narrated in the first person, or science fiction. In fact, they couldn't catalog it. One moment, in Mount Tabor, Israel, I had a moment of loss of strength at this, and I told myself that I did not want to continue. I sat in the forest, next to a grazing cow, and I could feel the presence of a teacher in front of me. I said, "I don't know if I'm willing to expose my life in this way, as if I were a carnival clown." To which the teacher replied: "What you are today is not real. You don't exist, Matías is a tool for your mission. Get rid of the idea of believing that it is your life that you expose, when it was you who designed this life as an exhibition tool".

SOY: Sure ...

ME: At that moment I understood that Matías is ephemeral, that he is a tool, he is a mask. He told me: "You were the producer of this life, the director of your acts, the scriptwriter of your story. Your eyes are the cameras that show your way, your imagination is the direction of photography. Your body is the costume art that covers the actor that lies in your personality. You are the editor of your reality, the art director who manifests the scenography, you are the creative who proposes new narrative or image routes, the writer of your own destiny. So don't be afraid to act in your own movie." That reminded me of this image: "When you have an awakening of consciousness and you realize that you are everything."



SOY: Because that's the way it is. Life is art, and that art arises by the observing mind that projects itself to be able to take action from what has been written through vibration through time and space. You produce your own performance, and within you have the ability to be creative, writer and director of this reality. Life is like a big movie set in which each individual acts. Try to picture your life as being filmed, with soundtracks in the background. You are a character in the story you have written. Limiting the artistic potential of your personality out of fear is what prevents you from living the movie of your life, and ends up being simply one of the first films of the Lumière brothers: simple data recording of a monotonous daily act.

ME: At that moment I understood that I could give more, that many stories live in me, that they should be told, and that my personality is only a moving tool, in the cinema that is life. And I set out to be searched. This made for a beautiful documentary that I deeply appreciate. The one-hour film was screened in various cinemas, and the 13-chapter documentary was purchased by National Geographic, where it was broadcast in several Latin American countries. This generated a lot of buzz, leading us to sit down with Disney Latin America in Miami. Disney wanted to present my stories from Atlantis, tell my memories of other lives in an epic way ... but something happened: they wanted not only to tell it in their own way, but there were interests behind that I didn't like at all. Beyond the fact that the cinema has managed to become an art, producers are still in a certain way entrepreneurs who must sell an idea, and buy everything. This made me discover situations that I did not like at all, in which, due to Disney's interest in me, the producer of my own documentary did things behind my back, lying to all of us in terms of rights, contracts and things that I did not get it. Upon learning of this, I closed a door. I don't want to be lied to, and what I do, I do because I like it, it amuses me, for art, for telling a story, and not for belonging. Thus, in a subtle and friendly way, I could say that "I sent everyone home", and I went to mine. The cinema ended there for me. At least for now.

SOY: The stories had to be established in the same way as their writer and main actor. Your. There was another story to deal with first, for which you should expose yourself: this Path.

ME: Yes ... the YOSOY ...

I AM: This path will give you the energy for everything else. Exposed every day to a camera that films your discursive "performance", living a constant movie with thousands of viewers, you recognize yourself as the producer, director and artist of your own reality.

ME: Understanding life as a movie, as a work of art being recorded, helps us understand that what we live is not a question of survival, but of transcendence, of understanding ourselves as actors of reality, directors of destiny, producers of our own existence.

I AM: The seventh art builds the future from the projection of a narrative. See yourself living your own movie, remember, imagine, when and how you wrote the script of what you live. Discover the style you want to give to this film, take charge of the direction of your stories, learn to direct your artistic personality, awakening the talent to live the adventures that arise in your life.

ME: I recognize myself as the Star of my existence.

I AM: Wake up the Soul. Shine, and get moving.

I am ready.

SOY: Light, Camera... Action!

290. Art (Toroid)

[May 20, 2021 Matías De Stefano](#)

Daily vibration: RR-h

Statement: I Am Eternal Guardian

Code: ENDOCRINE SYSTEM = this system is the gland interweaving whose function is to secrete hormones inside the body. Hormones are in charge of activating or inactivating processes in the different systems of the body, being the glands the main motors of energy that keep the body functioning. This system is where the energy of the Soul and its motivations adhere to, so it's the chakras of the soul what give life to system and therefore to the body. It's the projection of all the dimensions of the universe in matter: hypophysis, pineal, thyroids, thymus, pancreas, adrenal and genitals as the main ones.



ME: I really liked this journey through the Taurus Soul, through the Arts.

SOY: What have you felt?

ME: Many things ... but above all, that capacity that we have to create. It is infinite. Sometimes, in our eagerness to seek spirituality, we forget that the spiritual has designed this world so that we can experience, feel everything that the mind is capable of imagining, and our capacity for manifestation makes that dream possible. You don't have to go very far to discover the infinite power of creation, the manifesting divinity. It is only enough to enjoy or produce art.

SOY: What does art produce in you?

ME: Since I was little I always loved to draw, learn about music, write, make sculptures and build. Except for dance, the rest of the arts were always natural to me, and they made me what I am. The love for music was awakened by my grandfather, who listened to classical music every day, and I was with him. When he died, I inherited his records, and listened to them every day. In the garden, I used to build structures for my guinea pigs, with bricks, sand, cement, I started to engineer tunnels and bridges, as well as even making an artificial lake for all the animals. I loved telling stories to my friends in the neighborhood, and I used to write long texts, prose, telling stories about magic. I spent my days drawing, painting, as well as sculpting with play dough and clay. From birth I had a lot of drawing technique, as well as in molding ... I remember that once I ruined a pot for my grandmother wanting to make a plaster mold to carve something large. Since I was little, artistic expression was very awake in me, and it gave me great pleasure, joy to see the development of something that emerged from me. When I grew up, I did it on a larger scale, doing murals, writing books, wanting to learn piano, although I never followed (I did not like how they taught me, and I got trauma), as well as I spent making

plans of old cities and schools that I wanted to create. I remember that I had imitated the technique of a friend of my mother's who was an architect, to be able to make the plans for a school that she wanted to found as an adult, where she could teach the things that I knew. I think that art in various aspects defined the way I saw the world.

SOY: You saw that the world was as moldable as plasticine, susceptible to music, with a lot of space to reconstruct the new, to rewrite history ...

ME: That's right ... everything I saw in the world inspired me, I could see figures and potentials everywhere. I remember writing once that I felt I could even tell the story of a chair leg, because any object I saw inspired me with an understanding that could change my vision of the world. When I learned that I came to do my bit in transforming the Earth, one of the things I always said is that artists have a fundamental role in achieving it. Musicians, architects, filmmakers, have a greater influence on people's lives than a politician or economist. And, the paradox is that still, people live their lives based on politics and economics rather than art. How does something that moves the inner world of an individual so much become mere entertainment? Something that is not considered "serious"?

SOY: To answer this, you must ask yourself an important question first.

ME: Which one?

SOY: "What is Art?"

ME: Oh right... what is art?

I AM: Art is Existence. the word Art comes from the Latin "ars", whose Indo-European meaning is "to place, to adjust, to do with property". It is the idea of connecting things in an appreciable, fair order, putting together a fabric. In Indo-European, the concept of weaving, making something, is called "tek", origin of the Greek word "tekhné", (the beauty of what is done, the way something is done). This term gave us words like technique, fabric, technology, and text. Art is making something of yourself towards the world, and Technique is the way, how you do it. From a Universal vision, you could understand that the mental universe is infinite, and because of this, it is a chaotic mind, without order. For there to be order, polarity is needed to order things based on waves and rhythms. These give rise to beauty,

ME: Something beautiful, beautiful, is, therefore, the manifestation of being able to do something ...

SOY: That's right. It is the emergence of the will that the universe calls Energy, and that culture calls "Soul."

ME: Oh, the Soul, then, is the aspect that commands infinity!

I AM: Here the beauty of the soul is born, who orders, adjusts, makes, manifests the infinite and the finite so that the Cosmos exists. Art is the expression of the soul, and therefore "Art is Existence", since it is the realization of that which emerges and comes out of itself to manifest itself in space. When energy creates matter of itself to order itself, it develops the beauty of the worlds, and nature finds its canons of beauty in the cosmos. The human interprets this order, and sets out to imitate it, to use his intelligence as a way of taking from nature the tools to create beauty in the world. It is in this way that he imitates colors, that molds the clay, that he sings and celebrates by dancing, that he builds in his surroundings, that he narrates his exploits.

ME: And from that, the "Fine Arts" emerge, which in other words would be: "The quality of doing things with adoration, from one's own power."

I AM: Throughout time, in the development of human history, Art and Technique were connected as one, being synonymous with each other. In the philosophical or hermetic schools, art, science, engineering, technique, were taken holistically, since they were all forms of realization, the way of expressing ideas, of being ingenious when it came to finding ways to weave an idea scientific to develop it artistically. All 4 were part of a process. Science proposed a thesis, which engineering had to section to find the technique that could translate it into reality as art.

YO: From that point of view, art is the realization of science ... and science is the inspiration of art.

I AM: Exactly. For example, a building is the art of mathematical science and geometry. A song is the art born of the sciences of metrics and sound. A painting or a meal are the art of the science of chemistry and physics.

ME: I understand... And why did they separate?

I AM: Conceptually, in Roman times, the terms Ars and Tekhné took different paths. Art began to describe attributes of aesthetic and emotional development, while Technique began to describe the development of the practical and intellectual.

ME: They parted in Mind and Heart.

SOY: And then, "Opus Dei" arrived.

ME: The Catholic extremist organization?

SOY: No. The organization that emerged in Spain last century only took its name from a Latin phrase from the Christian era. "Opus Dei" means: Work of God. Christianity, as well as several monotheistic currents from the Middle East, interpret the world as part of hell, a divine punishment, and the pleasures of this world as something negative, typical of the Devil's deceptions. This vision is contradictory to the philosophy that infused love for nature and the arts of the soul, the pleasures of the body. In European Christianity, the connotation of life was "to suffer", and therefore we had to work to prove ourselves worthy of the Kingdom of Heaven.

ME: Oh sure! This made the arts look evil.

SOY: And therefore, only the Sacred Art was allowed, the one that worshiped God. Everything else was sin. Similarly, in the rise of Islam, the idea that God could not have a face led to a raid by artists who depicted people in paintings and statues, as well as gods and myths. Art was relegated to the sacred religious, and something fundamental should be mentioned: art is emotion. And the emotion makes us feel impure things from the religious vision, which leads us to "sin". Thus, it was necessary to eliminate all art from our lives, to live austere, only dedicated to the Work of God.

ME: This took us away from emotional culture ...

SOY: And you built a European society based on the culture of work, and not on feeling.

YO: Why are we talking about Europe? And the rest of the world?

I AM: Each culture maintained its art forms, but all were subjected to the European vision at the time of colonization. Today the world, whether you like it or not, is bathed in a Europeanized layer that makes, beyond history itself, ideological canons are decorated with the history of Europe, therefore, when speaking in general, we refer to what happened in this continent, due to Globalization, since the 15th century.

I ah. Well.

SOY: This suppression of emotion generated a cultural tradition of "hiding feelings." Something that, despite the creative impulse of the Renaissance, had deeply penetrated Humanity. During the middle of the fifteenth, sixteenth and seventeenth centuries, art flourished again, and emotional expression was reflected once again in the Fine Arts, but this time, exalted in the aesthetic and emotional, separating much more from the scientific. Despite the fact that many of the Renaissance artists were the fathers of scientism, and pillars of development for their revolutionary ideas, science did not want to be confused with aesthetic artists, since emotion is counterproductive.

ME: In what way?

I AM: In the 16th century, Descartes's Scientific Method made science be based exclusively on Objectivity, seeking to eliminate any hint of Subjectivity that would modify the result of the experiment. Thus, artists were seen as mere entertainment to relax the mind, like the playground of scientists and thinkers. The artistic revolutions of the 18th century created the bohemian perception of artists, which spread as a culture of eccentrics throughout the 19th century, in which artists were described as an emotional, philosophical branch that cannot contribute to the logic of the world. real. In the expansion of technique, science and engineering due to the second Industrial Revolution, logic took hold of the 20th century, and artists became mere interpreters.

YO: But even so, art was and is fundamental in the life of each person ... We always attach great importance to art, in each historical period, and especially in the 20th century we have seen many ramifications of art that influenced our lives. everyday.

SOY: Yes, they have carried out revolutions, inspired thousands. And even so, in the 21st century they are still aspects of mere entertainment. Artists have spoken of peace for centuries, they inspire people to live in peace, and people resonate around the world with these messages, yet economics and politics end up doing the opposite.

I because?

SOY: Because logic prevails. The overwhelming logic that says: "you have to survive, you can't live on beautiful thoughts, there are problems to solve, you don't give bread and security with songs."

ME: Sure ...

I AM: Politics and Economics cling to these concepts to negotiate and impose power, "for the good of the people." And minds that fear death, that live to survive, are subjugated to this logic. For this reason, at home they listen to songs of peace and love, but when they go out they do not know how to say no to war or hate others.

YO: Like those who listen to the song "Let it Be" or "Imagine" by the Beatles but then start to criticize or position themselves on one side of the sidewalk, throwing stones to the other side.

I AM: Art became a form of entertainment or philosophy, far from the practice of logic. This leads people to relate all kinds of art as something conceptual or emotional, and not as something decisive or practical.

YO: Well, it should be mentioned that it is okay to say "let's make a world without borders or colors", but that idea is magical, because there really is a lot of work behind it, because borders are not inventions to divide or control us, but rather they are a construction security that we have been developing over thousands of years. In other words, I understand that the point that there are no borders would be the best, but relegating it to a mere

desire without taking into account that there are many factors behind it, also makes me see that art has separated from reality.

SOY: And there you had to get there. When we talk about art, everything seems inspiring, magical, and there also lies the error of the artistic. Art is "doing", ordering. Art had a practical role in culture, not an ideological one. Recent history has managed to take art to a celestial, ethereal position, far removed from the practical logic of the world.

YO: So, art must come down to practice, and science must open itself more to the infinite possibilities that art offers ...

I AM: And for this, each individual must become an artist of his own life, that is, a manifestator of his own reality, his actions, his truth.

ME: Take action, and get things done.

SOY: That's right. Bringing beauty to the world is doing things for the world in the most orderly and inspiring way possible. Art is the innate ability to generate, create, seek holistic solutions.

ME: How do I do it?

SOY: Connect with what art inspires you. Well, art awakens the power and potential of your Soul. The energy you have to fulfill your mission and purpose lies in painting, music, poetry, literature, sculpture, dance, architecture, and film. Connect with them, wake them up in you, fall in love with what your soul is capable of feeling, doing, expressing. Start at home, awaken the arts in your home, in your soul, inside you. Transform through them those little things that you have always hoped to transform, those that stagnate your emotion. Change things around, add color, listen to new music, watch other types of movies that inspire you, read a new book, paint a picture even if they are colored spots, dance, free yourself.

ME: Awakening the Soul of my Home ...

I AM: And in doing so, you will discover inner potential, the strength to create and manifest. Then, little by little, in your art, you will discover that you are capable of making changes in the world, of expressing through color, sound, shapes, movement, images, and in this, awaken others to action.

ME: Awakening the Art in me, to find the Technique that allows me to transform the World.

I AM: You are Art. You should only recognize yourself as an Artist.

ME: I am the Artist of my Existence.

WEEK OF BODY

291. Temple (Crown)

[May 21, 2021 Matías De Stefano](#)

Daily vibration: KKa

Statement: I Am Channel between Spirits

Code: CIRCULATORY SYSTEM = Another one of the fundamental systems of the body is the one in charge of the distribution of nutrients, minerals and chemical elements like oxygen, to all the organs and corners of the body. Cells need the chemical bases for life, and is thought the circulatory system that these reach them to be absorbed. The Heart is it's center, that distributes through water and the red globules (blood) all this components, among them the oxygen is fundamental, and does it through a vein and artery system. It's the projection of the flow and pulse of universal space time.



I AM: And out of all the houses and homes in the world, you live in the Home of the Creator Spirit.

ME: What is that home?

I AM: Egypt. In the 8th century BC, the poet Homer, writer of the famous "Iliad" and "Odyssey", described the lands of the Nile as "House or Home of the Creator Spirit", whose name in Egyptian language would be "Hat Ka Ptah", unpronounceable for the Greeks, who transcribed it as "Ae-gi-ptós", giving the present Egypt.

ME: Wow, I didn't know this... So the current name of the country derives from its creator god.

SOY: As we said, Ptah, the creator god, would accompany us this week in its essence. This is one of the Nun of Egyptian mythology, one of the first to be created, generated by the cosmos, and therefore, it is one of the generators of reality. Its purpose is to build the worlds, the things we see, that we touch, that we can perceive with every sense, and for this reason, it was the patron of architects, masons, artisans and builders in general. Also known for being the god of Darkness, since in ancient times it was understood as the densification of light, the materialization of the mind. Out of this darkness, the first thing Ptah originated was the very gods of the Egyptian pantheon, arising from his own manifested attributes. He separated the regions of the Nile and gave each of the gods a place,

ME: So he designed the initiation path of the Nile.

SOY: At least, it's the divine concept that inspired Atlantean architects to do it. Imagine this: if Ptah was the night that split into divine fragments, what does this sound like to you?

ME: To the stars ...

I AM: Good, and therefore the Nile is the Milky Way. The star gods could descend to the ground only in sacred places that would conserve fragments of that sky on Earth.

ME: The temples! Each temple on the Nile is a fragment of heaven. "Ater Tumti", as we used to say, "Heaven on Earth".

I AM: Temples were considered houses of the gods. But remember, that each temple is the house of a god, and each god is a part of the creator, Ptah. Therefore, the entire territory is the body of the creator.

ME: So each temple is a chakra, an organ!

SOY: That's right. In this way, the sky that was shaped on earth is understood as the creator's body in its parts, which make up the most important temple of all. What is it...

ME:... the Physical Body.

SOY: Good. Therefore, this week, it will be important to know the physical temple and what it represents in us as conscious beings. How to make the body conscious, and how to understand it will help us to shape that heaven, that divine spirit, in us.

ME: Sounds like an arduous road ...

I AM: We will travel through our bodies, understanding what it represents. It is necessary to know its parts to understand the whole.

ME: Yes, I understand.

SOY: But first of all, we must understand something fundamental.

Me what?

I AM: The question you should ask yourself is why call the Body a Temple, that is, what is a Temple?

ME: It's true. We usually refer to the temple as the sacred space normally built by architects, where statues of the gods or saints are placed, or also places of prayer and reflection, where we honor the divine, sacred constructions.

SOY: Although in the beginning of human times, they were not constructions, but spaces. So let's look at the history of the first temple.

ME: What was the first temple?

I AM: Heaven.

ME: Oh... I didn't expect it.

I AM: In ancient times, the animistic and totemic cultures understood that the divine inhabited all things, and existed in all nature. The unattainable and untouchable, invisible, was even more representative of the divine, for there was the inexplicable: Heaven. The stars, the Sun, the Moon, the shooting stars, were part of that magic.

And the only ones capable of reaching it were the birds. The birds were unique in that they could communicate with the gods, get close enough to speak to them, and bring the messages to the world of the living.

ME: That is why so many cultures put the condor, eagle, hawk, vulture and so many other birds that fly high, in the place of messengers of god or the divine incarnate body itself.

SOY: And their flight encoded the messages, they created the language. Thus the shamans used the feathers of the birds to obtain or demonstrate divine wisdom, and the scribes embodied the sacred texts by dipping the ink in bird pen. The feathers had the information of the heavens.

ME: It makes sense to think of it like that ... of course.

I AM: The observation of the birds in the skies was a way of interpreting what the gods had in store for the world. The shamans, priests, used to sit for hours throwing questions at the Heavens, waiting for the birds to answer. In Latin, the Romans had an exact term for this action: "avis spicium" (bird watching), which was commonly called "auspicius".

ME: Sponsorship ... today it has two meanings ...

SOY: But the same origin. Sponsorship comes from a sign or indication that is taken as an announcement or warning of a future event, since the people who had an undertaking, be it a construction, a battle, or making a decision, asked the question to the heavens, and the birds would mark the signs of whether it was a good day to do it or not. In our current times, we understand this word as someone who puts faith in an undertaking and supports it to succeed, which gave us the idea of a sponsor, who trusts that it will turn out well.

YO: There are words that never cease to amaze me in the strangeness of their origin ...

SOY: It helps to understand what we are based on. And speaking of fundamentals, these ancients had a realization. The places where the birds gave the signals normally seemed to be strategic places where the gods communicated with the world. Sites where the birds recurrently made spiral flights ascending or descending. This marked strategic locations for observation. In this way, the priests ordered to open the space, cut down trees if necessary, cut the mountain if necessary, so that they could have a better point of view and observe the messages of these birds with higher quality. Thus, this cut or opening of space was considered as a window of Heaven on Earth. In Indo-European languages, cutting or opening a space is said "tem". With the addition of suffixes and prefixes,

YO: So contemplating does not describe looking, but the space created to look ... how strange.

SOY: Yes, it is a word that speaks from "from where", not "to where". Over time, the priests decided to live in those cut-off spaces, where the gods would be honored and offerings would be made. In this way, the "temple" became a "temple", a place where the priests called "augurs" lived. Its name comes from "augere", which means "increase, expand", and they gave the name "omen", as an omen, something that announces the future, because they were consulted by kings and emperors so that they Give the "good omens" for growth.

YO: A very different story than what I imagined about these words.

SOY: What did you expect?

ME: Something more magical, not so logical or concrete. But anyway, it makes me put my feet on the ground about what a Temple is.

SOY: Oh, of course I do, because the temples speak of the materialization of the divine, of putting the feet of God in the world. Ptah, creator of the gods, established the places and ways in which they would come down to Earth, in a certain way, the way in which his own body would be able to communicate in creation. The spirit, then, would communicate with matter through these sacred sites, these temples in matter. Her body.

ME: What you mean to say is that in the same way that tradition says that temples are the spaces in which the heavens descend their message, as a spirit speaks with the body, our consciousness would communicate with us through the organs. ...

I AM: And therefore, you need to know the temples that make up your "Hat Ka Ptah", the initiation path of your life, the biological body that is the house of the creative spirit that lives in you.

ME: My body is the divine temple of my consciousness ...

I AM: And therefore, you must "sponsor" their messages, and you must "augur" their development, understanding each part, each site, each fragment of that sky in you, in each of your courts, of your "temples.

ME: What are they?

I AM: Along the Nile, various temples connected this body in Atlantean times, today, most of them non-existent after 12 thousand years of history. However some of them remain reconstructed from Egyptian and Greco-Roman times. To understand the body of Ptah, we will visit the temples that still stand, such as Abu Simbel, Philae, Kom Ombo, Edfu, Luxor, Karnak, Dendera, Abydos, Tel El Amarna, Dashur, Saqqara and Giza. These 12 territories will remind us of the essence of this path, traveling it from north to south, descending from Heaven to Earth.

ME: And in our temple, what are those 12 temples?

I AM: You call them "Biological Systems." Going through the Nervous, Endocrine, Circulatory, Respiratory, Immune, Digestive, Excretory, Lymphatic, Reproductive, Bone, Muscular and Integumentary.

ME: Our biology ...

I AM: And the meaning of it, because these temples that are our bodies are the pillars between heaven and earth, bridges, portals and communication windows between the divine and the worldly, manifestation of the soul, the will of the spirit. Recognize yourself as the architect of your biology, and remember that you are an artist of creation. It is time to understand the temple that you have created in order to communicate with the universe that you are.

ME: I am about to understand the temple that I am.

I AM: Open the doors. "Gnothi Seauton"

ME: "Know yourself" ...

I AM:... And you will know the Universe.

292. Endocrine (Third Eye)

[May 22, 2021 Matías De Stefano](#)

Daily vibration: KKae

Statement: I Am Channel between Consciences

Code: DIGESTIVE SYSTEM = for the blood to be able to perform this distribution function, it must receive these nutrients and chemical elements, and the way it does it is through the Digestive system: "I am what I eat". Incorporating from the tongue, the esophagus, stomach, pancreas, vesicle, liver and small intestines, everything that we ingest is processed and divided into its minimal expression so that the the large intestine can absorb this elements and transfer them to the circulatory system. Not only in a physical level but also on an emotional one, this system is in charge of processing all the useful and let the useless pass though.



ME: Let's start our journey through the body ...

I AM: Our journey will take us through the systems of the body, the tissues that make us who we are. Remember that "system" comes from the Greek "syn" (with, set), "histemi" (to establish, stand up) and "ma" (means, tool), so a system is a means by which it is established a set of things, that is, a specific order. Our bodies, like everything in the Universe, is the product of a network of systems. As we have said, networks are the mechanisms by which information is connected in the universal mind, the synaptic network is the exchange of data in the form of electromagnetic pulses. By resonance, these data are grouped creating information packages which we call "organisms". An organ (from the Greek = instrument), is a means of work by which an objective is achieved, like the hammer to drive a nail into wood, or a cochet to cut; instruments of a certain complexity that help to solve various issues.

ME: So we call "organs" to the parts that make up a physical body, but in reality, the word can define many more things, such as "social organism".

I AM: Yes, and also a galaxy can be considered an organism, or the climates of the Earth. They are means of development through networks of interconnected aspects. As we said yesterday, the universal Mind expresses itself by going from the internal to the external due to an intention, which begins to generate Vibration, which in its different states of tension generates Energy, and it produces Matter from the union of energetic particles in the conformation of an atom. This atom becomes more complex into molecules, chemical elements, compounds, which end up developing the basis of life, and contains it in a cell, which interacts with others, becoming multicellular, which makes it an organism composed of the interaction of several organs. Thus, the organs are the mechanism, instrument, that allows the Universal Mind to form itself in matter, in reality, and to live its ideas. For this reason, the organs produce chemical reactions that have different functions, all to maintain the balance, the harmony of that vibration in matter, but some have a more specific and fundamental function: to be portals between the cosmic mind and its manifested attributes. In this case, these organs will be

responsible for generating hormones, which will produce chemical reactions in the body, prompting it to act, which generates movement, that is, emotion. And emotion produces alterations in consciousness, in the body's nervous system, which produce understanding, reasoning, and from this, it becomes a manifestator, communicator, creator.

ME: And so the mind of the cosmic spirit can express itself in the universal body, in this reality ...

SOY: That's right. And to do so, it uses its vibration for the energy to resonate and open the doors to the chemical reaction necessary for the idea to be realized. You could perhaps understand how this works by means of a glass prism. Imagine that the divine spirit, the mind, which is infinite, decides to discover and experience one of its attributes, but is unable to see it by itself because everything coexists in it, as a unit. Now, we will call the spirit as "white light", a light that incorporates in itself all the possible vibrations of the universe, and therefore, contains in itself all the frequencies, the attributes of its being. But if you want to see one of them, you will need something, a tool, that allows you to separate your vibrations into different frequency waves in order to identify those parts of you. To do this you will need geometry,

ME: The crystal prism... Like the famous Pink Floyd symbol. A crystal quartz, to which a ray of white light is subjected, and from the other side you can see the rainbow ...

SOY: That is the refraction of light before molecules that reflect their photon waves at different frequencies, the highest will make you see violet, the lowest will make you see red.

ME: The chakras ...

SOY: This is how they appear. They are attunements of the same being that fragments itself. Imagine that the pure, white light is the divine mind, the spirit, and that your organs are those cellular crystal prisms. Thus, when it enters you, it comes out fractionated forward like a rainbow.

ME: Oh, now I see it clear.

I AM: The state in which these organs are, will make you see one or another color, darker or brighter, depending on whether their vibration is very low or very high. You can imagine your organs as vortices, like whirlpools that absorb the pure light of a plane and fragment it out into refracted light. So you can see your attributes. Now, neglecting these prisms would make the light unable to pass through correctly, and a distortion would be generated in the light range, which would prevent this attribute from manifesting. A stagnation of the incoming energy, due to an opaque, dirty, broken prism, would prevent you from seeing that light in yourself.

ME: Why would that happen?

I AM: The misuse of the body, or the mistreatment of it, between what you receive, live, eat. Anything that puts stress on your organs and glands. Traumas, fears, fights, hunger, poor diet, insomnia, conflicts, all this, in the long term, destroys the purity of the prisms, which begin to contain or contract the reflection, generating diseases.

ME: How do I identify those problems in my prisms?

SOY: First you must know them well. And by understanding its physical function, you will be able to understand its spiritual function. It is spirit designed this reality for its purposes of expression and creation, of self-realization, and each of these prisms, therefore, have a specific function in your spiritual path and development of being.

ME: What are these prisms?

I AM: The glands. The word comes from "glans", which means "acorn", fruit of the oak, holm oak and cork oak, due to the shape that these organs have similar to the seeds of the genus "Quercus". Above all, there are certain main glands that regulate the frequencies of the spirit turning them into manifested attributes, and they are part of a network called the "Endocrine System".

ME: Oh yeah. Pineal, Hypophysis, Thyroid, Thymus, Pancreas, Adrenals and Genitals. Why is it called Endocrine?

I AM: The word comes from the Greek "endo" (interior, inside) and "krinein" (separate, distinguish), and basically it is the system that refers to the separation or distinction of the internal aspects, which regulate each of the others organs in their functions. The endocrine glands hormonally command the functions of each organ, driving their actions through the chemical reactions that hormones produce. A small and insignificant amount of hormones can produce a great change in the attitude of the entire physical body.

ME: How to understand each one of them?

I AM: First of all, we are going to locate them in our body, then understand what their function is, and thus be able to understand what their functionality or conflicts generate for us.

ME: Perfect. So let's start at the top: Pineal Gland.

I AM: The Pineal is so called due to its shape similar to the seed of a Pine, a pineapple. The pine was always considered a sacred tree because its conformation points in a spiral towards the heavens, considering it a tree of ascension to the divine. Its seeds, arranged in the same way in a beautiful and perfect double golden spiral, show the sacredness of this species, in addition to being a source of energy for animals and humans during winter, both as food in the pine nuts, as well as fire in the structure. that contains them. In many cultures you can see pinecone-shaped decorations in sacred temples representing this connection. The Pineal is located in the center of the encephalon (Brain), placed in a hole above the epithalam, a part of the diencephalon (made up of the thalamus and the hypothalamus). The diencephalon is located exactly in the center of the head, and has the function of processing all the sensitive, emotional, memory and movement information in relation to them. Pineal is not bigger than a grain of rice, and regulates the sleep-wake cycle by secreting the hormone "melatonin", secreted by increasing darkness, since the presence of light calms its production, thus constituting a the gland that regulates our 24-hour cycle, and not only regulates sleep, but wakes up or turns off every biological function, especially by regulating the heart rate and reproduction. Due to being a photosensitive gland, it is capable of capturing more than 700 colors, frequencies of light, which makes it the receiving gland of all the information coming from the light planes. Thus it allows direct connection with the Universe, with Divinity and spirit. The gland constantly vibrates, and regulates the resonance state of a being. When receiving the data of light, it is in turn the door to the infinite thoughts of the cosmos, and due to this, it is the gland on whose activation our way of seeing and perceiving the world depends. It functions as an inner light, capable of being an inner eye that not only receives light but also emits it, and therefore, a completely overexcited pineal gland can be seen as "Illumination", being what we consider Third Eye.

ME: Like the halo of the Saints, of the enlightened masters.

SOY: Yes. Conflicts in this gland tell us about mismanagement of our ability to see beyond, to understand the world, to open up to other points of view, to keep our minds closed to only one way of seeing things, beliefs, traditions. In addition, it is related to the fear of the perception of other planes, the traumas in relation to things that we have seen and that we deny. To correct the pineal prism it is necessary to sleep a lot, rest, and take walks where you can see far, to the horizon, at long distances, as well as, of course, meditation and eye exercises.

ME: The Pituitary Gland.

SOY: Many times called Pituitary, due to a misconception from Roman times, in which it was considered that this gland, located just behind the eyebrows at the level of the nose and temples, was the one that produced nasal mucus. "Pituita" means mucus in Latin, and I don't think this gland deserves such an unappealing name for what it represents.

ME: Of course not ...

I AM: Hypophysis means "below growth", since it is located below the Thalamus in opposition to the Pineal (also called Epiphysis = above growth). It is located contained in a hollow of the sphenoid bone, a space commonly called "Turkish saddle", which is the Throne where the King sits, therefore, this gland is related to the Crown, who directs the rest of the physical kingdom. The hypophysis does not measure more than 12mm, that is, something more than a grain of rice, and its shape is similar to the genital gonads. This gland is in charge of regulating the functioning of all the others, it manages the process of homeostasis, that is, of the harmonious functioning of the body, it is like the king on the throne who controls his kingdom. Therefore, it regulates growth, vitality levels, promoting strength, the production of beauty and hair, therefore the electromagnetic charge and discharge of the body, which awakens the spiritual and artistic attributes and gifts, divine inspiration. And as the king that he is, he dictates the ethics, the morals, the philosophy of an individual. The problems in this prism can be observed in critical, dissatisfied, highly structured people, with great incoherencies and gigantisms in the ego and ideas. Reactivating this gland is possible through vibration, sounds with the palate, singing, resonance of loud or nasal sounds that make the chair vibrate, in the highest and deepest part of the upper part of the palate, so massage with the tongue in this area they could in turn stimulate this gland in the same way as stimulating the genitals during sexual intercourse. By doing so, empowerment can be ignited,

ME: Thyroid ...

I AM: Its name comes from the Greek "thyreos" (shield) and "eidos" (shape), that is, it has the shape of a shield. It is located in the throat, surrounding the windpipe below the vocal cords. It is like a communication bridge that filters the signals from the Pituitary to the rest of the body. Basically, the Hypophysis sends its signals to encourage the Thyroid to regulate and communicate the impulses of the other glands, and therefore, as a shield, it is dedicated to protecting the excess functioning of the lower glands of the body. Its main action in the body is to promote development and growth. Thus, its hormones (thyroxine or T4, and triiodothyronine or T3), are present in all tissues, promoting metabolism that allows the dissolution of lipids and carbohydrates, and the growth of tissues, in turn regulating body heat, such as the generation and regeneration of nerve cells. Thyroxine regulates body temperatures, and drives body size and growth. Due to its role as a communicator between the upper planes of the Hypophysis and the lower planes of the rest of the body, regulating all metabolism, it is the communication bridge that the Laryngeal or Throat chakra embodies. The ruptures of the prism are seen in communication conflicts, in diseases that affect the development of an individual, generating hypothyroidism or hyperthyroidism, which shows us our capacity for internal growth, to learn, to receive or to be unable to recognize and accept dialogue or new information. It is affected by the unspoken, by the lies, for the lack of communication and the denial of evolution. It is the producer of energy, so a drop in the body's energy is related to its malfunction. Conflicts in this gland can lead to poor communication between the Hypophysis and Thymus, rendering a person unable to regulate the balance between what he thinks and feels. It creates a vacuum for the future, the inability to undertake anything new. The imbalance produces excess unregulated fluids, which exacerbates genital production, uncontrolled sexuality leading to aggressive acts. To regulate this gland it is important to produce heat through mouth breaths, songs, neck massages and a regulated amount of iodine consumption. This will make it easier for the portal to keep us active, energetic,

ME: The Thymus, the gland of the heart.

I AM: It is located above the cardiac organ, hugging it. The origin of its name comes from the Indo-European "dheu" which means "smoke, fire", and which gave rise to two Greek words: thymós (vital energy) and thymus (thyme). The relationship between energy and the plant occurs in that thyme was used to make fire in ancient ceremonies, whose aroma revitalized giving vigor and power to those present, who felt their chest expand. The gland also has the shape of a thyme flower, enveloping the heart from above. Its importance is fundamental especially in the first stage of life, since it is responsible for the formation of thymocytes, T cells, which arise in the marrow and are formed in the thymus to be useful in the immune system. Basically These cells generated here are the ones that will travel through the blood in search of invaders, capable of capturing them and incorporating them as defense records. The Thymus is the great glandular shield against all evil, and it is the life expectancy of all humans. His predisposition to the defense of the whole body without exception, makes him the gland at the service of the whole, which places him in the place of the High Heart Chakra, that unconditional energy that provides us with security, confidence, certainty, determination, freedom, and faith. Therefore, if it does not work regularly, fear, dissatisfaction, negativity and depression will be the keys that will lead us to lower our defenses and get sick faster. Therefore, the lack of love, hugs, affection, joy and inner fire extinguishes the system, leaving it defenseless. To activate it, it is necessary to hugs where the chest feels the other's chest, the heartbeat, while doing things out of love to help; push the chest forward when walking, sitting, back straight, and gently massage the sternum with subtle and affectionate strokes on the heart. This will ignite conviction, self-confidence, the breath of life, hope for the future.

ME: Pancreas, the gland of sweetness ...

I AM: It comes from a somewhat unpleasant name, being "all raw meat" (pan = everything, and kreas = raw meat). It is located in the abdominal cavity, between the stomach and the liver, connected to the duodenum. Its function is essential in the body, in direct relation to the digestive system. It fulfills two functions: endocrine (separates inside) and exocrine (separates outside). Endocrine is related to its known function of secreting hormones such as insulin, as well as others such as glucagon, polypeptides, and somatostatin. In itself, insulin is the one that fulfills the most recognized function, which is to spread through the bloodstream in search of sugars, which it captures to take them to the cell walls, where it processes them so that they are absorbed by the cells, nourishing them. This leads to it controlling blood sugar. For its exocrine part, it sends gastric juices to the duodenum, which receives not only these juices from the pancreas, but also bile, which together will dissolve those fats and materials that are more difficult to corrode from the stomach and liver. The duodenum is the bridge by which the stomach sends what is digested to the intestines. The pancreas, therefore, has a double function in relation to the internal process of being as well as the external process, which makes it the gland of relationships, the one that nourishes the inner world from its links with the outer world. . A bad relationship with the external world and what we consume from it, can generate imbalances in this gland, leading us to not be able to process certain situations. Bad relationships, people with whom we do not finish closing ties, things that we swallow in life and cannot say, the lack of love that leads us to a constant search for sugars or empty relationships, all of this is a reflection of the damaged prism, which makes us closed, selfish or egocentric, dependent or manipulative . To calibrate it, it is necessary to evaluate our dependencies, change our ways of eating, perform circular massages in the stomach regularly, and give ourselves affection. This will awaken our ability to deliver, to balance, to be able to better process the world's information, to have more harmonious relationships and links without dependencies. All this brings us to the center, to the Plexus of being.

ME: Now, the Adrenals, the glands of power and will ...

I AM: They are related to the sacral chakra, and despite this, they are located almost at the same height as the pancreas, but behind the back, above the kidneys. This is where their name comes from: from the Latin "Ad renis" (next to the kidney), although specifically, when they are on top, it is normal to know them as "Adrenal". Its function is basically to regulate stress, both to relax the body and to activate it in a situation that requires all the attention and power. In the first place, to regain homeostasis and regulate the functioning of the body in a stressful situation, the adrenals produce cortisol, which activates the sugars in the body, relaxing it, bringing it to a state of satiety. On the other hand, if it is necessary to react, the adrenals will generate the famous hormone

adrenaline, that will put the body in a state of alert, promoting muscle contraction and the generation of energy destined to the response of external stimuli. A mismatch in this prism can lead us to lose the notion of direction, of why we do what we do. You see the frustration, the reluctance, the feeling of uselessness, the loss of strength, and therefore of desire and will. A conflict here leads us to struggle, combat, war and uncontrolled anger, panic, or its opposite, defeat, fear, surrender, the feeling of being lost and wrong. We can understand this way, that these glands are completely dual, polar, that carry us between the positive and negative incessantly. The sacrum is related to the creative, to the expression, and therefore to regulate it, exercise, art, all kinds of manifestation of dreams and desires, to do what we like, and to take the necessary relaxation times. This will lead to kindling the inner creative fire.

ME: And lastly, the Genitals.

I AM: Also called Gonads, they come from the same origin: "gene", meaning birth, emergence, generate something, give birth. They have a double function: the production of sex cells through meiosis, which allow the emergence of life cells (gametes), and on the other hand a glandular function in the production of hormones. In man, the glands are called Testicles, and they will produce testosterone. In women the glands are called ovaries, and they produce progesterone and estrogen. In the process of embryonic generation, these glands are the same, and it is not until the organism is defined as male or female that they will take different positions. The ovaries will remain inside the body, attached to the uterus through the fallopian tubes, all located above the bladder, below and behind the intestines, connected through the vaginal neck to the vulva. The function of the ovaries in relation to the gametes is the formation of ovules, female cells that will allow gestation in contact with the sperm. While in the male, these gonads descend towards the scrotal sac in the external part of the body, protecting the gametes produced in the testes, that is, the spermatozoa, at room temperature. In the case of the male, the equivalent of the uterus is the prostate, which generates all the sugars and nutrients that will surround the sperm, giving them a favorable space for development, called semen, which will be released in ejaculation through the seminal duct towards the urethra. emerging through the glans, in the muscular structure equivalent to the vagina that you call the penis.

ME: So the male genitalia are basically female organs that have turned outward.

SOY: Yes. The male will produce testosterone, which will activate all the reproductive functions, which will give strength, vigor, heat, stimulating erection, stimulation, and secreting odors that attract females to reproduce. In the case of females, the same will happen with estrogen, which produces the development of cells, the assimilation of proteins, the absorption of fats, and activates the sexual appetite, preparing the body for reproduction, attracting with its aromas the male, and generating impulses in the brain system of the thalamus, which causes mood swings.

ME: This is what happens in menstruation periods, right?

I AM: Yes, every 28 days, although the hormones responsible for the development of this process is progesterone, that is, the one that predisposes the body to gestation, influencing the female cycle, the development of the uterus, breasts and endometrium. In both men and women, these glands are regulated or encouraged by the Hypophysis, the genitalia of the brain, since it is the spirit that asks to descend to matter. A malfunction of these glands implies a disconnection with the king or queen of the body, which produces fear of loss of power, of control over material things, over basic needs, living from the idea of poverty, or the intention of put yourself above others to get what I need. The gonads are the anchor of the spiritual world, and a mismanagement of them, both in excess and in shortage, it will involve a major spiritual disconnect. Although it seems strange, it is the genitals that regulate the sexual appetite, calming the body through the production of its hormones. It is necessary to stimulate them for a good functioning of this prism, through masturbation and orgasm (with ejaculation at least once a week for a good genital state), the sensitivity of touch and caresses, as well as kundalini or yoga and tantra meditations. . Its regulation will allow there to be strength, clarity, determination, self-esteem, health and happiness, allowing us to be achievers, demonstrators.

ME: Interesting, understanding how this system builds what we are, they are the doors of the spirit in matter, and recognizing them is essential to live a full life, here and now.

I AM: They are the main sacred chambers of the Temple that is your body. Honor them, get to know them, learn about them, about the emotional meanings of each one, about diseases and their meanings, bio-decode your body, and understand the temple you inhabit. Open the doors of these 7 main chambers, and let the spirit live in you.

ME: I am the portal of the universal mind made matter ...

I AM: I am Channel of Cosmic Consciousness here and now.

293. Immune – Respiratory (Throat)

[May 23, 2021 Matías De Stefano](#)

Daily vibration: KKe

Statement: I Am Channel of Communication

Code: EXCRETORY SYSTEM = This system that realises the body's waste is constituted by the kidneys, bladder, urethra, colon, rectum and anus. All the liquid of the body is processed by the kidneys to absorb what's necessary and discard all the other heavy elements that are harmful to the organism. This way, they are sent to the bladder, that stores this waste as urine before being expelled through the urethra. The same way, all discarded material by the small intestine is expelled through the large intestine, where it's compacted to be excreted physically by the rectum and anus. This system could be compared to the implosion of a galaxy, black holes, where everything is recycled.



I AM: Inspire ...

ME: I inspire ...

I AM: Hold ...

I hold...

I AM: Exhale ...

ME: I breathe out ...

SOY: And it starts over, over and over again ...

I breath...

I AM: "Re spirare", from Latin = to blow again. It is the most important automatic constant act that we perform at every moment, and perhaps the only one of the biological functions controlled by the parasympathetic system of which we are clearly aware.

ME: Key to our lives ...

I AM: The Respiratory System is a sacred system in the body, which reminds us of the pulses and impulses of the universal soul. The breath gives life, and the breath that emerges from this system is what was known as the Soul. It was believed that the last breath that one takes in his life is the one that frees the soul from within the body, it is the most subtle part of physical existence. For this reason, we call the plane of the subtle as "Spiritual", a parabra arising from "spirare", being "spiritualis" the attribute of the breath, the quality of breathing that life gives us.

ME: The spiritual plane of being, therefore, on a universal level, is related to the respiratory system of the Universe ...

SOY: Exactly. Taking the notion of fractals, we could understand that the Cosmos inspires the universal mind and exhales cosmic energy, or in other words, it is inspired by the spiritual and exhales the soul, soul. The entire universe is a breathing network that absorbs the subtle essences of space to carry them through time conduits, historical lines, through densification channels, wormholes, which distribute spirits through different worlds, where they will be incarnated to nurture history. , becoming an active part of the manifested body of divine consciousness, creating more worlds, and returning your experiences back to the universal essence, where interdimensional networks will use you as a basis to create more and better beings with transcendental information.

ME: Wow, I could imagine the conduits... The process, I remember....

SOY: Well, the same thing happens in your body, and that is the path we will travel. Many times people who seek answers in the spiritual world tend to look at the heavens, imagine all those spirits crossing dimensions, creating souls, being born in the world, and others returning to the subtle planes after dying, and when imagining this magic, they do not more than describing the respiratory system, a system that is so close, that they do not pay attention.

ME: That is why it is said that the most important thing to connect with the universe is breathing, it is the most powerful tool to join the cosmos ...

I AM: Breathe, feel the air enter your lungs, and how it comes out hot. Repeating the cycle incessantly. Well now, let's go through it as the universe that it is. And for this, you must remember: what do you breathe?

ME: Air ...

I AM: What is Air made of?

ME: Oxygen ...

SOY: You could say yes, but it's actually the second most present. Air is the set of gases that make up the Earth's atmosphere, that is, the gases that are pressed on the surface of the world by the force of gravity. This atmosphere is divided into 5 main layers: from the outermost part, close to space, the Exosphere begins, followed down by the Thermosphere, the Mesosphere, the Stratosphere and the one that concerns us, the Troposphere, in which it is breathing possible. It has a height of 7km at the poles and 16km towards the tropics and the equator, and it is where all climatic phenomena occur. Both the Troposphere and the Stratosphere are composed of 78% nitrogen, 21% oxygen, 1% argon, 0.40% carbon dioxide and the rest of noble gases such as neon.

ME: Oh, so there is more nitrogen than oxygen.

I AM: A fundamental element for living beings, especially the plants that use it for their food. Oxygen, as we have once said, was not an element present in the Earth's atmosphere. It was thanks to the appearance of bacteria and phytoplankton, unilevel plant structures, that carried out photosynthesis for the first time, that oxygen began to fill the atmosphere. This happened, then, in the processing of carbon dioxide, necessary for the absorption of light in plants, which filled the Earth due to its deep volcanic activity. When decomposing the molecules, the carbon was taken as an energy source, thus releasing the oxygen molecules, useless for the photosynthetic process. These bacteria began to fill the atmosphere about 2.3 billion years ago. To this day, No matter how much one believes that forests and jungles are the ones that generate the world's oxygen, they actually represent a small part of its production, since it is the phytoplankton in the oceans that are responsible for generating the oxygen we breathe. The unicellular organisms of the animal kingdom began to use oxygen as a source of energy, which allowed them to move. The animals acquired the sources of carbon and nitrogen among others by consuming the plants, while the oxygen prompted the cells to move. Oxygen, as its name suggests, oxidizes the internal elements of the body, which for animals is the key to purification: it destroys harmful elements, decomposing them by demand, which causes them to be released from the cells to be excreted.

ME: Oh, interesting... so oxygen doesn't nourish us, it cleanses us... purges.

SOY: That's right. Helps cell regeneration. Understanding this, you will understand that oxygen atoms are similar to the spiritual world, which incarnates in the worlds to purge, clean rough edges, remove the weight of living cells, karma, to be able to expand ...

ME: Wow, it makes sense ...

SOY: Now let's do the journey that the spirits make in your body. The spiritual plane is full of many other denser creatures that are not necessary to carry out this purging process, such as carbon dioxide, which represents the dark beings that nourish matter, but that imply a weight in the organism, a densification . Therefore, the respiratory system is in charge of discerning oxygen from the rest, allowing only these atoms to enter the body, while taking the rest of the unnecessary ones to eliminate them.

ME: Karma and Dharma.

I AM: The respiratory system begins at the nose, where the air with all its external particles enters. It circulates through the nasal cavity, which finds its limit in the sphenoid cavity, where the hypophysis rests, thus, with each breath, the vibration keeps the spirit alight in matter. It descends through the pharynx where it meets the oral cavity, which is why you can also breathe with your mouth, although it is not recommended, because the mouth has another purpose, and oxygenation does not occur in the same way (breathing by the mouth it indicates need, while by the nose it is temperance). The pharynx crosses the esophagus to meet the larynx, where air will find its way to the lungs. There the speech apparatus is located, the vocal cords, that mark the boundary between the

larynx and the trachea. The trachea is the rough conduit that resembles the trunk of a tree, which begins to divide in the same way as the plant, in branching. These branches are called brónchios (which we can relate to "branca" and "branch" = branch), and the main ones are divided into 2, which lead to organs called Lungs (this word comes from the Greek "pleu" = flow, and " pneu " = breathe, which gives us pneumatic, pneumonia, with the suffix " món " = agent, subject). They are constituted by an increasingly smaller ramification of thousands and thousands of small branches, which are subdivided from upper, middle and lower lobular bronchi, towards the segmental bronchi or bronchioles from which arise the small stems called alveoli, contained by the alveolar sacs, Not all animals carry out the same process, since there are insects, amphibians, reptiles and marine beings that breathe directly through the skin.

ME: Wow, it's a trip ...

I AM: The universal journey. If you compare, these spiritual beings that enter through wormholes, in you they do so through the bronchi, which are discipated by bronchioles and alveoli, which are like the fruits or flowers of the tree, the different worlds, where they enter the bloodstream as the very flow of life, where they will change worlds, countries, lives, cell after cell, in different experiences, illuminating and purging the density, returning it to the cosmos as experiences, wisdom, called carbon dioxide, the records of the molecular level.

ME: It's the tree of life... amazing. The lungs are like that tree of existence where we all incarnate, experience, disincarnate ... we transcend.

I AM: And in turn, many entities can also enter through this system, there may be many invaders, beings composed of carbon that seek to feed on the worlds, create their colonies, and create their own realities in this dimension that you are.

ME: Who are they?

I AM: Viruses and Bacteria. The simplest and most fascinating organisms in the realm of organic life. They are so small that they float in the air. There are millions of bacteria and viruses that enter your body with every breath. The air is full of these creatures looking for a place to stay and reproduce, a favorable environment. For this reason, the respiratory system needs an incessant ally.

ME: Which one?

I AM: The Immune System.

ME: The defense system.

I AM: It is a complex system, which can be seen from two points of view: Conditional and Unconditional.

ME: What would the Conditional look like?

I AM: He is the one who is dedicated to defense, because his greatest condition is life, and the integrity of the organism that he builds, therefore, he needs to keep the whole being in harmony, clean, pure of everything that may intervene in its survival and stability. Thus, only those viruses and bacteria that adhere to the condition of homeostatic life will allow to live in the body.

ME: Huh? Are there viruses and bacteria that help?

SOY: Yes, many, thousands of them. And this is what the Unconditional vision gives us. There are thousands of bacteria that help in the purging and digestion processes, consuming things that we cannot generate. We call

this the Intestinal Flora, a bacterial group necessary for life in a fair amount, which is maintained this way thanks to viruses, those that eat bacteria. Many viruses inhabit our body in a perfect symbiosis, regulating our system. Like the cold virus, influenza, which never leaves the body, and multiplies as a mechanism to improve the immune system, reinforcing it year after year.

ME: I've never seen him like this... it makes sense.

SOY: But despite this, there are viruses, bacteria and cells that are not positive, and therefore there is an Immune system, to track, like the police, the military, ensuring the continuity of the entire organism, patrolling the streets of the veins and arteries, going through every corner in search of actions that are not within the established harmony. Unconditionally, the immune system opens to receive viruses and bacteria in the body to improve the system; At first, the system does not defend itself, but takes the external to evolve, takes advantage of all alien resources to implement improvements in the structural system. This is symbiosis, the way in which the Earth has developed life, not fighting with each other, but learning to live together, interact and benefit from each being that inhabits this world. We would not have survived even 2 months as humans without our bodies dedicated to fighting against the environment instead of using it to improve and adapt. It was thanks to the use of the immune system that we exist, which regulated the entry of exogenous agents to use them, giving it a home in exchange for its products.

ME: So the immune system works as a form of exchange, of barter, it is not really that it defends itself, but that it exchanges skills.

SOY: Until one of those parts threatens the general living conditions. There the conditions are implemented, and those parties begin to be persecuted.

ME: I see it as in society, that, if we had dedicated ourselves to prohibiting everything that we believe was bad, we would never have had development and we would live in dictatorships.

I AM: For a good immune system to work, everything must be allowed, until the cells themselves are compromised.

YO: But, for example, one of the great conflicts that exists today is the drug and its mafias. Do you mean to allow drugs?

SOY: The drug does not do the same damage that the mafia that moves the drug does. Drug addicts will be drug addicts whether it is legal or illegal, and even if it is legal, there would be less consumption, as it would be more regulated by the health and psychology systems. There would be no more mafias, deaths, decadence, and people outside the system risking their lives without having containment. This is how the immune system works, it doesn't fight, it looks for a way to settle the real problem, which is not the drug, but the mafia.

I understand...

SOY: In the world of viruses, there are also gangs that monopolize everything, and there are also cells that seek to control everything, to the point where they interpret that even healthy cells can be harmful.

ME: Like when we see the police or the military attack the people themselves.

SOY: That's right.

ME: How do we understand the immune system?

I AM: Immune comes from the Latin word “in” (inside) and “muno” (to build), the meaning comes from “building an inner fortress”. This system is structural, that is, it covers a wide spectrum of the body, and it is not specifically in charge of an organ, but rather cells produced by several of them. Despite this, in the first years of life, it will be the Thymus who is in charge of strengthening the white blood cells generated in the bone marrow, so that they can defend the body. But the emergence of the defense system is created in different places and distributed by other systems.

ME: What are they?

I AM: The system is composed of elements and chemical reactions produced in organs that are soluble in liquid to be easy to distribute through the circulatory and lymphatic systems. These reactions are mainly generated in the bone marrow (in the spinal column), the thymus (over the heart), the spleen (on the left side of the stomach), the lymph nodes (distributed in different parts of the body) and mucous tissues. Mentioning this, remember that mucus is produced in the spouts of the respiratory system, mucus is a set of dead cells full of cells of the immune system, which perform a prison function for all external agents that may enter, adhering them due to the viscosity. Mucus is the first shield in the biological battle.

ME: It disgusts me, but it's true ...

I AM: Leukocytes (white blood cells) are generated in the marrow, in addition to others such as neutrophils, lymphocytes, macrophages, monocytes among others. These compounds travel through the blood looking for internal pathogens (in the case of malfunctioning cells, such as in cancer), or external pathogens (such as harmful viruses or bacteria and parasites). What they do is identify them and adhere to them, surrounding them and dissolving them. Once they have done so, they decompose the DNA of this pathogen, eliminating its reproduction functionality, and are integrated into the cells, where they will incorporate this DNA as a record, which will allow them to identify the next ones that appear more easily, which will return to the stronger and more immune system, producing "immune memory".

ME: And if the body is not able to do it by itself, what happens?

SOY: Throughout history, humans have seen how certain plants and elements of nature had qualities that strengthened the defense mechanism. This is how natural medicine appeared, using flowers, plants, roots, fungi and sometimes also parts of animals and insects, which helped to strengthen the body, and established the amounts by creating potions. But sometimes it was not enough. One thing is to prevent, another thing is to cure. The immune system needs to create antibodies, that is, internal chemical elements that recognize the virus, parasite or bacteria. Imagine this: in the first case, a viral disease appears suddenly, affecting a large number of people, who had never faced this virus, and therefore, their bodies need time to recognize this new microbe. In the process, the virus colonizes the body, and it fails and dies. But in a second case, imagine that the population knows that a virus is coming, then some take this virus in a laboratory, decompose it to the point of destroying it, killing it, and leaving only its dissolved DNA compounds. So, with this, they carry out a previous step that the body will not have to carry out, which is the inquiry and attack. They place this dead virus inside the body, and the body reacts to this new thing happening. The same organism raises the body temperature (since viruses and bacteria can die above 37 degrees), but suddenly it is easier for them to find them, since they do not move or reproduce. This gives the body much more agility to identify the invader and prepare for the new ones to come, the live virus. So when it reaches the body,

ME: This is what we often don't understand about vaccines. Today with the Coronavirus there is a kind of fight against the vaccine. I am not against vaccines, but I am in favor of the body being the one that naturally learns and develops immunity, because, despite the risk it poses in the middle of a pandemic, vaccines can also be wrong, and need more prep time. In itself, I know that vaccines are basically a simple pre-step that spares the immune system, but at what cost?

I AM: The vaccine is named after the first experiment to inoculate a virus, called “Bovine Pox”. In the late 1700s, smallpox was spreading across Europe, killing thousands of people. English country doctor Edward Jenner noted how people working with cows that had had mild cowpox did not get sick from human pox. This recalled how other cultures used to inoculate mucous membranes of certain diseases to counteract their own relapse. For this reason, this doctor used the same system, injecting people with the cowpox virus, and 40 days later, the human smallpox virus, which did not affect him in the least. This led to the extension of the injection against smallpox using cow disease as a way to prime the immune system. Hence, in honor of this discovery,

ME: I never would have guessed that vaccine comes from a cow. So what position is there on this?

I AM: That vaccines are not negative, but that they have improved the development of human life, making us immune throughout history. This does not mean that experimentation with vaccines can bring its problems. The poor development of a vaccine, the lack of tests and the chemicals or metals that may be put as tests, can end up being counterproductive to the body, after all, remember that they are inoculating dead bugs in the body, which If the body does not react, it will get sick. It is a risk, yes, for many it is, in the same way that for many others it is salvation. Every human has a special immune system, and not everyone will react in the same way. This does not mean that the vaccine is wrong, but that each individual adapts differently. Forever,

ME: So... on the Covid19 issue... do we get vaccinated or not?

SOY: It is very recent. A vaccine takes at least 5 years to develop to work, and not even two have passed. What is being done now is an intention to accelerate normality, which in many can work, but in many others it can bring problems. It is not my decision to tell others to get vaccinated or not, as it depends on their own biology, and not on a philosophy.

ME: I understand ... Sometimes beliefs can hurt us.

I AM: In the 18th and 19th centuries, many Christian doctors fought against vaccines, considering them enemies of God's will. However, vaccines saved thousands of lives, when God saved a few. This led us to think that faith, beliefs, often stop development, because in the desire to survive, the errors of science are seen as the hand of the devil, until they discover the way, and become saviors. Everything is a matter of a process. Today the world is going through a pandemic that puts the immune system of millions of humans at risk. Most can cross the virus without the need for vaccines, since most humans have a system capable of managing this threat, but many others do not, and they will need a vaccine, although, as I said,

I understand.

I AM: This virus affects the breath, it is a painful test of our own resistance to the spiritual world, a wake-up call to connect with the purge of this world. We are poisoning the Earth, its air, and for this reason, the Earth reminds us. Humanity must learn to breathe again, and therefore must fight its own inconsistencies.

ME: Breathe to return to the coherence of my being.

I AM: Inspire ...

ME: I inspire ...

I AM: Hold ...

I hold...

I AM: Exhale ...

ME: I breathe out ...

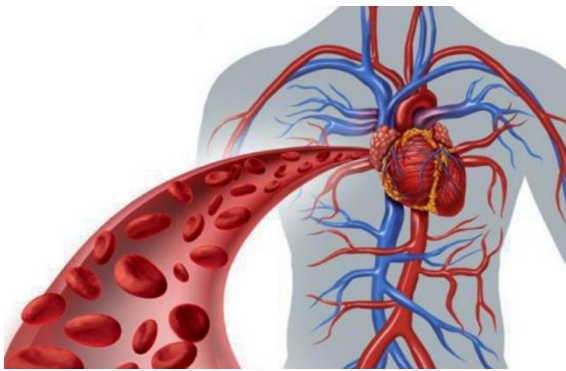
294. Circulatory – Lymphatic (Heart)

[May 24, 2021 Matías De Stefano](#)

Daily vibration: KKi

Statement: I Am Channel between Souls

Code: REPRODUCTIVE SYSTEM = in animals that have evolved through sex as way of exchanging genes and improving the options of adaptability to changing environments, the reproductive system is fundamental for transcendence and continuity, divided into the masculine and feminine systems. The first one represents the cosmic patterns, asteroids and comets, that in humans are the testicles and prostate, that produce the nutrients and reproductive cells. The second one is the system of the cosmic matrix, worlds, planets and suns, that we call ovaries, uterus and their cells called ovules.



ME: And in my breath, I nurture the body ... but how do those nutrients specifically reach each part of my physical being?

I AM: Not only nutrients, but many other things, such as metabolites, oxygen, carbon dioxide, hormones among other substances such as proteins and minerals that are distributed to every corner of your body by the Circulatory System. It incorporates in itself another system that you call Lymphatic, and they are the two that we will talk about today. If yesterday we explained that the Respiratory system is like the universal expansion and implosion on the plane of spirits, we can understand then that the Circulatory is the system that distributes living beings and their energy, that is, they are the millions of channels through which which souls manifest in bodies.

ME: Oh, it is as if this system were the one that connects the paths of each individual through time and space, the circulation of all the data of the universe, of all the stories that each being lives ...

I AM: Let us understand then, these channels that beings use for universal experimentation. The Circulatory System is precisely dedicated to generating the circulation of everything that is loose inside the body, and it does so thanks to a complex system of roads and highways. Of course, the most recognized part of this system by all is the Heart. The heart is a muscle, made up of special cells and neurons, which receive and send electrical pulses that contract and stretch the cells of the organ, causing contractions that we receive as beats.

ME: Wait, does the heart have neurons?

SOY: Yes, just like the intestines.

Me what!?

SOY: That's right. It may seem strange, since we commonly consider that the brain is the organ made up of neurons, however, each type of neuron has a specific function. They are cells that receive and send information, and therefore these other two essential centers for life need to know how to make their own decisions without depending 100% on the brain.

ME: Sure... it makes sense.

SOY: Thus, you can understand that the heart feels, and thinks. This organ is located in the pectoral cavity, in the chest, slightly placed to the left, contained by the left lung, which is why it is smaller, although both lungs surround it. Covered by the thymus, it is protected by the ribs and sternum, as it is one of the main sources of life for the body. The Heart is the engine that allows the circulation of all the fluids and nutrients that feed the body and give energy, without it, nothing would reach its destination.

ME: How do you do it?

I AM: The heart receives electrical signals from its own neurons, from a sector in the right atrium called the "sinus node", which are like a pacemaker, which maintain the rhythm of the beat. In addition, connected to the brain that regulates general functions, the heart, mainly, connects first of all with the lungs, sources of oxygenation, a necessary base to be transported at every moment to each cell. We go in parts. The reason for the existence of this whole system is the Blood. Although blood is considered one of the 4 Greco-Roman humors, internal liquids, in reality, blood should be considered more an organic tissue that behaves in liquid form and in solid form. The liquid tissue is called "plasma", and it allows the complex conjunction of all the solid forms that move inside it: erythrocytes (commonly called red blood cells) and leukocytes (called white blood cells), in addition to thrombocytes (known as platelets). Red blood cells carry oxygen throughout the body, attaching carbon dioxide to themselves to be released from the body. They arise from stem cells, generated in the bone system. Leukocytes originate in the bone marrow, and their main function is to identify pathogens in the bloodstream, that is, they are part of the defense system of the blood. While thrombocytes are cell residues used to correct ruptures, wounds, covering and regenerating damaged tissues, useful in hemostasis (stopping of blood), to prevent bleeding. Along with these three, minerals, bacteria, viruses, proteins and hormones travel, that are distributed throughout the body. Thus, the blood functions as a kind of irrigation, of rivers that descend from the mountains, filling the valleys with streams, rivers and streams, canals, banks, and all kinds of irrigation systems, carrying minerals and nutrients from the mountains to the fields to give life to each plant and animal on its way, which in our body we will call cells.

ME: Source of life ... vital energy ...

I AM: The main source of energy generation is through breathing and food. In these two systems, the respiratory and the digestive, the body receives all the necessary chemical bases, which are filtered by the alveoli in the lungs, and by the filaments of the small intestine, passing directly into the bloodstream through the capillaries.

ME: So it is not that they all pass through the heart first, but that they enter the circulation system through each blood capillary that connects to the whole body ...

I AM: The capillaries are so called because they are fine as hair, and in a similar quantity, some so tiny that they seem invisible, and they surround each tissue of each organ. This allows oxygen to reach every corner of the

body, and carbon dioxide can be flushed from every part of the system, as well as helping hormones and proteins reach every cell in the body. Hormones will cause chemical reactions in contact with cells, while proteins will perform multiple functions, such as transporting nutrients (lipids, vitamins, minerals) or as enzymes that facilitate chemical reactions so that cells can better process energy. The irrigation system, then, arises from this tiny and quantitative network of capillaries that reach every corner of the body, which join each other in the main organs, one of them giving oxygen, and the other receiving carbon dioxide. These thousand capillaries join larger capillaries, to form conduits that we call veins and arteries, which transport the greatest amount of blood, such as state highways receiving or distributing traffic from regional highways and neighboring roads to the streets of cellular suburbs or dirt roads through forests and mountains. But in turn, they join the national highways, called Aorta and Cava, connected to the city center: the Heart.

ME: Wow. What is the difference between Vein and Artery?

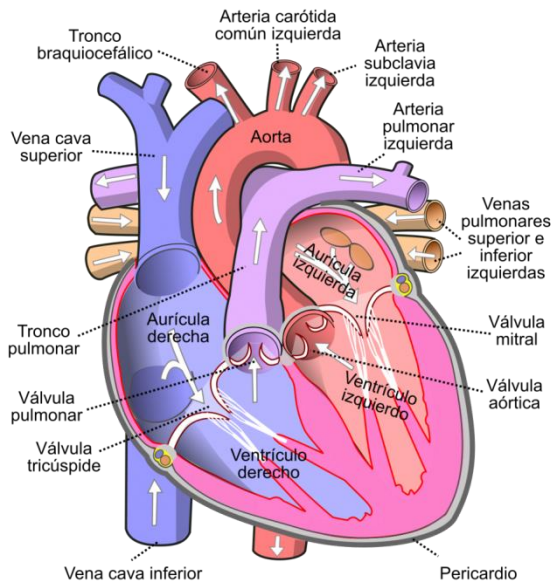
I AM: In a few words, it is received through the Veins and it is given through the Arteries. The veins are responsible for receiving all waste from the organs, mainly carbon dioxide, which will be excreted on exhalation, as well as various wastes through perspiration. The arteries are responsible for distributing oxygen to each organ. Therefore, the arteries are the routes of entry and distribution, while the veins are the routes of exit and collection. You will see the arteries red in color, just like erythrocytes, because their pigmentation is due to oxidation due to the oxygen load, while the veins will turn bluish in color due to the lack of oxygen and the presence of oxygen dioxide. carbon.

ME: Oh ok... I understand now. So ... what is the role of the heart precisely?

I AM: Drive this flow, like the valve or pump to draw water from a well. The Heart is an organ divided into 4 parts or cavities, of which the upper two are called "auricles" (small ears, in Latin), and the lower two "ventricles" (small bellies, in Latin), because their shapes resemble these parts of the body. The heart is like the center of a big city, where the main highways meet creating gigantic curves and intersections. Here you have to pay special attention.

ME: Okay. It is almost like receiving directions to enter a mega capital without having a GPS.

SOY: Something like that, the good thing is that you can't go wrong, you just have to follow the flow of traffic. All the waste, the large amount of carbon dioxide, is received in the heart through the superior and inferior Vena Cava, filling the right atrium, which by plasma pressure opens the tricuspid valve (three portal-shaped membranes), that facilitate the entry of deoxygenated blood to the right ventricle, which when contracting pushes the plasma to the pulmonary artery that is fragmented in two, towards the right and left lung, which receives carbon dioxide to be expelled from the system. At the same time, oxygen from the lungs is received by the upper and lower Pulmonary Veins into the Left Atrium, which when filling forces the mitral valve to open (so called because of its similarity to the miter, the papal cap), giving way to the oxygenated plasma to the left ventricle, which when contracting in the beat, will carry the blood through the Aorta, which will have three exits upwards (to the brachiocephalic trunk that goes to the head, to the carotid one through the neck towards the brain, and the subclavian that transports towards the sides of the body such as the arms), while the aorta itself bends itself as an enormous downward curve, supplying all major organs. The pressure of the heartbeat is what allows the blood to constantly be in movement and circulation, irrigating each cell in each organ, in each corner. which, when contracting in the beat, will carry the blood through the Aorta, which will have three outlets upwards (to the brachiocephalic trunk that goes to the head, to the carotid through the neck towards the brain, and the subclavian that transports towards the sides of the body such as the arms), while the aorta itself bends itself in an enormous curve that directs downwards, supplying all the main organs. The pressure of the heartbeat is what allows the blood to constantly be in movement and circulation, irrigating each cell in each organ, in each corner.



ME: It's fascinating, a perfect system. Sometimes it seems that it is impossible that this system has been random by mere evolutionary and adaptive circumstance, it is such a complex system that it provokes the idea that there must have been someone designing this ...

SOY: And to this you must add the purge complement of the Circulatory system.

ME: Which one?

I AM: The Lymphatic System. Lymph comes from the Greek "nymph" (nymphé), pure divinities of the water that represent the newly married virgins, the inspiration of the new. In Latin, the N became L, being "Lynpha", giving meaning to the water and its purity. This irrigation system is a system parallel to the blood, responsible for absorbing interstitial fluid, that is, that which accumulates between the tissues of the cells, such as certain lipids. By contracting valves, this fluid absorbed by the lymphatic ducts becomes a kind of water that purifies the entire system, irrigating it into the bloodstream in the heart, where it will be redistributed and purged. The lymphatic system has several nodes where this fluid is reserved and accumulated, called lymph nodes, where this clear fluid is administered.

ME: Everything is so perfect ...

SOY: Sure ... it is the mind itself that designed it, the same data pulses, which after trillions of years learned to generate information networks, and evolution is nothing more than the embodiment of those data verified after so much time of interaction. The circulatory system is like the connection system between all dimensions, death and life, the flow of existence, where souls travel through bodies, reincarnating, making their own paths, in herds, in monads, and even thus, all being one. The network of blood vessels are like the paths of our life, that bring us people who can change our way of living, of seeing things, that give us positive or negative things, and sometimes it is we ourselves who travel these paths, that sooner or later they lead us to the great roads of existence,

ME: The Heart of the System... the Universal Source...

I AM: And you will understand that this source is not itself the one who produces the souls, who generates the blood, but rather the source is the Pulse, the heartbeat, that which keeps us moving, that calls us to activate ourselves, to manifest our will to move forward and transform ourselves.

ME: That is why the heart is so important, not because it represents the original source of who we are, but because it is the engine that drives us to discover who we are ...

I AM: Unconditional, it encourages everyone to be, without judging what goes through it, we are the ones who must discern what of all that it carries does us good or bad.

ME: Give and Receive ... the circulatory system is like that organic, balanced economy, which reminds us of the importance of everyone having what they need, and that not everyone needs the same thing.

I AM: Harmony. Each organ knows what it needs. When you do the digestion, the blood will be asked in the digestive organs, and it will lower its quantity in less required parts; This is what makes us sleepy when we digest. Or at the time of reproduction, the blood travels to the genitals, decreasing its amount in the brain, activating more the animal aspect. A human adult has an average of between 4.5 and 5.5 liters of blood circulating inside it, which must be administered very well when used. Therefore, it is a perfect economy, because when a part of the body has fulfilled its function, it stops requiring large quantities, and it can be used for other parts.

YO: A perfect economic balance, a regulated administration, why does this happen?

SOY: Because when an organism knows what it wants and what it needs to fulfill its purpose, it does not require anything else. And those around him know that if this purpose is not fulfilled, it will not be beneficial to them. Confidence in the task of each organ is crucial. Humans do not trust other humans, because many humans act like viruses and bacteria, parasites and microbes damaging the system, causing the body to attack itself. Self-confidence gives confidence to others, and productivity demonstrated in fact inspires confidence in the whole. Cells trust. A neuron must trust an intestinal cell, a sperm must trust a red blood cell. Everything must be in tune.

ME: It is trust that gives stability, and the facts give confidence. The circulatory system trusts each organ, each cell, so it delivers freely, without expecting anything in return. It is the inspiration for an economy of the future, which is neither communist nor capitalist ...

I AM:... It is organic, and with a "heart".

ME: Thus, like all red blood cells, we unite in harmony, in a spiritual plasma that unites us... "blood brothers".

I AM: The globules are the souls that travel through the bodies exchanging, and the veins and arteries are the channels through which the souls manifest. And to manifest, all must pass through the Heart.

ME: I am the channel of souls, and they all inhabit my heart.

I AM: And from him, I urge you to manifest the world that I Am.

295. Digestive (Solar Plexus)

[May 25, 2021 Matías De Stefano](#)

Daily vibration: KKï

Statement: I Am Channel between Beings

Code: RESPIRATORY SYSTEM = The chemical elements that are necessary for the life of the cells of the entire body enter through this system. Mainly, the air, constituted by several gases, is disaggregated here to obtain oxygen. The process starts with the parasympathetic mechanism of nasal inhalation, that takes the air through the larynx towards the trachea and pharynx, going through the vocal cords, and from there to the bronchi and all their ramifications that get smaller and smaller, like a tree, conforming the lungs. The air synthesis ends up only being oxygen, driven to the heart, and from there to the whole body.



ME: Yesterday you explained that the Heart is not the producer of blood or the origin or destination of the biological network as we sometimes think from a philosophical or emotional point of view, but rather that it is part of a harmonic mechanism in which its function is basically distribution. and the impulse of said blood through the beat, for a correct giving and receiving.

SOY: That's right ...

ME: You said that blood is the vehicle for all the necessary resources of the body, of what it generates energy, and that it comes from 3 main places: the bone marrow, the lungs and the intestines.

I AM: Aha ...

ME: So I have two doubts: how exactly do these nutrients reach our body? And how do they produce energy?

I am excellent. Let's go step by step then, to understand the apparatus that allows this: the Digestive System.

ME: I've heard practically the most in my life, because everyone talks about what we eat.

SOY: But no matter how much people talk about him, we probably don't even get close to the basics of his understanding. The Digestive System is a factory for the production of energy, for the assembly and disassembly of products, using toxic products that are very harmful, but necessary for development, and it is probably the system with the highest number of microbes that live in harmony with us, in symbiosis. It is the main producer, generator of all the products that keep the body alive.

ME: Wow ... that is, it is the fundamental system since the beginning of time ...

I AM: That's right, because the first thing an atom does in existence is to look for energy, consume it, save it, and in the case of an organism, share it for a better functioning. This system is precisely the one that consumes, saves and produces to share with the rest of the body. It has become more complex throughout evolution, in different ways depending on the species, like all biological systems, however, we are here above all to know the human. So, let's get back to basics: everything is looking for energy. But: where do you get the energy from?

ME: Well ... if the energy is vibration, and it is produced by waves of frequency and polarities, then it will have to be found in the interaction between positive and negative ...

SOY: That's right. Imagine energy as the force of the vibrational strings that make magnetism possible, connecting the positive and negative ends. If these two polarities join and contract, it will generate a reserve of energy, stability, but if you need action, movement and change, you must separate this polarity, stretching this rope until breaking it, which like an elastic, when cut, will release an enormous tension that you will call energy, that is, force of work, of movement.

ME: All energy is produced, then, from the separation or rupture of an atomic structure ... right?

SOY: Yes, it is the elasticity that occurs in the waves between electrons and protons. As we always say, the universe seeks stability and energy savings, but to improve its ability to save, it is forced to evolve, to develop better forms, since environments are changing, and the chaos of the environment forces the atoms to adapt, which modifies their composition and order, generating new structures. At that moment of rearrangement, the atoms lose energy, but at the same time, this means that the molecular assembly or organism receives energy, that is, it obtains an extra force, an impulse that moves it.

ME: So the energy we talk about that mobilizes us, that drives us to do what we do, comes from the division of molecules and the release of energy accumulated in the bonds of atoms ...

SOY: That's right. Now, let's go to the beginning. The main source of energy in a developing world was the photon energy of the Sun, and the chemicals that emerged from marine volcanoes. The high vibration of the volcanic components that are released by the pressure, and the movement of the photons in the environment, allowed the electrons to vibrate much faster than normal in that hostile environment, which is translated as "heat". Heat, fire, allows the fusion or division of chemical elements, which generates transformations, alchemy, chemical reactions, in which that energy is released. The first existing cells due to these reactions, in a fusion of sugars and minerals, began to absorb this energy released in the environment, which allowed them to move and grow. Over time,

ME: The image I have is as if a tree were a molecule, and a family of several people were those components.

I AM: Enzymes ... individuals will be enzymes.

ME: What is an enzyme?

SOY: From the Greek "en" and "zymé", meaning "internal fermentation", to which ferment comes from the Latin "herbir", alluding to the fact that fire unites things, produces reactions. Enzymes are chemical compounds that enable chemical reactions in other external compounds.

ME: Ok. So these little enzyme people take the tree and, because winter is coming, they decide to cut it down. Some of those people will collect your fruits to make sweets and reserves. Another little person will take the seeds to grow crops to create more trees. Someone else will cut all the leaves to feed the animals. Another person will cut the branches to have a reserve of firewood for the fireplace, and another person will cut the trunk to obtain wood to reinforce the roof of the house. Thus, what was once a single thing, a tree, became part of many more things, generating energy for the winter.

SOY: Very good. It is understood. Now, the larger the being, the more complex the energy assimilation system becomes. This divides two great kingdoms: the prokaryotes and the eukaryotes.

ME: What are they?

I AM: They describe the development, shape and content of a cell. The prokaryotes ("pro" = before, "karyon" = nut, "tes" = agent), are cells of bacteria, in which a thin membrane separates the outer from a dissolved content where the DNA is arranged in a single long hip curled, without having a nucleus. On the other hand, eukaryotes ("eu" = new, "karyon" = nut, "tes" = agent), have a nucleus (where there are several DNA chromosomes) and organelles, that is, small internal structures that perform different functions, all floating in the cytoplasm, such as the mitochondria, the endoplasmic reticulum, and the Golgi apparatus. The mitochondria ("myth" = filament, thread; "khondros" = grain) here is one of the fundamentals to understand, as it is responsible for the respiration of the cell.

ME: Do cells breathe?

I AM: They breathe and eat. Remember that before being what you are, you have been a single-celled organism. All eukaryotic beings (animals, plants, fungi), need to generate energy in their cells, and the mitochondria takes care of this in a process known as the "Krebs cycle" (in honor of its discoverer in the 1930s), or also "Citric acid cycle". In this circuit, certain enzymes are dedicated to taking carbon molecules and making various cuts at different times of the process, to generate new energy-storing molecules (ATP = adenosine triphosphate, which transports energy for all cell functions; and GTP = guanosine triphosphate, a messenger that signals proteins which chemical functions to carry out).

ME: Ugh... it gets complicated.

I AM: Take the example of the Tree. The House is the cell, and the family is the mitochondrion. Imagine that the tree is cut down and the strongest enzymes in the family chop it into pieces. Then, the family will sit in a circle around the tree, and each one will take out a part of it, the fruits, leaves, branches, seeds, bark, processing it, passing the parts between them, storing everything according to its function in different parts from the house, while the seeds will be used to create more of the same trees for the following years. This is what you call the Krebs cycle, it is a circular route that humans carry out at each change of season of the year with the fields and production, only that in the cells it passes in a matter of thousandths of seconds.

ME: Sure .. I understand. In other words, this is how energy is obtained, they are electrical pulses of discharges generated in the division or union of molecules, in the breakdown of carbon atoms ...

I AM: The main source of energy is "acetyl-CoA", which is obtained from the oxidation of carbohydrates, lipids, proteins and sugars.

ME: Oh that's why we need to breathe oxygen!

SOY: That's right. In large quantities, to be able to oxidize all these elements. And now the question would be: where do you get all those carbohydrates, lipids, proteins and sugars?

I eating...

I AM: Exactly. All these acids, amino acids, proteins, glucose, carbohydrates, lipids, all are diversified and dispersed in nature, in the chemical composition of the animal, mineral and plant kingdom. In order to generate energy in the body, you need to consume it from the external world. But, you cannot pass the glucose from an apple to the cell by putting the whole apple on your skin and squeezing ... You need to separate the glucose from many other things, until it is only alone, separately, from all the fibers and other components necessary for

other parts of the body, or parts that will not be necessary and will have to be discarded. And this is where the digestive system comes in.

ME: Wow, it's fascinating, all this to understand why eat and drink ...

I AM: Digestive comes from the words "di-" (separate, divide) and "gerere" (carry out, generate), so digesting is the act of separating things.

ME: Just like when we want to digest information that seemed like a lot to us, and we have to process it little by little, dividing it into parts to assimilate it. Like everything we are talking about hehe

SOY: Yes. The digestive system incorporates various useful parts that will be in charge of fragmenting everything to its minimum expression, with the aim of reaching the bottom of the atoms and being able to harvest the energy that they keep inside. It is as if the true objective you have is to extract the nut from its shell, and for this, you will cut the branches, remove the leaves, take the fruit, peel the carcass, until you find the layer that covers the seed, where you find the shell. that you must break to find the seed, which when splitting in two, you will find the nutrients you were looking for. And for this, you must take a first bite.

ME: The mouth.

I AM: The lips are the first sensitive contact that will warn us if the material is cold, hot, warm, and if it is fit to enter the mouth or not. The tongue, with the sense of taste, will tell the rest of the system what materials we are talking about, so that the body prepares itself to obtain specifically what this product will deliver to me. The teeth are the first step of division. Its cutting, starting and grinding functions form a food bolus. This bolus (from the Greek "bolé" = ball that is thrown), will go through an entire separation system that will allow the body to assimilate the molecules, something called "metabolism" ("meta" = after, through, "bolé" = released), that is to say that the metabolism of a living being is the ability it possesses to launch the product through a process of division.

ME: Oh, I just got to understand what they mean by low or high metabolism. Little or a lot of product division capacity.

SOY: Yes. You can understand here that tooth problems will be related to your inability to manage or analyze something in your life, not being able to digest it, process it well (see dental biodecoding). From here, the salivary glands will be responsible for improving the flow of the bolus to the stomach through the pharynx (shared with the respiratory tract), and from there to the esophagus, which will cross behind the heart and lungs until reaching the pit of the stomach. Within it, one of the hardest actions of the physical body takes place: chemical decomposition. The stomach is a sac of strong tissues that contain corrosive acids that can burn and break down organic compounds. These compounds are produced by the Gallbladder, the Liver and the Pancreas, all three joined to the Duodenum, from where these gastric acids enter the Stomach and where the food will end up passing into the thin intestine turned into chyme, a pasty mass. The Liver is responsible for generating bile, the acid that will allow, together with pancreatic juices, to dissolve food, and this bile is stored in the gallbladder sac until the necessary moment of stomach digestion. Once the chyme is ready, it slides through the duodenum into the jejunum, both being the entrance to the small intestine, about 7 meters of twisted tissue through which the chyme will be propelled for a long journey, through which a constant row of villi will caress this paste absorbing all the nutrients, almost like an extensive mechanical belt where millions of products slide, As many millions of workers at their sides select the good products by letting the bad go. Thus, carbohydrates, sugars, lipids, proteins, are captured by the small intestine, ending their journey in the last piece of the same called ileum, connected to the large intestine or colon. In this part, all the liquids finish being absorbed, compacting the waste that the small intestine selected as unnecessary, and forming the fecal bolus, which will end up being excreted through the anus.

ME: What a trip ...

SOY: And the rest you already know. The capillaries of the blood system take these nutrients, unite them with oxygen, produce the reaction that gives rise to acetyl-CoA, which will be the basis for the enzymes to divide the carbon atoms and generate ATP: Energy.

ME: And so I can move ...

SOY: So you can live. As you can see, matter is not something different from the spiritual world, but in its complexity, it only found different mechanisms to live from the same as souls and spirits. In the infinite manifesting capacity of the universal mind, the energy only found various ways to continue creating and expanding. The digestive system is the echo of the creation system, it is the echo of the designs of the essence, manifesting the personalities, it is the path of life.

ME: The initiatory path ...

I AM: Where you enter as a whole, and you go a long way to discover the essence that you were, the energy that lives in you.

ME: I will never see a meal the same way I did before ... To think that every day I walk an initiatory path to being what I truly am, at every breakfast, at every lunch, at every dinner ...

I AM: You are what you eat.

ME: And if I am one of those foods making my initiatory path towards essence ... then the universe, the cosmos, feed on me, and therefore, the Universe is me.

SOY: You got it. In each step that you take discerning what you are, you nourish the universe with your energy, and you stop being cosmic food, to become part of the Cosmos.

ME: In me, millions of beings make their way towards the essence ...

SOY: Therefore, today you can say this ...

ME: I am the Channel of the Beings.

I AM: I am divine food, essence of the cosmic body.

ME: I am the Universe.

296. Excretory (Sacral)

[May 26, 2021 Matías De Stefano](#)

Daily vibration: KKy

Statement: I Am Channel between Creators

Code: MUSCULAR SYSTEM = There are three types of muscles, among them the Cardiac (heart) and the Smooth (digestive), conform the parasympathetic, and the Striated are part of the sympathetic, meaning that we can move them at will. In a human there 650 muscles, and they are made of cellular tissues that are able to contract and relax. The cells that are in charge of this stretching and contraction are the myocytes, that shrink or swell based on the electrical impulses of the nervous system. This system allows us to have strength and agility in the movement.



ME: Yesterday there was a part that you didn't describe to me. What about the Large Intestine and Anus?

SOY: I did not describe them, because although they are a direct part of the digestive system, their functions are more related to the excretory system.

ME: Ah, of course, because it takes care of eliminating what does not work ...

I AM: The small intestine is an extensive route where information is assimilated, where nutrients are absorbed. The bacteria in the intestine collaborate in this process, helping to consume all the small parts, dissolving them in their smallest expression, so that they are filtered by the villi. But there are many parts that cannot be dissolved, or that due to their composition are rejected by the intestine. In addition, there is an absorption limit, so not everything, no matter how nutritious, will enter the bloodstream. All of this must be excreted.

ME: What does it mean to excrete?

SOY: It comes from the Latin “ex” (out, out) and “cernere” (choose, discern, analyze), in addition to the suffix “tor” (agent, subject). Excretor, is the agent dedicated to discerning what comes out.

ME: I understood that this system is part of the urinal.

I AM: Actually the Urinal is part of the Excretor, because not only urine is excreted, but also fecal matter, gases and liquids through the skin of the eyes, the nose. Everything that comes out in order to purge the body is "excreted."

I understand. Maybe it's one of the dirtiest or grossest systems that we don't normally want to talk about.

SOY: Because, as at all levels, people tend to deny their shadows and hide what they don't want to see from themselves.

ME: Sure ... it's true.

I AM: In the celestial, religious traditions, the cultures that seek the divine and pure, interpret the excreted as the impure, the shadows to be denied, that from which we must move away, and biologically it has its logic. Everything excreted is precisely because the body cannot process it, because it hurts it in a certain way, and therefore, "better outside than inside". Now, in the beginning of time, many times humans did the same thing as any animal, in that their waste is usually left in the same space in which they live. But over time, many species, including humans, were able to see that this practice brought many diseases. So they started looking for secluded places to leave their remains, but this created a notion of denial. Being seen as something that hurts us, the brain put it in the "disgusting" informational folder. The brain interprets as disgust those things that can be poisonous, harm us, in this way, naturally we usually feel disgust when seeing something that we do not like, which in its extreme, produces a natural reaction, typical of the organism that defends itself against toxic objects which are nausea, that feeling of being in a boat, which contracts the stomach and esophagus to expel what has entered and can harm the body. In this way, understanding the harmfulness of excrement, the body rejects them. characteristic of the body that defends itself against toxic objects, which are nausea, that feeling of being in a boat, which contracts the stomach and esophagus to expel what has entered and can harm the body. In this way, understanding the harmfulness of excrement, the body rejects them. characteristic of the body that defends itself against toxic objects, which are nausea, that feeling of being in a boat, which contracts the stomach and esophagus to expel what has entered and can harm the body. In this way, understanding the harmfulness of excrement, the body rejects them.

ME: Of course ...

SOY: Still, psychologically, we do the same as the excretory system. Those situations that harm us, that we do not like, that we want to forget, produce disgust, nausea, and we eliminate them from our life, denying them, distancing ourselves from them.

ME: Oh sure, we interpret them as toxic, and so we back away ...

I AM: However, ideas, emotions, are not excreted, but by denying them, they only remain registered, hidden in the field of our souls. Therefore, they end up making us sick. The comparison would be as follows: Remove toxic waste, such as excrement, by throwing it into a dark well, where no one can ever see it. But that well was connected to the underground waters, which further nourish the cistern from which it is drunk.

ME: And we get sick without understanding the logic of why ...

SOY: For having hidden the "dirty", the same leaked into the same terrain from which I nurture.

ME: So what can we do?

SOY: Learn to look at our waste, and not throw it and run, but understand what can be done with it. Humanity has always done this throwing and running, that is why they have polluted the world, that is why there is so much garbage in the oceans and the land, that is why there are contaminated waters and air. Because they hide what they don't like, but everything is connected. Knowing how to look at waste and understand how it is produced and what it has to give us in return is essential.

ME: Recycling ...

SOY: And not only the physical is recycled, but also the emotional and mental. In the psychological aspect, many people who enter the path of awakening, must rummage in the groundwater wells looking for what they once launched, to clean the waters. Review hidden stories, traumas, repressed ideas and feelings. Face all that you do not like, to understand it, assimilate it, and recycle it so that it is useful in other aspects of life.

ME: Like compost, but in every aspect of life.

SOY: Always, what for one is a waste, for another will be the basis of their growth. It is only a matter of knowing where that growth is, that transforming agent.

ME: So, to understand the excretory system, is to recognize the darkness itself as a vehicle of development ... Letting go is not denying, letting go is giving for the next step of the cycle ...

I AM: And there are two ways to excrete: solid and liquid. In the case of the solid, it is related to the continuity of the digestive system. After finishing the last part of the small intestine, known as the ileum, it is connected to the colon through a part called the "cecum", where the appendix is located. This would corrode the remains of raw meat that has been consumed, and from the "cecum" they would propel the chyme towards the part of the large intestine called the "ascending colon". The last nutrients are absorbed here, while the chyme becomes bolus again, this time fecal. This word designates the attribute of "fez", from the Latin "fex, fecis", the way in which the remains of the vine accumulated at the bottom of the barrels during the fermentation process to obtain wine were known. Eliminating these residues from the wine was known as "defaecare" which gave: defecate. Ending its journey by having passed through the transverse colon and the descending colon, surrounding the abdomen and the small intestine, the colon becomes more compact and smaller in the area called "sigma", which empties into the rectum, the part where the waste they are accumulated generating tension that cause intestinal contractions to produce the need for evacuation.

ME: Which will happen through the anus.

I AM: An elastic tissue of many nerve endings. The excretory part of the solid, allows all the waste of the body that we have ingested through eating, to be released in a practical way for the kingdom of insects, fungi and vegetables in nature, which will be used as a source of nutrients for the development of their bodies.

ME: But... I have to ask... what about the diarrhea and gas?

I AM: In the dissolution, the decomposition, of the internal organic matter, hydrogen and carbon are released that are compacted to form methane gas. A human produces half a liter of methane gas every day in this digestive process, which is released around 20 flatulence a day.

ME: Wow ... I mean, farting is inevitable ...

SOY: Or you would die intoxicated by this noble gas. Noble gases like this maintain the Earth's greenhouse effect.

ME: Isn't that bad?

SOY: Not if it is in fair measure. A Greenhouse is a space covered by tarps, used in agriculture to keep heat in a closed space that allows the seedlings to stay at the same temperature despite the cold outside. This is what allows half of the planet frozen by the cold of space to not die at night. The greenhouse effect is what keeps biomass at an average temperature, due to the accumulation of gases that trap solar energy and keep it on the planet's surface. Without winterizing effect, you would die. However, balance is essential. An excess of carbon dioxide and methane in the atmosphere, either from human pollution, or a chain reaction of volcanic activity, or the melting of permafrost (frozen soil containing millions of years of methane),

ME: Oh, I understand ...

SOY: Diarrhea can occur in general due to an excess of viruses and bacteria that prevent the absorption of nutrients, which generates an accelerated intestinal reaction of evacuation, without giving time to the formation of the fecal bolus in order to clean itself as soon as possible.

ME: So many times, what we see as the problem is actually the solution.

SOY: That's right. As in life, sometimes it is crises and ruptures that are saving our lives, although at that moment we do not see it as such.

ME: It makes sense ... And what about the liquid?

I AM: Liquid excretion occurs through the cleansing of the blood. All the liquids that you ingest pass easily into the blood system absorbed by the intestines, since they do not require a great effort of discipation. Liquid helps make the bolus easier to dissolve, and therefore drinking plenty of fluids improves the entire digestive system, as well as being another source of minerals and oxygen. When fluid is absorbed into the bloodstream of the circulatory system, it carries with it many nutrients that can be heavy on the cells. In some cases, these dirty fluids build up between cells, building up, causing the lymphatic system to have to drain it. Another way to remove heavy and dirty fluid accumulated in cellular tissues is through sweat. These liquids begin to be excreted through the millions of pores in the integument (tissue) called skin, which emerge from the body seeking to escape due to excess heat and pressure. At higher heat, the water molecules will begin to expand, seeking to get out, and in doing so they will carry all this waste and impurities with them. Because this liquid is the main source of heat accumulation, when excreted the body cools, regulating the temperature, to maintain balance.

ME: That's why we sweat when we have a fever ...

SOY: Yes. Now, most of the liquid waste, of course, is not excreted through the skin, but through the urine.

ME: Sure... it's the biggest source of waste and toxin release. And you can see the amount of toxins that a body has by the color of the urine, the darker, the dirtier the body, the lighter, the healthier.

I AM: A completely healthy body will eliminate its liquids without color or odor, such as water, and for this you need to drink at least 2 to 3 liters of water per day, without consuming any other type of liquids for a week, neither sugars nor carbohydrates or lipids . That would eliminate all the accumulated waste, making it possible to use it again regularly, the system has the option of cleaning itself properly, without being overworked. This system is working 24 hours a day, as it needs to filter the blood of all impurities, and the blood never stops circulating, just as you never stop breathing.

ME: What are its parts?

I AM: The famous kidneys are the fundamental organs, in charge of filtration. However, we could talk about another person in charge of said blood filtration: the Spleen.

ME: Isn't it an organ related to the digestive system?

I AM: The spleen is attached to the stomach, as its vascular connections absorb all the blood that filters the digestive system in its functions, thus being the visceral gland that filters dead blood cells and all those things that can be harmful to circulation , thus fulfilling an important role in the immune system, as a kind of self-service of the blood, where the old is left to obtain new cells. It is almost like a third kidney exclusively for the

blood cells, while the Kidneys are destined exclusively for the foreign fluids to the system. These are located behind the stomach, almost at the level of the pancreas on the back, one on each side of the spine. The arteries carry blood to the kidneys, where it is filtered of all toxins by its tissues like sponges, letting the pure liquid pass between its filaments, to be returned to the blood system through the veins. The waste is expelled into the renal pelvis, inside the kidneys, which turn out into the ureter. Each duct will be directed downwards meeting in the bladder, a sac located at the level of the pubis, which retains the liquids until it has been completely filled, which exerts pressure to begin to push this liquid through the urethra, where they will be eliminated, excreted in the form of urine through the genitals.

ME: The journey of waste... interesting.

I AM: The excretory system is essential for your health, for stability. It helps in the daily purge of the rest of the systems, allowing them to function correctly, in harmony. This way you understand the importance of observing what you consume and how you help your body to work or relax, as well as to be able to see your own shadows, the things that you no longer need.

ME: Detachment ...

I AM: Letting go of toxic relationships, unhealthy bonds, releasing stagnant emotions through crying, excreting painful feelings through tears. Allowing yourself to scream. Defecating is like the effort of a childbirth that releases what is no longer my own, what no longer belongs to me and belongs to others.

YO: "I shit on everything", it is often said in eschatological culture ...

SOY: To free the shit from oneself, is to recognize that only I was holding it in me. The question is why, for what, from where. When you understand these questions, you can free yourself without hiding it, but recognizing that what you seek to release, at some point, it was you who consumed it.

ME: Oh, that's an interesting turning point ... What I want to get rid of from my life is the same as before, one day, I decided to consume myself ...

I AM: Therefore, be responsible for what you consume, and you will be aware of what you excrete. Be aware of what you excrete, and you will be responsible for what you consume.

ME: Matter, Emotion and Thoughts ... everything that we deny, we want to let go, is useful for others, therefore, before hiding it, we must know its usefulness, why I consumed it, and how the result can be useful to the rest...

SOY: What I keep silent can harm others, tell about my ailments, what is toxic in me, can help others improve their lives.

ME: "Sharing my shit" would basically be like "fertilizing the ground", instead of hiding everything in a well that will pollute the waters... the emotions.

SOY: Therefore, the next time you go to the bathroom, think very well: what am I letting go, and what am I not letting go?

ME: The meditative toilet seat ...

SOY: Center of personal inspiration. Convert from now on to the bathroom as a place of recognition, because it is not where you get rid of what you do not like, but where you free yourself from what you thought of yourself, to better know what you have inside.

ME: Never before has anyone “sent me to shit” or “to shit” in such a deep and poetic way... Even spiritual.

SOY: Now you know. In everything there is poetry. Biology is perfect, therefore, it is the voice of the spirit. Be free.

ME: I'm going to the bathroom ...

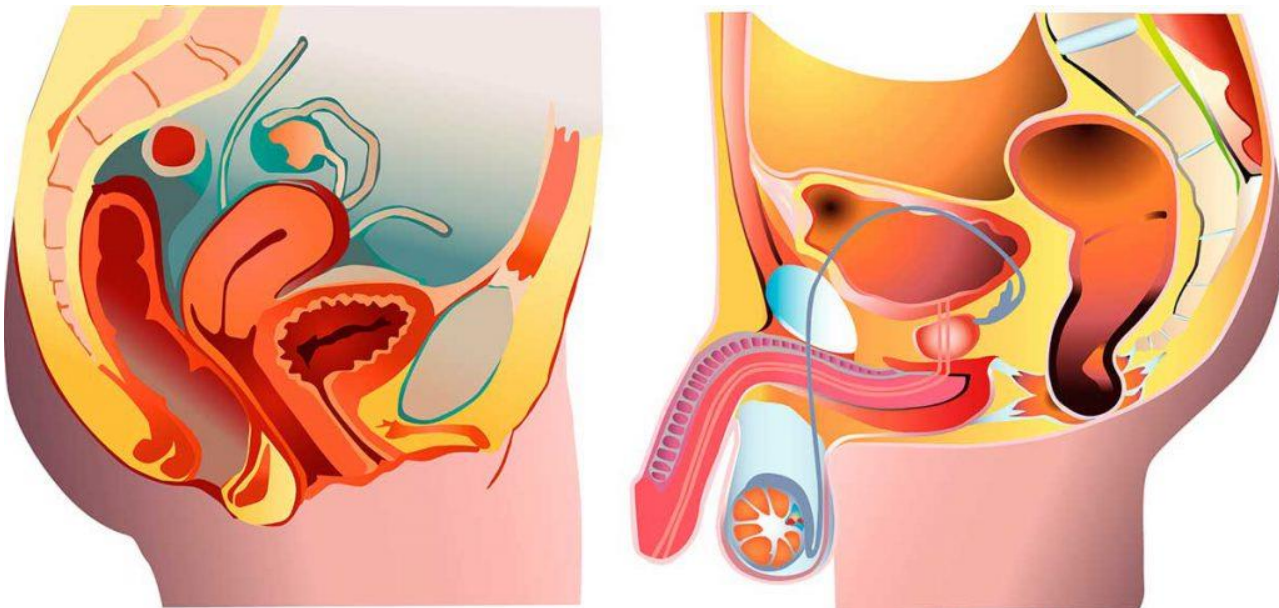
297. Player – Skin (Root)

[May 27, 2021 Matías De Stefano](#)

Daily vibration: KKo

Statement: I Am Channel between Worlds

Code: SKELETAL SYSTEM = even though we consider it a mineral or inert part, the bone system is a living organism made by living cells called osteocytes, that give them the ability to regenerate the cells of the blood. All the system is interconnected by vessels, and nurtured by oxygen and nutrients of the circulatory system. It has the function of protecting the vital organs, and give stability and agility to the body through its general structure called Skeleton, that in a human it's provided of 300 bones, that in adulthood end up merging to 206.



ME: Today, a taboo subject.

SOY: What would be a taboo?

ME: Something that is not talked about ... or is difficult to talk about.

I AM: The word taboo comes from the Polynesian "tapu", which means "forbidden", and referred to dangerous things in magic that could not be pronounced by anyone, only magicians, sorcerers. Pronouncing them without permission was synonymous with physical punishment. This term was introduced in Europe at the end of the 18th century, and began to be used as a term to refer to things that should not be said, that were culturally interpreted as in bad taste, such as certain political, spiritual and sexual issues, especially in such religious cultures, where certain subjects were considered impure for distancing us from the divine glory of God.

ME: Wow... And clearly the genitals were in that bag of concepts.

I AM: According to the Judeo-Christian creation myth, the first man and the first woman were born without genitalia, as they had emerged from divinity.

ME: A very absurd story, it is worth mentioning.

SOY: Well, it explained things that couldn't be explained, as if you wanted to explain how quantum physics works with pears and apples. If the one who sees the explanation does not have the capacity of imagination, then he will only see pears and apples, and he will transmit it as such. This is how myths continue to this day. In this story, Adam is born from God's molded clay, and Eve is born from Adam's rib. Because they were not pregnant, they have no belly buttons, but neither do their genitals have a purpose. When "original sin" is committed, the story tells that God expels them from the Garden of Eden, forcing them to survive, and that is how they have to reproduce. As you will see in this story, everything that is from the navel down, reminds us of the suffering acquired by our sins. According to these traditions of the Semitic peoples,

ME: However... they all reproduced...

SOY: Yes, but with a single purpose, to have children who serve God, it was not for pleasure ...

ME: Yes ... of course ... tell me another myth lol

SOY: Well that's what they believed. However, this vision of punishment for sex is born only in these traditions that are considered slaves of this world. Previous cultures considered sexuality as something sacred, and the genitals were divine symbols of power, fertility. In many towns, symbols of vaginas and penises were drawn at the entrances of cities or houses to call for prosperity or demonstrate power.

ME: I saw that in Rome, in ancient ruins where there are engravings of erect penises on the walls.

I AM: The erect penis is one of the greatest symbols of fertility that gave rise to the famous obelisks in history. All the obelisks you see in the world are a penis. And all the circles, sacred chambers, are vaginas.

ME: Wow... so the Vatican's Saint Peter Square... is quite explicit.

SOY: That's right. The artist left there the true way in which God manifests himself in the world: reproductive sex, a vagina and a penis at its center.

ME: Will they know?

SOY: Maybe. The tradition of the obelisk stems from the story of Osiris, who was mutilated by his brother Seth, and scattered across the Nile. When Isis wanted to put all the parts together to beget a son, she placed his erect penis in the body of God so that he could fertilize him. . Isis represents the star Sirius, and through it, each obelisk connects to her, fertilizing the sky.

ME: Wow. All ancient history was very sexual.

I AM: In stone circles, in pyramidal temples, sexual rites were the way in which heaven was brought to earth, since a spirit could be born through reproduction. The ancients interpreted that the pleasure of orgasm was above all a gift from the gods that allowed us to feel what divine glory is. That is why you had to learn to have relationships. This led us to understand that sex was a form of spiritual communication that in the first instance was personal, it connected us with our own power, then it was shared with others, and then, in awareness of its function, it was used as a means of reproduction.

ME: Contrary to what you might think ...

I AM: Biologically, genitalia are designed for the transmission of genetic information so that eukaryotic cells continue to multiply and that the information remains eternally. Reproduction is key in biology, however when a being becomes conscious, it recognizes that this information is also for spiritual transcendence. Here a data transmission cross is generated. The horizontal line speaks of biological reproduction and the transfer of information in the world, while the vertical line is a transfer of information between the spiritual and the earthly world. In the first case, you will need both male and female reproductive organs. In the second case, it can be personal, or shared with either sex.

ME: Does this explain homosexuality?

SOY: No. Homosexuality is also a natural process shared by several species, whose purpose has always been to reinforce the bond between groups and self-confidence, as well as to harmonize and pacify. This happens because in many species, males fight for females and put their lives at risk, with which homosexual responses help control testosterone, occupying their constant energy while females enter the gestation process where they tend to move away. of the males.

ME: Which feminizes some males, taking the place of the females.

SOY: Yes, to counteract a reproductive response that balances a community.

ME: I'm not expecting this answer.

I AM: In any case, the two types of sexuality serve the development of being. Cells generate chemical reactions that drive cell division, the multiplication of an organism to form a body. In the first instance, all cells are self-generating.

ME: Autopoiesis ...

I AM: Exactly. This makes cells have a capacity to create new cells, which in complex organisms turns us into asexual beings, that is, those that do not have genitalia and reproduce by division of the organism itself.

ME: Like starfish ...

SOY: Yes. There is only one problem with this, and that is that genetics is the same always, and therefore, there is no greater development capacity than that which is transmitted, depending on its adaptation to environmental changes that by context modify your DNA. Instead, some beings generated another novel option: to produce males.

ME: So at first they were all female ...

I AM: Nature, as we say, is autopoietic, and therefore develops to generate itself. It is female. But some of these females, seeking to extend their territoriality and spread their DNA, their information, transformed their genitalia so that instead of gestating, they could inseminate these data in other females.

ME: ... And that's how the male arises...

I AM: From the deformation of the female genital organs of complex organisms millions of years ago. In this way, a genetic package would pass to the new genus called male, which would have the mission of being driven by the environment to try to fertilize the largest number of females, extending the genetic territory, a kind of colonization.

ME: So the female created the male as an expansion tool. Explaining this to those who believe in Adam and Eve can be quite a challenge... As well as explaining to some women that they created the male to disseminate their information to other females. This breaks with the monogamous tradition.

I AM: Some individuals are monogamous but many others are polygamic. The logic of this is to be able to expand the genetic material and not stagnate it in just one individual, which can endanger the consequence of their lineage. The males evolve, then, to show all the genetics that they carry in their being inherited by the female, showing themselves with bright colors, strong, with striking sexual organs, with special songs, unique attributes, because depending on their capacities they will be chosen by the other females. This is how we see that in nature males are usually more striking than females, and this is how we tend to see men try to draw attention to women with their abilities. This cellular memory is the basis for the continuity of a species.

ME: I understand, so men are women who have been modified to expand their genetics, and women have the potential to be men to do the same, while generating life.

I AM: Both share the creative power, but they have divided it into halves, to improve the species. The more genetic crosses occur at the DNA level, in the comosomes, the more probabilities of adaptation, because, for example, if a genetic line of a being that lived for generations on the coasts and the sea, crosses with someone who lived all its For generations in the mountains, their children will have more options to expand their land, being able to have great water management, as well as a high capacity to process spaces with less oxygen. which expands its territory of expansion. That is why mixtures are very important, because a people that maintains the same genetic development of a specific place will have less and less possibilities to adapt, and even to generate diseases. The intelligence,

ME: And how is it that we go from a female to a male?

SOY: It is related to environmental factors, especially temperature, which makes the organs that are normally inside the woman at a constant temperature, need to cool down in order not to die, which exposes the gonads outwards to balance the temperature . This, for millions of years, has been modifying the reproductive cells, leading the ovaries to become testes, and the uterus into the prostate.

ME: Explain its parts to me.

SOY: We started with the feminine, as it should be, since it was the first to emerge. The bodies generate hundreds and thousands of stem cells, cells that are the foundation for the others, such as the manufacturers of all types of cells, since, as you know, in the formation of a gamete, there is not much differentiation or cell specialties yet, for what these stem cells, which live much longer than normal cells, are dedicated to producing other cells according to their capacities. These cells will also find a place to manifest themselves, creating the largest cells in the body: the ovules. They are generated in sacs of cellular tissues called ovaries. These produce ovulation, that is, they absorb nutrients and energy from the body, and contract to expel these cells from your tissue. These contractions are intermittent,

ME: Oh, so the female period is related to the tides on the Moon, it is incredible that it comes from this reproduction period from when we were fish, millions of years ago ...

SOY: Long story, still alive in us. These ovarian sacs are the egg producers, a parabra from the word "egg", as it is the same foundation used by all animals, reptiles, and birds.

ME: There was a time when we laid eggs too, well.

I AM: Until we became mammals, and the incubation process took place indoors. . The ovarian ducts (called fallopian tubes) that previously led to the sac where the eggs were contained prior to being expelled from the body, became the insemination space, where the sperm would meet the egg while it is still sensitive. And the ovarian sac became a more complex and elastic tissue, called the uterus, or womb. In each ovulation process, the female would generate a mucous layer on the walls of the uterus called the endometrium, where the ovum would be contained, trapped as in a kind of caltrop, to which the fertilized ovum would latch creating a tissue that would allow it to absorb the nutrients from the mother's bloodstream, creating around it the placenta, and the connecting channel between the endometrium and the embryo would become the umbilical cord. The uterus is seen connected to the cervix, which becomes narrower towards the vagina. The vagina is the elastic space that at the time of insemination receives the penis, which will rub against the entrance to the uterus, called the cervix, where upon stimulation it will open to allow seminal fluid to pass into the uterus, and at the time of delivery , it will widen to allow the baby to pass through. The outer part of the vagina is the vulva, a series of lips and tissues that protect the vaginal opening as well as the urinal canal further forward. It has all its nerve endings in a muscle called the clitoris, which when stimulated, expands and relaxes all the internal tissue, distending the vagina for better penetration, as well as preparing the uterus and ovaries for fertilization.

ME: Now that you say this, I can't believe that clitoral ablation exists in some cultures... Why?

I AM: The clitoris produces an excitation of the nervous system that relaxes the body for better fertility, however, for cultures that consider pleasure as a sin, they have interpreted that women should not feel pleasure to fulfill a divine duty, they should only fulfill its mandate. Pleasure is something of the devil ...

ME: It's absurd, because in that case, why if it's a bad thing to feel pleasure, God didn't make a woman without a clitoris in the first place?

I AM: Mysteries of religious beliefs. There is no logic in a belief, that's why it is a belief.

ME: It's like, once, talking to some friends, I asked the question (and sorry for the word): If God hates gays: why did he put the G-spot on your ass? Hahaha

SOY: Well, this brings us to the male reproductive system, emerged from the female. We go from the external to the internal to follow the path that has led us to this talk. The clitoris, this nerve ending, is what in men you call the glans, which is the head of the penis.

ME: Oh, so in those traditions they could also ablate by cutting off the tip of their penis, right?

SOY: Well, if you want to be fair in God's eyes, you should. The glans is the set of nerve endings that stimulate the male organ. The elastic muscular tissues that make up the vagina, in the male, have been turned, turned outwards, keeping the clitoris (glans) at its upper end, bringing the urinary tract outwards and turning the vulva into the scrotal sac. The tissues of the vagina that were previously inside, project outward, also contracting or spreading through the circulation of the blood in the nervous stimulation of the sexual organ, which, in the case of men, pushes outward, stretching the muscles connected to the the back of the body that acts as a counterweight, causing the perineum (between the anus and the scrotum) to also stimulate and swell, something that sensitizes the nerve endings of the anus that are stretchy. This outward movement of the reproductive organ

draws the internal parts out with it. It drags the womb tissue down the bladder, placing it between the rectum, where the prostate will now form. The same, as in the woman with the endometrium, will create a mucous film of sugars, nutrients and proteins that will contain the male ovarian cells, creating a liquid called semen. The ovaries will come out of the body to maintain a room temperature, tolerated by the reproductive cells that stop being ovules to become sperm, and thus, these ovaries will be called testes. The old fallopian tubes will have become the seminal ducts, that surrounding the bladder will bring the semen from the prostate. While the testicles produce testosterone and sperm, through genital stimulation, they will be sent to the prostate where they will be coated with sperm or semen (both meaning "Seed", the first in Greek and the second in Latin), from where through the Muscle and blood stimulation will pass to the seminal duct along the penis where it will connect with the urethra. In relation to it and its intersection with nerve endings is where the idea of the G-point arises. It was named after its supposed discoverer, Ernest Gräfenberg, who in the 1940s said he had found a point where the greatest number of female orgasms were given. Anyway, this point as such does not exist, since it is not an organic strategic point, but rather a reaction of the set of nerve endings, which can spread through various parts, depending on the receptivity of a person. The reason why you said about the "ass" is because both men and women have hundreds of nerve endings in the anus that stimulate the sexual organs, and that together with the perineum and testicles, generate the crakra motor. root, source of kundalini. However, the strategic point of man is in the stimulation of the prostate, which generates contractions to produce semen, and which when manipulated stimulates its production. And the only way to get to this gland is through the walls of the rectum.

I understand. Despite that, the subject is taboo for most men, as they refuse to "lose their manhood" if they did that.

SOY: This is an ancient view related to losing power. The anus represents the personality, it is the place of the body where you sit, where you put the weight of the body on a throne. The anus, then, is power. In a derogatory way, to remove someone's power was to prevent them from sitting on their throne, and to do so, they broke their integrity.

ME: That rough saying would be "they broke his ass."

SOY: Yes ... the ass is integrity. Therefore, culturally, the idea of "giving up the anus" is to lose power, and especially in men, in males, losing power is losing territory. In this way, one allows himself to give his power to whom he trusts, because it is to allow someone to enter the most subtle part of his being, his creative power.

ME: Seen like this, it takes on another more transcendental meaning.

I AM: The woman does not have the same nerve ending in the prostate area because she does not have a prostate, and therefore it is more difficult to reach, more complex.

ME: What would it be like?

SOY: In both men and women it works, but even so, women are more sensitive to it, and it is related to the integumentary system.

ME: The skin!

I AM: The skin or integument (from Latin: tissue), is the largest cellular organ in the body. It has an important double function: in the first place to protect the body from the external world and the integrity of all its organs, and at the same time to allow interaction with the environment, either by the absorption of nutrients or the excretion of toxins through of the pores. The skin is divided into three layers: the epidermis (outer layer), dermis (active cells in the middle), and the hypodermis (subcutaneous adipose tissue). Its different layers act as protectors against the sun's ultraviolet rays, temperature changes, parasites, microbes, bacteria and viruses, as

well as any other type of threat. In turn, they fulfill the fundamental role of nutrition and respiration of the body, purging of toxins, taking the vitamins necessary for the body, also serving as camouflage. It is an elastic organ that allows movement, and it is the first vehicle of information, since everything that happens in the environment will be passed to the skin from where it will be informed to the brain. The skin hairs have the function of being receptors of temperature or movements in the environment, and therefore all the skin is full of nerve endings in every corner of the body. The nervous reaction such as chills, is what puts the body in a defensive position, generating heat or accumulating it in the case of losing it.

ME: And why do they occur with caresses?

SOY: Because the skin, in addition, due to being a nerve extension, is the most direct way of communicating pleasure to the brain. For this reason, caresses, kisses, touch, stimulate the nervous system through the skin, which informs about a kind of invasion that produces the opposite effect: collapse. The collapse is produced by a desired aggression, in which the skin interprets it as an invasion, but allowed by the conscious, so the break or crisis of understanding produces great pleasure, generating all kinds of hormonal reactions, almost a kind of imbalance that generates heat.

ME: This is why he took himself as diabolical perhaps, because "he loses himself in control"

SOY: That's right. But if instead of forbidding it, you learn to direct it, your skin and sexual organs can lead you to live enlightenment.

ME: And it's no longer taboo ...

I AM: To be free.

ME: So... you have to get to know these two systems better.

I AM: Allow yourself to feel them, touch them, enjoy them, know what your limits are, where orgasm occurs in you, and in this praxis, you will find the engine of spiritual energy that is produced in your biology.

ME: I allow myself to feel it, I free myself of beliefs and taboos, and I discover the machinery of my inner power.

I AM: And so you will be a channel between the two worlds.

ME: Heaven on Earth.

298. Muscular (Knees)

[May 28, 2021 Matías De Stefano](#)

Daily vibration: K Ku

Statement: I Am Channel between Paths

Code: IMMUNOLOGIC SYSTEM = this system is our main defense. It's the group of cells and molecules that create organism and processes able to keep homeostasis, this mean, the equilibrium in all the parts of the body, by protecting it from external threats, like virus, bacteria, chemicals and even from internal threats, like cancer. Mainly, it's found in the lymph or dissolved in water, even though it can also be located in certain organs. It's adaptive, this means that improves when it receives new threats. It's found distributed throughout the entire body, protecting it constantly.



ME: Under the skin, under what protects us, there is another of the protective structures, right? The muscles.

I AM: Beyond their having a protective function, their main function is mobility. Muscles are those that allow movement, flexibility of the whole body, and it is one of the most important tissues to preserve the rest of the systems, since they are in charge of keeping the body at a constant temperature.

ME: Oh, I didn't know that. What would fascinate me to understand is how they move. Because, perhaps moving is so naturalized that we have no idea what must happen in order for us to move a single muscle.

SOY: Well, you could say that this system is a complex network interconnected to the nervous system, which sends and receives signals from the muscles to move.

ME: How do muscles appear?

I AM: At the beginning of cell development, cells used to live in liquid environments, mobilized by water, so the environment was in charge of allowing their mobilizations in the environment. But they depended exclusively on currents to find food. For this reason, some prokaryotic cells developed the ability to move through a small extension that they were able to shake by making it turn in circles allowing them to move through space.

ME: Oh, like a sperm.

SOY: Likewise. However, eukaryotes found a more complex form, which was the articulation of cell groups, which specialized in mobilization. In this way, after millions of years of evolution, myocytes, muscle cells, emerged.

ME: How did they communicate? I mean, how did they know to move?

SOY: Due to electric shock.

ME: As if they were electrocuted ...?

SOY: Well, enough to make them vibrate without killing them. Electrical pulses are small discharges caused in the nervous system that transfer information from one point to another from the axons (extensions of neuronal cells, which discharge a neurotransmitter molecule called acetylcholine, which transports energy to the receptors, in the nerve terminals. It discharges an electrical current to the muscle cell membrane producing a synapse (connecting bridge), which makes the cell membrane react, depolarizing it. This means that a cell tends to protect itself magnetically, for example, putting all its positive charge out to repel any particle that approaches, and opens to receive if its negative factors extend outward, which makes them receptors.

YO: Yes, as a minimum electroshock, that a body can feel when it perceives a current in which the muscles tense, but in micronths of power.

SOY: The reason this happens is because muscle fibers, these cells in the muscle filament, are made up of two main proteins called myosin and actin, intertwined like tissue. Myosin is thick and dark, while actin is light and thin, and both react to this electrical pulse by contracting or stretching each other, resulting in muscle elasticity.

YO: Wow, I find it fascinating that what we see as common when moving any part of the body comes from such simple and tiny mechanisms. In other words, a muscle is made up of a succession of long cells composed of these proteins, which react to electrical pulses from the nervous system.

SOY: They receive these discharges due to environmental factors. The 5 senses receive external data that are assimilated by the brain, which takes the discharge to the appropriate muscle to react depending on the circumstance.

ME: It's amazing, because everything happens in thousandths of seconds... Also, in so many cells. How many muscles are there in a human?

I AM: About 650 muscles, which are divided into three types: Smooth, Cardiac and Striated. The smooth muscles are those that produce the contractions of the internal organs and that we cannot handle at will, as they are normally part of the parasympathetic nervous system, which implies a constant functioning of the viscera system. The cardiac is known as "myocardium", and it is an involuntary muscle that makes up the heart, of which we also have no voluntary control. Involuntarily, the heart beats between 60 and 100 times per minute as the blood pulses through the circulatory system. The best known muscles are those that we have the ability to control or at least be aware of their movement: the striaci, also known as skeletal, since they connect to the bone system.

ME: Why is it called muscle?

SOY: The word comes from the Latin "muso" which means mouse.

ME: Mouse?

SOY: Yes, "muscle" refers to a little mouse ("ulo" = diminutive). This is because the movement of the leg muscle up and down gave the sensation of a mouse moving inside, which is why this muscle was called the "thigh". In Greek the word muscle is "miós", and from there words like myosites and myocardium arise. Later it spread to all other muscles. The accumulation of proteins that are constantly under electrical tension makes muscle meat a high source of nutrients and proteins that store the body's energy reserves of heat called "calories", which are used for movement and to keep all organs in a suitable temperature.

ME: Why is 37 degrees suitable?

I AM: At more than 30 degrees, most viruses and bacteria, microbes and parasites tend to die, so maintaining this internal temperature and pressure allows us to stay safe from infections from external agents that are usually at room temperature. So the muscles take care of this.

ME: Interesting.

I AM: Muscles are organized in pairs called agonists (those that contract to perform an action) and antagonists (those that relax to perform the opposite action). Muscle tissues are composed of fibers composed of myofibrils arranged in striations, which are incorporated within a layer called the sarcolemma, which contains them within a set of various similar structures called fascicles, which in turn are arranged into sets of fascicles, the endomysium, which is the interior of the muscle, among which are They extend the circulatory ducts or blood vessels. All contained by the epimysium, which at its ends becomes tendons. The consumption of fibers in the diet helps to maintain muscle tone, which allows stability and flexibility, agility, of the whole organism.

ME: It's like, without the muscles, not only would we not be protected, but we wouldn't have any movement ...

I AM: Muscles are the visible body of the universal systems, they are the millions of common cells of the cosmos that perform the functions of transformation. In the universe there are many forms of life, and most are useful as energy reserves to protect the rest of the sentient systems.

ME: How, wait, I didn't understand this?

I AM: Most living beings are functional to primary systems. Reserves of energy, of data, that the main systems use for development. They project around them, obtaining energy from them, and at the same time, these cosmic muscles live on this energy generated by sensitive systems.

ME: How to understand it more logically? I mean ... as a human.

SOY: Well, we could compare it to a stadium of some sport. Imagine soccer. The 22 players will function as the nervous and circulatory systems, as well as the endocrine system. The players will generate the nervous tensions and the circulation of the hormones that will generate reactions in the tribune. The rostrum is like a set of myocytes, arranged in two teams: agonists and antagonists, which will exert opposing forces based on the signals sent by the athletes' game. The waves of electrical reaction will move the myocytes in one direction or another, causing a general movement that will affect the players in their performance. In a way, the players provoke reactions in the stands, the public, to receive their strength, prompting them to play with greater intensity.

ME: This means that there are 95% more or less, of beings in the universe that do not make their own decisions, but rather generate energy and response to the pulses of other beings who do put their intention ... This is like ... ugly, that is, it sounds to me that most people are cells used by a few.

SOY: What does that sound like to you?

ME: To manipulation, that is, to what many humans try to avoid in life, which is systems of oppression, conspiracies in which humanity is controlled by a few ...

SOY: Why do you think it is unfair?

ME: Because it's like a few live off all of us.

SOY: I don't understand what the problem is ...

ME: Fuck, that is, some put the force, the action, the work, so that a few stay protected inside while the others put the body.

SOY: What is the problem?

ME: That seems unfair to me.

SOY: How would you do it?

ME: That each one is free to be able to do their own things ...

I AM: They are called unicellular organisms, there have been working for millions of years, prokaryotes and eukaryotes that have not gone further from being a single-celled crop in the oceans and swamps.

ME: You mean we wouldn't be human without this system of "oppression"?

I AM: Your human mentality, your history, has made you interpret this as a system of oppression, but it is not, it is a system of order. If every cell in your body wanted to be free from the body, you would cease to exist. There was no purpose in being human ... or in being anything, really. You understand? Unicellular organisms are grouped into multicellular because each has one attribute but lacks another. Most cells have the attribute of action, but not of intention. They have strength, but they open us what to use it for. Then a neuron tells it what to do and where, and so thousands of these cells find a purpose. Without that neuron, the others would have died. Your vision of freedom does not come from the horribleness of the system, but from the diseases produced in an organism. Humanity today lives a process similar to Tourette's syndrome, in which the nervous system is malfunctioning, leading the muscles to act erratically, aggressively, and releasing tension and actions without meaning or control. That is what makes you see that the system is bad, it is that there are diseased neurons, not that the system is bad.

ME: Oh... I understand.

I AM: It is like judging all waters because there has been a tsunami in Sumatra. You understand? Has no sense. It is certain human neurons that are malfunctioning, and this makes you see this as a system of oppression, without freedom. In all dimensions, in all systems, we all need everyone. Symbiosis is paramount. The innate capacities of each cell are useless without the interaction of the others, and knowing the potential of each one helps to recognize the place that one can occupy. Not all cells can be bosses, not all can be employees, not all can be teachers, or farmers ... Diversity leads us to need each other to become a Being. Thus, most cells have the capacity to action, while a few possess the momentum,

ME: And why doesn't it work on us?

I AM: Because you are a species in the process of conscious evolution. You are practicing how this works on a mental level. You are looking for the inner power of each cell, and you consider that not having found it is

because someone has taken it from you. And no, it is simply the ability of others to manage that power that they have taken control because you are not using it.

ME: So ... we must regain power ...

SOY: And to do it you must know yourself. And knowing yourself implies discovering your potential, not believing that being free implies having the potential of others. That is the unconditionality, the network, the interaction. The force of the whole arises when discovering the potential of each one shared in the whole, receiving the nervous impulses that activate the action.

ME: The strength of the muscles is the set of a species, and the brain lives through us, because we forget that our power is not to take control of the brain or separate ourselves by freeing ourselves from it, but by taking control of our inner strength, knowing that it is for the whole.

I AM: We are all One, the question is in what do you deposit your strength so that this group moves. You only know what you can be ...

ME: A bacterium, a prokaryote ... in the ocean.

SOY: But overall you know that you can be much more.

ME: I take the strength and example of my muscles, then, knowing that the energy that protects the rest of the systems, are the myocytes, the humans who put the force to make civilization possible.

I AM: Recognizing that the internal systems are the ministries and agencies that, if they are not sick, allow the strength of these actions for the whole.

YO: We are one, there is only one thing to recognize each one's place, and from there, we can be everything.

I AM: Stand firm, regain strength in yourself.

ME: I am the Force.

SOY: And with her, be flexible. The key to this system is not power. You know what it is.

ME:... The Movement.

SOY: Then move! Exercise the body, activate the muscles, ignite the heat and strength in you, and move forward in life. And in each act, you will know that you will be nurturing a being much greater than we all are ...

ME: And that I am.

299. Osseous (Ankles)

[May 29, 2021 Matías De Stefano](#)

Daily Vibration: KKü

Statement: I Am Channel between masters and apprentices

Code: LYMPHATIC SYSTEM = It works like an extension of the circulatory system, but it's main mission is to distribute the fat content of the digestive system to the blood. Also, collects the excess of liquid accumulated in the cells, cleaning the system in general, disintegrating the harmful fat, what gives it another fundamental function that is an immunologic one, this means, it recognizes the unknown or dangerous elements of the circulatory system and accumulates them in the lymph to cleanse them.



ME: If I think about what system brings to mind when I think of the feet, I must inevitably think of the skeletal system, basically because the feet support the weight of everything, they are the foundation of the structure that we are.

SOY: That's right. The Bone system is the structure that keeps the whole body standing, it is the rigid part on which everything else is built. We could take the skeleton as the fundamental architecture of a body.

ME: Why do some of us have bones and other beings don't?

I AM: At the beginning of biological times, life occurred in aquatic, liquid environments, and therefore, movement depended on waves, on water. This suggests that there is no overriding need for heavy bone structure. Thus, the first beings to move formed layers of chondrocytes (cells based on collagen and proteoglycans) that make up the connective tissue called "cartilage". This structure allowed the living beings of the seas to be flexible but at the same time have the strength to move. Thus, the aquatic marine animal kingdom is made up of cartilaginous structures, which became more complex in order to allow the firmness of the muscles, the union and containment of the organ structure. As cells multiply and the organelles that live in the cytoplasm of a cell begin to multiply becoming organs, cell membranes are not enough to contain the weight of this new organization, so cartilage tissues help to contain them, strengthening the structure. They protect the nervous system in the first place, creating the idea of a spine, a column. This divides the marine kingdoms between "invertebrates" (those that have their organs protected in shells or cartilage, such as crabs and jellyfish,

octopuses and prawns, and on the other hand, "vertebrates", whose cartilages make up a central axis of the nervous system to which the rest of the organs and cartilage are supported.

YO: But, in the sea there are vertebrates that do not have a bone system only cartilage, such as whales, dolphins ...

SOY: But this is because these species today are marine, although there was a long period when they were not.

I eat?

SOY: In the historical line, we could say that unicellular organisms are born in the oceans, subsequently producing zooplankton, of which a cartilaginous base begins to form that gives rise to invertebrate organisms such as mollusks and jellyfish, which begin to form layers of minerals creating shells and shells, such as crabs and corals. Then the cartilaginous vertebrates appear, that is, the kingdom of fish, from the paedocypris that measures 7 millimeters to the whale shark of about 10 meters (this only speaking of current animals, not counting the giants of the age of dinosaurs where the Leedsichthys measured about 16 meters with the appearance of a salmon). Between the prehistoric periods, climatic changes led many marine animals to move to the coasts to lead an amphibian life. When these animals began the development of their lives on the earth's surface, cartilage also became a form of mineral storage for the body, which they previously obtained from marine currents. Thus, the cartilage began to calcify, acquiring calcium particles, and containing inside the marrow, a cellular tissue that produces blood cells. The gravity that is felt on the land is not the same that can be felt in the sea, because the density of the water reduces the gravitational sensation, making heavy beings able to float, and therefore, the great beings that came to live in the surface, they were forced to improve their mobility capacity in dry environments, which led to cartilage turning into bones to support structure, weight. Thus arose vertebrate creatures with bone formation, which allowed the structural support of weight, the protection of weak organs and the reserve of minerals, as well as the containment of the marrow.

ME: Oh, so whales and dolphins once lived on Earth ...

SOY: And they looked like cows that turned into gags and sea lions, never coming out of the water again.

YO: The story is so strange ... millions of years, that do not enter the head before so much transformation.

I AM: In the same way, we humans have also been marine beings who eventually become terrestrial beings.

ME: Wow... like mermaids?

SOY: No. But if you like to think about it like this ...

ME: Ok. Then, we begin to build bones to be able to stand up, move, walk, climb, run, maintain the structure of our body.

SOY: That's right. A human has approximately 206 bones, since some of them unite becoming one only with the passage of time, such as the coccyx, which from being 3 vertebrae, becomes one in adulthood.

I because?

I AM: The tailbone is the last part of the spine, which used to be the base of a tail before.

ME: We had tails like cats !?

I AM: There was a time millions of years ago that yes, like certain monkeys, although we hominids lost it, becoming the coccyx, so from being a flexible extension to maintain balance when walking, it became the axis on which we sat down firmly. Therefore, by not having mobility or flexibility as before, they calcify becoming one.

ME: Oh, I understand... What are the 206 bones?

SOY: We won't focus on each one, but we can look at the most important ones. There are two ways to view the skeleton. The Axial skeleton, composed of the parts that constitute the axis, the axis of the body: Skull, Column and Ribs; while the appendicular skeleton constitutes the mirrored parts, replicated from the shoulders and arms, as well as the hips and legs. The skull protects the fundamental parts of a being's life very well, containing the brain, the central operations center of the nervous system, with its fundamental glands. It is a smooth structure, where the parts do not have joints, but rather make up a whole. Inside the skull is the smallest bone of all, the "hammer" and its "anvil", which are supported by sensitive cartilage that vibrate before sound waves, generating small blows in the style of the morse code, transmitting the sound signals to the neurons that will interpret them as words, noise or music. The lower jaw is attached to cartilage and muscle tissues that press it against the upper jaw, forming part of the cranial group, which contains 32 teeth, including incisors, laterals and molars, which are made up of enamel, dentin and cement, differentiated hard tissue Of bones. The Vertebral Column supports the skull from its base, joining it to the rest of the bone structures. The spine is composed of 33 vertebrae, which in some cases join to form one, as we have said about the coccyx. There are 7 Cervical, 12 Trunk, 5 Lumbar vertebrae, plus the Sacrum (6 joined) and the Coccyx (3 joined).

ME: 11:11:11, the ascension code.

I AM: Exactly. For this reason, inside the column, you find the spiral cord, the nerve trunk to which all the organs are attached and from where all the information emitted and received is branched. From the Column the rest of the bones are contained, being from above the Clavicles those that support the torso at the height of the neck, from where they attach the sternum in front and the scapulae from behind in the back, connected to the sternum by the ribs, two rows of 12 on each side, a total of 24, dedicated to protecting the lungs and heart, and behind the kidneys.

ME: It's like a protective cage... taking care of the heart treasure.

SOY: Yes. At the level of the abdomen, only the lumbar vertebrae are supporting the body, until reaching the sacrum, where the Pelvis faces on both sides. Here we find the limbs. From the clavicle-scapula conjunction the humerus (of the arm) grasp and the radius and ulna (forearm) emerge from them, where the hands made up of carpus, metacarpus and phalanges on the fingers grip. From the pelvis, the longest and largest bones of the body arise: the Femur, which are joined to the calves by the kneecaps that join the Tibia and the Fibula, which culminate in the tarsi, metatarsals and phalanges of the feet. Each bone is constituted by an epiphysis (at the bulging ends), a metaphysis (the transformation of the bulge towards the middle extension, which throughout is called the diaphysis).

ME: They are hollow columns ...

I AM: More than hollow, they are fluid, since the fundamental essence of the circulating blood moves inside them. Bones are the most rigid part, constituting 12% of human weight, but at the same time, the one that enables its flow and flexibility.

ME: The structure allows flexibility ...

I AM: Something that you will understand with the joints. Each bone is connected to the other through a layer of cartilage that surrounds the epiphysis and that is joined by cartilage and tendons to the other bones creating a

protective layer called the synovial membrane, inside which is the synovial fluid, which reduces the cocque between the bones allowing better movement and flexibility.

ME: This is an interesting thing to understand. Bones often seem hard, rigid, like what seems to us to be the unbreakable patterns and structures of the internal world. And also, they cause us a bit of fear, since being the last to disintegrate of a body due to mineralization, the skeleton ends up being like a symbol of death, of what we fear, and we begin to refuse to understand the life that gives us ...

SOY: Exactly. The skeleton's relationship with death prevents us from seeing the importance of it in our life. Hidden by the muscles that give softness and humanity, the bones are the hidden face of the system we fear to contemplate. It's the end, it's the last thing to go, and it reminds us in a way of what we can become. The symbolism of adoration of the eternal through the skeleton has made us take the skull and bones as feared symbols, emblems of death. But when you understand the bones, you see the life that arises from them. There would be no blood without bones, there would be no immune system without bones, there would be no movement without bones, the human owes its capabilities to the bones that unify its parts and keep it firm, protecting life inside, in addition to producing it.

ME: It makes us flow ...

I AM: The paradox of existence. You must understand in biology that it is the cartilage and the bones with their joints that have made a potential flow, that have given strength to movement. Taken to life itself, to society, you will be able to understand that structures, systems, allow for order, that things do not break, do not remain loose and meaningless, so coherent to life, they are necessary, since in turn, systemic structures, traditions, cultures, societies, can flow, move, evolve through patterns. You can see in this way that flexibility, to find coherence, will always need patterns and structures, and a structure and patterns will always need flexibility so as not to break.

ME: So the systems we look for must be flexible, but we must look for systems, or that flexibility will end in chaos.

SOY: Therefore, pay attention to your bones, recognize them, honor them, and think in turn which are the pillars and structures that support your life, which are flexible, and which are not ... And those that you consider rigid are the ones that will need a physiotherapist to help you find a way to do it and move strong and agile.

I understand. Flexible Systems. Fluid Structures.

I AM: Learn from your structures, discover your flow systems.

ME: I am the articulation between the rigid.

I AM: I am the channel between the apprentices. Skeleton means "dried, withered" (skel), it is time to redefine it, and recognize it as the key to flourishing.

ME: I am the Skeleton of Life.

300. Highly strung (Toroid)

[May 30, 2021 Matías De Stefano](#)

Daily vibration: KK-h

Statement: I Am Eternal Channel

Code: INTEGUMENTARY SYSTEM (SKIN)= it's name comes from "tegumentum" that means Coverage in Latin, this means, the structure or organ that covers everything else, externally and internally in certain parts. It's the most extense organ, for it covers every part of the body, and is in charge of the communication between the external and internal medium, informing the brain about the surroundings it's in to react accordingly. At the same time, protects it from possible threats, and allows it to secret inside the excess of liquids, fat or toxins.



SOY: We have one last system to go through, and it could probably be considered the most important of all.

ME: Which one?

I AM: The Nervous System.

ME: Why is it the most important?

I AM: Close your eyes ... Take a deep breath ... Bring your hands to your chest ... feel your heart beat ... imagine that your heartbeat expands beyond your body ... it invades your being, awakening a memory, a memory ... That memory is the most pleasant that Can you remember ... are you sorry?

I do...

SOY: Nothing in everything you have done now could have been done without the nervous system.

ME: That is to say ... that this system is in charge of breathing, beating, moving, thinking, imagining, feeling, remembering ...

SOY: And it does it simply for a fundamental skill: networks.

ME: But... don't the other cells do the same creating networks?

I AM: There is a big difference between the cells of the nervous system and the general cells of the body. Nerve cells are called "neurons," and unlike the others, neurons do not divide. Neurons can only be created, and they

age with the age of a person, but they do not share genetic material by multiplying, but once they are created, there is no place for new ones. This forces neurons to seek development different from normal organic cells. While the latter use assimilated energy (ATP) for cellular reproduction functions, neurons share information through a data exchange network, through a mechanism called "synapse" (from the Greek "syn" = with; "aptein" = touch, connect, join; and "sis" = action). The synapse is the action of two things touching or coming together.

ME: But if there is only a specific amount, then when do they form?

I AM: All my life. From the first 7 weeks of pregnancy, a fetus begins to produce up to 250,000 neurons per minute, a number that will grow during the rest of the fetal development process, and even during the first months of life outside the uterus, but despite this, the production of neurons begins to decrease after adolescence, although thousands of new neurons never stop appearing, even reaching 80 or 90 years. The originality of these neurons is that they will not die and multiply, but will always be the same, since you were a fetus.

ME: Oh so, this is what memory allows!

I AM: Exactly, because each cell saves the data it has assimilated, and it will always remain in the network, although with a greater number of neurons, the original data can be modified until it is almost unrecognizable, and sometimes even forgotten.

ME: How is this data stored?

I AM: The 5 senses are in charge of receiving data from the environment, do you remember?

ME: Oh yes ... Sight, Taste, Touch, Smell and Hearing, which received external information through electrical pulses ...

I AM: These electrical pulses are the ones that are registered in the neurons. They are connected to each tissue of the body to receive the vibrations that it perceives through the senses, and those pulses or beats of the vibration waves, according to their wavelength, be it color, sound, heat, particles, aromas, are They record in neurons by means of electrical pulses, as if they were Morse code readers, or computer analysts recording each small pulse, sharing the data in a chain by blocks. Neurons share this information through chemical and electrical reactions at the ends of their bodies. The neuronal body is made up of a cell with normal content (not its nucleus, genes, organelles, mitochondria, cytoplasm and other structures), but whose covering is provided with branches called dendrites.

ME: It's like a tree with roots, a trunk and its crown with branches ...

SOY: That's right. In the roots and branches of this tree, the ends of each dendrite have synaptic buttons, whereby the electrical pulses generate a chemical reaction that passes information from one neuron to the other. These buttons are like a kind of joints between the bones, where instead of synovial fluid, you find chemical receptors, responsible for receiving molecules called neurotransmitters, arising from tiny sacs called synaptic vesicles, which are filled with these neurotransmitters through some Internal filaments that fulfill a function similar to the marrow in the interior of the bones.

ME: Wow ... and everything so tiny ... so microscopic and fast ...

I AM: Specifically, each signal emitted by neurons from any part of the body to any other part of the body, travels at an average speed of 360 km per hour generating at least 50 impulses per second.

ME: I didn't expect it ... almost like a plane taking off multiplied by millions in each direction and every second ...

SOY: That's right ... data, information, pulses, exchange of neurotransmitters throughout your body at every moment. But especially in the central organ made up of neurons, the only organ incapable of feeling pain, just imagining it.

Me what? Which!?

I AM: The Brain. It is composed of neurons and is the main structure of the nervous system, and because it is made up of neurons that store data, it does not have cells capable of perceiving the pulses of the 5 senses, but only of processing them. For this reason, it does not have cells capable of assimilating pain or pleasure. The brain does not suffer, but it can make you suffer, because everything that you interpret as pulses of pain and pleasure are interpreted by the brain. The nervous system is divided into two fundamental parts: the Central and the Peripheral. The Central is made up of the Brain, protected by the skull on the head, which is divided into 5 parts: Brain, Cerebellum, Mesencephalon, Bridge of Varolio and Spinal Bulb; and at its other end is the Spinal Cord, protected by the spinal column in the back. The Peripheral is made up of all the nerves born from the spinal cord directed to the organs and muscles, and also all the neurons that connect to every part of the body, including cells. The electrical pulse that moves like rays through the body is possible thanks to the polarization of the axon membranes in the neurons, which, as if it were a wave, change from positive to negative and back to positive, constantly, thus generating the impulse of energy and therefore of data. These impulses are shaped as chemical reactions, which give rise to neurotransmitters, with names that you have surely ever heard: serotonin, acetylcholine, dopamine, noradrenaline and endorphin, among others. and also all the neurons that connect to every part of the body, including cells. The electrical pulse that moves like rays through the body is possible thanks to the polarization of the axon membranes in the neurons, which, as if it were a wave, change from positive to negative and back to positive, constantly, thus generating the impulse of energy and therefore of data. These impulses are shaped as chemical reactions, which give rise to neurotransmitters, with names that you have surely ever heard: serotonin, acetylcholine, dopamine, noradrenaline and endorphin, among others.

ME: Yes, I have heard them commonly.

I AM: Each one with a specific function related to happiness, tranquility, anger, action, general pulses that manage data in their incessant combination.

ME: It's like reading the function or chemical reality of our thinking ... that is, understanding that what we are, what we feel, life itself, is nothing more than a simple chemical and electrical reaction of specific molecules ...

I AM: Exactly. And this information transmitted, usually occurs in two ways: through the so-called Somatic Nervous System and the Autonomous Nervous System.

ME: What are their differences?

I AM: Somatic is the easiest to understand, since it is in which neurons are responsible for transmitting voluntary signals, those that involve a movement of your own desire, such as what you are doing now when you touch the keys to write this text.

ME: Sure ... it is of which we are fully aware and move at our mercy.

I AM: While the Autonomous system is in charge of everything visceral or vegetative, which works without consciousness, beyond our will to find and keep the organism alive, and is subdivided into two classifications: Parasympathetic and Sympathetic. Along the medullary nerves, the upper end and the lower end of the cord are

responsible for the parasympathetic signals, while the central ones of the cord are responsible for the sympathetic signals.

ME: How to understand their differences?

I AM: In general, the parasympathetic is responsible for relaxing the functioning of the body, while the sympathetic is responsible for activating it. We could say that the parasympathetic relaxes and dilates, while the sympathetic contracts and presses. Thus, the first prepares us for situations such as secreting digestive and urinary fluids, dilating sphincters, dilating blood vessels, promoting excitement, regulating vision, inhibiting flight by reducing the frequency of heart palpitations. On the other hand, the Sympathetic aims to activate the body for flight, which stimulates the heart to beat faster, accelerates breathing, stimulates the adrenals, inhibits relaxation, increases the firmness of the sphincters, and in males produces the sexual orgasm in ejaculation.

ME: Ah, I understand ... All the organs of the body are conditioned by these electrical pulses that make each organ and gland react.

I AM: Each electrical pulse activates the endocrine glands to secrete hormones, or press the cells of the heart to beat, or to digest, to remember, to move at will ... It is a network of infinite networks, where you will recognize something very important.

Me what?

I AM: That everything is Mind. The same biological body with which you coexist is a direct and natural projection of the Universe and its cosmos in networks. The Mind of the universe that drives cosmic information lives in you. Therefore, each sensation is an idea, it is simply a reaction to a pulse ...

ME: Now that we see it that way, the existential question is: where is the spirit? That is, when seeing this week that the body is the set of organisms that formed an overcoming one, and when understanding that each emotion of the soul, the energy of the being that travels through time being born in different lives, is nothing more than a hormonal reaction, that is, we can only feel the soul being human thanks to the chemical reactions of our bodies, and that the spirit, the divine mind, the imagination, the idea of being, is nothing more than an electrical and chemical interaction of neurotransmitter molecules Where do you leave that essence of being?

SOY: Can't you see it yet?

ME: See what?

SOY: Tell me, what is your need to think that even seeing the wonder of existence that shapes you, there must be something else that can allow you to be what you are? Isn't it enough for you to see the wonderful manifestation of your body? Is it perhaps an incessant denial of what you are, waiting for a paradise? Is it, perhaps, the magical idea that God, the Spirit, must be something transcendental to the prison of a body? Can't you see the divinity in who you are because you deny your inner power? Don't you see it yet? That the essence does not live external to what you are, but lives in the capacity for connection between the parts that make up what you are?

ME: Sorry ... how?

I AM: The Universe does not know what the Cosmos is until it does synapse, until it tells us who it is, recognizing the One only by its ability to perceive the Two. Unity cannot be understood without polarity. God is born from the interaction, the being, the essence, it does not exist by itself. For there to be a verb you need a subject to realize it, for there to be a I am, you need an I. It is only in the interaction of I and I am that the I AM arises. It is the Web that allows existence, that enables the idea of essence. It is the network that designs all the

possibilities like the Brain that cannot feel, but creates itself in diverse networks capable of interpreting what pain and pleasure are. Feel. The nervous system is the closest you have to understanding what essence means, not through its neurons or its brain, but because of its connector function. Be channels, eternal bridges.

ME: Oh, I understand... The body is one more extension of the universal body, which seeks the cosmos itself through the harmony of its parts, and it is in this interaction that "It is". The body is perfection, it is the closest key to seeing and feeling the wonder of the divine.

I AM: Well, the spirit is the waves and vibrations that make up the pulses that make a neurotransmitter molecule exist, which will have the objective of registering that spiritual wave, reacting the nervous energy rays that mobilize the being, awakening what you call the Soul , which gives coherence to the actions carried out by the cellular organism called the Body. You see it?

ME: I see it ... "Know yourself" ...

I AM: And you will know the Universe. Go inside ...

ME: And you will understand the outside... And as long as I meditate inside myself.

I AM: You can activate your exterior. Just join both ends ...

ME: Synapse ...

I AM: The synapse between I and I am.

ME: That they create the Essence of the Divine Mind ...

I AM: Here and Now, Time and Space, Above and Below, Inside and Outside, Left and Right, Black and White, Etheric and Physical, Heaven and Earth ...

I: I am the channel that unites all extremes, the synapse that leads the Universe to the Cosmos, to the paths of reality to find order ...

I AM:... Awakening the full consciousness that you are already the divine. Just watch yourself, accept it, and enjoy living it.

ME: I have the Connection in me... I have the Source in me, I have Home in me, I have the Temple in me.

I AM: I am the Eternal Channel.

I: I am.

END OF MONTH