

# The First Rule of the Game is Self Exposure

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*Participants: Jean-Baptiste (Araili), Julie (Fontine), Jim (Yarr)*

*Topics:*

- *The Game & Self-exposure.*
  - *Breaking Through Self-Limitations.*
  - *Boldness & Authentic Expression.*
  - *Engaging with the Game Through Play & Experimentation.*
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FAH'RA: Good morning. How are you?

JULIE: Good morning.

JIM: Thank you. Good morning.

FAH'RA: We are glad to see you here today.

JULIE: Happy to meet you.

JIM: Yes, it's a pleasure to meet you.

FAH'RA: What would you like to discuss with us?

JULIE: Well, I guess, would you like to go first, Jim? Do you have some questions?

JIM: Go ahead, Julie. I hadn't quite gotten that far yet. Processing still a little bit.

JULIE: Okay. Well, first of all, will you just go ahead and tell us again your intent or agenda in working with us?

FAH'RA: Very well. Today, we are opening the game with you, with all the people who want to participate, to explore your perception, to gather information about yourself, and to have fun.

JULIE: Okay.

FAH'RA: The game is a dynamic game, which means that the rules that you begin with may change, and that you can incorporate your own rules and adjust them as you go along in the game. We are going to reveal some of them today. And, as you are going to play, you may discover hints, clues, and treasures beneath your ordinary perception, and beneath your definitions of what you see, of what you hear, of what you taste or sense.

Those definitions are going to change. And you are going to be a part of that. We invite you to explore the fluidity of your reality.

You can start small if you want, or you can start in a bang. And however you decide to engage this game, the first rule will be self-exposure, which

means not only daring to express yourself, but also to be aware of your own expression and your own perception of yourself, without filters and without the desire to hide behind the familiar, and behind the masks that you have been wearing for so long. Do you have any questions about this?

JIM: No. Bring it.

FAH'RA: Are you ready to participate?

JULIE and JIM: Yeah.

FAH'RA: More players are going to join us. Some will join later, or some will just look at this with curiosity, and some are already participating in energy. They will gather, they will come and go.

Some of them you already know. And, if you want, if you like this game, you can also share it with your world. Now, express to us, how do you want to start engaging self-exposure?

JIM: For me, it would be breaking through self-limitations, that I seem to have believed in myself since a small one, since I was a child, I guess in some way, and how that's affecting me within now, within building confidence in my expression, and not comparing to others that it may be perhaps less than, of which was somewhat ingrained in me through parents, I guess in a way, getting over a lot of it, but still, there just seems to be some block there, I guess, and really...

FAH'RA: And how do you manifest this block in your expression, and in the way you are seeing yourself?

JIM: By not fully doing it, in writing or creativity within art. These are things that I want to do, but then I guess there's having a very critical father, in some ways, and upbringing, that kind of seems to have stuck with me. So I'm very critical of art or writing or anything that I do, and just saying, yeah, I don't think I'm good enough, I need to learn more, I need to look at more, I need to study something more, I'm just not there yet. And Elias, our dear friend, has told me, you know, pounded on me, you are, you are there, you do, you know, stop it, you're way over-complimenting, complicating things, but I don't know, it just stuck.

FAH'RA: Yes, and you're not alone in that.

JIM: Okay.

FAH'RA: A lot of people do that, and you can, you share that also with Jean-Baptiste, you can talk with him about that.

JIM: With who, I'm sorry?

FAH'RA: About... Jean-Baptiste.

JIM: Oh, with you, okay, with Jean, yes, okay.

FAH'RA: You can ask him about his own reluctance into expressing his own creativity, and the fear of being his worst critic.

JIM: Okay, that's why we're here, that's why we have met up once again, I suppose.

FAH'RA: And how have you been engaging your projects of writing?

JIM: Sporadically, not much, I have notes and things kind of all over the place, it's a matter of organizing that, I guess.

FAH'RA: How do you play with these notes?

JIM: I said it's very sporadic, and when I'll write something, I'll look at it, it's almost automatic writing, I guess, in a lot of ways. And I don't know who wrote that; because, it's not something that's subjective in a lot of ways, but still. Yeah. it's putting it into an organized format, and collecting my thoughts, and putting all this into some sort of, I said, congruent form in my expression. A lot of things that seem to have come up that, how do I think about that? And I've never... That's what I'm getting to, you know, after 50, or after a lifetime of this, how do I really express that?

And where is it coming from? And your connection to essence, to my... Yarr, and that's where it's coming from, I guess, in so many ways.

FAH'RA: (chuckle) And what do you assess in this now, about the origin of this material?

JIM: Well, that it's me, it goes beyond me, it goes beyond, it seems to be that this lifetime is kind of a, in learning past focuses, of past focuses, and seeing how I think now. This particular focus seems to be gaining an awareness of the multi-personalities that I have experienced, and within this dimension, and this earth, you know, Milky Way dimension, I guess, and other dimensions, and really, you know, grasping that and going, yeah, that is real. You know, that is YOU.

Most recent one, you know, with Hilma af Klint, being the artist that she was, and her paintings were of a complete spiritual nature. She said, I didn't paint those, and that's kind of where I feel, and I feel, even with past focuses, within Greece, and Egypt, and, you know, all these things that we've kind of collected. These are all kind of coming forward, and they're all part of my spiritual DNA, I suppose, and that's just, you know, making it real.

If that makes sense.

FAH'RA: Yes, you can say that. And as we said in the beginning, it will be also a matter of redefining how you think or see yourself. Like you said, it is not me, or she said that she wasn't the one who painted those paintings, but it will all depend on how you define that Me,

that you are connecting with in a particular moment. These are all depending on, as you say, the different Yous of You. And, beyond that, connecting with other aspects of consciousness that are further removed from you, but still connected with you. And you all draw on them as they draw on you, and you can incorporate that into your own expression, into what you, in a way, channel from the non-physical, or from other realities, into this one, into...

It's kind of translating all this information into something that will encapsulate all that, and allow for different connections. In your case, in the case of your stories, it will allow the readers to connect to these other realities, and to draw upon these informations, the ones that you would have included in your writing, and the ones that are there, but not there,

the ones that nourish it, the ones that are the ground from which your stories sprout.

JIM: I just came up with a thought. As what kind of, you know, we thought that there in the beginning of the trees.

FAH'RA: Yes.

JIM: And maybe look at this as... Yarr, essence is somewhat the root of the trees, within this focus, I'm the trunk, and all these other focuses are the branches. So, in that, I can envision that there's no separation within the...

FAH'RA: Yes, because the tree doesn't perceive itself as a trunk, branches coming out of this trunk, and leaves coming out of these branches. The tree is the whole tree. Roots, trunk, branches, leaves, it also connects to what is to the ground, and what is in the ground.

The fungi and the insects that are crawling on the tree, they are all part of this ecosystem, and of this living process, if you want. So, you can even, if you want, go beyond the tree to access information, to connect, and you can, if you want, just experience the leaf, the new offshoots, that comes from the roots, that are still connected to the roots and to the tree.

Now, when you engage your writing, apart from considering what has already been done, how would you like, now, as the game, re-engage it?

JIM: Ahaha. Julie?

JULIE: Do you have a suggestion for him, as far as relating his writing to the game?

FAH'RA: Yes, he can start to play with his notes, like they are maybe blocks or bricks that he can rearrange, and try different configurations, different architectures, and different combinations. What he may have thought as something, in the first place, may contain the seeds or the potential for being something else, or being connected with something else. And that he does not shy... that you don't shy from experimenting with the unexpected, and how you can move things together to create something new.

And think about the tree, that it does not think about what is it going to do with all that earth material that is already there. It simply pumps it out of the ground, and grows branches and leaves.

JIM: Yeah, an oak tree doesn't say, I think I'll try out to be a willow tree. It doesn't wobble. It stays true to being what it is, and doesn't, I mean, that's a little sapling story.

FAH'RA: And as the tree has grown, you as human, you can choose what part of the tree you want to engage. You may transform it into something else, make it like you say, something organized, or something (pause)

JIM: Chaotic. (laughs)

FAH'RA: Yes, it really depends on what you want to express in one moment.

Maybe you can surprise yourself and find out that there is something elegant in that.

JIM: There's elegance in the chaos, yeah.

FAH'RA: How would you say you are structured or organized in your life?

JIM: Oh, it's very spontaneous. One of my expressions is, it looks like somebody threw a hand grenade in it. So it gets organized, and then it gets scattered, and then I reel it in, and it gets organized, and it gets scattered, and then a new little bobble comes in.

Oh, that's pretty, I'm going to look at that. Off I go, and, oh, what about that over there that you're working? Oh, okay, well, that's nice.

I guess [inaudible] be a little ADHD or something, and then I find out, I mean, there's just so much, it seems that there's so much interest of different information that's just flooding in. Like I said, it's this thing of, I believe it's a thing of focuses, of interests, and seeing and realizing that they are there, and they are a part of you, within healing, or geometry, and conscious disawareness, and occult expressions within sorcery, and shaman, and it's just kind of all over the place, but...

FAH'RA: You can gather all that into your writing, or your creating of stories.

FAH'RA: But one thing that you can be, or that you can start looking at, is what do you want to do with that yourself, and expose that to you?

JIM: That's a big one.

FAH'RA: Is it an idea that you have, that you should write something? Or how many different ways could you explore?

JIM: That's right, yeah.

FAH'RA: There is a time for experimenting.

You already have accumulated much more (pause), much material. You can accumulate much more if you want, but you don't need to, if you want to start to create something, which doesn't mean that you have to think about publishing it, or think about making it the way that you have been used to see that kind of material or stories. You can do something different.

And that doesn't mean that you dismiss the normal or acceptable way. You can play with that also, and enrich it with your other explorations. Just a matter of starting to engage it more in a physical way, not only in thinking or reflecting.

You can do both, but you can also contemplate while you are (pause) putting your hands in the mud.

JIM: (chuckles) Yeah, that's fun. Wow, thank you. Yeah, thank you.

FAH'RA: You're welcome. And now for you.

JULIE: For me?

FAH'RA: Yes.

JULIE: Okay. So we're playing a game here, and the first rule of the game is self-exposure?

FAH'RA: Yes. And as we say, you can also expand on that if you want, or simply start with that.

JULIE: By expanding on that, do you mean there are more rules that you would share with us, or what?

FAH'RA: (inaudible) when the time comes, yes.

JULIE: Oh, okay, okay.

FAH'RA: We can add or invent new rules and discard the ones that are not necessary anymore.

JULIE: Okay.

FAH'RA: But to start the game, we start with self-exposure.

JULIE: So I expose myself right now, basically. (laughs) Okay. My challenge is being bold, being boldly myself and owning what I know and sharing that with others.

My strengths and my knowledge and awareness is like the things that I'm proud of about myself are the hardest things to expose and put out there. And kind of like Jim was saying, eternally the student, and there is so much to know and learn and explore. And I'm similar, I'm fascinated with everything and always learning.

But then kind of recently, I realized that I really don't need to learn (chuckles) a whole lot anymore. I've just been kind of going in loops with all of that. And maybe it's that I'm procrastinating.

The next step, which is being bold, which Elias brought that up a couple of years ago with me, and I didn't know how to start. But I think I do kind of, I'm being a little more bold now. I am starting.

FAH'RA: How would you say that you are being more bold now?

JULIE: Well, I started this meditation group and started guiding meditations. And I've been writing my own meditations for, I don't know, probably I've got some from 10 years ago. I was enjoying writing my meditations and speaking them and recording them, but I've never shared them with anyone.

And so I finally got started with that. And (pause)

FAH'RA: And how does that make you feel?

JULIE: Oh, it feels...

FAH'RA: About yourself.

JULIE: Oh, about myself? I feel strong. I'm handling it and I feel strong. And I like feeling that way.

FAH'RA: Very good. And is that something that you have discovered after exposing yourself with your meditation? Or is that something that you already knew about yourself?

JULIE: Oh, I-

FAH'RA: That you like feeling strong.

JULIE: Oh, yeah, I do like that feeling. I already knew that about myself.

But I didn't know that other people would be receptive to my energy. And that's what I discovered with my meditations.

FAH'RA: And how does that part resonate with you?

JULIE: That feels like-

FAH'RA: That other people are open to your expression...

JULIE: Yeah.

FAH'RA: ...and what is important for you.

JULIE: And what is important for me? Wait, what did you say?

FAH'RA: That they are receptive to your expression and what is important for you.

JULIE: Oh, yes. That feels- It feels joyful. It feels very comforting and like a relief. And like a discovery. And like there's potential to move farther in my life now. When I feel like I have been staying in one place for a long time. Because I didn't know how to proceed. I've been trying to- I've been wanting to connect with people. But maybe going about it the wrong way.

By the way I was trying to connect with them was by using my empathic sense. And kind of joining them where they are. Which that's not a bad thing. But then I never was bold about who I am. It was always about the other person. And so it wasn't a real connection between both of us. And I also recognize that other people are reflecting myself. And my own relationship with myself. My own aspects.

FAH'RA: And what are they reflecting to you?

JULIE: Something different than they were before.

FAH'RA: Because your energy has changed.

JULIE: Yes, it has changed. Because before they were reflecting- I didn't quite have it. Like I kind of understood that other people are reflecting me. But I didn't have it nailed down. In my awareness yet. But now I think I do understand.

Anything that I'm judging. That's one of my aspects that I'm judging. That's myself that I'm judging. That's a facet of me. And anything that I'm adoring and admiring. And you know like in awe of, that's also me. That's a part of me that I'm wanting to bring into me. You know.

Would you agree with that?

FAH'RA: Yes.

JULIE: Yeah. Yeah. And so that's my myself. That's all myself. But then bringing like the- I think the new aspect. or the new action that I'm moving into is relating with people. Genuine self to genuine self. Instead of my projections. Me relating with my projections.

FAH'RA: And that's a very good start. A very bold move from you to express that genuinely here.

JULIE: (laughs) I know that was- I haven't said that to anyone. In that way. Yeah.

FAH'RA: And wouldn't you say that it's becoming easier as you do it more?

JULIE: Yeah. Yeah. And I have to tell you. Like I- Since I started doing this with my husband.

And a close friend of mine. And my daughter. Like these are three people who are like probably some of the most important people in my life. They're changing. My perception of them. I know it's my perception of them. But, our relationship is changing. And it's like they're all different people. Than they were before.

FAH'RA: Once you remove the filters from yourself, you also remove them from other people.

JULIE: Yeah. Yeah. And it's like we didn't even have to discuss it, or talk about it, or work anything out. It all happened kind of. Like, we just started interacting a little differently. And, they started becoming someone different. And, we didn't really need to discuss it.

FAH'RA: Yes.

JULIE: It was, you know, within a couple months. Three different, very different relationships with a lot more potential.

FAH'RA: Have you been as bold with them as you are now?

JULIE: Um.

FAH'RA: In your own expression.

JULIE: No, that I haven't. Because it's like it's hard to find words. When we're speaking in the moment. Um.

FAH'RA: And can you find gestures instead of words? Expression is not only talking.

JULIE: Yeah. Um. Well, probably I am finding gestures. And energy connection. Energetic connection. Yeah. Um. I really do like to work with expressing things through my energy and through feelings. Like send- not sending a feeling, but just feeling it strongly and letting it be communicated that way.

FAH'RA: And how would you infuse that into your physical expression. How would you connect the two? That energetic expression and that physical expression. Which is also energetic.

JULIE: Which is also what?

FAH'RA: Energetic.

JULIE: Energetic. The physical expression. What do you mean?

FAH'RA: [It's a different density].

JULIE: Are you talking about like hugging or?

FAH'RA: Whatever feels bold to you.

JULIE: Oh, okay.

FAH'RA: And you can go in increments. You don't need to change your appearance. Or your hair.

JULIE: Suggestions? Examples?

FAH'RA: Describe one of your usual interaction with one of these persons.

JULIE: Okay, well. Like, my husband. And, yeah, we'll be sitting around and, we have- sometimes have trouble, like coming up with things to talk about. So we'll do like an exercise or talk about something from a book. That kind of opens up the discussion or whatever, where I've been thinking like, I've invited him to meditate. Um, we're not meditating together. But I've thought about maybe a next step would be inviting him to do some kind of, like an eye gazing exercise or meditation. Like, we're always looking for a little, some kind of little idea to to get us going. And then we fall into it and have an experience together. But, there's not something very fluid there yet. It's more like we're just experimenting with different ideas. [with] my husband.

FAH'RA: How does your husband receive those suggestions?

JULIE: Well. He, he's very interested in authentic communication with me. And also with others. He's that way. He's actually better at it than I am. (chuckles) And, so, probably all of these little exercises are for me. And he's always open to it. He's he's generally interested in trying something.

FAH'RA: And in that kind of situations. What are you trying to accomplish? Or to connect? Where is your attention in relation to you?

JULIE: Oh, in relation to me? Yeah.

FAH'RA: Yes, because the game is about, as we start, self exposure.

JULIE: Self exposure. Yeah. So. Yeah. Well, I mean. I appreciate hearing his point of view about things. I appreciate sharing.

I share challenges with him. I don't share a lot of my... I would, I would call them inner discoveries, or things of that nature, which really, again, that's the part that's hard. With my, with anyone. That's not in, like, even in the Elias group or whatever. It's kind of hard.

FAH'RA: And in your attempts to connect, or to build a bridge with that person between your two worlds, what is your primary assumption? That, you have already expressed.

JULIE: My primary assumption. Assumption.

FAH'RA: Yes. That it is difficult to connect.

JULIE: That it's difficult.

FAH'RA: So, our suggestion to you would be to let go of that assumption. It is just an assumption. And it is what you are going to reflect to you if you keep it in your energy.

JULIE: Okay.

FAH'RA: So as this game, as being bold implies coming back to you, and being aware of what you want to express in a moment. When we say "what you want to express in a moment", it's not about, for you, what you want to express objectively. It's about what is the subject that interests you. Which is, you said, connecting and doing something together. And sharing.

And, as you are aware of that, what does seem bold in relation to expressing that desire of connection and sharing?

JULIE: So, it would be bold to express that I want to connect and share?

FAH'RA: That would be the words.

JULIE: Yeah.

FAH'RA: If you want to be bold, you have to, in a way, get out of your comfort zone. Start to express things differently than [what] you are used to. Meaning you can offer a suggestion to do something. Do something that is not necessarily connected in appearance with your meditation or your (pause) inner world. But, this is something that will offer some kind of interface between your two worlds, when you can... where you can connect and start to establish this communication, this sharing. And in which you can, afterwards, channel or infuse your own inner exploration, your interest about awareness, your interest about energetic direct communication. And... But, you have to start with something. And, this something is something that connects with your husband. So you can start engaging him with a subject that is of interest to him. And then include into that, as the discussion, or as the exercise, or the activity that you want to share together at that time, is going on, and then you can include these other parts of your own interest, your own explorations. What does...

What is your husband interested in?

JULIE: Well, together, we're interested in... We like to go to. Natural area or go for a walk somewhere, go for a bike ride, not a strenuous bike ride, just meandering along the river, walk, bike ride.

FAH'RA: Very good. And do you stop on the way?

JULIE: Yeah. Yeah, those little trips are stimulating for us.

FAH'RA: And when you do these trips, do you offer to do a small meditation there? When you stop.

JULIE: Have not done that.

FAH'RA: And what do you do when you stop?

JULIE: We might stop and sit on a bench or talk about whatever is in front of us. Yeah. Have a little snack or.

FAH'RA: And how would you engage? Because it's not necessarily about meditation. It is when you stop, and you engage in these discussions, which you have done, you can at this moment open yourself to yourself and see what is what it is that you are presenting to you, that emerges at this time, that will help you connect, or that you want to include in the connection that is already there. Because, you are together. So it is only a matter of expanding that, and include in that. And see, as you include, or suggest something like a little meditation for a couple of minutes. It doesn't necessarily need to be an extended meditation. Remember, you can go in increments.

You want to build the relationship. And to weave into that the threads coming from you, and the threads coming from him. So, it is a matter of being aware of what comes from you in that moment. And what is coming from him. And how these threads can connect and create little knots or little combinations together.

JIM: If I may, I can so much relate, Julie, where my wife and I were kind of, I'm you, she's your husband. And, and lately, like when we go up to feed the horse, I'll just, we'll sit down, I'll just take a moment, I'll just say, let's listen. And, and some, you know, sometimes I'll reach over, you know, just touch her hand and there's just, it's not a, and she doesn't want it.

She's really not interested in, you know, really meditating either. But, but in that form, it's, it's a, it is a meditation because, you know, you're, and you've done that in your talks, in your, in your meditation. And people, I know she's got, when I say meditation, it's like, you know, it's not, you know, like, I can so relate to all this.

It's fascinating. So yeah, it's just like you were saying, it, it's just, it's just those little, it's those little moments. And, and that's, that's what, that's even sometimes those are even greater than 20 minutes.

There's those, you know, 20 seconds of, you know, and then you, that energy that people have, you just go, you know, kind of, kind of shudder. You know, it just brings a smile to your face when I, when you don't bring, bring the terminology into it, is what I found. I'm sorry.

Yeah, go ahead.

FAH'RA: And that's a very good example. You just engage, you express what you want to express in the moment. And it just connects, or it doesn't connect.

And you see what connects or not. And if it connects, you enjoy or revel in it as long as it lasts. And you are such a rich being that you may express

many things to see what connects.

JIM: Very cool. Very cool.

JULIE: Yeah, I think it's just a matter of getting out of my own way. Like, like what you said about drop that idea that it's difficult to connect or express myself. Yeah.

FAH'RA: Yes. And also just as for Yarr, just drop that idea that it should manifest in a certain way. Just experiment. And, play with that. It is like experimenting with a painting. At first, you don't really know what you want to paint.

And then you let your hands guide the brush on the canvas and do one stroke, then another. And then it starts to emerge, or it starts to change. And you can just enjoy the flow of the energy that is coming out of you in that moment, without trying to make it fit into something.

JULIE: Yeah.

JIM: Get over it, that doesn't have to be anything, you know, objectively, it doesn't have to. Yeah.

FAH'RA: And you can do that in increments. If at some point you feel uncomfortable with the game or the way you are engaging it, you can stop momentarily and come back to your (pause) habits. (all laugh)

That's really easy.

JIM: It's all too easy.

FAH'RA: Yes. Just do it in a way that it doesn't repel you. That you still want to engage with the game; because, the game is about discovering who you are, how you can express, and how you can be genuine in so many different ways.

Not necessarily in a formal or structured way, or in an over-spontaneous way. You can be everything that you want. Just like when you are a kid and you would like to invent new scenarios and new games with your friends, or just being alone.

You can also be alone in so many different ways.

JULIE: (laughs)

JIM: Becoming comfortable when you're uncomfortable.

FAH'RA: Yes, and that comes with repetition.

JIM: Like eating a big bowl of macaroni and cheese. Oh, I'm in my comfort zone. (laughs)

FAH'RA: Do you have more questions?

JIM: This has been fun.

JULIE: Yeah.

JIM: More and more, I want to look at this thing as the big game. It's a big cosmic game.

There's nothing to win. There's nothing to lose. You just keep playing.

This is a beautiful way to look at all this.

FAH'RA: And you've been playing at it seriously for too long already.

JIM: But playing with the intention of winning something. You've already won. You've engaged, I guess, in getting that out of the way.

FAH'RA: The prize is changing.

JIM: Like you said in the beginning, have fun.

FAH'RA: That has been repeated to you so many times before already.

JULIE: Yeah. (laughs)

FAH'RA: Very well, if you have no more questions, it has been a tremendous pleasure for us to interact with you today.

JIM: Thank you.

FAH'RA: We are looking forward to meeting with you again. And in the meantime, enjoy being bold and being creative.

JULIE: Okay.

FAH'RA: Goodbye.

JIM: Goodbye.

JULIE: Goodbye.

JIM: Thank you.

JULIE: Thank you.