

Let Your Imagination Run Wild

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Participants: Jean-Baptiste (Araili), Daniel

Topics:

- *Redefining success through process.*
 - *Start loosening your habit of looking at things through the prism of good and bad.*
 - *Dynamic astrology practice.*
 - *Listening to tones and energetic patterns.*
 - *Drawing from other focuses to inspire creativity and trust.*
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FAH'RA: Good day. How are you?

DANIEL: Thank you, good day, how are you?

FAH'RA: Fine, and what do you want to explore today?

DANIEL: This is my first experience with you, with Jean-Baptiste in (inaudible), so is there anything you want to tell me or can tell me that would be beneficial for me at this moment?

FAH'RA: We would tell that it is not necessarily the first experience with us that you have [had]. And, concerning what would be beneficial for you at the moment, something about starting to plant the seed of confidence and trust in your own direction, and in the natural thrust of energy that wants to express itself and spread into the world. You can start to enjoy and trust your own energy, my friend. You have a lot to share with the world.

DANIEL: Thank you. Yeah, I also feel that I am beginning to realize that I have nothing to prove. I am at a point in my life when I can just express and see where it leads.

FAH'RA: Exactly. And, if you take that as a game, it would be even more fun for you.

DANIEL: (laughs) Yes, yes.

FAH'RA: How would you like to engage this game?

DANIEL: See, part of me is repeating the same old story that I seem to be doing well when I'm reading charts and helping people with astrology; but, I also seem to be doing well at work when I help people to settle and create software and be interactive with the bureaucracy, or whatever at work; and, I seem to have some potential as a writer, which I didn't quite go that route fully. I seem to have potential as a poet. Again, I only occasionally write. So, it's a lot of promise; but, from my perception or habitual layer of my perception, there is not too much to show for it.

Hmm, so I'm not sure engaging this game, in which direction would I engage?

FAH'RA: And what do you mean by there is not too much to show about it?

DANIEL: Well, I have started writing a fantasy and then I stopped, because I didn't appreciate what I was doing and was afraid to fail. I guess my desire for success is often mixed with misidentification of that or identifying it through other people's eyes of rigid perception of what success is. So, I wasn't, seemingly wasn't successful with writing.

And yes, I do astrology, but very rarely. I don't particularly like to promote myself. I do gift my book.

My book was written. I have got to show for it, but not too many people are reading it. And so... Yeah, I'm trying to remind myself that I am not a kind of person that would choose one direction in life early on and be very, very successful in that one narrow direction.

I am a kind of person that explored several directions and am successful in all of them. But yeah, it's just not (pause) not as easy to put a success label on as someone who is a well-known, successful author, for example, or well-known.

FAH'RA: How do you define success at the moment?

DANIEL: Yeah, well, that's, yeah, that's the million dollar question. (laughs) Unfortunately, automatic part of me defines success as my book is being bought and being read and being commented on and I'm giving lectures and this, that. But yeah, I realize that I need to redefine success and I need to take it one step at a time and see in which forms success may come in.

FAH'RA: How do you define it now? If you want to start redefining it, you need to know how you define it. What are the, not only the ingredients for success, but also what are the markers of your success?

What are the signs that let you know that you have succeeded? And you can add one element to that. Is success about the outcome or about the process?

DANIEL: Yes, yes, yes, yes. This is also where Elias was leading me to, that I enjoy process more, much more than outcome, but I seem to define success via outcome. Yeah.

FAH'RA: Yeah. And if your natural flow is about the process, if you try to create chunks or to create merely snapshots, you will remain frustrated because they are not showing you the kind of success that you are.

DANIEL: Yes. Sometimes during the day I get into the flow and I forget this judgment off. I need to do this and I need to do that.

And out of 10 things, I haven't done nine. I forget all those things and I just take one thing and do that one thing. And I am excited and I am in the moment and that's when I flourish.

So that's probably where the game starts.

FAH'RA: And how does it start today?

DANIEL: (chuckles) Today?

FAH'RA: How do you create a successful conversation with us?

DANIEL: (laughs) Yes, yes. Hum. Let me ask, I was going to ask that actually, how are we familiar with each other? Was it that you visited me when I was a child?

Is it that you are part of the essences that interact with me? How do you mean that?

FAH'RA: Yes, and also that you share some focuses with some of us, not only in this dimension.

DANIEL: Aha. I was going to ask for an example, but if you give me an example in the other dimension, I'm not sure I can understand, but okay. Yeah, give me some example.

FAH'RA: You can investigate or explore through your imagination about the 18th century in London.

DANIEL: Hmm. I feel connection to London. Supposedly I share focus with Chesterton.

So that's one example of a person who was British, but I know I have many more focuses probably.

FAH'RA: Yes.

DANIEL: And when I was a child, my mom would constantly bring me books by Charles Dickens and I read it and it was very familiar to me, even though I didn't analyze it like that, but I read it with a lot of curiosity.

FAH'RA: Yes. And there are some in this same atmosphere that you can investigate.

DANIEL: Was that a known person or was it not?

FAH'RA: You may not find anything because it's more in the street. Would you venture an impression?

DANIEL: I don't know why, but I keep thinking about the children, poor children, just riding on the street and trying to survive there...

FAH'RA: Yes.

DANIEL: and very enterprising.

FAH'RA: We were a group of these children and helping each other survive and keep the fun going even in the direst of situations.

DANIEL: Hmm. Very nice.

FAH'RA: And if you want to investigate another one, you can look also into your South Americas, in the Mayan civilization, where we were involved into some kind of (long pause) magical exploration, you could say.

DANIEL: Hmm. I had that impression in my mind, magic. Okay.

And we were collaborating?

FAH'RA: Yes, most of the time. Other times, not so much. (both laughs)
But it was fun viewed from where we are now.

DANIEL: Ha ha ha ha. Wonderful.

FAH'RA: And you can draw upon those experiences to infuse your own writing if you want and let your imagination run wild.

DANIEL: Hmm. I need to research about Mayan civilization a little bit. I don't know much about it.

Was that magic in relation to advising the ruler?

FAH'RA: Yes.

DANIEL: Okay.

So that would be somewhat...

FAH'RA: It was connected to the aristocracy.

DANIEL: Hmm.

So that would be somewhat similar to what I'm sometimes attempting to do with my runes, imagining that I'm advising a pharaoh or somebody like that.

FAH'RA: Yes. And there was much political intrigues then.

DANIEL: (laughs) Okay. So I sometimes alter my intuition to play the political game.

FAH'RA: Yes.

DANIEL: (laughs)

FAH'RA: And that focus of yours can teach you a few things about experimenting and making decisions that you are not sure about the outcome but still taking risks. You would not care much about consequences.

DANIEL: (laughs) It's fascinating how other focuses may be so different from mine. And yeah, I sometimes have drawn inspiration in difficult situations. But for the most part, it's separated a little bit, right?

And yeah, I had a focus of gladiator and obviously he can teach me to be much more physical. I had many focuses of shamans and such, but I still doubted my intuition for decades.

FAH'RA: And what would you say is your main obstacle into this direction of trusting yourself at the moment?

DANIEL: Maybe my habit of overthinking that I need to be aware of every single detail and every single scenario and imagine all of those scenarios in order to make the solid choices like in software when I used to build it myself. I would try to imagine everything that can happen, any kind of action and defend against that. And that gave me confidence that it will be okay.

But I wasn't always like that. I had different periods in my life and sometimes I would just play and just create something. Yeah, sometimes I was...

FAH'RA: What changed it?

DANIEL: I don't know. Is it alternation of my primary...

What is it called? I forgot. Primary focus.

Primary attention. I have this chance of my life where things change, but I used to be this arrogant young man who would, you know, make bets on

trying to make it to the airport when everybody thought that I will be late. But I wasn't late and last minute I would enter a plane or a train.

I used to be more... less risk averse. But with age, I guess something happens.

FAH'RA: And what makes you think that you have to be so cautious about your choices and your explorations?

DANIEL: Maybe because I perceive that my life is very satisfactory right now, so I don't want to ruin anything. (laughs)

FAH'RA: (laughs) And how would you ruin your life? Because you are the one creating it.

DANIEL: Hahaha.

FAH'RA: And you are the one who is going to enrich it through your explorations.

You don't need to change everything. You don't need to let go of your comfort. You just...

you can just expand your playground and you can allow yourself to give you more space, feel less constricted. And this will allow you for more comfort and for more satisfaction with what you have allowed yourself to express. What in your expressing yourself can break your toy?

DANIEL: (laughs) This is very inspiring. Thank you.

FAH'RA: You're welcome.

DANIEL: Yeah, yeah, yeah. So I need to... I want to be more and more like that in the process, trusting and not worrying about consequences.

FAH'RA: And you have it in you. You just need to remove the different layers of precautions that you have added. And about your job as a software engineer and your passion about charts, astrology, and helping people becoming aware of their own software.

They are not so different.

DANIEL: Yes, I sometimes pull a chart, a source code. Yeah, yeah, yeah, yeah.

FAH'RA: You can play with that. And use what you have learned into your job, into your passion, and vice versa. (pause) How would you do that?

DANIEL: Yeah, that's what I'm thinking. How would I do that? So I used to apply astrology to my job in ways that I would make a chart of some major implementation, major change that I was responsible for or part of, and try to anticipate what kind of challenges may arise, or what are the strong points and harmonious points there.

I used to track retrograde motions, such as Mercury retrograde, to map it to some discoveries of problems in software and be happy that I discover them sooner rather than later and fix them. I also would look at my own chart and my own kind of forecast for the day and remind myself not to get into fights or conflicts at work and be more collaborative as opposed to more combative or scared or paralyzed or something.

FAH'RA: And have you ever considered engaging a more dynamic approach?

DANIEL: Such as?

FAH'RA: Such as not only creating those forecasts or those snapshots about the charts, but also starting to engage with the movements of the planets and the directions that are contained into the moment of the chart. Not only being aware of where they are at the position of birth, but also where they are going and how they are moving, like the houses also are in a constant movement as the time passes, and this movement also informs your own direction. And then, if you dare, you can also start engaging the planets or the aspects by riding them or talking with them.

DANIEL: MmmHm.

FAH'RA:

You can engage... Are you familiar with playing with your own energy and using your own energy? You talked about the runes.

How do you engage them?

DANIEL: Runes, I like to engage them. I don't engage them very often for some reason, but even though the tray is always on my wall and I love doing that. Yeah, so the way I engage them, I shake them.

I try to kind of open up my energy to them and say a little prayer like, you know, universe help me produce meaningful answer. As I ask the question, I do that little prayer and that little mixing in the back, and I let them fly

and I use my intuition to provoke them and to interpret them.

FAH'RA: Very well. And when you are looking at them, once they are cast and you are observing their different positions and their, you could say, relationships, there are like lines of tensions between some of them. Some are tighter than others.

Some are generating currents of energies and some are, you could say, repelling each other. You can start playing with those kinds of sensations or with those kinds of currents that are present in the casting. And you can do the same with your astrology charts.

You can use your energy by sending (pause) probes from your different energy centers, and sending it to the chart, and see how it will be reflected to you. And what information you get from these probes, from these different energy centers. And when you get familiar with that, or if you feel playful about it, you can also use a combination of your... or different combinations of your energy centers. Such as the red and the yellow.

Or you can also use the different relationships between the colors, like primary colors or the colors that are opposites, and see how they connect with the different aspects in the charts. Like you could use yellow and purple or red and green and see what aspects they reveal. This is if you want to play more dynamically with the chart, and not only with what you have learned about it.

You keep what you have learned and it will serve as a basis to expand your astrology game, if you will. You need to flow. And, flowing will be

achieved in the movement. Not only looking at things when they seem still.

Have you, or are you familiar with listening to the tones?

DANIEL: Not as a, not as such, no, and not as a focused exercise.

FAH'RA: Is this something that might interest you?

DANIEL: Yes.

FAH'RA: Because, each object, each aspect of your reality has a specific tone.

You can listen to them, not necessarily with your ears, but with your attention. And as you pay attention to these tones that are expressed or contained within every thing or every action, you can start to hear it with your inner ear or sense it with your inner senses in different ways. For different people, it will be different.

But after some time of listening to these tones, you will start to notice how they can be similar or how they can be different. And they will give you more information about what you are looking at, either in your charts or in your readings for other people, because you will become aware of the resonance of what you say, or between what you say and the other person's energy. And that might also give you information about what they are ready to receive.

And [whether] your intuition is accurate in the moment, or if that concerns another time or another layer that they are not aware of. Do you

understand?

DANIEL: Yeah, yeah.

FAH'RA: That may be a lot of information.

DANIEL: Yeah, I had those moments when a client had no idea what I'm talking about. And yeah, it may have been that probability never happened, or it may have been that they are not seeing it as such, or it was in the past or future, or they are just not ready to hear. But, yeah.

FAH'RA: And sometimes people are not ready to hear the depth of what you are connecting with. And listening to the tones can help you adjust your discourse to those persons, and see how you can translate the information within their language. And for some, it can be very simple language, connected with basic things, or basic interests, but into which you can include your own knowledge hidden in the words.

DANIEL: Hmmm. So if I'm listening for the tone of, let's say, a cup of coffee, or this table, or a book, or a house, that is exercise, that is preparation, right?

FAH'RA: Yes.

DANIEL: When I'm preparing a chart, I'm trying to get that information from the chart, but I can use that training to see the tone of the planets, of the signs, what is harmonious, what is tension. And then during the reading, I use that same training or tuning to try to tune into the person and see what information that comes to me from my intuition in the chart may best resonate with them at that time.

FAH'RA: Yes.

DANIEL: Okay. And when you said...

FAH'RA: You can practice with anything.

DANIEL: MmmHmm.

FAH'RA: And we would suggest that you start engaging simple things first, and then you can follow with moving things, such as a body of water, like a river or a stream. You can engage your natural things also, because they have a different kind of tone. And as you are familiar with computers and technologies, you can also listen to the differences between the tones of these technologies and the different softwares, and that will also train you into your astrology practice to start to learn, to better understand or access the software of the person.

Like the astrology charts are some kind of DNA map that some parts of these maps are activated for one person, and some parts of these maps are dormant. And you will learn through this practice of listening to the tones which parts are actually active and which parts are dormant.

DANIEL: Yeah. Like similar charts with identical twins where one may activate some part and the other. Yep.

FAH'RA: Yes.

DANIEL: Okay. And when you said earlier, you said, look at the charts, not only for forecasts, but the movement and how it...

So, for example, a simple example would be if I know that the moon is, I don't know, let's say in Taurus, I can feel that comfort, that earthiness, that centeredness. I can see how I want to engage more physical exercise or get more comfort or listen to my body. But I also know that it is moving, let's say, to Gemini soon.

So, I would see how from that the jump can be made to more flighty, artistic side of it. Is that the idea?

FAH'RA: Yes, that's part of it. And not only which direction they are moving towards, but also the direction they are moving from. They are moving away from something when they are moving towards some other sign.

And that is also an indication of what you are going through and what you are (pause) releasing. And there are other aspects that you can add later when you are more familiar with these more immediate surroundings. (pause) They are the movements in relations to other celestial bodies, like how they are moving in relation to what's on the other side of the circle of the chart.

They are also engaging the different aspects, like a dance. And as with each dance, there are patterns that you can engage. And depending on the dance the person is going to engage in their life, the pattern will appear to you different.

The pattern of movements. When you look at the chart as one still map, a still moment in time, you have information about qualities and some aspects of the potentials. And you can enrich that with the different patterns that you sense.

The patterns of movement, not the patterns of shape, but the patterns of trajectory that you can connect to with your imagination. And they will form different layers of just like your ocean, when you have the different patterns created by the winds, by the currents, by the moving bodies inside the water, or even by the reefs or the rocks that are close to the surface, they are influencing also the flow of the water. And if you look at your charts, just like they have those movements hidden inside, some are created by the directions of the probabilities that the person wishes to explore during their lifetime.

And with these probabilities, some of them are complements to each other, but some of them also repel each other. And you cannot explore them at the same time. So you can start learning to see which patterns are attracting each other, and which of them are moving apart from each other.

Which of them are, you could say, incompatible. And you could start becoming aware of those different influences that are similar to the currents, to the different layers in the ocean, because currents have different directions, depending on the depth that you are in.

DANIEL: So, for example, maybe to test my understanding, let's say in my natural chart, Moon trines Saturn and Mars and is conjunct Venus. But in terms of movement, Moon is always moving fast and moving forward. And it is separating from trine to Saturn, but going towards the Venus.

And one could say, while Moon is supported by harmonious aspect to Saturn, which is a structure and wisdom and maturity, but also seriousness

and caution and potentially tunnel vision, and going away from that, or maybe relying on that, but going towards, let's say, the Venus, which is more connecting to empathy, feelings, relationships, all those things. Is that kind of an example?

FAH'RA: Yes. And when you start looking at these charts like that, you are going also to (pause) feel or to sense what is acting like, or what is attracting the different qualities represented or championed by your celestial bodies, by your houses, by your virtual points. They can also use each other as propellers, which are going to facilitate the transition or the movement of the exploration.

And some of them act like chains or (pause) black holes that are going to impede your movement, and make your movement thick and difficult. So these are contained into your charts. And as you engage them, looking at not only what's visible and what you can access with what you already know, but also with these different tools, they will (pause) indicate to you these aspects of thickness or of... like in your video games, when you pass through certain areas, you can start moving faster or gain different magical powers.

DANIEL: Mm-hmm.

FAH'RA: And in some of those areas, you start moving slower. And sometimes moving slower is what you want. So this is not necessarily negative in the sense that you would (inaudible) things to have something that is keeping you from moving faster.

DANIEL: Yeah, that's what I was wondering, because my strengths, but also potentially my weakness, is that I am a soother and I want to present the positive side of things, right? So if someone tells me, oh, you are a Libra and your sun in Libra doesn't feel very well because it's in fall, you know, then it's kind of weak. Yeah, it's in seventh house, it may be a little stronger, but actually it's in eighth house by most systems.

So yeah, it's eighth house and it's in Libra, so it's not easy for you to shine. And as a Libra, you will be acquiescing to your partner and so on. It's a valuable information, but we don't want to take it to the point where, oh, you don't know how to shine, right?

Obviously, I'm here, I'm here for a reason, and I do know how to shine, I just need to master it or uncover it more. Or someone says, oh, your Mars is in 12th house, so you don't see your radiance, you don't allow yourself to be passionate and your efforts may be thwarted, right? That is of limited use because I don't want to create doom and gloom, and that's not what you're saying.

But at the same time, I guess, you are saying the realization, like if my Venus and a bunch of other planets is in Virgo, then there are funny parts about it. I overthink, I overanalyze, I am too critical, I can give a jumpstart cable as a Valentine's gift, which I did to my partner and she was laughing about it. So, I'm not very romantic in that way, and that's a useful knowledge.

So, it's a question of balance, right?

FAH'RA: Yes.

DANIEL: Use that knowledge of impediment as an instrument, but don't let it demotivate you, right?

FAH'RA: Yes, and it's also a matter of starting to loosen your habit of looking at things through the prism of good and bad, or positive and negative. Because, not everyone is here to shine, or not everyone is here to express passionately in the sense that you attach to it. But some people, they are more comfortable working in the shadow and being there to support other people, and they can't do that if they are the one shining at the center of the stage.

DANIEL: That is an excellent point, okay.

FAH'RA: So, that is a matter of listening to these tones and see what that means to the person, that they have these aspects, or you mentioned the Sun that is not necessarily allowed to shine, but that can create some necessary shadow in their own exploration.

DANIEL: That would be very true about me as an example, right? Most of my planets are in the part of the chart which is about circumstances and other people. Libra likes to maintain relationships and all that, and maintain directions, collaborate.

Virgo definitely likes to be helpful in offering knowledge, but not necessarily be a center stage. Yeah, even Capricorn Ascendant is speaking about working with a team, and being part of the team, which is my preference. My phase of the Moon is the last phase of the Moon, which is more like recognizing other people, everybody's value and all that, kind of going towards the shadow, very close to the shadow, as opposed to

shining.

FAH'RA: Yes. And that's how you define your success, in knowing what is important to you, in knowing what is or what are your preferences in any moment, and what is your direction, what is this intent of yours that you are here to explore, and what... And your success will naturally occur when you allow your desire to flow naturally through you, and guide you, and stop doubting it.

DANIEL: Yeah, my intent is a mosaic of experiences, so it's actually very hard to fail mosaic of experiences, because even quote-unquote failure would be an experience.

FAH'RA: Yes.

DANIEL: Hahahaha.

FAH'RA: And it is you who choose where you place these pieces of your mosaic in relation to each other. And, you are a multi-dimensional being. You can create more than flat mosaics. You can add depth and movement.

Think of your flowing sands (pause) in the... Do you know or are you aware of what they call cymatics? Which is using the sounds and vibrations to generate patterns with your sand on flat surfaces that are vibrating to a certain frequency?

DANIEL: Ah, interesting.

FAH'RA: And when you change the frequency, the pattern will change, but when you look closer to the grains of sand, you can see they are always in

movement. The patterns are fixed, the patterns are stable, but each grain of sand is moving continuously from one line of the pattern to another.

DANIEL: Okay, I can imagine that, okay.

FAH'RA: And you can use that also in your training about listening to the tones and see how the tones are constituents of what appears to be your physical shape and your global pattern as a human being, as your... Even your thoughts have these patterns and these tones in them, and they can appear absolute or fixed, but they also have these inner movements that create these appearances of stillness.

DANIEL: How do I know that I am hearing or sensing correct tone?

FAH'RA: They will change because you change and you will... A different person will perceive these tones differently because you are translating them through your body, through your inner senses, through your feelings. So, in a way, there are no correct way to perceive these tones.

You have to... Just like different persons may perceive colors or shapes differently. Think of your colorblind people.

DANIEL: Yes.

FAH'RA: They see the light, but their body is configured in a certain way that they translate it differently from what you call normal people, but you don't really know how other people experience the colors. So, trust your own (pause) senses and inputs, and start to learn to recognize these inputs as: Are they similar?

Are they different? How do they resonate with each other? How do they dissonate with each other?

It's very similar to your aspects in your astrology charts. Some of them are working in harmony. Some of them are opposites.

Some of them are squared. And each of these tones can, very similarly to your musical notes, create different effects in you when they have certain relationships with each other.

DANIEL: Yeah.

FAH'RA: So, pay attention to those effects in your body and pay attention in different situations. Learn to be aware of your own energy, how it is in the moment, because you will feel the difference or the variations in your energy, in your own being, that it will create, not what you imagine as a true sound. Because when you hear or when you see something, what you actually perceive is the interaction of the light with the cells in your eyes, or the interaction of the vibrating air with these elements in your ear.

You perceive interaction and variations and movement.

DANIEL: Mmhmm.

FAH'RA: The tones are very similar to that. You will perceive the difference that they make in your own energy, in your own vibration of your attention. (pause)

But simplify first. Make it simple. Don't try to notice everything.

DANIEL: Okay. Well, thank you so much. It's so much information.

A wonderful session. I am very touched and impressed and I felt a totally different energy. And it was nice to connect again.

FAH'RA: It was a great pleasure for us to meet you again, my friend.

DANIEL: So, yeah. Thank you so much.

FAH'RA: Have fun in your explorations and start enjoying your own movements.

DANIEL: I shall.

FAH'RA: We will be there to nudge you and to give you more fun as we engage with these tones.

DANIEL: Haha. Thank you so much.

FAH'RA: Take care.

Goodbye.

DANIEL: Goodbye.