

You are the spider at the center of your web

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Participants: Jean-Baptiste (Araili), Deborah (Tamarra), Julie (Fontine)

Topics:

- *Bird imagery as an encouragement to take charge of your own direction.*
 - *Feelings of electricity as a sign of overextending yourself.*
 - *What are you aware of now?*
 - *Exploring attachments in relation to roles and behaviors.*
 - *You are the spider at the center of your web.*
 - *A new energy speaking.*
 - *Shadow as another perspective on your own exploration.*
 - *As essence you are touching the pond of physical reality.*
 - *A dream of a stomping donkey.*
 - *Beware of the energy blasts as you are opening to your own power.*
 - *Body discomfort from the new exchange.*
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Note from Jean-Baptiste: This session was unexpected in that we wanted to interact with the Fah'ra but instead another energy came through, introducing itself as the "shadow" Jean-Baptiste had seen come to him a few days prior during a meditation. The energy definitely felt different from that of the Fah'ra or Lazour. Because of the change of energy, I started to experience some discomfort at some point in the session, and when it became too much, the essence abruptly interrupted the exchange fifteen minutes before the scheduled time.

ANAIYAH: Good morning.

DEBORAH: Good morning.

JULIE: Good morning.

ANAIYAH: How have you been doing?

DEBORAH: (laughs) I have a morning dove that has moved out the sparrows and have claimed the speaker as nesting for their little ones. So that it was imagery to me of, um, just movement. One species was like you've had this time enough. And I didn't move into feeling bad about birds, you know, the previous species, and just noticed the imagery of, not supplanting, but that's what I wasn't going into, but about movement.

There's a new species that has taken hold the new a new new framework that we've been discussing for the last hour.

ANAIYAH: Yes. And, it's time for you to take your turn also, to be the ones that are taking charge of your own directions. Starting to engage in more

specific ways and go deeper into your own interests and into your own power.

DEBORAH: Wow! You were right on point Julie. (laughs)

ANAIYAH: And we are not here to tell you what to do.

JULIE: Yeah.

ANAIYAH: But encourage you to explore, now; and be the birds that are taking their first flight out of their nest. Leaving for a little time their sense of comfort; but, knowing that you can always come back. And, that even if you expand your playground, you are not moving away for good. You can always meet again and it's just a matter of expanding your relationships also.

When people move away, they are still connected; and they get replaced with new faces, with new camouflages, but you are still interacting with yourself, with consciousness; and, that's why there is no sadness in these apparent separations. What do you want to explore now?

(long pause)

JULIE: The electricity that we've all been experiencing.

SHADOW: Ah!

JULIE: The feeling of that. What is that?

ANAIYAH: And what is your own impression about that?

JULIE: The electricity has to be our physical power to create? I associate it with the masculine. Magnetic is the feminine.

ANAIYAH: It is indeed the manifestation of certain movements that are at the moment creating some friction within yourselves; because, you are not yet used to it, and used to receive it without it triggering some associations or sometimes traumatic experiences. But, the important aspect, now that it has been happening, is also to not try to control it, not try to change it, not looking at it as “it is bad”, but knowing what direction you are moving into. And, if this electricity is not here to warn you that you are doing some stretching outside of what you’re currently able to process or to incorporate...

And, you can say to Jean-Baptiste to relax and to be gentler with himself. Not to try to understand so hard what it’s all about; because, he can burn himself, and he knows that. But as you expand you are going to connect and to start to channel these energies through yourself and your body needs to acclimate to these new awarenesses, to these new connections and relationships that you are integrating into your perception of your reality. So this is at the same time an image that you are using to represent that power of yourself; but, this is also the old way of doing things.

This is what you see in your movies when they talk about energy, and when they talk about power. But, now, you can move into a more gentle expression of this energy. It doesn’t have to be so (pause) electric. You can use your own power to just reconfigure your perception so that the outward imagery will match this reconfiguration.

And you don't have to push or to express these explosive or electric manifestations. It can happen just as well without outward fireworks or noticing from others that you will know because you are aware and you pay attention.

DEBORAH: So am I hearing correctly that the three of us, this is what we're all doing in the subjective?

ANAIYAH: Yes, at the moment as you combine your energies together you are even more powerful so it can enhance and amplify the manifestations; and, this is also a gentle nudge for you to be more gentle in your own exploration; and, pay more attention to the subtler layers (pause) that have escaped yourself.

DEBORAH: Can you give us an example?

SHADOW: that you are now ready...

DEBORAH: We're ready at the subtler...

SHADOW: Yes.

DEBORAH: Could you give me a string to pull on for that for myself a subtler that I'm not aware of?

ANAIYAH: What are you aware of now? (Deborah and Julie laugh) Let's start with that.

DEBORAH: Personally?

ANAIYAH: Yes. Choose something that you are exploring.

DEBORAH: Right.

ANAIYAH: What are the layers that you are aware of?

DEBORAH: That I am that I have explored looking at attachments. I say that because it's been purposeful to be okay, and what's what I'm moving forward into meaning looking at things that are important to me, people that are important to me and looking where I was hesitant to move forward out of that fear of loss. And, I've since chose and trusted to move forward almost burning off the attachments and then connecting again or actually just revealing the genuine connection between me and those that are important to me. It felt significant to do that as I'm moving into this really unfamiliar powerful place that I'm going in discovering about myself.

ANAIYAH: Very well. And, how do you do that exploration of your attachments? Do you do it on your own when you have time to reflect and to evaluate what has happened or what has been triggered? Or, do you also engage that action when you are with the persons that are revealing to you these attachments?

DEBORAH: Hmm. I've been able to do it well with Phil. Because, our journey last year has been very intense from his... what he's bringing to the table as well. And I've been looking at, really, the other pieces are my kids. And, I'll have an opportunity later tonight, and I've already expressed to my friends here, that it's so automatic with my kids to go into certain roles and responsibilities. And, I have been working for a couple years now to... I want to continue to be in that role as their mother; and, that's okay and it's important for all of us; but, also not to be... I was so bound by

attachments as I was looking at my traumas. But now, I'm on the other side in one sense of just now seeing what it looks like, if that makes sense, seeing I'm looking to create that lightness in our interactions together.

I almost want to say they're more wholesome (laughs), Julie, wholesome interactions; but, I've been seeing movement with all... I've been seeing differences being reflected back to me that are in alignment with what I have been intending. Because, at the end of the day I think it was keeping me in place keeping this house here keeping those attachments I'll call them roles responsibilities and not feeling that things are getting stripped away from me and that I would be just left kind of naked and directionless.

ANAIYAH: And what is your experience of all that? what is your experience of all that? do you experience it as an individual in an environment surrounded by roles and behaviors that are expected from that role, and understandings that are expected from that role, and responses that are expected from that role that inform your relationship with that person. Or, are you able to move to change your perspective and include that you are the one projecting that situation, that interaction that system of roles, system of behaviors; and that, in a way, you are the spider at the center of your web, and you have forgotten that you had... that you are the one who weaved that web.

DEBORAH: Yes. That is exactly well described; what I'm doing now to... when I get back... get it backwards, or get out of that primary place; my intention, now, is to remember more and more and more (inaudible) through my day that I am that spider; and, that's what I meant about uncreating, in one sense, all those attachments. So, by stepping into

knowing I am that center that primary piece, then everything shapes up around me. And I have had experiences of that now. I recently looked at the piece of what my fear was around that; but, I'm feeling brave, and because I trust that what will be created from this won't, you know, nothing bad will happen, to put it easily. Because of so much of that fear. Now, Elias just mentioned to me to be my... I thought by being brave and courageous and just stepping in, the knowing would carry me. And, he's saying well, sometimes, the fear can override that. I'm still choosing to, and by being with my friends here, without us even talking about it, it boosts that trust in that knowing of being that spider and creating that web. I might have had to uncreate a lot of the webbing, or from my perception wise but I am really solid in wanting to be...

SHAWOW: And the spider can eat the web.

DEBORAH: Ah! that's one way to... right, without losing the children. (laughs) The children won't fly away. I'm in what, you know, at the last tethers, like my friend is here above, and she's already has preceded me a bit on that, of this what we call an empty nest syndrome. So I know there's a lot of mass energy around that; but, I'm feeling very confident. I really am. I'm more excited. Well, I feel like I don't... I don't want to skip steps that's why I'm not going to go right to the next piece I like what you said and what we've talked about we're taking charge of our own directions now and really becoming into our own.

ANAIYAH: Yes.

DEBORAH: and it sounds like from you that we are all like Jean-Baptiste is doing and that I know that I'm doing and Julie as well Julie has this been news to you in a way and well let me have you confirm that first that all three of us are incorporating more energies to channel in our own way is that what you are speaking to?

ANAIYAH: Yes. As you group together, you are creating that resonance that is amplifying your energies. It is not simply the combination of your three energies, it is amplified by your coming together and resonating so well together also. And, we don't want to spoil all the fun for you as you discover your own selves and your own playgrounds; that, even if you are together you may have different... you have a shared part, a combined part of your playground; but, you also have personal parts that you want to explore, and that you create also for your own explorations, and that is created in harmony with your personal intent, and that is conducive to the use of your desire to generate these different experiences; and this is just another perspective. Because, when you expand your awareness you also become aware that all these different playgrounds are interconnected and that they move together. And the parts that connect, change, and may move and may open to new energies and new interactions. And that is what is happening today also. I am a new energy that is speaking through Jean-Baptiste.

DEBORAH: Ah. I couldn't... when I went to refer to you, so Julie didn't know I was talking to her, I didn't know how to speak to you, and and can you share?

ANAIYAH: There is no name.

DEBORAH: Okay.

DEBORAH: but I felt it was different a different speaker.

ANAIYAH: Yes.

DEBORAH: Okay.

ANAIYAH: This is the one that Jean-Baptiste perceived as the shadow. But I am not a shadow. (smiles)

DEBORAH: Wonderful.

ANAIYAH: I'm simply a different perspective.

DEBORAH: yes

ANAIYAH: On your own exploration.

DEBORAH: And that's relevant today for what we're doing today.

ANAIYAH: Yes.

DEBORAH: That's a match to what we're doing.

ANAIYAH: Exactly. Do you have other questions that you want to explore?

DEBORAH: Julie, unless you want to fold in anything or start in a brand new spot I'll take a moment to sit back.

JULIE: I was thinking about the creator of the entire web and that I'm projecting all of these roles that I'm, like say, I'm experiencing my relationship with my daughter, but it's not about her or me. It's about me

projecting the role of what daughter means and what mother means and that I could... huh. I'm looking for ideas to how I could transform that, or... um, change it somewhat or (pause) unlimited. Because it's kind of in its own little track right now, like an automatic track. With a lot of people, not just my daughter; and that's an example. So, so what are you... Can you, like give me some hints or directions with that?

ANAIYAH: You are currently experimenting and allowing yourself to become more familiar with what you are doing. Not in a controlling way. Not in a way that you want to analyze it, or generate that complete system, and explanation about it. You want to more experience... do the experience, have the experience. And it is very similar to when you touch the water the surface of the water with your fingers it creates those ripples, and you observe those ripples go away from that center point where you have touched the water. And the ripples suddenly encounter an object like a stone or the riverbank, and it is reflected by that stone or that riverbank. And that is what you are doing with your roles, with your spider web. [It] is that you are exploring how the energy, that is generated by your own actions and your own interactions, with that pool of consciousness, with that pool of... that pool that you call area of consciousness one or framework one depending on the teacher that you have followed. You also create those ripples; and they connect with other ripples; but the ones that are creating the ripples are not part of the pond, so to speak. They are actions that come from other layers and that are channeled through these bodies of yours. They are channeled, they are the point where your essence is touching this pond of physical reality. And that's the center from which it all ripples. But you are at the same time

generating that pond through which you are rippling. And you are doing that with your daughter with the other persons you are experimenting with. You are also experimenting the ripples from the pond, not just touching and looking from the center point; but also experiencing the ripples as if your bodies were into the pond. You are not necessarily simply looking at it separately, but as you are also becoming aware of being that pond... it may be a little bit difficult to express; but are you understanding?

JULIE: In a way it's like you're controlling the video game but you're also experiencing yourself in the video game as one of the players.

ANAIYAH: Yes. And you are also updating the video game as you go along, and [as] you want to experience new things that are not yet available to you because you haven't generated that code, that you translate as your roles, as your beliefs, as the combinations of beliefs that are allowing you to, in a way, shape the energies that you channel into this reality, to take shape, or to take a direction, or to generate encounters. You can look at your different belief systems; at your different associations [as] being pieces of code inside your video game. And you can change these pieces of code. You can update it, or take an older version of it.

(Pause)

Jean-Baptiste is starting to be a little bit confused from my energy.

DEBORAH: okay. okay.

ANAIYAH: Do you have another question?

DEBORAH: Well, I'll ask for Jean-Baptiste. We, in his dream we'll go into something in a different direction. In his dream with the donkey, that he was in a forest walking with his creature, Rodin, and saw a donkey who was very determined and well on his way in a very stomping manner, and they were... they stayed out of the way so this donkey could continue strongly in his direction. And we had each done different layers on that and what that meant. Do you have anything to offer?

ANAIYAH: Yes. I would say, tell him to pay attention to what he's stomping on. And, that it is the same as touching the surface of the water. As you stomp on the ground, it create ripples and waves into the ground that can be felt, if you are doing it with power, on the other side of your earth.

DEBORAH: Oh, okay.

ANAIYAH: This is like calling people who might be interested in what he has to say.

DEBORAH: Ah! Like the wizard who puts their staff into the ground.

ANAIYAH: Yes.

DEBORAH: And that could be a [...] it goes out and connects and can draw in.

ANAIYAH: Yes. It attracts attention.

DEBORAH: Ahh.

ANAIYAH: Just like the spider's attention is attracted when an insect or something is caught into its web.

DEBORAH: Oh thank you.

ANAIYAH: You're welcome.

DEBORAH: Oh, that's wonderful. Oh, and i'll even say with my (inaudible) we were discussing, and you can give us wider layers, I was sharing about a story working with another person in a fun game, and in my... umm, we were playing a game where she was going to ask me a question, and i was going to feel into wider information. So i put what I thought was the focus on me to relax and allow for all these other energies to commingle; and; as i'm waiting for giving a moment for that to generate and manifest and come together, she felt a spoke or a jolt of energy come at her and fall through her body. And when I spoke with Elias about it, he chuckled and made a comment about us fledglings not being able to wield our energies, our newfound energies that precisely, which was very fine. Yet, my question that I still had was I didn't think... Now I'm getting some clarity on this; I didn't intend to be pushing out any energy toward the other person. I was actually intending, and objectively focused on myself, and being open. But now that... and then Elias had said perhaps I could, um, be less, you know... How did I put it? To, um, I could not have to thrust back, you know, thrust my energy out so strongly in that sense; but the, but now what I'm hearing is even though I was intending to put the attention on me and to create an openness for these other channels, because I was interacting with her it could not help but be connected. Correct?

ANAIYAH: Yes.

DEBORAH: So that idea that the blast of energy either got away from me, or can you put some clarity on what was going on on that moment, so I can understand the mechanism a bit?

ANAIYAH: This is connected to what I was saying [to] you before, about being or becoming aware of other layers, subtler layers. That you are doing things on many different layers. You are expressing on many many layers. And you are aware, at the moment, of a few of them. And what you call “paying attention to myself”, or “being aware of myself” is just... it is already tremendous, compared to what you have started with. But, you still have room for expansion. And as you are connecting with your own power, opening to these other layers of yourself, you are touching, from other layers, and that creates ripples; that creates that blast of energy as you suddenly open these faucets...

DEBORAH: Yes.

ANAIYAH: from other layers of your beingness. And that has an effect on whomever you are connecting with in that moment. Both of you were open to that.

DEBORAH: Yes. Yes.

ANAIYAH: And you have a tendency to like to surprise you.

DEBORAH: I have a tendency to surprise myself?

ANAIYAH: You like to surprise yourself.

DEBORAH: Ahahahaha. Okay. Okay, yes, that was surprising. Do you, before I, my last question on that part: is there any as I, even right now I'm opening to more and more... so it's like faucets... or I see different lakes opening and wider. Um, is it, what did you say? about perhaps being gentler with the process or not, you know, uh, to be...

ANAIYAH: Don't try to do too much.

DEBORAH: Got it.

ANAIYAH: Don't try to expand too fast. There is no goal, or there is no final line. You have time. You create the time.

DEBORAH: yes.

ANAIYAH: And you create the process. And the process is there for you to go at your own pace.

DEBORAH: Yes.

ANAIYAH: So that different layers of you, of yourself, can adjust to what is happening with you. Like your body consciousness, it needs to adjust to what you are doing non-physically, to what other energies, or other aspects of yourself you are suddenly incorporating in your experience. It's a little bit like energy exchanges; when a different energy is added, the body needs time to become familiar with that energy; and to reconfigure to be able to sustain that energy. Just like when you are practicing bodybuilding. You cannot lift the heavy weight on your first day of going to the gym. You need to practice regularly. You need to go... (Note from transcriber: It is interesting to notice the reference to the influence of the

energy exchange on the body consciousness as Jean-Baptiste's own body was feeling uncomfortable and confused by that new energy coming through. It appears it created difficulties in the speech) just one... to incorporate more weight gradually so that... and to practice with that added weight for some time before you add another one; because your body needs to generate more muscles and it will generate more muscles or reinforce your tendons; and it will strengthen your heart [in order] to be able to sustain that level of effort, physical effort, that you are requiring of it. That's the same when you start opening to some intense layers. If you do that once, it's with no real consequence. It doesn't need to worry you. But if you start doing it more regularly, or if you start doing it because you are curious, you need to balance, and to give time to your body to adjust to these new energies, and to these new avenues of expression that you are requiring of it.

DEBORAH: Thank you that is most helpful.

ANAIYAH: You're welcome. Then we are going to part today. And maybe I will come back another time.

DEBORAH: Julie, I took the floor. I thought we had more time for you. Apologies.

(inaudible)

Until next time.

ANAIYAH: Until next time. Enjoy your playgrounds.