

# Simplicity, Power, and the Flow of Awareness

*Date: November 18, 2025*

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*Topics:*

- *Anaiyah's intent & role.*
  - *Layers, cycles, and currents of awareness.*
  - *What is the song of your flow?*
  - *Power, simplicity, and the flow of energy (water metaphor).*
  - *Choice as "being a certain version of yourself".*
  - *Not leaving others (or parts of self) behind.*
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ANAIYAH: Good morning.

JULIE: Good morning.

ANAIYAH: How are you?

JULIE: Hmm, I don't know. I'm currently feeling... I'm feeling good, happy to be here.

ANAIYAH: Where does your curiosity lead you today?

JULIE: Well, I'm curious about you, your energy and who you are, and your agenda, in working with us and communicating with us; and intent, if that is separate or the same as agenda.

ANAIYAH: I am here to interact with you, with the people who are interested in learning more about themselves, not the appearance of themselves, not the easy-peasy journey, but more the one that will help you move through your shit, and that will allow you to reconfigure the different layers of your personality, in order to not only focus on the outside world as a way to feel good, but also knowing that your satisfaction, your feeling good, it all comes from who you are; And who you are in relation to what you project. Who you are in relation to everything.

There are many layers, many threads that combine together to form your voices and your attentions. And it all comes together magically. And what you actually perceive, what you actually see is one of these layers. And it contains the different pathways for you to access these different layers. Just like when you go on a walk and you see different rocks, and you start moving them around, making them roll to see what's underneath and you see all that life that was hidden in the shadow, undisturbed. But through your curiosity and your attention, combined with the light of your awareness, you start seeing everything wanting to hide or to seek refuge also. They are not so very different from you. But be assured that I won't do that if it's not your intention. You have to want it for it to be of benefit to you.

JULIE: Yes.

ANAIYAH: And some people live their life quite happily without that. They leave that exploration to other aspects of themselves. (pause) And there is a very important aspect. [It] is that your own exploration flows in and out of these different currents. Just like in your oceans you have strong and deep currents. Some of them warm, some of them cold. And they all have a purpose in the flow of everything. And they all contribute to the different exchanges that make life possible on your planet; the kind of life you are used to. And those phenomena such as lightning, storms, extreme temperatures, they all have different effects that can benefit you indirectly— and some of you also are curious or resonate with these different extremes, and you may want to engage with them sometimes. Not always. Because that has also an effect on your body. And your bodies need the alternance of these deep movements and the surface movements. That's the purpose of all the currents, to maintain the circulation so that life can develop differently at different layers; and all the layers communicate with the others. What is your preference of exploration?

JULIE: My personal...

ANAIYAH: Yes. Your personal preference concerning your exploration of this physical reality in this focus. And what is also... or have you noticed sometimes slight changes in that preference or in your movement that kind of lead you astray from your general preference into other kinds of depth or other kinds of heights?

JULIE: Well, I'm aware of myself sometimes preferring the surface simplicity. And in other moments I really am seeking more depth, and deeper awareness, and more clarity in these other layers; which sometimes it's difficult to achieve that clarity for myself. I know that self-awareness is one of my desires, and it's true and not only surface self-awareness. But what is much more intriguing is being able to observe the interactions of the different layers. And when I dip into them or experience some of them, it's very intriguing and fulfilling.

ANAIYAH: And have you noticed your power in this exploration?

JULIE: No, what is my power in this exploration?

ANAIYAH: The power of your self-awareness. The raw power of your seed of consciousness, if you want. You are currently exploring vibrations and humming, and these can lead you to experiencing different kinds of movements of energy if your intention is to do so. But they may also be triggered naturally, depending on how you relax your usual attention and your usual flow of energy to make that kind of experience possible. And what have you discovered through your exploration of vibration, now?

JULIE: Well, I know when I was in a phase of meditating in other ways, that I am currently doing, I did not always... the vibration was not the main thing, but I felt that I was still expanding my awareness and experiencing different aspects of it. Is there another kind of awareness that is just as deep that does not bring to mind that vibration? It almost feels more pure, or to me it did. Is there like a combination, or a merging of maybe it's a merging of the subjective and objective. I don't know what that was.

ANAIYAH: You can say that the awareness that you have— and I don't make the distinction between the objective or the subjective, although I am aware of what you refer to— it is connected with the particular choices of experiences you have made in this physical reality—not only you, but your whole collective— to use that separation for giving more emphasis to the physical experience aspect of this reality.

You didn't want to be too distracted or to have too much information when the experience of being in a physical reality was already so different from your usual point of view, if you want. And the awareness towards which you are moving will be different, or will be accessed differently by different people. You won't experience all the same but you will discover more of it, more of the whole, more of the possibilities offered by this playground. And this is a matter also of what interests you. Because that is what you will pay attention to, what you will gravitate to. And your preferences in relation to what layer you are interested in, be it the physical layer, the physical experience, the imagery if you want to use that word, it will give you certain types of experiences.

And you can combine that with the other aspects of yourself, the other aspects of how you project your energy into this physical reality to generate that window that allows you to look at you from a particular angle, and configuration of space and time, and of your psychological layers, your emotional layers. And you can also open that to your other focuses, the people around you that are part of the same collective you are participating with.

So, when you ask “is there another type or combination of awareness?”, what do you mean or how do you define yourself, your awareness? Because how you define everything will influence or will strongly determine what you will experience of it. It is not one or the other. It is not one is truer than another. It is just how do you want to experience that awareness of self? And there are many combinations, like you said. There are many possibilities. And you have room to surprise yourself in that exploration.

So tell me, how do you define that? Your awareness.

JULIE: My awareness, well I’m just noticing that sometimes, let’s say if you’re talking about a window of awareness, if I look at my window of awareness it feels very limited to the physical; like I’m not able to stretch out of that. And then, other times, it feels much more open and clear, and less limited to just the objective imagery or personality layers, psychological layers. There’s almost a different feeling tone. And when I’m in the wider one, I prefer it very much; but when I’m not, it seems like it’s really hard to open it up.

ANAIYAH: And are you able to perceive the cycles in that? The ups and downs, just like a landscape of your mind.

JULIE: Yeah, is that just the flow of my own awareness doing its thing?

ANAIYAH: It is a flow.

And you can define that not as being unable to perceive the vastness or the wideness, but you can perceive that as a movement, a pendulum or

your nights and days following each other. And you can also pay attention to this movement of your focus of attention that sometimes brings you closer to the physical aspects of your exploration, and sometimes brings you closer to the non-physical aspects. You can see that also as a pulsation.

JULIE: uhmm.

ANAIYAH: And movement is of utmost importance in that. When you are gravitating to the physical side, or the physical expression, are you aware or are you still in contact with the knowing that the non-physical— these other layers of your awareness—are still there? Supporting, emphasizing your physical experience, just like a jewel is set in a particular ring or necklace, or any other trinkets that humans like to make: like crowns or scepters or bracelets. These stones are set so that they can be the center of your attention. And if you perceive the vastness of the universe all the time then the physical aspects, the jewel that is your physical reality, wouldn't be as fascinating or as satisfying. You may...

Let me ask you that before. When you are in these phases of being more focused on these physical or mundane movements, what is your relationship to that?

JULIE: Either it's automatic, I need to clean this up, I need to do that, I need to do this; or it's in a more slow relationship of, oh what do I appreciate next? What would bring more comfort or appreciation? And what do I like about this? And seeing the beauty of it, or just experiencing different feelings in my body, making connections that way.

So I would say my preferred way of relating with the physical is appreciation and comfort, creating comfort. And I have some association that creating comfort in the physical also brings comfort to my greater self in some ways. And also beauty the same.

ANAIYAH: And isn't that wondrous to be able to generate that appreciation of self through all these little things?

And as you are now moving into that exploration of the vibrations and the tones and the songs behind the walls, behind the boundaries, I would encourage you to, even when you feel you are not hearing anything, to still pay attention to these songs that are always playing, that are always accompanying your stories in this world. It's not very different from your movies. And you can listen to these undercurrents that are sustaining these surface layers to help you have this exploration.

And what do you think is, or where do you think lies your power in that? Your power of your appreciation of generating that comfort.

JULIE: Are you asking me a question or was that the answer? Appreciation and Comfort.

ANAIYAH: I am asking you the question.

JULIE: Where does my power lie?

ANAIYAH: Where does the power of appreciation and comfort, or generating comfort, is expressed in your life?

JULIE: Where? You mean?

ANAIYAH: In what situations? With what relationships?

JULIE: Well, let's see. My family, of course, are comfortable to me. Uh, and then my relationship of myself and being tuned into self, as in meditation or sleep, or when I'm writing and journaling and tuning into self. When I'm interacting in more expansive ways, say with Jib or with you, or Elias or others like that. There's appreciation in those directions of different ways of being that are not necessarily focused in the surface expressions.

ANAIYAH: And what would you say is participating in this powerful expression?

JULIE: What do you mean?

ANAIYAH: What I sense from you is also a strong emphasis towards simplicity.

JULIE: mmmm.

ANAIYAH: To make things simple, and through simplicity, the energy flows naturally and expresses its power. And when I say power, it's not only one kind of power. Not the kind of power shown by so many people around your planet at the moment, with strong words and threats and weapons; or strong explosions of energies. But everything, every aspect of energy is the expression of some power. Because as essences, you are powerful beings. And everything that you express is a display of your power. When you allow it to be so, it knows no limits; no obstacle is able to stop it. And power is not only expressed through confrontation.

How do you define power in your life?

JULIE: The way I define power is how much, hmm. I would say objectively how comfortable I am, how much of it feels aligned with who I am and my intents.

ANAIYAH: And It feels empowering.

JULIE: Yeah.

ANAIYAH: What would you say?

JULIE: A lack of conflict feels very powerful to me. A harmony.

ANAIYAH: Indeed.

JULIE: Cooperation.

ANAIYAH: Those are more powerful than all the expressions of power through threats or fear or conflict.

JULIE: mm-hmm So you mentioned simplicity, and I've been thinking about that; like what would be a way to combat... I'm looking for ways of myself to tune into that simplicity if I start getting complicated or feeling that things are complicated or confusing. Would that just be the breath in the body? Or what is that?

ANAIYAH: That would depend on what you are creating around you at any moment. But simplicity is also expressed in your relationship with your world, and what appears to be situations that you have created, or that are happening to you, depending on your awareness. And I'm not talking only to you here.

Simplicity would be to recognize that you don't need to change anything; but all you have to do is connect with what is bringing you what you are looking for in a particular moment. And if you are looking for simplicity, you just have to look at yourself. Because this is your natural expression. And your natural expression is also allowing your energy to flow.

And when things start to become irritating, or when they feel [like] there is a thickness, or something is constraining, the path of the water is what would show you what's the simplest thing to do in that moment. Water simply flows wherever it is possible for it to flow. And if it is contained then it remains still. And there is its power in stillness. And in that stillness, it can either slowly drip in the cracks of what is containing it, drip through the cracks and erode the walls that are containing it, or it can also simply evaporate, become steam, change and not be contained because it expands.

So simplicity would be merely allowing the natural movement of your energy, without trying to condition it to what's around you.

JULIE: In flow or stillness, being like water you are saying?

ANAIYAH: Yes.

JULIE: I can very much relate to that, that's very inspiring to me what you just said.

ANAIYAH: And the flow, don't forget it flows from you.

JULIE: Can you say more about the flow?

ANAIYAH: What is the song of your flow at the moment? You can hum if you want.

JULIE: (Giggling) The song of my flow?

JULIE: Well it seems that my flow is responding to everything around me because that's also a part of me coming out and showing me what I'm doing. And so I can look at the wind and listen to the wind chimes, and they feel just gentle and peaceful with a lot of different small currents in all directions. (pause)

ANAIYAH: And your flow is like breathing also, it doesn't need to be...

ANAIYAH: Let's come back to water and how it interacts with its environment. When the slope is steep, water flows faster. The energy it has, comes from where it is and the movements that are available to it. It will naturally flow towards the space that is at its disposal, that is available to it.

To help you flow in certain directions, you need limits. You need boundaries to channel or to focus your flow so that it won't be spread too thin, or that it won't be (pause) that it won't become emptiness because of too much space. Boundaries are what allow you to generate your experiences. They are what allow you in physical reality to gather energy so that you can release it in strength and volume.

And as water use that to accelerate or to become still, you can also use your environment to move in the direction of your choice. Whether you want to increase your vibration, or whether you want to slow it down and

generate more stillness, more physicality, more contemplation, it requires different energy than when you want to buzz around, when you want to be excited, when you want to laugh or shout or sing. All of those are different expressions of different types of energies that generate different expressions and different experiences. And they are rendered possible because you generate those limits with your attention on what you focus upon or what you filter out. It allows you to generate these movements and these expressions.

Most of the time, people are not aware that they can choose and that choice is directly influencing the direction where you (they) are moving towards. Your choices are, at the core, what you allow yourself to perceive of yourself in order to interact and participate in your physical reality. And the more you become aware that you have the choices, [that] you make the choices, [that] you generate your reality through your choices, you write your stories through your choices. And every aspect of your reality is a choice.

When you become more familiar with your different types of choices, you can start to understand that you are never stuck; that you are never in a place that you haven't chosen; that you are never looking at reality from a point of view that you haven't chosen. But choice is different from what most people think of it. Choice is simply (pause) being a certain version of yourself. And what you project around you are ropes that can lead you to other versions of your energy, other aspects of your psyche.

You just, for the most part, don't realize it yet.

And you can use these different aspects around you to move you in the direction you want. The power to do so is there. It is contained in the energy that is reflected to you. You just have to recognize [it], just as the birds feel the subtle currents in the air; just as the fish feel the subtle changes of temperature, of the quality of the water in which they are living [in]. You can perceive your reality, your entire reality, in such a way, and start paying attention to the subtle movements of your energy, the subtle movements of these vibrations. They are always moving, even when they look [as if] they are not. (pause) Are you seeing what I'm expressing to you?

JULIE: I believe so.

ANAIYAH: Very well, you can then engage that.

JULIE: Okay. Uh.

ANAIYAH: And what do you believe is your place in this world? That also plays an important part of what you allow yourself to manifest, what you allow yourself to be drawn to.

JULIE: Hmmm. I guess I believe that I'm an encourager, that I want to encourage others. Or, you know, if I'm knowing that the others are really myself, I'm wanting to encourage myself to grow, keep shifting, keep becoming more aware, and keep growing. Uhm.

But I don't want to...

ANAIYAH: Just like the sun

JULIE: Yeah. I don't want to leave any parts of myself behind either, or devalue parts of myself. If I look at how I want to be with others, what I call others, I want to be that for everyone.

ANAIYAH: When you say that, (pause) what do you mean by you don't want to leave a part of yourself?

JULIE: I think, you know, there's this idea that if I explore, uhm, explore some ideas that are exciting to me that others don't understand, or that they get discouraged because they want that but they can't do it or they feel they can't do it, then I feel that I'm leaving them behind. Or that it's not okay for me to express some things. Uh.

ANAIYAH: Give me an example of that.

JULIE: Well, if I express, even the example of noticing pulsations of energy, or uhm, you know, most people don't notice energy. And then they might express, oh I can't do that or that's not available to me. And they get discouraged rather than feeling inspired by it, that it is possible. Does that make sense?

ANAIYAH: Yes, that makes sense.

Let me first give you an example of your creatures, your insects or your birds. They don't perceive the same, they don't perceive your world the same as you do. They have different eyes, they have different ears, they have different senses. And they are not left behind because you perceive the world in a certain way and they don't. They are merely expressing their beingness, what they are in this moment. And the way they have

configured, the way they have chosen their particular physical and psychological makeup, is quite fitted to their exploration.

I understand that as human beings you may think that it is possible for everyone to do the same thing, to perceive the same, or to engage the same directions. But some people don't want to go in these directions. They perceive themselves as less than. They perceive themselves as unable to expand or learn more. And this is not you who are leaving them behind. They already have, in a way, [given] up on themselves.

What you do is simply first telling them a story. Some people resonate with certain stories, they like a certain genre, they like a certain type of settings, they like mysteries, or they like comedies, or they like horror stories. And those are the ones that make them vibrate. Those are the ones that make them feel alive. And, depending on what they have accumulated as stories in their lives, they mistake those stories for what they are allowed to do, what they can do or cannot do, and they don't doubt that.

They just believe that it is as it is. And they feel discouraged that they have to make efforts, because for a lot of people in your world there is this assumption that because you are a grown-up you should know, you should be able to do things, you should be complete. But you are not. You are never complete in the sense of finished. You are complete in the sense of everything, every potential is available to you. And you can express them and develop these different avenues of exploring yourselves, of knowing who you are.

But in a singular focus you don't have the room and the time to explore all of yourselves. And that's why you generate the different focuses, the different probable selves, and that's why consciousness creates essences, so to speak. Because it allows for different flavors, different stories, different expressions.

And when you look at your physical world, it's just as if you were looking at the ripples at the surface of the pond when you throw in some stones. You think that the ripples are important. And you try to continue to generate those ripples, the same way that they have been generated before because you don't want to lose them. You don't want to change them. But their nature is to change, their nature is to ripple, and to expand, and to subside [in order] to make room for the next ripples, generated through your throwing of different stones. Or maybe you can even throw yourself into the pond and generate bigger ripples. But the ripples are temporary, just like your expressions in physical reality. Some of them last longer, but they all change.

JULIE: Okay.

ANAIYAH: So you are never leaving things behind. They have been expressed.

JULIE: Okay, I get that, thank you.

ANAIYAH: You're welcome.

JULIE: I think it's probably a good time to stop for today. And I might engage your help in looking under some rocks.

ANAIYAH: Okay.

JULIE: if you would be willing to help me explore that

ANAIYAH: I can help you do that, yes.

JULIE: okay, thank you, thank you very much.

ANAIYAH: Enjoy your explorations. And I'm looking forward to hearing about your experiences next time.

JULIE: Okay.

ANAIYAH: Goodbye my friend.

JULIE: Bye.