

The “I” in I Create my Own Reality

Date: December 12, 2025

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

Topics:

- “I”
 - Ego
 - Reality Games
-

FAH’RA: Good morning.

JULIE: Good morning. (laughs)

FAH’RA: How are you?

JULIE: Good.

FAH’RA: We are so pleased to meet with you again today.

JULIE: Me too, I’m very pleased.

FAH’RA: And what do you want to discuss?

JULIE: We're talking about the podcast again.

FAH'RA: Yes. Yes.

JULIE: So I thought that it might be a good idea to start out with some basic questions and have you explain some things in your own words.

FAH'RA: Okay.

What kind of basic questions?

JULIE: Yeah, maybe it's not so basic, but the phrase that you create your own reality, I create my own reality through my perception. So could you explain what the "I" is in "I create my own reality?"

Is it the essence? Is it the ego? The "I am" when we're talking like Nisargadatta and he says to focus on that sense of beingness and "I am" which is to me, that's the "I".

FAH'RA: We understand.

JULIE: If you can explain more about that, that would be great.

FAH'RA: You have a seed as you enter your reality as a focus. You grow from that seed. You can say you grow your ego and identity and personality from that seed of potentials and desires and probabilities.

And the I that is at the center of everything is that aspect of you as essence that wants to explore a particular direction in the confines of physical reality. In this case, this particular reality with all its complexity and subtleties and intricacies.

The “I” emerges from that interest of essence. And when you say that I create its reality or that you as I create your own reality, you are actually creating, generating from inside out the reality that will allow you to explore, witness and experience certain aspects of yourself in relation to other aspects of yourself.

From the perspective of your physical focus in this now, you have certain blinds that allowed you up until now to forget about this truth about how your reality is created in any moment. We are looking for words that you would understand. You can liken that to when you are listening to a piece of music. You have certain vibrations, certain rhythms, certain beats that create the underlying structure of your passage of time, that creates that cadence upon which you can serve to experience the changes of these vibrations, which is simply how you flow from one moment to another, from one place to another, from one “I” to another.

What you recognize as your ego is what you can perceive as the interacting aspect of yourself with your reality, the manipulating aspect of yourself in physical reality. As you have lost contact with the non-physical aspects of yourself, as you have purposefully forgotten about the wider part of yourself, the ego has been left to its own device, to its own stories, and it has looked for explanations to understand the reality that it was a part of, or that it is a part of.

And as you are moving towards your shift of consciousness, your expansion of your awareness of who you are, what your reality is, and the reasons for which you have chosen to be here, the ego will adjust and understand its place in the mosaic of your reality creation, of your game,

of all the games that you are inventing and creating for your entertainment or for your explorations or for the thrills of it. This is one aspect of the I that you can identify with, and depending on how you identify and which aspect of you as essence you include in that identification, the range of your understanding and of your creation of your reality will also be enriched and expand.

You will understand the partnership, if you will, between the non-physical aspects of yourself and the end results, the production of your physical experience, which is not originating from the physical. It is how you configure certain frequencies or certain aspects of the non-physical to create this hall of mirrors, if you will, so that your awareness starts generating these artefacts in consciousness that then becomes the feed for this new experience that you call physical reality. And the I that is creating the reality is actually the entirety of your reality, but you choose to assign a particular position to a certain aspect of yourself that you call your ego to perceive this reality from a central perspective, from a perspective that can allow you to move around, to hide things from yourself, to interact with specific aspects of yourself without having to explore everything else. So it's a way for you to simplify, filter out and stretch your beingness through space and time in order to generate one of those giant frescoes, creative, full of life and that seem to pop out from the surface of your walls or from your ceilings. These are what you can call your "I" and the way that it creates its reality.

Reality simply means the things that you experience as things. Everything that you can experience is a reality. It has been made into a thing.

It is different from it being true or false. These are your beliefs and something being a reality is different from something being true. Does that answer your question?

JULIE: Yeah, I think it does.

FAH'RA: Very well.

JULIE: Thank you.

FAH'RA: If you want to expand on some of the aspects later, you can still ask.

JULIE: Okay, thank you. So you mentioned the game and that's a slant that you've been taking with us that there are all different kinds of games. Reality is a game and we can experience it that way.

We can experience it other ways too, but let's talk about the games and how is reality a game?

FAH'RA: As we mentioned, you create your reality in a way that has essence. You can experience aspects of consciousness in a particular way. It is a way for you to experiment, just like when you're a newborn and you try things out.

You try them with your senses, you try to connect them together or to break them apart to see what the energy that you are projecting will do, what effects it will have on what appears to you from that new perspective of the newborn as a separate reality and outside reality. Although you can still understand that at this time you have that natural connection with

essence and with your subjective awareness, you are still interested by this new objective awareness that you are creating and which seems to generate this outward reality. You want to experiment with what you can do with it.

You take things, see how they behave together, how they feel in your hands, with your mouth. You taste them, you smell them, you lick them, you hit them and you perceive the interactions and the contact. So this part is all about experimentations, physical, sensual, the interactions between you and you as the world, but with that added layer of separation.

When you start adding the layers of the intellectual aspects of your experience, when your thinking becomes more functional, you will start playing with ideas and see how these ideas will influence your outside world, how you can play with your identity, pretend that you are a particular type of person. You can play being a mother, you can play being a father, you can play being a banker or a pirate. When you are small, your mind is plastic enough so that you can adjust your sense of self to any of these personalities, to any of these "I's" that you create.

You may have certain leanings because they are part of the overall exploration that you have chosen for this focus as essence. But you can also play with that even though you will more likely come back to these traits after you have experimented with other qualities, other aspects of personalities. And all the while you are being taught also that you need to conform to one name, to one personality, to one identity.

You are being influenced, not necessarily intentionally or consciously, by the surrounding world, the community you live in, your family, your neighbours, the school. All of that is conveying this idea that you are one singular person with one singular identity that needs to stick to one or come back to that official identity. Just like you have to come back to the official reality. You want one easy playground that you call the real world.

But who is choosing what's the real world? Who is deciding that the personality that you are pretending to be when you play your games or what's allowed as games is less real than the personality that you are encouraged to develop so that your parents recognise you, so that your friends recognise you, so that you fit into the game that people have been playing for generations and thousands of years of the real reality. The one and only when every one of you is creating a new reality each moment.

So the game is simply playing with that reality in whatever manner you choose, in whatever direction excites you. That's what you are slowly starting to realise, dipping your toes in the waters of allowance and playfulness while still being surrounded by the rigid idea of one world that is real and that is true and that every other version is not. But why do people want you to believe that their version of the world that they are creating is the real one?

Because they think that if everyone is playing their own games, then you cannot play together, which is not true. You are already creating variations of your games, of your economies, of your societies, of your cultures, and you still can play together. You still can connect from one culture to another culture.

You may not understand everything. You may not feel part or you may not feel that you are belonging to all of those cultures because you haven't allowed yourself to open to these aspects of yourself that will allow you to embrace the experience of that culture. They exist.

You use them in different focuses. But as you are starting to remember who you are, what you are, and what your reality is about, you will allow for more variations to emerge, for more flow and playfulness, to engage the different building blocks, the different relationships, and the different stories that you are here to create. And when we use this word here, it's as creators, as creative individuals.

You are highly creative and highly avid of experimenting with this reality. This does not mean that other aspects of you are not interested in other realities and in the non-physical. But these particular focuses of this particular reality are designed to be interested in this reality and to engage with it as a game with lightness, allowing for different configurations to emerge and recognizing that the form that you manifest may be fluid, but behind that you still have your unicity of this focus, your energy signature, this inner vibration of you that doesn't need a name to know who it is and that recognizes also that it is one perspective amongst many.

Your reality is richer than merely the physical aspect of it. That doesn't mean that everyone will suddenly be interested to explore all the aspects of your reality. You're still going to create your focuses that will engage with certain subjects, certain probabilities, but they will do so in a fluid way, in a more balanced way, recognizing that the whole is not only the

body or the brain or what you currently recognize as your mind.

But that's for later games, some games that you explore or the games that you explore are not all the same. Some games are, or some individuals engage your games for entertainment. Some individuals engage your games or certain types of games to help them process information, to help them release energy, to help them shift perspective.

You just have to look at all the different games that you are inventing physically already. You have adventures with narratives and stories that allow you to embody different species or different personalities, different genders. There are games that allow you to develop certain skills that you can use to develop your memory, that you can use to develop your intelligence in certain directions.

Certain games you can use to connect with other people, to exchange ideas, to participate together in certain endeavors, in certain creative acts that will then be out in your world for others to witness and to appreciate. It is a shared act of expression, recognizing that you are individuals adding different elements to your games, to your reality and you are also that collective of consciousness that expresses itself and interacting with itself and all its different aspects in order to allow for new creations to emerge from these interactions—these encounters of differences.

Certain games you have played too long already with them. You want to start recognizing an expanded version of who you are so that you can play more fulfilling games, not only focused towards the physical manifestation but also understanding the underlying layers of how the symbolic layers of

yourself are expressed in all the mundane activities that you engage—how the ideas that you connect with can be used to influence your physical creation, either to open you in new directions or to allow you to create new ways to manipulate physical matter or physical space and time.

And all of that is done as you play your smaller games in your everyday life, as you become aware that they are games that you can embrace or that you can move away from without consequences, that you don't have to force yourself into a role or into an environment that doesn't suit you in a particular moment, in a particular period of your life until you realize the flexibility of the rules that you are living by, the rules of what you can do, what you cannot do, the rules of what you should do, what you shouldn't do, or the rules of what your society is about, the rules of how to interact with your neighbors or with the members of your family, the rules of how to interact with yourself. They are rules only because you decide they are your rules.

They are not absolute, just like the signs on your roads. The paint on your roads is not a solid wall. If you don't learn the meaning of these signs, you won't be bothered by them. You have learned that they are absolute, that you have to engage with them, that otherwise there will be consequences.

This is how you believed society could be held together in a coherent wall, but by doing that you also have created pressure points or pockets that couldn't or where people wouldn't be able to release certain energies accumulated during the day, the weeks, the months, trying to conform to the rules without any outlets so that it didn't build up and explode, exploded later.

This belief that societies and relationships should be regulated through certain rules has been held for a very long time because without the inner guidance that is your heritage, your inner nature, you needed these outward guidelines to which you could refer to because you didn't have access to the knowledge behind your emotions, the true nature of your intuition, of your imagination, the flexibility of your attention and of your identity. You have played that particular game for long enough that you are feeling constrained into the structures that you have built around yourselves. And now as you stir and move and try to stretch your inner selves, it creates cracks and friction and tensions that need to be expressed.

And as you are not yet aware enough to release it gracefully, it creates all the manifestations that you see around you in the world, in your communities, in your personal relationships with friends, with families, with yourself even. As you start becoming more aware of yourself and of what this reality is about, you will be more inclined to allow yourself that release—that lightness and that playfulness in your experience. That is what we will say today.

And if you have other questions later, we can expand on any aspect that you wish.

JULIE: Okay. Thank you very much.

FAH'RA: You're welcome. Do you have other questions for us today? Or do you feel full enough?

JULIE: I do feel very full, but just one little quick question about releasing energy. What's a graceful way to do it? Can you give some suggestions?

How about easy-through breathing? Can that be done that way?

FAH'RA: It can be done that way. But in order to release your energy or the stuck energy, you have to become aware of it. So you can use meditations and movements to do so.

It doesn't need to be a particular method like a dance or Qigong movements or yoga postures. You can do that in your everyday life as you move around your house by engaging your body in relation to your environment, playing with the textures or the felt sense like inner tones, the colors and the effects they have on you in a particular moment. And as you move your body, you can see how it connects with your breathing.

Is it synchronized? Is it missing a bit? But the more important would be to engage in how moving your body makes you feel.

And as you feel, connect with the energy that is moved around in your body and notice where this energy flows with more stiffness or where it is blocked. And bring your attention and gentle awareness into these parts of yourself or right around them, just like how you would embrace a child in order to comfort him or her and to allow them to release and cry in your arms while you are offering them safety and stability. That will make them know that they are allowed to release, that they are allowed to let go of that stuck energy, of that held energy, because the energy is not made to be held or contained.

Your body naturally expresses energy. It is itself an expression of energy. So if you want to release the energy that is stuck, unless you have a long practice of meditation in relation also with your body, moving around will be helpful.

And it will also allow you to engage with that grace in your movements and in your mind.

JULIE: All right. Thank you.

FAH'RA: You're welcome. Are you already seeing or feeling how you could experience with that?

JULIE: Yes.

FAH'RA: Perfect. We'll be happy to listen about what you will have to say about your experiences of engaging with these actions. We remind you that we are always present and willing to play with you also.

JULIE: Okay. All right.

FAH'RA: Hiding little energy vortices into your environment that you can interact and play with.

JULIE: Okay.

FAH'RA: Until next time, take care of yourself, dear friend.

JULIE: Okay. Until next time. Bye.