

Reconfiguring Collective Energy in Times of Division

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

Topics:

- *Territoriality and Power Dynamics*
- *Manufactured Division and Polarity*
- *Collective Fear and Control Narratives*
- *Individual vs State Influence*
- *Underground Currents of Harmony*
- *Media Amplification vs Lived Reality*
- *Peaceful Presence as Active Force*
- *Community-Level Coherence*
- *Reconfiguring Energetic Pressure*
- *Choice of Expression Over Reaction*
- *Energy Redirection and Grounding*
- *Trust, Patience, and Storm Cycles*
- *Humor and Reframing as Ways to Reconfigure Energy*
- *Being Aware and Choosing is How you Reconfigure Energy*
- *Conscious Participation vs Passive Allowing*

- *Personal Vision as Collective Contribution*
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Note: *This session is part of an ongoing series of conversations with the Fah'ra, connected to the monthly energy forecast exploring the collective energy currents influencing the world. When Jean-Baptiste comes back from the transe he often sees an image that may relate to what has been said in the session or the person's energy.*

FAH'RA: Good morning, good morning, how are you today?

JULIE: Well, it's nice to be here with you.

FAH'RA: It's the same for us. We are very pleased to meet with you and discuss with you again.

JULIE: Thank you.

FAH'RA: What do you want to ask today?

JULIE: Well, I have a list of questions from Jib and maybe some of that and maybe more about the current state of the energy at the collective.

FAH'RA: That's something that he's very curious about. And how about you? How does that interest you?

JULIE: Well, I'm curious about how it applies to me, how I might be contributing my energy and what does it mean for everyone in my collective that they're exploring this? And again, how does that relate with what I'm doing and who I am? That's kind of how I wonder about it.

FAH'RA: Very well. Ask your questions.

JULIE: Well, Jib told me that you were talking about territoriality in the previous discussion. I have not read it or listened to it, and I don't know exactly what the discussion was about yet. So you could fill me in again or you could make additional remarks, whatever you'd like to do.

FAH'RA: Very well. We were talking about the current state of your world where some people, some communities are currently moving forward to push their agenda to divide your world like a cake, to at the same time assure their hold upon resources, upon people, and upon space. And they are willing to use whatever means are at their disposal to justify their direction and their ideas.

And they are in a manner of speaking, testing the grounds in order to see when or if someone is going to respond, saying things to appease or reassure the international community, while at the same time placing their pawns and beading upon others' territories. And they are doing that because they have been fed or they have adhered to the idea or story that they need to protect their people against outside threats and they need to secure territories to be able to buffer the progressions of their enemies or what they call their enemies. And they do that because they believe that you cannot share the same space, you cannot share the same resources, you cannot you cannot live together when you are different unless one is superior or above the others and controlling them in some ways to dictate what they are allowed to do and what they are not allowed to do in their own territory.

As a workforce, or even better for them, that they can control other countries or territories in order to use their resources or their workforce without them being in the mainland, so to speak. And you can see that throughout your whole world at the moment, on your media, and this is, in a manner of speaking, also purposeful for you to be more aware of the influence of these ideas that you don't necessarily understand how they affect your world and your reality when you keep them to yourselves. But when you start applying them or manifesting them, allowing them to develop to their natural conclusions, so to speak, you start seeing better what they carry within and what you are contributing to as you adhere to these ideas and side with one country, one government, one political party, or the other.

Whether you deem that you are on the good side or not doesn't matter. When you participate with this idea that one is better than the other, you increase the energy of division and widen the gap between the two sides, increasing the polarity and spreading the energy of conflict that the creation of two sides in a position demands. Whether it is in your family, with your neighbors, with the insects that you don't like in your house or in your gardens, you may generate that opposing energy that needs to push away certain aspects of your reality.

People, insects, weather, sunlight, the object doesn't matter, it is the same energy. That is the energy that you are witnessing in many countries. It has been present for many years, but today it is allowed to escalate on another scale.

Although this is why it is important now for you to witness, to be aware of your position, of where you want to be. Where your energy is enhancing the direction that you want to express into the world, not be afraid that these ideas or those agendas that are pushed forth by those individuals would overwhelm you. But realize that you have the power to express your own ideas, your own ideas, your own directions, your own vision of the world that you want to see, not by coaxing others to do it for you, but by expressing the very thing you want to see for yourself, with yourself, with your close relatives, with your neighbors, your friends, with your communities.

Not think that you have to do the work somewhere else, but that you can express your voice, express your actions, despite what other people are expressing, not in an antagonistic way, not in an opposing way, but with trust that your expression, your vision, have value, are worthy, and that they will meet the community of like-minded people that will move in the same direction as you are. That there are more people who would prefer a comfortable life rather than conflicts, widespread conflicts. But when people are pushed in the corner, when they don't see they have a choice, they will react, they will push back.

Because they feel they are not heard, they are not being listened. A lot of people are talking, analyzing, commenting, giving their opinion about things. That is like throwing oil on fire.

What is needed more now is to connect with the courage to express who you are, express what you believe, despite what government or what president has been elected. You don't have to agree to their policy, you

don't have to agree with their decisions, they have at their disposal an army of people who are doing their bidding. Because these people, those people are willing to play that game, and they have convinced themselves that they have to obey whoever is in charge.

That doesn't mean that you all have convinced yourself that you have to follow. You can still express your own vision in your own locality, with your own community, and trust that it has an effect in energy, and it is as influencing as the tantrums or the demonstrations of force that are being expressed by others. Do you have questions about that?

JULIE: Yes, yeah, right there, what you just said about how one individual or groups, smaller groups of individuals can be just as influencing as the governments or armies or whatever. Yeah, I'm curious about the state of the shift in consciousness right there, and that aspect of it appears, the appearances that there's a lot of division and a lot of fighting, and that's all that we see in the media, or the vast majority of what we see or are told. And that's what we see our friends doing on Facebook, but it's all kind of removed from daily life and family life and neighborhood life and community life.

For me it is, and my son says the same, and he's more politically oriented, but he says the same too. You walk out the door, you talk to the people in your business or who you talk to, and nobody is divided that way. We're living our lives harmoniously with each other.

We're not even asking other people's political views when we talk to people in our businesses or on the street or meet someone in the store.

We don't care about that. It's elsewhere.

FAH'RA: Yes.

JULIE: How powerful is that? And how much effect is it currently having in the state of the shift in the state of the world?

FAH'RA: This is the underground currents that are being expressed. Like we said, most people would simply prefer their peaceful and comfortable life rather than participate in that conflict. Those people who are pushing that conflict are trying to overflow by force this underlying current, which is the current that will remain after the storm has passed.

Because most people are not that territorial, although they would if someone would invade their home, be less comfortable and ready to take some action. As long as they can continue expressing that openness and that connection with others, that is what is going to sustain your movement. You don't have to be loud in the same way as the bullies are.

Your strength comes from your steadfastness, your ability to keep your direction going. You have chosen to be in a particular area where you are not as affected by these events, by these turbulences, which is commendable because you also are in a place where you can continue your own direction, where you can express your preference of harmony, of openness, of grace.

And people, like-minded people, flock together in areas where they will experience the same, where it will be easier for them to continue the flow that they have chosen. But they can become disturbed at some point if the

agitation is nourished because most people believe that an individual or a small community can't compete with a nation or the power of an army. And it is of utmost importance that you prepare yourself by being aware of the energy that are being expressed with force that may let's say inadvertently overflow and tip the scale momentarily in a direction that would allow for the built-up energy to be expressed instead of being released gradually. There may be different possible answers to that particular question about how you can influence.

You can either be a bubble of peace that will allow for this energy to be expressed again in the collective on a wider scale when the storm is past. Or, you can more actively engage with others, share your appreciation or your personal quest. Just like you are doing with your meditations. With the discussions you have with your family and your friends. The way you are willing to explore different ways to communicate in a more authentic manner. To connect not only on the surface but in a deeper way. Some people will just share their own lightness, an entertaining energy that will alleviate or help release the tension with humor and laughs; some people will also help increase the awareness by simply being there as a sacrifice so that the world may finally say: enough! Enough of that! What may be tricky is that, for some people continuing their peaceful and comfortable life may contain an energy of allowing the other more turbulent side to do whatever it wants instead of reconfigure that energy and use it to foster their own vision of peace, and not getting involved.

JULIE: Say more about how to reconfigure that, because that's an interesting angle. There's this huge volume of energy being generated.

FAH'RA: To be able to reconfigure the energy, you may want to recognize that you are receiving the energy and choosing how to express it in your life, in your own reality. For that, you may want to develop your awareness of your own energy, of what you are expressing when you are doing whatever you are doing in your everyday life and understand, or sense... have the experience of how you transform a movement, either by absorbing it or by redirecting it into the ground, on your side, upward. You want to recognize that the way you are receiving the energy is influencing how you are going to reflect it, manifest it into your reality. If you have an attitude of defense, if you feel threatened by whatever is coming at you and you are not trusting of your ability to either avoid it or redirect it, transform it, you will get tensed and you will prepare for a shock. That is what you are going to most likely experience if the energy was expressed that way. Just like individuals who are familiar with martial arts know how to redirect certain projections of energy from their adversaries or their opponents, it is the same with energy. You don't necessarily have to see it or to be fully aware of it, just to trust your ability to convert it to something that is more to your liking, that is in alignment with what you want to express into your world. And, that does not mean that you are choosing for the other individual; that simply mean that you are the one choosing what colors and what kind of paint you put on your canvas.

As we said, humor is one way to transform energy; reframing, giving more information is another way to transform energy; recognizing when someone is opposing and you don't want to participate in that fight [going] your own way is another way to not add to the energy and not allowing it to be expressed in a harmful way. Wishing that it will be reconfigured

magically may not necessarily work for everyone. Choosing what you want to express is the best way to reconfigure the energy. Knowing what are your choices in a moment, knowing that a storm will pass; that will allow you to express being patient; also, recognizing that energy needs to be expressed. But sometimes the best way is not to put yourself in its way or in its wake. That's why it's important to pay attention to the place where you want to be. How can you best express your vision? How can you best express your energy? How can you best contribute to the collective? That is done from the position you have chosen. Whether you have chosen intentionally or by default, pushed by the elements or the waves generated by others. Does that answer your question about how best to reconfigure energy?

JULIE: Oh yeah! I have a lot of ideas now.

FAH'RA: Excellent!

JULIE: Yes. Thank you.

FAH'RA: You're welcome.

JULIE: Thank you very much. The session is at its end and I appreciate so much everything that you've shared today.

FAH'RA: You're welcome. And we also appreciate very much your presence and your willingness to explore.

JULIE: Thank you.

FAH'RA: Enjoy your games, and through them explore your preferences and reaffirm your generosity to share this world with others, to generate the experiences that will bring you your value fulfillment. Don't forget that there is no judgment in consciousness and in essence, that sometimes you... or rather that you also gain information through these conflicts and these storms. We are going to meet again and we'll continue our exchanges.

JULIE: All right.

FAH'RA: Goodbye.

JEAN-BAPTISTE: That's funny. The image I got when I came back was a woman from the back with a very long hair and a crown of flowers. It was beautiful and very peaceful.

JULIE: Oh, nice!

JEAN-BAPTISTE: I couldn't see the face but just experienced the peace and the appreciation. That was interesting.

JULIE: Nice.