

Between the Blinks

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Topics:

- *Merging physical and non-physical*
 - *Becoming aware of the blink out*
 - *Using breath as a bridge*
 - *What we bring back from our travels*
 - *Receiving, welcome and grace*
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ANAIYAH: Good morning.

JACKLINE: Good morning, Anaiyah.

ANAIYAH: How are you, dear friend?

JACKLINE: I am really good. I.. I.. In the last week or so, I've had so many questions. And at night, I write them down, and I read something during the day, and more questions come. And I was thinking, it's wonderful, because there's this, not just a curiosity, but a sense of wonder. But it's also confusing 'cause I... I'm not sure quite where to start.

ANAIYAH: And it is an endless source of wonderment, like you said. What are the subjects that your questions touch?

JACKLINE: Well, some of them are more mundane, and some of them are really important to what's important to me. I don't know if the question is important, but it relates to... to what's really **my** exploration, which is increasingly... okay, every day I say to myself to balance myself, "I'm pure consciousness. I'm connected to everything, and I am unconditionally loved." And it puts me in a place where I have a perspective about all these wonderful things that are happening in the physical world around me.

ANAIYAH: And as you say that, are you able to experience it?

JACKLINE: I'm able to experience the sense of non-physicality, of expansion, of the love that I give, that I receive. I would like that what I'm not able to experience, and this is where my questions derive... And I don't know if they're the best questions, but they come from how do I live in the moment with that sense of magnificence that "I am" because of where my source is. And you and I had talked about subjective and objective, and you don't seem to separate them, because they're not separated. They... they're flowing in and out all the time, and I would like to be aware of that. So, I'm going to start with a couple questions that relate to that.

ANAIYAH: Okay.

JACKLINE: The first one is something you said... I don't remember which session. And you said... well, I was asking about merging, and I was afraid if I merged with something which I sometimes do

ANAIYAH: Yes.

JACKLINE: I'm afraid that I won't be able to come back to myself. And you gave me directions how to center myself. But in that answer you said, 'We're merging all the time.'

ANAIYAH: Yes.

JACKLINE: And I want to know what you meant by that. This is not blinking, but merging.

ANAIYAH: Yes, and in the physical, your energy is not bounded. It is not separated. It is part of the whole, if you want. And as you express your energy, as you (pause) move, your movements, your energy moves through the same field of energy as everything else. You have your own energy field, and it allows you to buffer out some energies that you don't want to interact with, but most of the time when you are not guarded, or when you don't want to buffer out energies, it simply flows. The movements move into one another just like in your ocean, you have waves moving in different directions creating different currents and ripples that you can see on the surface, and they are the expression of different movements happening at the same time, merging together. Do you understand?

JACKLINE: I do, I do, and that is... yes, So the next question related to that, related to my exploration, but related to the merging is, if I'm blinking in and out, and I know my energy, I may not be aware of it all of the time, maybe sometime, is merging in this vast ocean of consciousness, I am generally not aware of the blink out, and how...

So...and I want to add one more...I'm just bringing in another thread, there was something that Julie wrote about time bending and time manipulation and time being like a snapshot in each moment, and we see the continuity, but there's really just, these are my words, just the moment of that one picture until we get to the next picture. And when I was a little girl, we used to see the beginning of motion pictures by little... you'd turn this little wheel and these cards would go whoop whoop whoop whoop. And you'd see the movement, but they're really separate cards. Well, my question is how can I be aware of the blink off, and I'm going to, not to complicate things, but there are a couple other related questions, which are, are the time periods equal, the blink on and the blink off? And when I do a blink on and blink on and off, am I doing this as Jackline's focus, or as Essence, or as both?

So, I want to understand it, at least in my mind, and have a way that I can have that awareness of where I am, what I'm doing, how this mergence is happening when there's the blink off.

ANAIYAH: (long pause) You could say that what's blinking in and off is your perception, your objective perception which creates the experience of physical reality, and why you are not aware of the blinking off is because your attention, your awareness is turned towards the blinking in. And that's understandable... that's normal, because you are here to experience physical reality. So your attention will naturally move towards the moments where you create that physicalness, that instant, that snapshot. And as you keep your focus upon the snapshots and the experiences, you create that experience of passing time, of solidity, of

forces, of momentum.

If you want to become more aware of those... of the awareness outside of those blinks, outside of those snapshots, you may learn or practice to detach your attention, diminish the importance of the outside imagery, and move your attention to that aspect of yourself that's more subjective, that stillness within that has been experienced by many of your mystics or truth seekers, that they move their attention away from the movie and towards themselves, that aspect of them that isn't physical. Do you understand?

JACKLINE: I do. Umm... And I...

ANAIYAH: My question would be why do you want to move in this direction?

JACKLINE: Because I want to do the mergence and be aware of it, and not because I don't want to not be in the physical...

ANAIYAH: The mergence happens also in the physical.

JACKLINE: Yes. So here's... when I've experienced... One of my explorations, my main intent, is connection. And it's connection not so much in a specific relationship, but in an energetic... an awareness of the energy connection. So, there were times I'd be walking, and I'd look at a bush, and I felt that I was still Jackline, but I understood that bush... I understood the life in that bush and what it was doing, and the connection that I would feel with other beings and people and...

ANAIYAH: But that is happening because of your objective experience. When you have blinked out of physical reality in the times in between the moments where you experience physical reality, you are not here. You are not merging with the objects.

JACKLINE: What am I doing?

ANAIYAH: You're busy elsewhere.

JACKLINE: Aha! Okay, so...so...

ANAIYAH: So, if your interested in the mergence with physical objects or physical manifestations such as living manifestations, you don't need to become aware of the blinking out necessarily.

JACKLINE: I want both, Anaiyah!

ANAIYAH: It can just give you a different experience in which you include more of who you are of your own core, so to speak.

JACKLINE: I do want that, and I do think that the physical world is just abundant with variety and beauty and magnificence, and I would like to expand my experience of it. And...I also want to know about my blinking off, because that's who I am as well.

And, so... where am I? What am I doing in this pulsation in the blink in and blink out? I mean... if I'm connected to everything, not just the physical world, and I'm creating realities and I'm doing service or enjoying or not enjoying other realities, how do I become aware of the blink out then? I'd like...I'd like...

ANAIYAH: Just as I told you, you move in the direction of turning your attention towards inwards.

JACKLINE: Okay.

ANAIYAH: You slowly detach your interest, your... You diminish the importance of what's happening outside, what's happening physically.

JACKLINE: How can I do both? It's happening so fast. How can I build my sense of quiet and also...?

ANAIYAH: It's happening fast for what you identify as your objective awareness, because the objective awareness is what is blinking in and out into physical reality. Your identity as a physical focus is also blinking in and out, and as you move inwards, you may slow so you're detached from your identification as Jackline, and you can by practicing moving inwards and moving back towards the physical you will bridge both...

JACKLINE: That's what I want to do.

ANAIYAH: ...because you will train yourself to keep that aspect of your awareness that connects physical and non-physical. It is not that your objective awareness will follow you. You are going to create or to engage with a different aspect of your objective that will encompass more of the movements that are happening inwardly and outwardly. And that's how you may become aware more of your other focuses, because when you reach that point of the center of your essence, so to speak, you may become aware or turn your attention in any direction among all the focuses you have created in this dimension.

If that is what you want to experience, for you I would suggest not necessarily engaging a rigid method, but using more your natural flow that will guide you towards the experiences that you want to do just knowing that you don't disappear when you are blinking out.

Because your interest in this focus is what is keeping the blinking in happening.

You are... that is what is meant by you are choosing in any moment what you do or whether you remain in physical focus or you disengage. The moment you disengage is when you decide to not blink in the main aspects of yourself. The physical body may take time to decompose and be reincorporated so to speak into your environment. It is just like a perfume that takes time to fade away when the person who was wearing it is gone. Sometimes the perfume or the scent linger. Do you understand?

JACKLINE: I do. And I believe that the physical and the non-physical are connected and moving in and out the same time. And I'm still... I still I have desire to enjoy the beautiful changes that are in the physical, and so I'm delighted with it. But I'd like to expand my experience of the physical by incorporating my awareness of the non-physical at the same time, because I believe...

ANAIYAH: And isn't that what you are doing also with your time travels?

JACKLINE: Yes. And that's one of my questions. When we time travel, I feel I'm leaving... I'm not leaving my body. I am very intentionally grounding myself with an awareness of where my body is situated and where a part of my awareness is, but experiencing these wonders with other people...

But my question related to that, this would be the third question... is... What am I bringing back... and I don't mean the gifts... and I don't even know where that question is on my list. One of it was, when we time travel, what is it we, I, what skills, what vision, what awareness has changed when...when we're back not time traveling

ANAIYAH: This is the same as when you go visit another place and you bring back memories and sensations and energy imprints from the places you visited. Some places carry within them strong energies, strong resonances. And when you are there, either when you move using your vehicles from one place to another, or whether you project your attention and your energy there just like you do in your... during your time travels, you also experience those energies, you merge or blend with them, and as you come back you carry with you the experience and the inner knowledge of that place, the inner knowledge of the encounters that you made.

That's what you carry with you when you come back, That's what you bring from your travels. And even if the objects that are given to you are not necessarily physically manifested when you come back, yet that's a development that can happen if you want to go in that direction... Or you can experience...

JACKLINE: So it's the experience... the experience we have that we bring back is what is changing our awareness.

ANAIYAH: Yes. Because what you do there is not only what you do physically. You also practice opening your awareness of yourself of the

different energies there. You experience just what you told me you wanted to experience: the mergences, the blinkings. Because when you have your attention in the place that you are physically focused now and in that remote place, in that remote time, it is you being aware of the different blinkings into physical reality.

JACKLINE: Okay. So, last night... umm, I'm thinking about our talk today. And in the middle of the night I went to the bathroom, and I couldn't go back to sleep. So, I'm lying there, and I decided I want to talk to my friends and really people I'm bonded to in the non-physical. So, I'm lying in bed, and I'm going... and I'm having conversations with the people I knew who passed on, and I'm reconnecting with them and sharing love with them. So this is another way of doing that... Is that correct?

ANAIYAH: Yes. That's another way to becoming aware of other energies, energies that are not necessarily physically focused in this now.

JACKLINE: Okay.

ANAIYAH: And you incorporate them in your own way into your experience of this physical moment.

JACKLINE: Okay. I want to ask another question that is peripherally related only because I have an event coming up that this relates to. And then if after that... I want to go back to all these time travel other questions related.

ANAIYAH: Very well.

JACKLINE: I had taken some breath training from a wonderful spiritual lady who I feel connected to, who's been doing breath training for decades. And the other day I felt a strong desire to continue it, to have some more sessions. So, next week I'm going to see her, but instead of doing the breathing that she had taught me which releases the stresses that I've been holding, the energies that needed to be released, I told her, and she said this is not her training, and I said it's okay... I told her I wanted to use breathing with conscious awareness in order, Anaiyah, to accomplish this blink in blink out merging physically and being aware of the non-physical.. Uhh... I would like to experience... I don't know... breathing with movement, breathing with focus to move out of my body. And I just wondered if you have any thoughts or direction in terms of how I can use this training, use breathing towards accomplishing what I'd like to do in integrating...

ANAIYAH: Yes. What you can do is first stop separating so much the physical and the non-physical. You can move in the direction of...in your thoughts and in your ways of talking about them to include that knowing that they are not separated. They are different but they are not separated. And you can use your breathing to help you focus away from the so many questions that you have, that contains and that keep your attention on the idea that they are separated and that you can't yet be aware of it, be aware of all of it.

One way you can use your breathing also is to use the direction of your breathing to help you assign a direction of your attention towards your inner self, and the other direction will be directed towards the outer self or

the outward expression of yourself.

You can either choose, if it's easier for you, to associate the movement inward to the breathing in and allow in that the expansion of the body as you fill it with air. It is an expansion and you are moving inward at the same time. And as you breathe out, you allow your attention to move in the direction of experiencing the outside world... your body, your environment, the air around you. Do you understand?

JACKLINE: Yes.

ANAIYAH: And as you breathe in again, just imagine that your attention is moving inward. What would be for you the best representation of moving inward?

JACKLINE: Remembering who I am and where my source is...

ANAIYAH: That's the effect. Physically, what would be a symbol of moving inward as a physical movement?

JACKLINE: What I feel is the air coming up right into the center of my head... this point in my forehead. But the air is... it's moving through my body, but it's moving right up to fill my awareness in my head.

ANAIYAH: Very well. But when you are moving inward forget about your head gradually, because that will help you let go of the physical manifestation, the physical experience, which will help you move towards that blinking out.

JACKLINE: Okay. So if I...

ANAIYAH: And...Yes?

JACKLINE: When you said that, I thought you meant what physical part, but if I wish I can breathe and then just leave out of my body but be aware of who I am.

ANAIYAH: What I meant was that you could very well imagine that you would sink into the ocean to move yourself inward, go into the depth of the ocean.

JACKLINE: Yes. Yes.

ANAIYAH: Or you could imagine descending stairs into the center of your earth, also.

JACKLINE: Isn't that physical though? Isn't that...

ANAIYAH: It is physical, but it is symbolic, also. And it is not your direct physical experience. It is not your body which your attention on your body maintains you in your physical environment.

JACKLINE: So breathe in and expand out into, for me the space of creation, of movement of the... movement of... I don't know, air or particles, or all of that, a dance of movement of creation.

ANAIYAH: You can experiment with that also. Just find what allows you to move in that still place where you can let go gradually of your physical experience. And each time go as far as you are comfortable. Don't try to reach too deep.

JACKLINE: Okay. Okay.

ANAIYAH: You don't want to frighten yourself.

JACKLINE: Yeah, I don't have a problem moving out of the body. I just want to have that...

ANAIYAH: You don't want to move out of the body. You want to let go of the body and of the physicalness of your experience.

JACKLINE: Of Jackline.

ANAIYAH: Because if you move in the direction of what you call going out of your body, you're still creating a physical experience with some kind of interest towards places and space and what is known to you into physical experience, what is familiar with your objective attention.

JACKLINE: But that's like time travel...We're doing that.

ANAIYAH: Yes.

JACKLINE: This is different.

ANAIYAH: What direction you want to move into is becoming aware of those moments when... And it is not those moments actually... it is those aspects of you which are not physically focused.

JACKLINE: Those aspects of me that are not physically focused?

ANAIYAH: Yes, and who are already experiencing those non-physical aspects.

JACKLINE: What do you mean who are? You mean what part of me, what aspects of me?

ANAIYAH: You are far vaster than you think you are, and your essence is present in many areas of consciousness. You currently identify yourself as a physical focus, but you already exist outside of your body, so to speak. You already exist as other focuses. It is just that your current objective attention, the one that you are aware of, the one that is geared towards this particular life experience has been designed to keep you focused there, so that you are not overwhelmed and that you have the experience of a physical life, of a physical person, of separation. But in essence, all experiences are available.

JACKLINE: But if I am attending to or seeing awareness of other focuses, that's also related to the physical, rather than...

ANAIYAH: Yes, that is also a blink in.

JACKLINE: So the blink out is to not identify with the physical manifestation.

ANAIYAH: Yes. And that's why it's important not to rush and not to try to go completely in the non-physical because you may lose track of the path home. You may become so interested in the non-physical that you may want to stay there.

JACKLINE: Ha ha ha. When I was connecting to my bonding partners and friends last night in the non-physical, there was still some physical imagery, but it was not solid it was mostly connection that I felt, mostly the bonding. I don't know another way to express it, the energy shared between us.

ANAIYAH: This is your translation of the connection and of the energy movements.

JACKLINE: It was lovely. It was... Actually, in a way, there was a healing aspect to the physical, but it was not physical in my mind, it was energetic.

ANAIYAH: Yes, it is both, because you translate it into the physical with your feelings and sensations.

JACKLINE: Yeah, I hear you. Okay. Thanks you.

ANAIYAH: So it is not either or. You're already doing both, but you are not yet knowledgeable in how to include these other aspects of yourself that are already experiencing.

JACKLINE: So all around us, here I am sitting in my chair, and we're talking, and Jib is translating, and I'm in the physical. But all around me now in this moment are there beings all around, physical, non-physical focuses who are in the physical, dreaming entities, guides and channels, and all this activity... is this happening that I don't see.

ANAIYAH: There is activity, and there are other dimensions also that exist in the same space arrangement as you are, but that their perception, so to speak, is vibrating at a different frequency that does not usually intersect with your own frequency. But at times, depending on how you (pause) change your attention or your focus, you may intersect with these other dimensions, these other times that suddenly become available to you.

JACKLINE: I want to interject that our last trip was to another dimension. And when I first arrived at the door and I asked for permission, I was told I could enter but that it's a different frequency... And so, all I could see was blur and sort of windy, foggy. And then someone offered me a drink, this is what I'll call I allowed myself to change into that dimension. And I took a little of that, and for about... I don't know how many minutes it was, I couldn't move and I couldn't speak. I don't mean I was paralyzed, but I was just changing my physical body in that place where I was. And it took a few minutes for my body to change the frequency... And I don't know how much I'm making up or imagining, (Anaiyah laughs) but I could not move. I didn't want to move while my body was changing frequency. And then after that I was just playing in that place.

ANAIYAH: And remember imagination is just accessing what already exists in consciousness.

JACKLINE: Yes. So that was a very interesting experience, because usually I don't change the frequency of... But that was very interesting. I have another question about a trip again.

ANAIYAH: Very well.

JACKLINE: A couple trips ago we went to what we call the Land of the Speakers where Jane Roberts wrote about it in Oversoul Seven, 35,000 years ago, and that was such a wonderful experience. And on the way out I was told that I would be given gifts, and that I should touch three tiles. And I did. And the first tile, there were words... That was the gift... The first tile said Beauty; the second tile said Curiosity; and the third tile said two

words, Welcome and Grace.

ANAIYAH: And aren't those qualities that you possess?

JACKLINE: Oh...really? I did not understand the combination of Welcome and Grace. And I'm there...my brain is saying, well, grazie and you're welcome, thank you, you're welcome, like a back and a forth of thank you, you're welcome, just from the etymology of grazie. But the word Grace and the sense of Welcome were a little... the combination were a puzzlement to me.

ANAIYAH: Because it's about receiving and appreciating what you are receiving and expressing this gratitude into your own expression. That's how you allow yourself to bring the essence of your trip with you back home, by welcoming it, as you are welcome there in all of your travels. That's the mergence...

JACKLINE: Oo-Okay. It's the back and the forth.

ANAIYAH: And as you move there, and you welcome the experience, you are also welcomed by the other aspects of consciousness that are there and that welcome you into their own experience to enrich it.

JACKLINE: So the welcome and the gratitude go both ways.

ANAIYAH: Yes, you are both receiving.

JACKLINE: Oh my...I think that... that you're right, that that is something I'm not always aware of. I'm grateful, but there's a certain hesitance in receiving or at least consciously aware that I'm receiving. I tend to be

grateful for what's out there, not for what's inside me and being affected by... That's the blink in and out in a way.

ANAIYAH: Yes. And as you blink in and out and blink in again, you allow the other expression to become part of each of your paintings that are manifested by your blinking in and out. You can see each moment as a painting, and as you move from one moment to the next, as you create the next moment or the present moment, you choose to incorporate different qualities and expand them into your experience, if that's what you are choosing in that moment, or allow yourself to move away from a certain quality when it is no longer necessary into your painting. Just as you do when you move your attention from your physical place to... and physical now... to the other moments in time and space or to the other dimensions, you allow yourself to move away from certain experiences as you move towards new experiences. And that is the expansion of the movements that become available to you. They are a form of expansion, all those travels, be they physical or non-physical or time travels.

JACKLINE: So, I have one more question that seems directly related and I think you've answered it. I've heard people say "create your own reality versus shared physical reality," but we are creating it, and we are sharing it at the same time. Is that correct?

ANAIYAH: Yes. You come here to connect and to interplay with other people, other aspects of consciousness that allow you to be surprised and to be... to experience that wonder of what you didn't expect, what you didn't know as a focus or as essence. And that's the difference when you disengage. You move away from that collective energy, and you start

focusing more on yourself to become more aware of who you are, that you are essence, that you exist in many different realities, that you can access or that you can remember. But when you are physically focused you interact with other energies with other focuses that want to experience each other, be offered opportunities, or display of certain expressions that you would not on your own engage.

JACKLINE: Okay. The beeper went off, and I want to honor Jib for his time. And I am so so grateful. We have covered so many things that were / are dear to me. And if it's okay I would like to meet with you again soon.

ANAIYAH: Very well. That would be a pleasure, as it always is.

JACKLINE: Oh thank you, thank you.

ANAIYAH: And we will continue to play also during your time travels, even if you don't necessarily notice me always. And in between also, I will be there to help you in your exploration of the blinks.

JACKLINE: Thank you, Anaiyah. Thank you.

ANAIYAH: You're welcome. Enjoy yourself and I will talk soon. Goodbye my friend.

JACKLINE: Bye.