

The Countless Choices You Have in Any Moment

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Topics:

- *Exploring choices and different directions.*
 - *Steph's childhood dream of the diamond tiles.*
 - *Choosing between Melbourne and the Gold Coast.*
 - *A possible pop-in from Elias.*
 - *Connections with other focuses and counterparts.*
 - *The law of no interference.*
 - *Becoming more open to receiving information.*
 - *Trusting choices without needing the "right" one.*
 - *Worthiness and stepping into one's power.*
 - *Luck and creating what you want.*
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LAZOUR: Good evening.

STEPH: Hi Lazour.

LAZOUR: How are you?

STEPH: I'm well, it's really nice to connect with you.

LAZOUR: It's very nice to connect with you too.

STEPH: Do you and I have much familiarity through the annals of space and time?

LAZOUR: Yes, more so in other dimensions.

STEPH: Okay, that's interesting. Does one of them have anything to do with what I might perceive as a giant bunny rabbit?

LAZOUR: Hmm, yes.

STEPH: I just got that mental image. It's funny.

LAZOUR: That's an interesting image.

STEPH: It is because it gives me a lot of imagery, like there are lots of different associations I can make with that. But anyway, all right, well, I'm curious to see what comes up with us today, because I was thinking in advance, I'm like, what do I want to discuss with you? You know, like when I find when I'm getting acquainted with a new essence, so to speak, for an energy exchange, it's interesting to see what the flow of energy is like in discussing topics and things.

So I'm yeah, I'm curious how it's going to unfold.

LAZOUR: Yes, it takes time to become familiar with things.

STEPH: Yes.

LAZOUR: Or people.

STEPH: Yeah, for sure. Well, I'll start by asking you, many years ago, and so some of these are questions that I was initially going to ask Elias, but it's worked out to speak to you sooner. So I'm going to ask you various questions.

LAZOUR: Very well.

STEPH: Yeah. So one thing that I was curious about many, many, many years ago, probably like 30 years ago, I had this dream where like, I was a small child, I had this dream where I was in this space that when I looked around, all I could see was like, tessellating diamond tiles. So it was like I was in a white room, or a white expansive space that everywhere I looked, it was like there were these black lines that were making the shapes like diamonds, so white diamonds with a black outline.

And it felt like I was stuck in that dream for a really long time. And it got to the point where I think I knew I was dreaming, but I couldn't work out how to get out or wake up, which had never been a problem for me before. And I ended up being able to wake up by eventually when I was like, looking around or wandering around this giant space.

I saw this market stand, it was like I was in a Middle Eastern market, or a, I don't know, a market stall somewhere. And there was this stand that was, I don't know, maybe selling juice or fruit or something like that. And I walked over to them and I was able to wake up.

Part of what was scary in this dream was when I was looking around at these diamond shapes, I kept seeing shapes within them, like I would see the shape of like a dog or other creatures within the tiles. It was like some tiles would stick out. I know I'm not describing this well, but hopefully you can tune into what I'm talking about.

I was seeing shapes stand out in the tiles, similar to how, you know, we have this concept of magic eye pictures, where you stare at a picture that has shapes in it, and then an invisible form sticks out of that picture. It was like looking at a magic eye picture in these tiles, and I was seeing things that were scaring me. Anyway, I was interested to understand if you're able to tell me what was happening in that dream since I've been an adult and been interested in, you know, metaphysical stuff.

I've had the impression that maybe the dream was me exploring some other dimension, or possibly even not seriously considering dying, but that it was playing with the space in which if I didn't come out of this tile dream, maybe I would have disengaged, I would have died. I don't know, can you tell me a bit more about this dream and what was going on?

LAZOUR: First, let me ask you, what is your impression (pause) about the time element.

STEPH: The time element in terms of how long I was in the dream, or my age, or something else?

LAZOUR: In relation to the passage of time in the dream.

STEPH: So, I mean, it was such a long time ago, it's hard for me to say for sure, but it felt like I was stuck in there for a really long time, and I realized that I wasn't, but it was like I was, I had the impression, because it was kind of scary for me, I guess, to realize that I was asleep without being able to force myself to wake up. It just felt like I was in there for a really long time, and it was around this dream, I believe, also happened around the time in my life where I saw a ghost, what I would say was a ghost, that scared me. I used to see, a couple of times, I saw the image of a skeleton in a mirror in my room, and when I saw the skeleton, I would hide under my covers, and I associate this dream as happening around the time, not one of the nights where I was hiding under my covers, but maybe one of the nights where I had a fear of being in my room.

I don't know if that helps.

LAZOUR: That makes sense, and how would you say you relate to the feeling of being trapped in that dream and in your life at the time?

STEPH: I don't know about my life at the time, because I feel like, I don't know, I feel like it was too long ago for me to clearly say what I was feeling. I don't know that I felt, yeah, I wouldn't necessarily identify as feeling trapped at that time, but I could be wrong.

LAZOUR: What I would say to you is that there was an element related to exploring how you could manipulate the fabric of reality, and how easy it is to use anything to connect to other elements of reality, and see how they would be used in different realities, as how the links of consciousness can be used to form many, many different things in different realities, how

they are reorganized. Now there were connections also to other focuses, one connected to how you shifted your dream afterwards, when you were out. What would be your impression in terms of the focus?

STEPH: So if I'm understanding correctly, I would say that heading over to the market store that let leave this massive space, I could imagine that tapping into a Middle Eastern focus. I have various focuses that I could think of, but there's this book called *The Alchemist* by an author, I might be saying his name wrong, but an author called Paolo Coelho. In his book, he is in Spain and Morocco and some other places.

The character is in these places at a particular point in time, like in the past. When reading that book, I've always really identified with certain merchants. I think it might be described in that book something about the sound of cattle bells, you know, like the bells that cows wear around their neck.

And I've always loved the sound of cattle bells, as well as sounds like wind chimes and other instruments that make certain noises that... I don't know, I've just, I've always associated... I feel like there's a sound that I associate with the desert and animals nearby the desert. And that's what I could picture.

I could imagine being somewhere near the Sahara desert and the sound of cow bells and market stalls and baskets that have grains or spices in them and fabrics and things like that. So I think that's what I pick up on with the dream.

LAZOUR: And how did you move from that place with the tiles to the market?

STEPH: I was able, I think, just to walk over to this market stall. I think it was as soon as I walked over to the stall and had the intention of being there, or maybe I spoke to them or picked something up, then I was able to, I believe, I was able to just wake up. I mean, again, I don't know if my memory of it, like I could probably tune into exactly what happened, but from my memory of it, that's what I believe happened.

Yeah.

LAZOUR: And that shows you how easy it is to move to the experience of your choice. Because all the changing tiles that you saw in that place were also imagery for the countless choices you have in any moment and how they contain different paths and manifestations into themselves. And the sheer amount of choices that are available to you in one particular moment can be daunting, that you may find yourself unable to choose one.

But the simplicity is to just pick one and then move in the direction of this choice.

STEPH: Mmm. That's really fascinating. That's very...

LAZOUR: Isn't it?

STEPH: ...timely for me.

LAZOUR: And there are no coincidences in that.

STEPH: Yeah. It's funny too, because, as you may be familiar in energy, one of the changes or the choices that I'm making in life at the moment is I'm considering relocating for a while to like interstate. So moving from where I live in Victoria, Australia, moving up to Queensland, which is another state.

And I've lived there before, and I don't generally love it as much as I love Melbourne, where I'm currently living. But there are things that I enjoy about being up on the Gold Coast in Queensland. And I definitely associate the Gold Coast, like thinking about it with imagery, I associate it much more with, you know, there's a lot of sand, and it's a hotter place.

And I could see it as it's not similar to the Middle East, really. But just in terms of that imagery, I could imagine that symbolism being there. And it's funny, because I've been thinking about, do I want to move back up there for a while to take my old job up there and save up more money, because I'd be living with family and spending more time with family and have fewer distractions than what I do in Melbourne.

Anyway, just yeah, that's interesting timing.

LAZOUR: And what direction are you leaning into in this now?

STEPH: I feel like... I was gonna say, I feel like it makes sense for me to go up there to Queensland. And I don't know that that wording is good wording, because I don't want it to just seem like a practical decision, like...

I have things that are drawing me to both places, to the Gold Coast and to stay in Melbourne. But I think that there's a reason I'm feeling pulled to the Gold Coast. And part of me has been a little bit resistant, because I know that in the past, when I've gone and lived with my mum, there's been a feeling on my end of responsibility.

And doing it partially because of responsibility to her and...

LAZOUR: And today?

STEPH: Today, yep.

Yeah, well, yes.

LAZOUR: How do you relate to that feeling of responsibility?

STEPH: I'm not feeling it so... Well, I still feel levels of responsibility, but I feel like I'm making this choice based on what my priorities are for now. And I don't...

I feel like a lot of stuff has changed in myself, so that I'm less likely to be influenced by negative associations or coping mechanisms or things that have kept me feeling responsible in the past. I might still have some responsibility, but it feels more manageable and I feel more self-aware about it now.

LAZOUR: And would you say that you are choosing those responsibilities?

STEPH: I mean, I know that I am.

LAZOUR: As far as it's what you want to explore?

STEPH: I guess, yeah, maybe. I mean, some of it, some of why I feel drawn up to the Gold Coast is because I feel like I want to spend the time with my family. And part of that is also because I realized that, you know, I'm able to do that now.

And my family, unfortunately, are not going to be physical forever. I'm not going to be physical forever. And so I feel like I want to take the opportunity to spend more time around them now.

I'm sure, I mean, I hope I'll have many years where I can choose to take holidays and spend time with them, but it just feels like I may as well take advantage of that now. And while it's...

LAZOUR: And there is no better moment than now.

STEPH: That's very true. And part of me, you know, sometimes there's a part of me that says, well, there's stuff that I want to do in Melbourne as well. Like, the now of being in Melbourne is great as well.

Like, there are a lot of cafes that I enjoy exploring and beautiful parks and things that I love about it. But I feel like sometimes that's more fear-based where it's thinking that, well, stuff could change it in an instant. But I think I trust that Melbourne is going to continue to be a brilliant city, even if I'm away.

LAZOUR: Do you feel that it will change without you?

STEPH: Not without me, but I feel like sometimes I tune into things that are changing in the world, and I just want Melbourne to continue to be a safe and happy city for me. But I think that it will. I think that if I stay focused

on the present, yeah, stuff will.

LAZOUR: Yes. It will.

STEPH: Yeah, it'll continue.

LAZOUR: And you can always return there whenever you want.

STEPH: Yeah.

LAZOUR: Not necessarily for long time periods, but even for a visit.

STEPH: Yeah. Yeah. And yeah, I mean, there's a lot that I could say about that.

But no, I appreciate that. It helps me feel more comfortable with the choice that I'm making, because yeah, I don't want the choice to live on the Gold Coast to be forever, but it feels like it's the right choice for me now.

LAZOUR: Very well.

STEPH: Yeah.

LAZOUR: Then it will be.

STEPH: I have a question I hope you can clarify for me. About two months ago, I was sitting on a bus, and we were stopped at a traffic light, I think, and I looked out the window, and there was a a boy, a man, like, I don't know, he might have been in his early 20s. He was in a car next to the bus, and he looked at me.

I believe he had blue eyes. He was very pretty. He was very attractive.

And he looked at me, and he gestured to me, and I couldn't work out exactly what he was signalling, but it seemed positive or flirtatious, which made me feel uncomfortable, because I thought that he was really attractive, but I didn't feel very attractive that day. And so I had this feeling of insecurity, and kind of freaking out a little bit. And I sort of looked away from him, like, I don't know if he waved at me, or if it was just, yeah, as I said, he looked at me and moved his hands in some way.

And I was a bit embarrassed, so I looked away. And then, like, I kind of giggled or laughed and looked away, and then looked back to him. But the movement of the bus, or where his car was, I couldn't see him in his car anymore.

And I was sort of wondering whether he was a pop-in, in a way, or what was going on there. Was it just something to... Yeah, I don't know.

LAZOUR: It was greetings from a friend.

STEPH: Yeah, so, like, was it Elias?

LAZOUR: Yes.

STEPH: Well, that's what I thought, because I was like, the blue eyes. But it was just a very strange encounter.

LAZOUR: And you're not familiar yet with all the combinations that can happen with your physical reality and the non-physical essences.

STEPH: That's interesting. That always leaves me with more questions, but (laughs) I feel like there's other stuff I want to explore as well. Did the guy also exist as...

like, is he also a human that exists in this world, and Elias had just popped in? Or was it...

LAZOUR: Yes, it was a superimposition in some way. A superposition of energy.

STEPH: Okay, interesting. I take it... No, actually, I'll leave the question I was about to ask.

It might come up later. Another thing I'm curious about is another impression. There's a man, a young man, again, in his 20s, I would say, or early 30s, who posts videos on Facebook and probably other...

I don't know if he does TikTok or Instagram or anything like that. But he runs a page called Great British Architecture, where he goes around to, like, churches or other historical buildings and talks about the architecture and the history and things like that. I've always found him very attractive, and he reminds me a lot physically of the guy, Yuri, who I have spoken to, Tomkin and Elias, about this guy who was my dentist, who I had a very strong connection to and a strong crush on.

Daniel reminds me of Yuri physically, and I was wondering if their energy, whether they're the same essence or whether there's just some other energetic connection going on between them, or if it's just...

LAZOUR: There's a similarity in their energy. And they also are counterparts.

STEPH: Yeah.

LAZOUR: But this is not the same essence.

STEPH: Okay, that makes sense. Yeah, because I thought it was funny that... So Yuri is religious, he's Catholic, so he obviously spends a lot of time in churches, and Daniel, you know, with his architecture, talking about the history of churches, I found it very funny that, you know, there was that connection.

LAZOUR: There is also the recognition of shared focus together, you three.

STEPH: Yep. (laughs) Yeah, yep. That's so interesting.

The world is such a strange place.

LAZOUR: And isn't that interesting?

STEPH: It is. It is. I mean, I love it.

It's just... Yeah. Another impression, this is a little bit heavier, but I was speaking to Elias a couple of months ago about a very traumatic focus, where I was trafficked, like sex trafficking, back in the, I believe, 1990s.

And we had...

LAZOUR: You were the sex trafficker?

STEPH: I was the one being trafficked, so I was the girl that had been exploited. I was wondering if my niece in this focus, Tahlia, if my niece Tahlia in this focus was my sister, my older sister in that focus where I was trafficked.

LAZOUR: Yes.

STEPH: Yep. Interesting. Interesting.

And did I, in that focus, I died when I was like 22, like I was murdered, essentially, or I was murdered. Did that death happen in Ohio, in the USA? Or was my family from Ohio?

LAZOUR: Yes, but not the death.

STEPH: Okay. Interesting. So my family was from Ohio, or there was just some other connection to Ohio in that focus?

LAZOUR: You... The whole family lived there for some time, but you weren't from Ohio.

STEPH: Okay. Interesting. Very interesting.

Thank you.

LAZOUR: It was a time where you connected with certain people as a young one.

STEPH: Okay. Yeah. Okay.

That's very interesting. Okay. I'm interested to ask about, you know, I'll ask about the law of no interference.

So it's come up before that there's this universal law, so to speak, of no interference. Whether that's, I don't know if it's like that our guides, so to speak, are not allowed to interfere with our, like, I just don't really understand what it is. My impression is that, so for instance, if I'm speaking to you or another Essence, like Elias or Tompkin or anyone else, or yeah, if I'm speaking to an Essence, my impression is that it means an Essence is not supposed to give you advice that you're not asking to hear, whether that's you're not energetically asking to hear it, or...

LAZOUR: Yes.

STEPH: Like, let's, yeah.

LAZOUR: And there is the factor that when we speak to you, there is a certain openness from your part to receive certain information. And even if we would give you the other information that you're not supposed to have, so to speak, you wouldn't receive it, you wouldn't hear it.

STEPH: Yeah. Yeah. That's a big topic because, I mean, it brings up a lot around what we think we are open to hearing versus what we actually are open to hearing.

LAZOUR: And sometimes you hear and you transform it to fit with what you already know, what goes in the direction you want to go. Which doesn't really matter because you received the information and later it may resurface more accurately, so to speak, when the timing is right for you.

STEPH: Yeah. See, it's curious too, because I feel like I experience this with friends at times. There are things that I try telling friends and if they're not, if it doesn't align with what they are willing or ready to hear, they just don't get it in the way that I intended.

LAZOUR: And sometimes the subject matter doesn't even pop up into your mind.

STEPH: Yeah. I don't know if you're able to assess this from my energy, but I feel like since I started speaking with, well, there were a couple of other essences I'd spoken to before Elias, but I started speaking with Elias about 13 years ago, as in that's when I had my first session. Over that time, I feel like my awareness has obviously shifted.

LAZOUR: Yes.

STEPH: ...and that means that I'm open to hearing more things, hearing different things.

For instance, I remember there was this session some years ago where Elias was talking to Ann, one of the people in the Elias community, and whose essence name is Vivette, I believe. Elias was talking to Vivette and saying that, because Vivette had asked something like, what's something that I don't realize that I should know, or something like that. And Elias was saying there's no point asking that question because if you don't realize something, you're not ready to know it, or something to that effect.

LAZOUR: Yes.

STEPH: And I feel like in the last few years, you know, many of us have been growing a lot more in our self-awareness, and a lot has been changing.

LAZOUR: Yes.

STEPH: And I know that there's still a long way for me to grow or develop, so to speak. There's still a lot that I could apply from what I've learned through people like yourself, and Elias, and Seth, and Tomkin, and many others.

So there's still a lot of information I could process, but I feel like my openness to hearing more information has also grown. And so I'm curious, speaking of the law of no interference, and like what you said, that we wouldn't hear information that we're not ready to hear, or not able to understand, or I don't know, I'm not wording it well. I'm just interested to know, like, would you say that my ability to process greater information, and it not being interference, so to speak.

I don't know how to word this.

LAZOUR: Do you mean in relation to other individuals, the information you want to share?

STEPH: No, I mean, like, if you, or Elias, or some other Essence was telling me something, has my ability to integrate a wider range of information grown quite a lot in the last few years, especially?

LAZOUR: Yes, it has grown, and you process it also more rapidly, and you are able, you have the ability to use it more readily than... before you may

have played with the information for some time, not necessarily wanting to apply it, but more so as a curiosity.

STEPH: Mm-hmm.

LAZOUR: Whereas now, you are moving into using it subjectively, and surprising yourself objectively with that also.

STEPH: (Chuckles) Yeah, yep. I've definitely noticed that a lot more, like, even in day-to-day things, where once upon a time, it might have been hard for me to make choices around certain things, or to feel like I could, I don't know, I just, I feel like I'm, I feel like I have a different access to energy, and I'm able to make choices and do things in a different way than I once was.

LAZOUR: Yes, and you can allow yourself more of that, if you want.

STEPH: Yes, yeah.

LAZOUR: By not questioning yourself about your choices, and the aspect of them being important, that would, in a manner of speaking, freeze you into not choosing, because you fear that you're not going to make the right choice for you, or for other people. So, that has lessened, but there is still an element of that, that may colour your experience, which is also something that you are curious about, the nostalgia, or the exploration of the experience of separation. When you are going to move from one place to another, there is this element that you perceive you are also leaving a part of yourself behind.

STEPH: Yeah (pause) yeah, I'll have to, I'll have to re-listen to what you just said in the recording, because I feel like my, my energy was, speaking of like integrating stuff, I feel, yeah.

LAZOUR: And it doesn't matter if you understand the words or not at the moment, you are processing the information inwardly also.

STEPH: (laughs) Thank you. Oh, dear.

LAZOUR: But you have expanded, and you will expand much more.

STEPH: Yeah, that's comforting to hear, because yeah, I feel like there's a real speeding up, but I'm so aware that there's, it feels like I can, I see the imagery of a farm, where it's like, if a farmer has bought land to turn into a farm, there's a stage where they need to develop it in order to, you know, make the fields, like they need to plough the fields and, you know, put the seeds down, and they have to do a lot of change in a short amount of time, and then there's still the change to come from the plants growing and harvesting the vegetables and things like that. And I feel like it's like the farm, it's like there's been this farm sitting here for many years, and suddenly, you know, in the last, especially the last year or two, there's been so much effort and so much change. It's like the whole farm layout has changed, but I'm still very aware that there's a lot more change to come as the vegetables are planted and harvested.

LAZOUR: And there is also the element of inhabiting the farm, being present and attending. If you want it to grow, or to live, and to function, that's the purpose of your experience in physical reality is also to be part of your experience. Not only (pause) have things happen around you, but

be part of them.

Use them because you create them for your own exploration of yourself, of your intent. And you can trust that, that there is always an element connected with your intent and your desire in everything that you choose.

STEPH: Yeah, that's important information for me at the moment. I wonder if you could speak a bit about what you were just talking about then brought up for me this ongoing question or even fear at times that I've had about, am I doing the right thing with my life? And sort of feeling like, and I feel this less now, but I used to feel like there was a version of my life that was ideal.

You know, let's say that there was a version of my life where I pursued becoming a healer, so to speak, and pursued working within metaphysical things and sharing that with other people. And I think, you know, maybe I still will go down that path, but that's not the path that I'm choosing in this very moment. You know, if I move to Queensland, I'm probably going to be doing quite a conventional customer service job.

Anyway.

LAZOUR: Very well.

STEPH: And I would like to hear a bit, and Elias has told me before, you know, there's nothing that you have to do. Like, I'm not letting my essence down by not doing a certain thing. I'm not letting myself down by not choosing certain paths or choosing other paths.

Like, it's all just an experience and a choice. And I feel like I'm getting that more. Like, I feel like that's making more sense to me, but I wonder if you could speak a little bit more to that.

And maybe just, yeah, I would like to hear something true and ideally reassuring to some degree, if you would agree that this is the case. There's nothing that we have to do. I would like to hear it more.

LAZOUR: There's nothing that you have to do, because all the choices that you present to yourself, all the choices that you make, as I said, they are, they will come from your intent and your desire. They are filled in with potentials that you can explore and that you can (pause) inhabit, if you want. But the right and wrong is connected with your physical reality and what society or yourself or your family have defined as right and wrong.

And there are many different elements that enter into this definition of what's right and wrong, but in themselves, things, people, situations, and your choices, they are not inherently bad or good. You assess that yourself. Each choices, each choice, each direction that you present to yourself, they come from you.

They come from the richness of your being as a focus and as essence. And those allow you to explore the many facets of your energy, the countless qualities that you can tap into for your own expression, for your own beingness. And there is nothing wrong in exploring who you are or what you are.

It will give you information about what you like, about what you don't like, in a particular moment that may change also. And it allows you also to see

your guidelines, to experience them in this focus. And you have chosen those guidelines for a reason, to allow you to frame your experience in a certain way, because that also allows you to filter out what's available in physical reality so that it can be coherent and resonate with your intent.

And you can always change direction when you see that the direction you have chosen first isn't the one that interests you anymore. But that doesn't mean also that the direction is not interesting in itself. It may still become something that you want to explore at another time, or it is part also of the experience you have acquired and that you can use in your upcoming adventures, that you can use to relate to other people, so that you can also experience yourself in that, what it means to relate, what it means to connect, what it means to discover.

STEPH: I really appreciate that, that while you were saying that, it helped me, it helped something click into place, because I think a lot of my fear has been that, let's say, in the past, when I've considered going back to customer service work or even admin or whatever, jobs that I don't always, I don't always fully enjoy. I don't necessarily, I enjoy them sometimes, but I guess it's easy for me to feel like they're not as important as, [let's] say, something that I would say is more spiritually aligned, so to speak, or healing-focused or whatever. Of course, not saying that spirituality is one thing, I'm just saying that because I feel like my interest in healing and things like that has been a dominant force in my life, sometimes I've felt like I'm betraying myself by not pursuing that as a career, which is sort of silly thinking anyway, but anyway, while you were saying what you just said, it helped me realize that my fear at times is like

waking up in 10 years' time, 15 years' time and still working in customer service. But what you said made me realize that if I do that, then I can just choose something different at that point, like if I wake up in a couple of years and I'm still working in customer service and I'm not happy with it, if I've still been doing this work, I will know enough about my own power to be able to choose something else. And I've realized more and more that that's what I am, one of the things that I'm exploring in all of this is about my power and how I give myself permission and what I think I'm worthy of and all of this, and I can see how part of the reason I haven't gone towards some of the more healing things is because, like traditionally healing things, is because I haven't felt completely worthy, I've still had to address to that within myself. And so it's okay that I've been doing other things because that has been teaching me about my worthiness and that has been teaching me about my beliefs, about myself and about reality. And it's giving me opportunities to step into my own power and it doesn't have to look any particular way.

LAZOUR: Yes, and you can explore all that in any situation, in any profession.

STEPH: Yeah.

LAZOUR: And as you have that healing ability in you, that healing quality, you also express it in every encounter that you create. And would you say that a smile by a stranger when you're sitting on a bus isn't as important as the smile you have when you're attending a one-man show?

They are different, but one is surprising.

STEPH: Yeah, yeah. (chuckles)

LAZOUR: And it may touch you deeper than the one you are expecting.

STEPH: Yeah, that's funny because when you were saying that, just before you said the bit about the bus, I was actually thinking about the bus, and I'm sure you realise this, but I was thinking about the bus example because I was thinking about it and being like, well, if it was Elias, why would I feel not worthy? Because in my head, part of the reason I didn't feel worthy to be receiving the attention of a good-looking stranger was because I wasn't feeling attractive. And then while you were speaking, I allowed myself to think about the imagery or to translate the imagery, and I realised part of it might be, you know, I see Elias as well as many of you Essences as being somehow more powerful than me.

Well, I don't know if that's really the right wording, but realising that it was a translation of me feeling like attention, you know, because Elias is one of my guides, like realising this thing that feeling like perhaps I wasn't worthy of Elias's attention as a guide or Elias's attention to me on a personal level or whatever. And I feel like it's the same imagery of translating it to noticing where I don't feel worthy, whether that's the attention of the stranger in terms of flirtation or attraction, or whether that's about stepping into my power of realising, you know, I have wonderful Essences surrounding me who are there to help, and I'm not unworthy of that.

LAZOUR: Exactly, you're not unworthy. You are worthy, and you are even worthy to receive information, which is one element that blocks people from receiving the information that they want.

STEPH: Mm, that's very interesting. Oh, okay, so we've got about four minutes left, so I'm just going to think, because there are two directions. I might, there are two things I'm curious about, which I want to ask.

LAZOUR: And which one shines the brightest?

STEPH: You know what, I'm going to ask about luck. I'm going to take the direction that's different to what I was thinking.

LAZOUR: Excellent.

STEPH: Elias has said to me before that I still have had a belief, at least in the past, sort of had a belief in luck.

And I was wondering if you can give me a short bit of guidance in the time we have remaining about how to get in the headspace of not, I don't know, how to feel like, oh, maybe this just comes down to worthiness as well. I don't know, I just, I want to know that, like, how, if I'm sitting with a lottery ticket in front of me, and I believe that chance exists and luck exists, what's a way for me to change my focus so that I can realize that I'm the one creating it, and I can either align with the winning numbers or not, or I can create the winning numbers or not.

LAZOUR: Let me ask you first, what is the intent of your question about the lottery ticket?

STEPH: I think it's less about the lottery and more about creating what I want. I mean, I think we're probably a bit short on time because this is a big topic, but I guess, I guess, well, I don't know, I guess maybe this just comes back to worthiness. Maybe that's what I've got to work on.

LAZOUR: There is an element of worthiness in that, yes, and also an element of believing that you're not alone, and that there are so many other people that are also creating their reality, and maybe some of them are stronger. (pause) And there is also an element that may be interesting for you to look at in that, [it is] about whether the experience that you think you want is the one that aligns with your intent and your desire to explore in a particular moment or a particular time in your life. Because it combines with the subject you are exploring subjectively and that you are beginning to be more aware of now. But there is an element that changing drastically the configuration or the circumstances may be frightening.

STEPH: Yes.

LAZOUR: Because if you win too much, that can be frightening to have that much power in your possession.

STEPH: (laughs) Mm. That's a fascinating point to wrap up on. That's given me a lot to think about. (laughs)

LAZOUR: That's what will keep you busy.

STEPH: Yes. Well, it's something that I'd sort of, it had crossed my mind, but the way that you worded that has helped. So, I appreciate that.

It's been very interesting to connect with you today Lazour, thank you so much for your...

LAZOUR: I've enjoyed your presence and your energy quite much also.

STEPH: I will explore the white bunny rabbit other dimensional focus.

LAZOUR: Oh, do so, and you will tell us more in the future.

STEPH: (laughs) Thank you very much.

LAZOUR: In the meantime, take care of yourself.

STEPH: Thank you. Have fun on your adventures.

LAZOUR: Thank you. I wish you an interesting exploration of your choices of direction.

STEPH: Thank you.

LAZOUR: And how they relate to yourself.

STEPH: Thank you so much.

LAZOUR: Goodbye.

STEPH: Goodbye.