

# An Introduction

*Date: February 17, 2025*

*Participants: Jean-Baptiste (Araili), Debbie (Tamarra)*

*Topics:*

- *Coiled Snake Symbol.*
- *Exploration in Consciousness.*
- *Importance of Being Grounded.*

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FAH'RA: Good morning. How are you?

DEBBIE: Good morning.

FAH'RA: We are so pleased to see you today.

DEBBIE: Oh, me too. And have you been coming and presenting yourself to me for the last handful of hours?

FAH'RA: Yes. And how is it going with your exploration of the symbol?

DEBBIE: Oh, oh my goodness. Since Jean-Baptiste presented that to me before sleep, it had quite an effect on me. The coiled snake around a metallic object that he couldn't see.

And then this morning with his partner, tapping in and also giving imagery to that. So, something seems very powerful and profound.

FAH'RA: It is. And it is also because that symbol is the connecting symbol that you can use to connect with the Fah'ra energy. And the Fah'ra, the name is not only a representation of this energy exchange, but also of a community of explorers of realities.

And you are part of that community.

DEBBIE: That feels like it. Yes, thank you. Oh my goodness, this is very exciting.

I appreciate the invitation.

FAH'RA: And how would you want to proceed?

DEBBIE: Ah, that's a great question. The first one, when you first came and started helping me get acclimated to you before we started this conversation, I was a little concerned about my ability initially to be able

to manage and hold such a big plethora of energies. And I know that's because I haven't practiced yet.

But if you can maybe speak with me about how to move in that direction of being able to hold, or at least hold myself so I can connect with such as yourself.

FAH'RA: One key would be to not necessarily follow the energy that is coming from above, or that you are feeling in your head, but also including in your attention the energy of the Earth and of your lower energy centers, so that you can ground yourself and allow for a flow, like when you ground electricity in the Earth. That will create some kind of movement that will allow for that energy to flow through you and not necessarily be... not necessarily accumulate in your head and pull you up. That is the trick with such energies, because they can connect with intense and high energy, like the symbol is a representation of.

And it can easily unground you.

DEBBIE: Ah, okay.

FAH'RA: But if you manage to keep your focus and your attention on your physical reality, you will soon get used to it.

DEBBIE: Very good. Very good. Will you be around or something? You will avail yourself if I want to connect with you?

FAH'RA: Yes. You only have to use the symbol to do that.

DEBBIE: Excellent. Excellent. Oh, so this...

FAH'RA: Another imagery you can use to ground yourself, so to speak, will be to connect with flowing water.

DEBBIE: Ah. Hahahah I had that inspiration before I reached out to Jean-Baptiste and put my hands under the faucet. Yes.

FAH'RA: Yeah, that's good.

DEBBIE: Yes. Good. Very good.

Oh, I'm very excited. Are you... Are people answering?

I take it more invitation to the Farah in our reality here?

FAH'RA: Clarify.

DEBBIE: Myself, Jean-Baptiste. It feels like people are answering a call of sorts.

FAH'RA: You could say that. It's "the game has started" call. We want to do that as a game.

DEBBIE: Very good. And as I said to Jean-Baptiste, I was feeling I needed an influx of fun and adventure and high spiritedness and sparking the curiosity.

FAH'RA: Very good.

DEBBIE: Very good.

FAH'RA: That's bringing lightness in your energy.

DEBBIE: Yes.

FAH'RA: And it's important to balance also.

DEBBIE: Yes. And you're aware what I'm doing in the moment in my exploration with my two partners?

FAH'RA: Yes, of the energy of it.

DEBBIE: Yes. So that seems to be holding my attention. And yet your suggestions, your counsel applies across to that as well.

Meaning I'm very much wanting to be more and more grounded in myself.

FAH'RA: Yes. This is important for the kind of explorations you are doing.

DEBBIE: Yes. Yes. I've had some, I guess the first foray into learning about something similar would be years back with the explorations and teleportations and trips with other people and other smaller groups.

And that was a very foundational timeframe for me to learn. And it was based in fun. And I did learn a lot.

But I haven't revisited it lately because I had other things I wanted to explore for myself. But now we're back here. And I think this is a great opening and the timing is perfect.

FAH'RA: (chuckles) Yes. Now, there is the energy, and this year is the year of the snake also.

DEBBIE: Yes. Yes. Thank you for saying that.

Because being of the dragon, last year's wood dragon is my, I was so soundly connected with. I wasn't letting that go as quickly. Now I can let

that go and move into the snake energy with higher excitement.

FAH'RA: Yeah. Like the snake sheds its skin.

DEBBIE: Yes. Yes. Oh my goodness.

I was inspired before I spoke with Jean-Baptiste to pull out a ceramic of a, it is some kind of Chinese symbolism, I believe. He looks like a lion. He thought maybe perhaps that was a connection to one of you.

Yes.

FAH'RA: This is a connection with me. I'm Lue Juon.

DEBBIE: Say again.

FAH'RA: I'm Lue Juon.

DEBBIE: Very good. Well, good. Excellent.

I'm going to keep this guy out. What specifically in your group would you, besides being the speaker today, would you, can you offer that I can connect with? I'd like to do that daily with you.

FAH'RA: We've been in the position of master and students many times. In reverse positions also. Not necessarily always the same.

DEBBIE: Correct. Oh, how wonderful. Thank you. I'm getting a flash of purple robes.

FAH'RA: (chuckles) You can use that in your explorations.

DEBBIE: Okay. Very good.

FAH'RA: Of other focuses and other dimensions also. Even in the dragon dimension.

DEBBIE: Ah, very good. Very good. And the purpose of me pulling out the lapis lazuli bracelet felt very significant.

FAH'RA: Yes, this is a vision stone.

DEBBIE: Ah, okay.

FAH'RA: So it's also enhancing your opening. Okay. That kind of perception.

DEBBIE: Yes. Yes.

FAH'RA: At the moment you don't need it, but it's kind of a reminder.

DEBBIE: Right. Right.

FAH'RA: It can help you clarify and also bring some kind of (pause) soft energy in your exploration.

DEBBIE: Yes. Because a few nights ago I had such an interesting imagery of, I was exploring, I was within an imagery, I was somewhere in my dream state, as I will call it. And it seemed like this big white dog came in and he was so abrasive.

(laughs) I wasn't threatened by him, but he was loud and abrasive. And I'm almost thinking that would be a part of me. You know, that's, well, when you talked about the softening energy.

So if there's that one aspect of me that's just loud, and I'll just say again, abrasive, even though I have put that, pushed that down because of certain reasons in this focus. There might be, I also knew he was helpful, that that aspect is helpful. He almost felt, now that I'm talking with you, that he's a, was almost like a truth sayer.

He was almost like calling out things, you know, this, but in such a loud, abrasive way. (laughs)

FAH'RA: He's attracting your attention also.

DEBBIE: Oh, very good. Yes.

FAH'RA: With his bark.

DEBBIE: Yes, his bark and his, and how I imaged him was so completely different than the environment that I was participating in, in that moment. Okay.

FAH'RA: And sometimes the bark to warn you, sometimes the bark to invite you to play also.

DEBBIE: Ahh, True. Yes. Interesting.

FAH'RA: It was a connection with my energy also.

DEBBIE: Oh, very good. Yes. Very good.

Yes. I knew, I knew that it was almost like a gift, I would say. Hahahahaha.

FAH'RA: Very well received.

DEBBIE: Much appreciation. That's just awesome. Thank you.

So, besides individually working with us, I'm getting the impression that you would also, we can move into where more than one of us can learn how to connect together and connect with you and be able to go on these explorations. Is that, would that be accurate?

FAH'RA: Yes. We'll be offering also group interactions. Very good.

DEBBIE: Oh, I like that very much.

FAH'RA: And at some point we can also guide some explorations.

DEBBIE: I'd like that. I'd like that very much. I have always been interested in the two groups that I have worked with years back with regard to moving our attention and our energies together.

I learned very much, but also at that time, I knew that as each of us individually became more self-aware that coming together in these groups and then being able to, this is also a reflection of our growth, now being able to have you come to us and then we learn how to move together and then with you.

FAH'RA: Yes.

DEBBIE: I always knew that was something too, and that I would most likely see in this lifetime.

Wow.

FAH'RA: We are supporting that kind of movement of exploration.

DEBBIE: Yes. That would be what I would call then your agenda in that sense.

FAH'RA: Yes.

DEBBIE: Very nice. Very nice.

FAH'RA: And this is all connected with perception and attention.

DEBBIE: Yes.

FAH'RA: And it's become easier now because of the thinning of the veils that has happened already.

There is still much movement to go through, but as you come together and have already expanded your awareness, it will become easier and it will create some kind of beacon that will help others to do that also.

DEBBIE: Ah. This is fantastic. (laughs) You feel my excitement. Very nice.

FAH'RA: We are often with you also.

DEBBIE: Really? What is that, [an action?] in support of my movement?

FAH'RA: In support and playfulness also.

DEBBIE: That's good. That's good. I have a tendency to get pretty stoic, as they say.

Oh, this is good. This is very good. I was actually, I was under the impression that your partner there, that Jib was Sumafi in this family, but he's Tumold in his family, in this attention.

FAH'RA: Yes, most of the time.

DEBBIE: Yes, and so...

FAH'RA: He has some, you could say, subalignment with Sumafi.

DEBBIE: That's what I was going to say. I'm like, hmm, at many points in time I felt he was my Samafi brother, but that, when that fluctuates in that sense.

FAH'RA: Yes. His alignment is mostly Ilda. He wants to share, and to explore different variations of cultures in your reality.

DEBBIE: Ah.

FAH'RA: But he has also a leaning towards accuracy and some kind of transmission of knowledge.

DEBBIE: Yes. Yes.

FAH'RA: Which is also why (chuckles) we are doing that with him.

DEBBIE: Yes, most excellent.

FAH'RA: The energy of our group is a mix between Tumold, Ilda, Sumafi and Gramada.

DEBBIE: Yes, that would make sense. Because there are, I'll just say that one tiny piece that came to me right now, is that there are steps and structures that we need to learn with your guidance, so we can do this. Would that be correct?

FAH'RA: In a manner of speaking.

DEBBIE: Okay.

FAH'RA: Yes.

DEBBIE: Well, how else would the Gramada be...

I'm getting some things, but let me, please share with me how the Gramada family brings, what that brings to this grouping.

FAH'RA: Like you said, some element of structure, and also initiating some movement.

DEBBIE: Yes.

FAH'RA: And also connecting with what is, at the moment, stored in Regional Area 3...

DEBBIE: Ah.

FAH'RA: ...of the worldviews that could help you expand upon these concepts with people who have already done that kind of explorations.

DEBBIE: Very good. Very good. As you may be aware, and Elias had been working with me a few years back on the exploration of the worldview library, and in that, now it's my understanding that it is not in our reality.

FAH'RA: Yes.

DEBBIE: because, and I'll share this for Jib's purposes as well, because the environment there, the people there, if you will, the individuals, they view

this library as the end-all and be-all of knowledge.

It is heralded as the more important, I shall say, than the individual. And in that, that's why it's not inserted in our reality, because our shift, one of the factors of our shift, the premises is that we move into that understanding of the value of the individual, and that nothing is more important than that.

FAH'RA: Yes.

DEBBIE: So that, loosely speaking, is why that it's not in our reality.

It doesn't jive with what we're doing in the shift.

FAH'RA: Yes.

DEBBIE: However, that we can access it.

FAH'RA: Yes. It's possible also for you to access it, and be able to access it to gain information, and also to understand your interconnectedness with all those people and all those explorations.

DEBBIE: Yes, yes. And yes, because from there, you can go anywhere. It's another avenue.

FAH'RA: Yes.

DEBBIE: Yes. But thank you for reminding me about tapping into other worldviews, and to, as a group, you know, we can lean into that. As I like to say, we don't have to reinvent the wheel. Hahahahah.

FAH'RA: Exactly. Exactly. And it is also very useful for you in your own exploration.

DEBBIE: Ah. Very good. Yes, yes. That's a great reminder.

FAH'RA: And this is your ability to translate into symbols and concepts.

DEBBIE: Ah. That's interesting.

FAH'RA: As you can understand, the different variations of symbols, and the different subtleties that different people could connect with, that will create a bigger picture for you to (pause) access, and grow upon for helping other people understand their subjective movement.

DEBBIE: This is fascinating. And exciting. And something I needed in my life right now.

It will be very complimentary.

FAH'RA: And you have created very well in attracting all that to you.

DEBBIE: Thank you, thank you. The symbol you sent with the snake, and Jean-Baptiste couldn't see what it was wrapped around, a metallic object. And Elias had told me that was one of my natural alchemic forces, is the metals.

The metals for me specifically.

FAH'RA: Yes.

DEBBIE: Copper was a conduit type of one that I have always been drawn to. Can you share more about the symbol you sent to me, that what the

snake is wrapped around?

FAH'RA: There is different layers to this symbol. And the one we sent for you is an alteration, so that you could connect with your own (pause) individual exploration, and your own individual (pause) genuine identity. And the metal is easily conducive of electromagnetic energies also.

And the snake represents the movement around that electromagnetic lines, that are in a way guiding the direction of the forward movement. But the snake has more energy than just the forward movement, and is turning around, spiraling around, if you will, in order to also explore the periphery of just one single direction. So it's not necessarily just one direction, straight line or curve.

It's also everything that's around and that connects with it.

DEBBIE: That's extremely vast. I want to learn more tools. Well, it's not a coincidence that Jean-Baptiste is sharing about his neighbor friend.

And I understand this quite well, especially in the past about when you start, especially take a new step or go in a new direction, that everything lights up, everything is shiny, everything to keep, like I always said, like a big amusement park. You run from one shiny thing to another shiny thing. I know that well, and I have a propensity to do that.

So I have over the years learned how to be more grounded, more stable, more focused. Now, this is an interesting challenge now moving with you all, and myself with that imagery, because it is all about being intentional.

FAH'RA: Yes, that's the part about the center line, if you will.

DEBBIE: Ah. Yes.

FAH'RA: [It is] that guiding force, that guiding desire, or the direction of your intention.

And all the rest is the movement spiraling around that.

DEBBIE: Yes.

FAH'RA: So you can spiral around, but you have to get also connected to that core line.

DEBBIE: Yes.

FAH'RA: In order not to get scattered and lost in space.

DEBBIE: Excellent. Yes, we don't [want to] be flying off anywhere.  
(chuckles)

FAH'RA: (chuckles) You don't need that.

DEBBIE: This is so exciting. Will you be, whether objectively or subjectively, working with... Let's say we want to put a little group or Jib puts a little group together to start these.

And you said you'll be having conversations with us and all. Just out of curiosity on mechanics, will he be like the master of the crew? Or are we all responsible?

We're, of course, responsible for ourselves. But how do you work with a group of people to take them on an exploration?

FAH'RA: We will act as the center line with our energies. And at least at the start. Afterward, you can do your own explorations.

And you can also be the center line during different types of explorations, depending on the kind of exploration you want to do, the area of consciousness you want to connect with, and the configuration of your group at the moment where you are going to engage that movement. You can be several as the center line also, depending on the size of the group.

And for that, you need to be very grounded and to have that single centeredness of focus that can straddle the realities you want to explore.

DEBBIE: Very good. And I can understand that concept. Excellent. Most excellent.

Wow. When we were working with Togi's group of creating a mergence and then moving, I know when that got more intense, we actually had to have help untangling ourselves from each other. That there were essences there after to help exactly that untangle.

Would that be also something... It seems like the structure is different from what you are offering.

FAH'RA: It is different, but we will be here to ground and to help yourself also be yourself. Be yourself individually.

DEBBIE: Yes.

FAH'RA: And while being yourself individually, you will be your own core line with your own spiraling particles around you.

DEBBIE: Yes.

FAH'RA: And you will also be spiraling around the center line that is not necessarily a single person or a single essence, but is created or generated with your collective energy of the group.

DEBBIE: Very nice. We'd almost... These individual ones that are going around this core, it's almost like we're in this...

We've created an orbiting effect. That's why we're one unit. I can see a great visual.

Oh, that's excellent. Very good. I'm sure you've explored all this with Jib, or he's understanding that.

Is there anything else you could offer through my conversation with you for him?

FAH'RA: You mean about that kind of exploration or in general?

DEBBIE: Well, let's see. I should have asked him first as I'm wondering if this is sparking anything within him that I could go further in gaining information from you.

FAH'RA: At the moment, just remind him of being gentle, and also not projecting and wondering what will happen next. Just allow for what is, and allow for whatever it will unfold and transform into. These energy exchanges that he's doing will continue to develop and change.

DEBBIE: (chuckles) Very nice. I'm chuckling because that is also such excellent advice for myself, such excellent counsel. But I also remember

Elias sharing with me, so I'll share this for Jib's purposes too, because if we do project or if I run so far ahead, what happens?

And I said, well, I guess I would trip and fall, which isn't desirable. And he goes, and you can't hear. You can't hear who you're speaking with, right? (chuckles)

So it's very, I really like that. That imagery, it has helped me from getting outside of my boat and being anxious and concerned and worried and all those not beneficial, you know.

FAH'RA: Yes. They are the outside influence that will just pull you away from your center line.

DEBBIE: Very good. Very good. Now, I've been at the threshold, Elias said I've stepped through and I'm becoming, and there's much change afoot, but I'm becoming to step into myself.

Is there anything that you could share with me about me that I don't recognize as a quality I have? Like I said, I realized I'm a lot stronger than I thought I was. I could actually, I'm not only a support person that I can actually be out in the forefront and I can be a beacon in a lighthouse.

FAH'RA: And do you see yourself as adventurous?

DEBBIE: I do. I do. But I've forgotten some of that though. That has been dimmed down that light. So that's a great, great point.

FAH'RA: That is a quality that you can explore not only in objective imagery in your environment, but also in your more personal and inner

explorations. Your inner realities and how you project your attention, how you configure yourself also in those explorations. You can be much more than what you think you are.

Because how you perceive yourself in one moment, the image you have of yourself will include the limitations that you are, in a manner of speaking, putting upon you and your energy. And they are not set in stone. You can change that.

Just change that like the flow of water.

DEBBIE: Yes. You know, I forgot now about that. I've been really only moving from a humanoid perspective in all of this.

And I've forgotten about how we can reconfigure.

FAH'RA: Yes. You are very fluid.

DEBBIE: I've gotten clues on this and I have missed them. But oh my goodness, this is excellent.

FAH'RA: And now you are reconnecting with them.

DEBBIE: I am. I'm chuckling because I've had a lot of clues recently. Even with my partner Phil here being very smitten and diving into what we call UAPs, these unidentified things in our skies and revisiting about what it means to be alien or extraterrestrial.

And that's also prompting that adventure side of things again.

FAH'RA: Exactly.

DEBBIE: Yes. And reconfiguring and reminding ourselves of the information that's already been shared about bleed-throughs and moving between dimensions and all that. It's all been buoying up to us connecting with you.

Yes. For these new adventures.

FAH'RA: And also remind yourself of keeping your anchor here. Not to get lost in those dimensions.

DEBBIE: Right.

FAH'RA: Because with excitement, you can easily step through and get lost.

DEBBIE: Yes.

FAH'RA: You don't know yet how to come back.

DEBBIE: Correct. I have been in the process of creating a type of anchor, a tethering. So I will continue working with that.

FAH'RA: Very well.

DEBBIE: Very good. Oh, this has been wonderful.

I am so pleased to meet you and objectively talk to you. And thank you for making yourself available to me in energy. I want to continue working with that also for my purposes of learning how to manage big volumes of energy that are determining what's mine and what isn't.

FAH'RA: (chuckles)

DEBBIE: I'm kind of a newbie with that. As you know, I'm a dispersed essence. So I want to learn what's what. Sometimes I feel like such a babe in the woods with this. But I have got great support.

FAH'RA: And have you explored the buffering exercise Elias gave you?

DEBBIE: Which one?

FAH'RA: The one to move your attention back to your energy when you feel overwhelmed or you feel so many others' energy. You can discuss that with Jean-Baptiste.

DEBBIE: I will. I will. Thank you.

FAH'RA: I will. Very well. It has been a very immense pleasure for us to discuss with you today.

DEBBIE: Thank you. And likewise, I hope we do it again.

FAH'RA: We are looking forward to that. Take care of yourself.

DEBBIE: I will. Good day.

FAH'RA: And Have fun. Au revoir.

DEBBIE: Au revoir.

(Ends at 38 minutes)