

# Untitled

*Date: February 18, 2025*

*Participants: Jean-Baptiste (Araili), Anon*

*Topics:*

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**Title:** An Introduction

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*The first half hour of the session wasn't recorded. When Anon mentioned she hoped she could listen to that again in the recording, they stopped the conversation, allowing Jean-Baptiste to come back and start the recording.*

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FAH'RA: Let's continue.

ANON: Okay. Another... (speak at the same time) Sorry. You carry on.

FAH'RA: Do you want us to repeat what we've said to you? The essence of it.

ANON: If you can. Yes. Yes. The essence of what you already said. If you could repeat that, that would be great.

FAH'RA: Okay.

Concerning your first topic. The one where you are feeling that you are not as adventurous as you were before. And that you prefer going on your walk closer to your home and not take the motorway. We said that the reason comes partly from (pause) the preferences, your genuine preferences that you have. That [they] are getting stronger as you age. Also because when you go outside and you wander in proximity to more agitation or activity, there is some risks involved or some agitation that can lead to some confusion.

And then there is this aspect of (pause) just also looking at it like it is seasonal. And it may change again. Just like the tides are rising and then moving away.

Concerning the second question you asked. The second topic. One moment. (pause) As you go into your passion and, for example, continue digging or doing what you do for long periods of time without paying much attention to your body, without paying much attention to the time or the rest, then it connects, partly, with your attitude towards your body. And towards the way you look at it as a vehicle. That a vehicle needs to be refueled regularly. Needs to be repaired when it breaks down. And that as you use it, it wears down also.

Then as you look at your friends or the people around you. Like the one that is doing some exercises and that is taking care of her body. You should get inspired by that in considering that your body is the expression of yourself as essence in this focus and in this physical reality. You can

consider it like one of your horses, that when you ride it, afterwards you will brush it, take care of it, spend some time with it. And allow it to frolic around in their field. Or wherever they are. You don't leave them just in their stall, and take them [out] only when you want to go outside. Or when you want to plow your field. You also have a relationship with it.

And, another part of that aching, and of the reason that you stay in this (pause) flow when you are in it, is also because your energy will infuse the location where you are. And your body, recognizing this energy signature, will start to go back into the actions that you have been doing for a long time there. Like digging, or when you are on your internet looking at different websites, or scrolling your social networks.

These are actions that your body reacts to the stimuli from outside of where you are, and what energy you used to express with that.

Now, if you want to go to the third subject.

ANON: Okay, thank you for that. That was a good recap. Okay the third topic is death choices.

Not that I feel like I'm there personally yet, because I don't think I am. But over the past few years, so many people I know died during the pandemic years. Although, none of them actually from the virus. In almost all cases I sensed that they were ready to go. It seemed pretty obvious.

My dad seems to be choosing that potentially in the near future. Although he's actually suddenly gone to the doctor, which he said he would never do, and got steroids. So, obviously it can be a long process between

deciding that you're ready to die, and actually doing it. But, what I'm curious about, I've got two parents and both of them have extremely strong preferences for being independent during that process. To such a degree, to the point of refusing medical intervention, and keeping people away that would interfere with their choice to do it in their own way, on their own, as it were, independently. I don't really know what my question is, but if you could just say something about that.

FAH'RA: It is connected also with the way... when they were born and how they have been raised, that the independence was such a prize, and that you had to demonstrate autonomy and resilience. And, they kind of integrated that in their own worldview to such a point, that, at the moment, it is part of how they perceive themselves, how they identify themselves. And they don't see the point in not continuing in that direction, as it has served them so well during their lifetime.

ANON: Right.

FAH'RA: And, in their own way, they are making concessions to that. Just like you said, your father started to request some additions, so that he could function, even though he's still exploring the slow process of going towards the end. But, he's also curious in how these substances can affect his exploration and his attention.

ANON: That's very interesting. That's interesting what you said about the independence had served them so well during their lives that they didn't see any reason to change that now. Actually, that makes a lot of sense. I hadn't really quite seen it like that, but that makes a lot of sense.

FAH'RA: Yes. And for your mother, she's also wary of other people. She doesn't really like other people to get in her stuff.

ANON: Yeah. Yes, that's very true.

FAH'RA: And as she gets older also, she's becoming more suspicious of the intentions of other people.

ANON: That seems to be a common thing, especially with people with dementia, not that she's got dementia I don't think, to get suspicious of people. Often people with dementia think people are stealing their stuff, and they're suspicious about people.

FAH'RA: Yes. Because you have that idea that when you get older you pay less attention. People can use you for their own benefit.

ANON: Right.

FAH'RA: And as you also start to move your attention in different ways, let us say, then you also become more influenceable, and she reacts to that also.

ANON: Right. Influenceable.

FAH'RA: She doesn't want to be more influenceable.

ANON: She doesn't want to be influenced.

FAH'RA: Yes.

ANON: Right. So it's almost like just a withdrawing into what she feels safely in control of I suppose.

FAH'RA: Yes. And how is your relationship with them?

ANON: Pardon?

FAH'RA: How is your relationship with them?

ANON: My relationship, what, with her?

FAH'RA: With them, yes.

ANON: Oh, my relationship with my father is better than it's ever been. And my relationship with my mother, she hasn't spoken to me for about three years. She won't speak to me at all.

FAH'RA: And what about you? Would you like to discuss with her?

ANON: Would I like to speak to my mother? Is that the question?

FAH'RA: Yes.

ANON: Actually, you know what? No, (laughs) I actually don't. I mean, she's been so difficult for so long that, after her not speaking to me, and me feeling aggrieved and wronged and unfairly treated, and then feeling sad and sorry for her, and then making some attempts to email her, but not getting a reply, and then getting mad,

I sort of recently actually realized that no, I don't think I do want to see her anymore. And it's actually better for me to not have her constantly in my life, quite honestly.

FAH'RA: And do you still feel that you should do something? Or, that you should try to reconnect?

ANON: I was. I was, up until this last November, I actually accidentally forgot her birthday. I completely forgot it. And that was when I had the realization that I was kind of gone a little bit past that point into accepting it, and that it was actually okay to be this way.

FAH'RA: Very well. And you said that you never had a better relationship with your father than you have now. How is it going with him?

ANON: It's just going very well because we email all the time. We haven't seen each other for years but we email constantly. And we just have a much closer relationship than ever before. Mainly because, I suppose, I didn't see that much of him. We haven't lived near each other for decades. He was always at work when I was a kid.

But I think we both found out a lot more about each other in the recent years of emailing regularly. And that's more than made up for the whole rest of the time really.

FAH'RA: And would you say that you are enjoying yourself with him, now, in that kind of relationship?

ANON: Yes, very much so. To the point where I understand at 90, if he's ready to die, that's acceptable. But, I'm going to miss having emails every day in the morning from him, for sure.

FAH'RA: And, you can still have some contact with him.

ANON: After he's dead.

FAH'RA: Yes, if you like.

ANON: But, you know I've been thinking about that, because we seem to have a very strong telepathic thing. Like, I'll think of something, or find something online, or something; and then, without him even knowing about it, he writes about the same thing the next day. It's happened so many times.

So, I have actually thought that I could continue communicating with him afterwards. Yes, I have thought that.

FAH'RA: Yes. Yes, it will happen naturally. You don't have to do anything. Just like it happens naturally now.

ANON: Yes, I think so. I feel that that could definitely happen, yes. Well, thank you.

Thank you very much. I don't have any further topics to discuss, but hopefully I can talk to you again sometime.

FAH'RA: With pleasure. It would be a pleasure. It was a pleasure today to discuss with you also.

ANON: Yes, I enjoyed that very much. Thank you very much.

FAH'RA: Continue your exploration and just pay attention to yourself a little bit more. Your body.

ANON: Thank you. Yes.

FAH'RA: It deserves your attention.

ANON: Okay. Thank you.

FAH'RA: In the meantime, have fun and goodbye.

ANON: We will. Thank you.