

# Group Reality Game

*Date: March 22, 2025*

*Participants: Jean-Baptiste (Araili), Deborah (Tamarra), Denise (Azura), Julie (Fontine)*

*Topics:*

- *Recognizing Intent in everyday life.*
- *Challenge is not necessarily hardship.*
- *Are you ready to explore new ways of being?*
- *Judgment and Relationship to Self.*
- *The Domino Effect of Self-Judgment.*
- *Releasing the Old to Embrace Expansion.*
- *Recognizing the value of what has been.*

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FAH'RA: Good morning. How are you?

DEBORAH: Good morning.

JULIE: Good morning.

FAH'RA: And you are here today to play with us?

JULIE: Absolutely.

DEBORAH: Definitely.

FAH'RA: Today we want to engage you with our game again. And if you remember the first rule, it is about self-exposure. So it will be a matter of showing yourself to yourself as we ask questions and as we ask you to engage your perception.

Now, Julie added some aspects in her own challenge. And it is about being bold. And if you want to do the same, you can.

But for now, we stick with the one rule of self-exposure. The theme that we will be engaging today will be about how you recognize your intent in whatever experience, situation, relationship you explore at any moment. Who wants to start?

Maybe Deborah.

DEBORAH: Hmm. I was just contemplating that I haven't fully or at least acknowledged, recognized and acknowledged my intent. It has a basis as challenge. It has a choice of taking what people would call the difficult and demanding road.

And I've since embraced that as part of who I am in this exploration. And yet my challenge is also how to couple that with not overcomplicating or analyzing with the intent of that challenge being buoyed by the game, by a lightness, regardless of the terse or dense exploration tone that might always be there.

FAH'RA: Yes.

DEBORAH: So that's my statement.

That's my statement. And that's sharing with you too. Also.

FAH'RA: Very good.

DEBORAH: Thank you.

FAH'RA: I mean, there is another aspect to that. It is. Can you describe the different areas in your life in which you recognize that you are engaging your intent and how you are approaching it?

DEBORAH: Hmm. The first that comes to mind is always relationships. And up until now, it's been relationships with others. And I'm learning how to develop more of a relationship with myself.

But before it was more role-based. Relationship as a wife and partner, friend and mother. And those roles were the bulk of decades of exploration.

And even though now I'm moving into a different type of an expanded partnership and what that means, the main thing I'm learning to do in conjunction with that is the relationship with myself.

FAH'RA: How do you reckon that challenge piece in these experiences?

DEBORAH: Well, actually, when I've lived on it enough, especially after engaging you all over the last year, it's become easier to begin with me first. That has been the challenge to not begin, let's say when I awake, of knowing all these things on my spokes on my wheel to begin with me and to keep bringing that back many times throughout the day.

Many, many, many meditations and whatnot. So that's been the challenge to have that become and it's going in that direction more automatic because it's more natural. But it's not what I've been doing for the bulk of my life.

FAH'RA: Yes. And that's a good reminder also to notice that challenge is not necessarily hardship.

DEBORAH: Yes.

FAH'RA: And that you can engage it with fun, and as a game, like you say; and that there are several areas into your perception that it can be reflected upon. That is challenge with yourself, or challenges with other people, with ideas, with your environment, or observing people having challenges or exploring their own challenges. And what have you learned from these challenges?

DEBORAH: Yes. You inspired me to say what I've learned is first to identify what we here call our toxic traits and then moving through those, creating new grooves, meaning not automatic reactions of fixing, mediating, making others comfortable. I got a piece last night that's, it's such a gift, not only for myself, but it's a byproduct in any situation.

I'm almost feeling like you all were part of that inspiration I got yesterday. It was simple. By the end of the day, I was realizing comfort.

If I, in any, any relational interaction, even with myself, if I can truly settle into my own comfort and then breathe that and widen that, no matter what crosses my path, whatever I draw to myself in interactions, that that

was the biggest piece, quality I could offer myself and everything else in my environment. Which seems so contradictory to the intent, but I realized, that's what I learned, it absolutely was complementary.

FAH'RA: Yes. It's complementary rather than opposite or contrary.

DEBORAH: Yes. Yes.

FAH'RA: And there is another piece concerning challenges that people often miss. How about challenges with what you view as positive things or events?

DEBORAH: What I have learned recently is that about the attachment, I'll say, to when things seem positive and how that was just as moving me off center as paying too much attention to negative or less desirable expressions or outcomes. That is, thank you, that is something I'm also exploring right now. It's so automatic to prefer, and that's okay to have that preference, but I was seeing how it was affecting my choices, my behaviors automatically.

FAH'RA: Yes. And preferences can be either generated with your natural leaning of your energy or what you judge positive or desirable or acceptable. It can be both also.

DEBORAH: Yes, because it is that balance. And then if I'm now recognizing and not automatically going, oh, I want to go over here. It feels good.

It's positive. It's what I want in my life. But if I just recognize it, then I come back and what I'm starting to realize that if there is a choice point that like there's in every moment, but just acknowledging that positive

and my pull to move in that direction, if I don't do that, I just recognize and acknowledge it.

I come back to me. And then what I get, what I'm learning, I think it's other avenues of communication, giving me information. And that's what I'm beginning to use is how to make choices and move forward.

Not having that, oh, I'm safe, I'm comfortable, I'll move over here.

It might still be the same choice and direction in any moment, but I'm learning not to make that the rudder or my navigator. And that's a big change. Does that make sense?

FAH'RA: Yes, it does. And how would you say you are aware of your value fulfillment throughout these challenges?

DEBORAH: Now it's becoming a feeling. I recognized it yesterday. I was, it was that high intense flow without being maniche,

you can just feel that spot. I know you both know what that is. That sweet spot.

It feels like high energy, but not really. It's just when you know you're in that spot and all your cylinders are humming. And that's what I equate right now to.

I'm doing exactly what I need to do. That state of being, because I'm learning how to recognize my own energy now.

FAH'RA: And that's a combination with your desire also. That everything functions in harmony and in complements to bring you where you have to

be or where you want to be or to bring you to your biggest fulfillment of any exploration that you are doing. And remember the symbol of the lightning rod with the snake.

DEBORAH: (chuckles) Yes.

FAH'RA: You can also let yourself be or channel this energy of yourself, of your exploration and direct it with your attention.

DEBORAH: Ah. And that, I think I touched on that. So thank you for that. When I was doing the interaction with (anonymous), I felt there was a communion and I was channeling more of me than think of it at that time.

And he was of course focused on me reading my cards for me. And I think that happened in a way that I've never quite had that happen before. He had a visceral response from it.

And usually as a soft or dispersed, we would feel them having it. And it was the first time somebody else was displaying what we all know, the dizzy, the woozy, I need a minute, that I didn't feel that. I was observing it.

I didn't feel buffered or shielded, obviously quite the opposite, but it was the first time I didn't participate in that and I could witness that.

FAH'RA: So this is quite a powerful experience of your own energy at that moment.

DEBORAH: Yes. Yes. Wow.

Thank you for bringing (inaudible) into that. Thank you very much.

FAH'RA: Congratulations.

DEBORAH: Thank you.

FAH'RA: Now, who wants to go next?

DENISE: I can.

FAH'RA: Very well. Julie.

DENISE: Oh, Julie, did you want to go?

JULIE: Oh, no, I think Denise, right?

FAH'RA: Okay.

DENISE: I am excited to explore this intent that you bring up, because I know my intent and I feel I've only scratched the surface of it. My intent is to find new ways of exploring my truth. And the way I see that is the finding the new ways.

I'm usually trying something new. Like, I'll get into a craft for a little bit and then I'll move on to the next one. I think the change, finding something new is always looking for something new.

I won't make the same recipe twice to bring to family events, things like that. And well, even with my spirit guides, I change them out regularly too. So I see it in the little things.

What I probably haven't explored is how I see it in more challenging situations. Like, there's a lot of health issues going on with me and my family, particularly my mom. And yeah, I see it more in the little kind of

everyday things than like the longer, longer arching events.

FAH'RA: And that's a very good way to look at it because it is mostly expressed in your everyday situation and in the little moments in between the ones that most people think as important. But all of them are important and all of them reveal some aspects of you, of your intent. And you said you have been exploring new ways of doing things or new methods or new outward expressions.

But now, do you feel ready to start expanding your intent and start exploring new ways of being?

DENISE: Yes.

FAH'RA: And new ways of looking at yourself?

DENISE: Definitely.

JULIE: Can I interrupt for just one second? I had to step away to go to the bathroom and I would really just like to hear your intent again, just briefly, if you don't mind sharing. Oh, tell me your intent. Yeah.

DENISE: Finding new ways of expressing my truth.

JULIE: Thank you.

DENISE: The truth part of that, I haven't really explored either. I just...

FAH'RA: Yeah. We are going to come to that later.

DENISE: Okay. (laughs)

FAH'RA: First, you are going back to yourself and going to see that you are the one that is presenting new outward expressions to yourself. That you have been already exploring many ways of doing what you have been doing, which is exploring your outward world, what you see as your truth in relation to the world and other people. And now as you are moving in a new direction, also of empowering people into their own beingness and gifts, you are going to start seeing you and looking at you in different ways, from different perspectives of yourself.

And find that grounding into your own energy so that you are safe into this exploration of new ways of being yourself, this reality of yours. What direction do you perceive your truth to be at the moment? And what do you hear when you hear that word of truth?

DENISE: That's a big question. Um, what I hear when I hear the word truth is like me, what I actually am more than I may even be able to understand. But it's like the truth of who I am, the actual me. And with this new path of empowering others, it, initially when it was brought to my attention by Elias, it was challenging for me to accept.

And I have had to look at myself differently. And, and the direction I want to go, the key, you said safe there, that's a big word for me, because I want to feel safe, that I can share with people; and, I want the people I'm sharing with to also feel safe to confide in me; and, just an environment of even that what I'm offering, they're safe to accept it, or if it doesn't resonate, not. So, I would say that the direction, similar to Debbie, is also to have that comfort myself; for me to stay in comfort, regardless of what I encounter on this path.

FAH'RA: Yes. And as you change and as you expand your awareness, it is important to be able to generate that comfort and that safe space for you also. And as you create it for yourself, you will naturally offer it to other people that you encounter and that are engaging you for your gift.

DENISE: Good to hear. (laughs)

FAH'RA: And, what have been the truth of yourself that you have been exploring up until now? What have you experienced as that fulfillment of your exploration? What are the nuggets of your truth that you have discovered?

DENISE: One thing that comes to mind is that I've had people express to me how much it meant to them when I'm actually just being myself and not trying to help or be of service or do more to help them. I'm surprised at how they value things that I wasn't putting effort into to do more. And so the truth of that is that my expression itself of being me is of value, I guess, is one way to put it.

FAH'RA: And not only your expression, but you are of value.

DENISE: Yes.

FAH'RA: That is a strong and powerful reflection that you can also share with others.

DENISE: Thank you.

FAH'RA: Do you want to continue or do you prefer a little break?

DENISE: A little break.

FAH'RA: Very well. Take time to digest and come back to yourself. Now, Julie, do you want to jump into the ring?

JULIE: (laughs) With some trepidation. So give me a prompt again.

FAH'RA: Very well. How have you been engaging your intent in your everyday life? Not only in your meditations.

JULIE: Right. I think that my intent is observing the energy interaction in between myself and myself and myself and others. And maybe I would appreciate your comments about energy interactions with me. Myself.

Because I'm usually noticing the ones with self and other. And the way I engage that is noticing or attempting to notice their energy, notice my energy and that interaction space like "What's happening?" "Is it harmonious?"

Um, generally, that's my gauge. I want it to be harmonious. If it's not, then that's when I need to evaluate.

I might start analyzing, which that's probably one of my downfalls. But but just notice, like, where is this disharmony coming from?

FAH'RA: And before we go into this direction, you said that usually you notice more the interaction between your energy and that of others. But that also means that you also notice certain times your own interaction with yourself. So what are those times that you notice your own relationship with yourself?

JULIE: So, so, now that you've said that, I recognize that. If if it's a pattern that has come up in my life, other times, many other times, then I'm looking at myself there, my younger self, maybe where it first originated, the pattern, or just other times that it happens that I express in that same way.

Whether comfortable, usually it's uncomfortable. That gets my attention. So that's self. Yeah.

FAH'RA: Now, as a soft individual, you are also interactive with yourself in different moments and in different situations. Which does not necessarily mean that you are looking at it that way of experiencing or exploring that relationship between yourself and yourself. But it is. And it is the way that you are engaging yourself, nourishing yourself and and also sorting out or assimilating different energies that you need to address to or to integrate into your own understanding. Into your own way of life, at times.

And would you say that that aspect of harmony and good relationships is part of your intent or is it just a preference?

JULIE: Preference.

FAH'RA: And how do you recognize these interactions between what you see as yourself and yourself or as yourself and others? And you have also that aspect of yourself and your world or the collective energy. How do you recognize that without the filtering of duplicity?

JULIE: How do I recognize my relationship without duplicity?

FAH'RA: Yes, if you temporarily remove the preference.

JULIE: It would just be recognizing the behavior. The description of what is happening. So yeah, I usually throw in duplicity immediately. That's one of my challenges.

FAH'RA: Would you say that it serves you as some form of protection?

JULIE: Probably. I want to be good, not bad. That would come from really young.

But then I've got a very strong judge in there that says what's good and bad. And maybe that I don't always look at that very closely. So that is self and self. That's a relationship with myself for sure.

FAH'RA: Yes. That aspect of duplicity, when it comes like that, acts as some kind of buffer or boundary between you and what you have a relationship with.

JULIE: The duplicity comes as a boundary between me and them.

FAH'RA: Yes, you can have a natural preference for harmony and it doesn't need to be backed up by what you deem harmony to be good. For example, you can remove the duplicity and still have this leaning towards the harmony; because, it resonates with you and your energy and what you are exploring.

When you add that component of good and bad, you filter out some of these exchanges of energy between these different aspects of consciousness that you are exploring. Which is not bad, of course. It is just one element that you can take into account when you try to look at your intent in your life.

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JULIE: So I was actually thinking about this before the session. I know that Elias actually told me yesterday that judging myself is my biggest stumbling block. And that good and bad, of course, is the judgment of myself.

And he didn't say that, I said that. And so I wanted to come to the game today and ask what is a way that I can... It's almost invisible.

So one highlight that I'm judging myself when I'm doing it, become aware of that impulse. And then I guess the way to release it is to express it and let it go. Acknowledge, express, and let it go.

FAH'RA: Yes. And one step is also not to judge it. Not to want to get rid of it.

It's just what it is. It is like playing a note on your keyboard of your piano. It is just a note.

You can play it and you can not play it. Sometimes it is automatic. And you just play it because you're used to play it in your explorations, in what the world is reflecting to you or what others are reflecting to you about you. And when are those times... What are those times when you notice that you are judging yourself?

And judging can be in a positive way also. Duplicity is not just negative.

JULIE: So the positive would be if someone flatters me or thanks me for something. And, oh, that's good. I've been of benefit.

I'm valuable now. Something like that. And I don't actually say that to myself.

But that's kind of like the feeling of, oh, now I've done something worthy, worth something, you know. That's a positive judgment.

FAH'RA: And you will notice the judgment when you are able to notice the opposition that exists within that judgment. Because a judgment is not just positive or negative. It contains both.

It is positive in relation to something else or to some other manifestation. Or it is negative in relation to something else or some other person or some other behavior. So, if you can recognize that when you are noticing that you feel good about yourself, then it means that there is a judgment.

But sometimes when you feel good about yourself, it's simply the mere recognition of your value or of your importance or of enjoying being yourself. So that is not necessarily the indicator of the judgment. You, when you have these emotions, you can ask yourself what you are doing in that moment

that is signaling you through the feeling of being content or feeling good about yourself. Is it because you are recognizing that... your true nature, that you accept yourself as you are in that moment? Or is it because of some comparison between, oh, yes, this person is bad and I am good in doing that because doing this kind of stuff is bad.

JULIE: Mm hmm.

FAH'RA: That would be the difference between just experiencing your own deservingness and your own receiving of compliments and that moment where you add that layer of, yes, they complimented me or they valued me because I'm doing this and this is good. So I should continue this.

JULIE: That's a different layer.

FAH'RA: Yeah, it's a different layer.

JULIE: Yeah.

FAH'RA: What experiences do you see into your life at the moment, where you can evaluate what is being expressed in relation to that?

JULIE: Well, I. I mean, I would, I would look at interactions with (anonymous), probably my (anonymous) or my (anonymous), I interact with those two the most.

FAH'RA: OK, do you have an example? That you feel comfortable to share or that you feel bold enough to share?

JULIE: I'm just trying to... I'm kind of drawing a blank about how to express what I'm being asked to express (laughs) right now.

DENISE: Could I jump in and add something? One of the judgments I had about myself when I first started sessions with Elias is immediately moving into self blame.

People wouldn't even have to be mad at me. They could be mad about a situation. And I would judge myself as not having done something to prevent that or help with that or whatever.

So like a blame thing. So I'm wondering if that's something you experience as well as with the whole good, bad thing, like I'm bad because this happened and it's not even worse when it's directed at you, like when they're upset with you, you take the blame.

JULIE: Yeah. Yeah.

DENISE: It can be in any situation.

JULIE: Yeah, definitely. I'm very familiar with that, Denise.

Yeah. Well, OK, so let's say I'll just give an example of something that happened yesterday. I turned on the water to fill the pool or swimming pool because it was low.

And then I spaced out and walked away and left that water running and the pool overflowed. And I came back hours later and there's the pool filled to the brim and overflowing. And immediately I feel shame.

And oh, my God, I hope (anonymous) doesn't see because he's going to be angry at me. And feeling, I guess, you know, why have I done that again? I can be so spacey and flaky sometimes about things like turning on a burner and walking away or a hose and walking away and forgetting it, you know. Umm

FAH'RA: And in that moment, how does that affect your relationship with yourself?

JULIE: With myself? Yeah, that's like I'm not... I did.

I kind of did notice that I was judging myself and wanting to not do that. Like wanting to feel and know my worth, even though I made a mistake like that.

FAH'RA: And as you notice that, what is the effect in the relationship that you are experiencing in that moment that is generated by that judgment of yourself or that blame?

JULIE: Yeah, my relationship with myself, I can't trust myself to see the best in me when I'm judging myself that way.

FAH'RA: And would you say that it creates a form of separation?

JULIE: Yeah, yeah. I mean, it's easy to see that if I'm doing that to someone else. Definitely.

If I do it to myself, it's so familiar.

FAH'RA: And as it is familiar, you are doing it automatically. So at first, it's not a matter of judging the judgment. As we said, it's important not to add all the layers to the first layers.

And you can accept that for what it is. It is a judgment. And remember, a judgment is just you playing a note on your piano.

JULIE: Mmm.

FAH'RA: And you can, when you start accepting the judgment for what it is, an action, you can stop that action or interrupt that action. And not follow the tumbling dominoes. You can just notice that, oh, it's going to make all my dominoes fall.

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About how I feel about myself, how I perceive myself, how I perceive myself in relation to other people, what they are going to say, etc. All those are dominoes that are starting to fall. But if you keep following dominoes as they fall, you will just stumble with them.

What you can do is step away and look at the bigger picture and see that, oh, yeah, I see the trajectory of these dominoes that are falling. And you can go to that next place where you see that it will be in a moment and just remove the domino here so that it doesn't, so that it is not perpetuated.

JULIE: So catch it in the moment.

FAH'RA: Catch it in the moment and then remove the next piece.

JULIE: Yeah. Yeah.

FAH'RA: So that it doesn't fall and it doesn't make the rest crumble.

JULIE: Mmhmm. So now that you're mentioning that, I can look at all the dominoes now in retrospect from yesterday. I can see them all. So that's good.

That's a good awareness to keep in mind so that I can actually get ahead of it; because, I'm not there yet.

FAH'RA: And for you, it just takes one moment to do that. As you have trained your mind to observe and be in different positions.

JULIE: That's good. Thank you.

FAH'RA: Do you want to add something to that? Or to explore another aspect? (pause) There was something that you said about when you remove the duplicity, then you just observe the behaviors.

JULIE: mmHm

FAH'RA: But your relationship... (pause) This is not necessarily removing the duplicity. You are stepping back into another position, in that position of the observer. But, you can remove the duplicity while still being in that field of interaction, in that moment.

Feeling the movements or the exchange of energy in the relationship that you are exploring. And you can see it as an aspect of the relationship, that action of relationship, that in a way is always between self. And if you want to experience this aspect of relationship, you can remove the layer of that influence you don't want to experience in that moment.

In your case, we've been talking about duplicity, but there are others that you may not be interested to experience in a moment. And you can remove this layer and stay in the field of experience, not necessarily step back and observe that from a higher standpoint, if you want. These are just different aspects of the same experience.

It depends on what aspect or what aspects you want to be aware of in that moment. In a way, you can see it as you want to remain connected with what you are experiencing the relationship with. Do you understand?

JULIE: Well, I want to remain connected and in the flow of the action. Umm.

FAH'RA: Yes, the duplicity creates some form of separation of this connection. And when you remove the duplicity, you don't want to remove the connection also. You can still remain connected to the flow of relationship.

You can explore that. With the experience, it will become clearer. Do any of you want to continue to explore their intent?

[Or do you have] enough on your plate?

JULIE: Yeah, there's a lot on my plate. But I've never thought of it the way you just explained it to me. Like, how do I interact with myself?

Well, yeah, duh. Now I see it very clearly. I really didn't know exactly how to look at that.

FAH'RA: Yeah, and there are an infinite ways to look at it.

JULIE: Yeah, I guess there are, but I've never looked at it quite that way.

FAH'RA: Our habits, the automatic responses or reactions, they are what maintain you in them. They are what is containing you. And in a way, impeding your expansion.

And sometimes you can use that to generate a certain form of exploration, or to streamline your energy and your attention and your perception into certain forms of manifestations or experiences. But, when they are merely a habit, or when they become void of meaning, it is time to change and to find new ways.

Just like the snake sheds its old skin to expand because it has grown and it needs more space to be itself. It is a natural process that most of you have forgotten. How to let go of the old in order to allow the new.

And that's what you are rediscovering in a way. That a lot of the ways you are looking at yourself or that you are defining your reality, they are making it hard to change or hard to discover the new rules in this reality that you can explore and that you can discover the secret passages between the rules also. And that's how they connect.

Some of the connections are obvious and visible. And some are less visible. Some are hidden behind the familiar or the collective perception.

And what you are doing now is finding these new ways of being yourself, of looking at yourself, and of allowing others to reflect that to you also. A lot of it is about allowing. It is not about forcing the change or forcing the non-judgment or forcing yourself to be different.

It is just a matter of allowing yourself to value what has been done, value what it has brought you. Value what it has allowed you to explore or receive about yourself. And allowing that to remain at its place and time, that it has fulfilled its potential, its purpose.

And that now, because you are still appreciating it, because you are still valuing it, it is not a burden and it is not going to be an obstacle in your next exploration. It is the foundation of your next step. But it doesn't have to be part of what you are going to build now.

Do you understand?

JULIE: Honestly, I'm going to go back and listen to that again. (laughs)

DENISE: Me too. (laughs)

FAH'RA: We are paving the way for your future explorations. Just absorb.

DENISE: Expansion is here. (laughs)

FAH'RA: Yes. And you just need to allow yourself to go with it.

DEBORAH: Hmm. Wow.

FAH'RA: Just like the surfer rides the wave. And you don't have to do it the way others do it. Stay true to yourself, Denise.

DENISE: mmm.

DEBORAH: So powerful. Thank you so very much, all of you.

FAH'RA: You're very welcome.

DENISE: Agreed. Thank you.

JULIE: Thank you.

DEBORAH: And do you all see the harmony of why we're here?

DENISE: Yeah.

DEBORAH: That [we are not] alone, and it makes it....

JULIE: It feels very supportive.

DEBORAH: Yes.

JULIE / DENISE: Yes.

FAH'RA: It has been a pleasure for us to come to you today and to share that game with you. We are sending you supportive presence; and, if you accept them, nudges into your life and into your experience, to step into that trust of yourself, that you will never betray you if you follow your intent and your desire.

Take care of yourself, friends. And until the next time, have fun. Goodbye.

DENISE: Bye.