

# The Reality Game

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*Participants: Jean-Baptiste (Araili), Anne, Émilie, Joséphine*

*Topics:*

- *Fear of not being good enough when starting a new position.*
  - *Using dreams to connect with one's guides.*
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**FAH'RA:** Good evening. How are you feeling?

**EMILIE:** Super well!

**FAH'RA:** We are happy to welcome you into this game today.

**EMILIE:** It's a game?

**FAH'RA:** Yes.

**JOSÉPHINE:** What kind of game are you offering us?

**FAH'RA:** We're offering you the game of reality.

**EMILIE:** Alright.

**JOSÉPHINE:** Okay. (inaudible)

**EMILIE:** Yes.

**ANNE:** Of course.

**FAH'RA:** And for that, we're giving you just one simple rule: to observe yourselves when you answer, and when you ask questions. To listen to what that stirs in you—and what it doesn't. And even if you choose not to share it with the group, to at least not hide it from yourself.

Who would like to start?

**JOSÉPHINE:** I will.

**FAH'RA:** Very good. What would you like to begin with?

**JOSÉPHINE:** Am I supposed to ask a question?

**FAH'RA:** Or tell us about an event or situation in your life that feels uncomfortable.

**JOSÉPHINE:** Well, yes, I've got one. At work, it happens sometimes—and it's really uncomfortable—that I feel flat, with no momentum, probably because of the fear of not knowing how to do things. And it takes me quite a while to get through that.

**FAH'RA:** Very good. Do you have a specific example?

**JOSÉPHINE:** Yes, I'm about to start a new position, and sometimes, during the day, I feel like I won't be able to do it. My mind gets cloudy, and I can't form a clear picture of how it's supposed to unfold—how things will work. I tell myself I won't have the intellectual abilities, and that blocks me. I just

can't get a clear representation.

**FAH'RA:** And what exactly is it blocking in you?

**JOSÉPHINE:** Maybe... being optimistic?

**FAH'RA:** And this position—you haven't done it before, is that right?

**JOSÉPHINE:** No.

**FAH'RA:** Do you know people who've worked in this position before?

**JOSÉPHINE:** No.

**FAH'RA:** So then it's completely natural that you can't picture it—you don't have the information or the experience yet to do so. What you're facing is the unknown—and fear—because you're trying to anticipate a situation that isn't here yet.

But this new role—it's coming *precisely* to give you the opportunity to explore and develop certain aspects of yourself you haven't discovered yet. Things that may still be dormant, and that will allow you to expand your range, your field of expression within the organization you're part of.

When you feel blocked by that lack of vision—of not being able to “see” what you'll need to do or how it'll go—it's also tied to this belief that, as an adult, you're supposed to always know how to behave, to act correctly in every circumstance. Which is... well, a little unrealistic, since you haven't lived through *all* the possible situations. You're stepping into this experience to *grow*, to enrich your own repertoire.

How do you treat yourself in those moments?

**JOSÉPHINE:** I judge myself.

**FAH'RA:** And how do you judge yourself?

**JOSÉPHINE:** I feel disappointed. In myself.

**FAH'RA:** And does that remind you of anything? (pause) Maybe from school? Those moments as a child when you had to face people outside your family circle, and your behavior didn't match what was expected? Are there memories that surface?

**JOSÉPHINE:** Yes. Memories and emotions come back. I remember thinking, *I don't understand what they want from me.* And it's the same thing now: *What do they expect from me?*

**FAH'RA:** What's good now is that you *can* ask questions. You can get information if you need to. You can meet the people in the new team you're joining.

**JOSÉPHINE:** I'm afraid of disappointing them.

**FAH'RA:** Who would you be disappointing?

**JOSÉPHINE:** (laughs) My father. And myself.

**FAH'RA:** Is your father going to be working with you?

**JOSÉPHINE:** No, but I still have this feeling that even my life is a disappointment to him.

**FAH'RA:** What do you owe him?

**JOSÉPHINE:** My life.

**FAH'RA:** You owe him nothing. He, together with your mother, made an agreement with you—so you could come into this life, this reality. The rest is your journey.

There's no debt tied to what they gave you, what they offered, what they allowed you to experience and become as a child. You've played that kind of role with *them* as well, in other lifetimes, other settings. The idea of a "debt" only exists in your mind.

How do you feel when we say that?

**JOSÉPHINE:** I feel good. Lighter. More myself. Thank you.

**FAH'RA:** Don't let that stop you from feeling gratitude—which is simply appreciation for the choice you made in choosing your parents, and for the choices you continue to make through your experiences. These are the moments that offer you the chance to let go of those mechanisms, those layers of duty and rules that no longer serve you.

You're in good hands. Well supported.

Who would like to take their turn?

**ANNE:** I'd like to play.

**FAH'RA:** Very well. What game shall we play? What are you placing on the table?

**ANNE:** Uhm... well, I'd like to work on my intuition—to connect with my guides. I'd like to know if I'm really capable of that, and in what way it might be easiest for me to communicate with them.

**FAH'RA:** Very well. What have you already tried?

**ANNE:** I've always had something going on with my dreams. I feel like something is trying to come through them.

**FAH'RA:** And how do you approach your dreams?

**ANNE:** Sometimes I feel really good inside my dreams, and I tell myself, *those must be messages meant for me*. But I still wonder—am I imagining it, or are they real messages?

**FAH'RA:** You can let go of that question. It won't help you develop your abilities. A child learning to walk doesn't question whether they're *imagining* standing up for three seconds before falling.

They keep going. They keep trying. They *know* the direction they want to explore. And you can rely on that same inner knowing in you.

Now, as for your dreams—you *can* work with them.

If you allow yourself to receive them without dismissing them, without... trying to impose ready-made interpretations. Dreams are the expression of your inner actions—of the part of you that isn't physical—of soul movement, if you like. And your dreams are also a way to connect with past or future lives, to make contact with other individuals, or with your guides.

All you need is to pay attention. Note them, use them, share them. Just telling them aloud, reliving them, or seeing them from different angles can already open the way.

A dream doesn't have a single point of view. You can discover multiple layers and connections. But start with the basics: remembering them.

How well do you recall your dreams?

**ANNE:** Very often. I remember them really well.

**FAH'RA:** And what do you do with them?

**ANNE:** When I have time, I write them down. And in the morning, I replay them in my head so I don't forget. But it's mostly the *emotions* that stay with me.

**FAH'RA:** And how do you write them?

**ANNE:** In the present tense. *I'm in a room, this happens, that happens, someone says this, someone says that.*

**FAH'RA:** Do you include what you're doing? What is occurring?

**ANNE:** Yes.

**FAH'RA:** Do you describe the types of places the dream is set in?

**ANNE:** Yes.

**FAH'RA:** And what level of detail do you pay attention to when writing them?

**ANNE:** Hmm... I stay a bit on the surface because I'm writing—so it's not as fluid as speaking them out loud.

**FAH'RA:** You don't need to write down every detail. What will be important for you is to identify the *main action* of the dream—or actions—the interactions between characters, the relationship to the setting, and also the *repeating elements*—the theme they evoke.

You mentioned emotions and sensations—those matter too.

What's going to help you explore your life theme is learning to see what repeats from one dream to the next—whether in the same night, across a week, or over the course of a month. You'll often revisit the same *themes*—not necessarily the same story or plot, but the same *core* exploration. Maybe about safety, or family dynamics, or making life choices.

The details are more like decoration—nice to have, but they can sometimes distract you from the deeper energetic material you're actually working with.

And you can also start noticing how your dreams connect to your daily life—how the themes from your dreams echo in your work, your friendships, or something you observe during your day. Everything is connected.

And as you keep paying attention in that way—learning to follow the undercurrents in your dreams, seeing the images not as “truth” but as symbols or messengers—you'll begin to spot recurring patterns. These will become your own inner language with yourself.

**ANNE:** Thank you—thank you so much.

**FAH'RA:** Have fun with it.

**ANNE:** Thank you.

**FAH'RA:** Were those all the questions you had for this evening? Or is there one last question?

**JOSÉPHINE:** No, that was our last one.

**FAH'RA:** Very well. In that case, we wish you a lovely evening, and a beautiful exploration of your life.

**ALL:** Thank you.

**FAH'RA:** Take good care of yourselves. Goodbye.

**ANNE / EMILIE:** Goodbye.