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# Untitled

*Date: April 24, 2025*

*Participants: Jean-Baptiste (Araili), O.*

*Topics:*

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2025-04-24 Lazour session

(Transcription provided by O. Audio unavailable)

LAZOUR: Good morning.

O: Good morning.

LAZOUR: How are you?

O: I am good. So, you are oriented in time?

LAZOUR: You could say that. I pay attention to your waking awareness.

O: So you can judge... Is this is a biological or a psychological orientation that you're picking up on.

LAZOUR: More like the way your energy is rising and falling during the day.

O: Ah, okay, So...

LAZOUR: Your connection with your environment and your body, and your energy responds to that.

O: Ah, well nice. So that brings me to one of my questions I have for you, which is. In your own words. How would you describe my Essence energy and how would you describe my focus energy?

LAZOUR: One moment..... Curiosity is one of the quality that is deeply rooted in your essence. This Dimension you have a curiosity about the inner workings of beingness. Not in a mechanical way, but in a more flowing way. And Interconnectedness. The experience of interconnectedness with your Environment with your inner environment and how that can be translated into different cultures and societies.

As for your current focus, you have that gaze upon your reality that you know you are going to leave behind, so to speak. Like this traveler who has been in a foreign land and is appreciating the current experience through the coloration of all those other experiences you have had in this dimension. Which gives you the ability to evaluate your current experience and be in tune with certain preferences concerning how it manifests, how it fulfills its potential or potentials. And you are like the expert of the why that you have had experiences that gives you this knowledge about what kind of experiences this reality has to offer you. And which are the most realized or complete.

O: Um. Well, I think the interesting part about what you're saying is, I can relate to that, and at the same time. For, I would say to a significant part

my experience and awareness is one that is much more uncertain and tainted by fear and need for protection and awareness, Etc.

LAZOUR: Yes

O: What you're describing is that then more a potential?

LAZOUR: Yes,

O: Aha

LAZOUR: This is the energy behind what is covering your natural expression. What you have learned. The ways you have put into place to move around your obstacles instead of maybe realizing that these obstacles are also here you have presented them to yourself to give you the opportunity to see more of yourself more of your preferences. And also access different abilities. I would say what is behind this need of protection is also connected with integrity. The integrity of yourself of your choice of experience. The Right to leave (live?) as you are instead of having to conform to trends or to currents of thoughts that are prevalent at some times. And also another part of it is motivated by the impression that some aspects you cannot understand. And as you cannot understand them they become threatening and you have to protect yourself from these configurations of these flows. Maybe you can relate to the experience of feeling flooded by the emotions of other individuals?

O: Um, well I think they're yes, on a personal level that can be threatening, but I think overall, I grew up with an image of I guess seeing forces in the world that are following their own paths and their own

dynamic. And which appear to be, because now I would, I'm starting to see that differently, but for the longest time they appear to be larger than me, and they're just following their course. And it was for me to be vigilant about their course, so not to be swept away by them.

LAZOUR: Yes

O: That is the image I guess I had behind, and I'm replacing that now into a more centered in myself..... It's Tricky in the way this dimension is about separation, so separations are easily apparent. And they seem self-evident. And yet, there's connection. So there is an interconnectedness but there is also independence of each part. It's all interconnected, but each part is the center of its own experience, so that it's a bit of a tricky thing to understand in in this Dimension.

LAZOUR: Yes, and the power that you have feared before and that you are going, that you are currently changing into a more trusting of yourself. That you can navigate through these or in-between these forces like you say. They are like the currents in your ocean. Some of these currents appear to move in different directions. Some of them are more on the surface, and you can see them easily, and you can be swept away by them, if you are not careful. You can be crushed by the waves that can appear to be independent or their own entity. But on another layer of your experience of consciousness there is no separation. The separation appears when you perceive this reality in order to experience these flows and these currents of these forces into objects, into entities in order to have these experiences. That you cannot have without the separation bit.

O: Yes.

LAZOUR: So, it's a manner of... and you are starting to realize that they are connected and that you are part of these currents and these forces and you are also participating in them with your energy. And as you become more aware, you can at will move from this experience of separation when you need to or when you want to experience yourself as a singular entity, or as a singular self in the midst of other manifestations. And you can also move into the direction of letting go of that separation. And experience yourself as the air of the atmosphere or the ocean. Depending on what kind of experience you are choosing in that moment. Are you understanding?

O: I think I do, and it does connect me to another question I have on my list, which is paired with a realization as I was writing this down. As I'm looking back at the last number of years, there are some distinct dramas that I was involved in and which also were global in a way. And as I was writing this down, I realized and I want your feedback on that. It appears to me that what is happening in terms of those more broader Global dramas That are around me. That these are representations of visions and associations I am having, and also of course we're collectively as humans are having. But also, I am having in regards to the shift, in regards to a fundamental radical change. And what do we associate with that? What do we fear with that? In what kind of story does it represent itself? And it appears to me that kind of starting in 2019, there was apparently a moment, a potential choice that was actually then chosen by some people was to move into a total destruction, Armageddon scenario. And that

choice I didn't make. And then instead the choice was made to move into the mass event, which is associated with covid.

LAZOUR: Yes

O: Which in itself had then the potential of moving into a totalitarian control direction. Which again, I assume some people made the choice to move into that scenario. And again, I didn't. And now, it seems the other form of associated drama appears to me the idea of an elite that plunders that grabs what is there for itself and lets the rest fight for their own survival. And I would say, again that is not a choice, a drama that I don't want, I'm not interested in being part of. And it appears to me that, let's say these are all the negative, fear-based representations around deep-seated change. And my savior, so to speak, I think these may be more personal, but there are either around first Contact or around AI, artificial intelligence. How would you comment on that? That way of looking at the events that have unfolded and the choices I'm making with them?

LAZOUR: That is a step into the realization that your energy is reflected into these mass events. Also, they are here to show you in a very contrasted way what most people would prefer not to see or not to look at. You are using these events and these opportunities to look at what other people are choosing, what other people are expressing. And evaluate your own direction in all that. It gives you the opportunity to assess and affirm that this is not the direction you are comfortable with, or that you want to nourish. You do not want to let it grow out of proportion. I would say that for some people in the midst of these events. They had the perception that they were living in the start of Armageddon. The start of the end, and in a

way for a lot of people it was. They chose to leave this reality. Some choose to move to another probable reality and the reflection is not necessarily a mirror image of you. It can be the image of another aspect of yourself that is that aspect that has the awareness to see things more clearly and also understand motivations behind from different parts of the populations. What you call the elite and yourself in how you choose to redirect the energy into something that you prefer. Something that you want to experience. The trick here is that as you focus more on the outside imagery and the manifestation some people may have the impression that they have to intervene on this outside manifestation. They want to act, to protest or to shout loud, loudly. So that other people hear that. But as you become aware of your, of how you create your reality. How your inner movement translates into this outside world. The outside interactions. They are the translation, the embodiment of your own inner movements, inner explorations. And as you are aware of this connection you can start to use your objective attention to become aware of the different doorways, the different choices that will lead to different paths for you. And that you don't need to bring other people with you so to speak, because as you are choosing your own path and that you trust your own path and that you don't have to convince people like you say. That you don't have to change them. They naturally adjust, respond to your own direction. In order to support you in your own exploration. And that requires trust and letting go of the control of the desire for your exploration to manifest in a certain way because your inner movement will translate into many, many, many different ways outwardly. You will have a lot of different imageries. And what catches most of your attention may be bigger events or what you

call bigger events, but your own exploration is manifest also into how you cook your eggs, how you eat your cakes, how you sit listening to myself. How you express yourself about yourself to other people. These contain the Information of yourself of your focus of your exploration. Some aspects may be less obvious at a certain time because you move your attention in a certain way that is influenced by your interest of the moment by your worldview how it is configured or designed in that moment. And all of that constitutes the snapshots of your entire collection of movies. But you can say that each image of that movie or that collection of movies contain every other frame but they are layered

O: Like a like a holographic....

LAZOUR: Yes. And you can access these different images all these different frames, these different experiences. through different portions of the frame, of the image. And in every frame there is what you can see, what is framed and there is everything that is left out of the frame that is considered not important in that moment. But it can be included into your awareness, even if it's not manifest. You understand?

O: Um. Well, I think you're talking about. We are talking about, the relationship between the personal energy and attention and the outside manifestations, experience.

LAZOUR: Yes

O: And how there's a holographic nature to that outside representation, not just the outside representation, I would assume also the inner experience is a holographic one, that metaphor holds.



LAZOUR: Yes

O: So, each part contains the information of the whole and can be accessed through each part.

LAZOUR: Yes

O: Even though certain things on the surface of each part highlight aspects that are more easily visible and apparent.

LAZOUR: Yes. And it is, you can say that similar imagery, similar outward situation or interactions will serve differently for different people.

O: Right

LAZOUR: But they can serve also differently for different aspects of yourself.

O: Right, right, right

LAZOUR: Depending on which aspect you allow in the forefront of your objective attention. You will experience similar imagery completely differently. And that is part of what you choose.

O: So let me then go actually into an imagery that is around me right now, which is the subject of mortality. I see that my friends are confronted with. Sometimes their own mortality, often their parents' mortality. I do see there's an easy relationship to the age that I am in, my friends are in. But it also, I'm just wondering...., so in a way it connects interestingly, that a few days ago I talked to my partner and I mentioned that I feel a certain emotional, or relative emotional distance to that, to other people dying

and yet a few days after that I was at my parents' place. And my perception shifted on that. And my sense is that I saw them a bit more objectively. Staying within a well-established perspective of them and who they are and the relationship to me. And it shocked me a bit, and it frightened me. And I saw again, I think the mortality of them became apparent, and it did emotionally upset me. Contrary to what I had kind of said a few days before so. So was that..., did I create that shift of perspective out of curiosity, an exploration, or is there more to it, that the subject of mortality is one, not only around me, but also one that..., to be very direct, are my parents contemplating disengagement as a choice in the near future, or why am I being basically presented with these things?

O: It is, like you said partly because you are curious and also interested in other experiences, other ways of gaining information. This connects with also you giving yourself a reminder that nothing is absolute. Not your perspective, not your interpretation of your perspective. And also this is partly lowering your walls to this potential of death, of disengaging that theoretically can appear not to bother you. Because you are not as invested or as connected with the persons that are disengaging, or the persons that are in appearance choosing the direction of disengaging either through disease or drama. And in that lowering of your walls there is this reminder to you that every moment is precious and contains the possibilities to experience them in different ways than you have experienced them before. That there are other possibilities for you engage the moment you are in, engage the object, the things, that people around you. That you can gain from that. Another aspect is to show you also that.... how old are your parents?

O: You are asking?

LAZOUR: Yes

O: In the mid 70's.

LAZOUR: Very well. And do you have reasons to think that your parents are considering this direction of disengaging rather than they are aging and this is natural for people of this age to become more aware of the possibility of their own disengagement in this reality.

O: Well, my perception is, I think twofold..... (Dog is barking loudly)...

LAZOUR: Are you still there?

O: Yes, There appears to be strong energies connected to that subject.

LAZOUR: Right

O: Okay

LAZOUR: Do you want me to address to the dog barking?

O: Sure.

LAZOUR: Okay.....

JB: What's happening?

O: Oh, your dog is barking.

JB: Okay. One moment. Okay, I just shut the window, the blind, because I think it might have seen a cat, that's why he went Berserk.

O: Well, we were talking about mortality as well. So, it might be related.

JB: Okay, so I'm just going back, I talk to you in a bit.

O: Okay.

LAZOUR: Let's continue.

O: So okay, we're having some energies expressed here, which may not be so apparent to myself always.

LAZOUR: Yes.

O: Um. So I have two things that come to mind. One is, I perceive myself as, which is maybe not too uncommon, but I have the perspective that I always felt I will be living for a relatively long time. And when I look at my parents from that perspective, they are aging prematurely. So, my awareness is, I feel they are simply prematurely aging and they are having a strong focus now on their own bodily dysfunctions and challenges. So that would be the answer to your question.

LAZOUR: Yes, and that comes partly from the influence of the way the masses consider aging at this point in your history. A lot of them have had enough in their life. And they see people around them going in this direction of having more disease and having less mobility and losing their alertness or sharpness of their mind. And your media and your medical.

O: system.

LAZOUR: System is also contributing to this idea that this is normal. But this is only normal because that's what most people are doing. That does

not mean that they are considering disengaging as a choice. But that this is what's coming for them. And that they are closer to it than they have ever been in their lives before. And they choose these different physical manifestations to address to certain issues or certain inner conflicts things that they have not addressed before. And some of it also comes from the idea that most of what they are, going into that, this is the direction that is capturing their attention. Which becomes important.

O: Would you confirm that my own perception around that is more beneficial and is not in alignment with presently common health beliefs.

LAZOUR: Yes. That does not mean that the influence is not there.

O: Right.

LAZOUR: But you are aware of it and you can choose not to go in this direction.

O: Right, so I think there is a subject I want to get into which is around my relationship is my present partner, S. And one question is, if you would agree or not, that we are exploring, like one of the main themes we're exploring right now, is the tension between the fear of loss and abandonment on one hand and the fear of a loss of freedom and Independence on the other hand. Would you say that is one of the main challenging themes that we're exploring together right now?

LAZOUR: Yes, and. That connects with the fear of death in certain ways.

O: Yes.

LAZOUR: Abandonment is also kind death of a certain situation or certain conditions.

O: Correct.

LAZOUR: And that's why I said earlier that your imagery is a translation of a deeper movement in yourself. But it will reflect in many directions, in many forms. So, how do you explore this subject?

O: Well, but then let me ask you, what is that inner movement being reflected here? How would you describe that?

LAZOUR: This is time for yourself to present yourself the reasons for your walls and your protections. And as you are lowering these walls and starting to go in the direction of trusting yourself. The subjects that can feel threatening to you are surfacing. And are presenting yourself with opportunities to find new ways to either go around or to contemplate. You see that you don't have to do anything about it. You don't have to change the outward expression because it will follow the direction of your inner movement.

O: So I can see that well, and I feel that I am gaining indeed awareness of the motivations behind my protections. Is there anything you would want to make me aware of where I am not aware of right now, what would be beneficial for me?

LAZOUR: And what are you aware of right now?

O: ☐ Well, I mean I see the, I think one big frame is the trauma of the wars, the world wars. And that my parents were the first post-War

generation of the second world war. They grew up. They were traumatized strongly by that and the whole culture I grew up in was. And so that reverberated into my own sense of not feeling safe. And secondly what I see in my parents is, they're not being models for trust in self. And so I think that that is a big influence on me. And as I described in the discussion before with Jean-Baptiste that my strengths as a thought focus is intellectually, and so I use that as a form of protection, but it also insulated me. So, the fear of abandonment sits deep in me and the fear of being unkindly judged because I generally feel that my intents are pure and good. But It doesn't mean that I don't trigger people and get reactions on that trigger instead of my intent. And that can be very painful. So, to protect myself from that as well, as I said, a lack of trusting in self and seeing the environment out there as a thing to be weary of. And yeah, it appears to me that the counter the, the antidote, the counter movement is moving into trust.

LAZOUR: I would ask you first. How do you position yourself in relation to your parents. In relation to how you perceive their potential not being fully realized or expressed. How that connects with your fear of abandonment? That you have to for fit or let go of these potentials of these aspects of yourself that you will see and that have not been offered the possibility to grow and exist.

O: That's a very good. Question. I mean, interestingly, I think in my first session with Elias, I brought up that subject of not realizing my potential and being frustrated around that. I think that since then, I have moved in a direction of not being so fearful about it, and I'm also understanding that

there is an aspect of, I felt strongly for the longest time that I need a value for others in order to not be abandoned, and therefore I had to have something to show for to guarantee not to be abandoned and develop those potentials. So I can see that relationship on that level. If I imagine myself....

LAZOUR: How did you compromised yourself and your direction in order to not be abundant.

O: How do I what?

LAZOUR: Let me rephrase it. What did you have to abandon in order not to be abandoned?

O: Ah, well I mean the simplest and broadest answer is; aspects of self. To specify which aspects of self. Um I guess, What did I have to abandon? Which aspects of self did I have to abandon for others? So I think I'm paying a lot of attention to others first, I give room to others first and me second. There is a fear of not acceptance if I just present myself without first assessing the other and what they may accept or not. So, I guess then one answer would be, I abandoned the innocent presentation of self.

LAZOUR: And do you feel that you are becoming, or starting to come closer, find it again.

O: Yes.

LAZOUR: And how do you relate to that exploration with your partner?



O: Well, that is the tension, that is a bit the bouncing between the extremes that I experience. That I experience on one hand the fear of losing her and on the other hand, the fear of losing myself. And, from my understanding either I shift my focus away from that being something to focus on and not making it important. I mean, either the loss. I mean, both the loss of her and of myself, knowing that in a way I cannot lose myself, and if I lose her, then that is not, has the same significance that emotionally it has right now. Or to learn to find a dynamic balance in a middle ground between those two extremes.

LAZOUR: And where would you say you are this moment?

O: Well, it's tricky, like yesterday I said to a friend, I'm somewhere between panic and denial. But that's a bit facetious, I think more honestly. I'm not quite clear. Where there is denial and where there is acceptance. I cannot with great clarity differentiate these two right now, so I feel like I'm.... So, instead of going from fear of losing myself and fear of losing her, I am moving into acceptance. This is the third point that I'm finding. And accepting of what is and which includes myself, how I am. But then I can go into either fear again. So, there is that third point that is there, but sometimes, I'm wondering if it's acceptance or if it's denial. Do you understand?

LAZOUR: Yes, I understand. And give me an example of what you wonder might be denial.

O: Well, it's basically not giving important.... I mean, I can move into fear, right, I can take the perspective, and I certainly do at times have the

experience of fear. So, I can look at the situation as I try to understand it and navigate it, and I can easily find evidence and reason for fear. And if I don't do that, and if I say, no, it's okay. Just trust that things will work out to my benefit and my interest then the anxiety drops and it diminishes, but that is a little bit of an unfamiliar space that makes me wonder, did I now really move into acceptance, or did I just ignoring something that needs to be paid attention to?

LAZOUR: Very well. So, in that case the denial would be to ignore, like you say the signs of the direction that you are perceiving is occurring for your relationship, or a conversation or an argument. It would be Moving your attention in such a way to create that separation in your mind between way you are manifesting your reality, what you are manifesting into your reality and how you interpret it? Meaning that you are not doing that. You are aware of what has occurred. You are aware of the fear that it had triggered and are not forgetting about it. You are not generating the assessment that, no that doesn't exist. And that is not what it is. You see it, you acknowledge it. It exists. It is here in this moment. But you also recognize that it is not the direction you want to go or to follow? This trust is about your choices, you trust that you are going to make the choices that are the most beneficial to you. As you said, and your emotions are the indicator of what you are doing? That you are in the case of fear projecting the scenario into your future with consequences. And when you change your the direction of your attention when you change the energy you project by doing something different, which in this case is trusty, it will change the way you feel. So, the way you feel is not the indicator that you are in denial. The way you feel is giving you information about what you

are doing. How you are positioning yourself in relation to what you are doing. How you are judging or how you are accepting and sometimes if you are aware enough of what you are doing there will not even be any emotion. So, in this case, you are not in denial.

O: Okay. Well, thank you for that feedback.

LAZOUR: You're welcome! Let me add something. That as you accept and as you trust that you are going into the most beneficial direction. I would ask you a question. Are you able to consider the end of this relationship as something beneficial?

O: At this point? No. I mean, I can take that perspective intellectually. And I could develop that perspective intellectually. I could flesh it out. But not emotionally, no.

LAZOUR: Because that is also in contradiction with the direction you want to follow.

O: Sorry. What is in contradiction?

LAZOUR: Are exploring the direction of moving this fear of abandonment and the tensions that are created in relation to your compromising with yourself.

O: Yes.

LAZOUR: in order not to be abandoned.

O: Yes.

LAZOUR: which is in some way an abandonment of yourself and can generate that feeling of being threatened or that fear in yourself. That is your direction to become aware of that and to get enough information and knowledge about how to move in the direction that you want. Which is ultimately letting go of the fear of the consequences.

O: Correct, and you're saying that that should be primary and not the concern if that particular relationship will continue or not.

LAZOUR: The concern about the relationship is the expression of the fear. When you trust and when you become aware of your choices. You know that the situation or the relationship itself will adjust and be updated in relation to your own expression. And It is not any more a concern that it will end or not, because as you let go of the abandonment you are not going to be abandoned. Whatever the outside imagery.

O: Right.

LAZOUR: What about, how are you cultivating your relationship with that person.

O: I just want to give you feedback that we're over the time and I am very interested in that discussion, but I also want to be respectful.

LAZOUR: Very well. You can continue another time if you want.

O: Okay.

LAZOUR: And you have plenty to reflect upon.

O: I appreciate that and I appreciate our contact, and help and the information you're providing the perspective I would say you're providing.

LAZOUR: It has been a pleasure for me to discuss with you today.

O: Well for not having emotions. That's appreciated. ☐☐

LAZOUR: Enjoy your exploration.

O: Thank you!

LAZOUR: Explore a little bit more lightness in the way you approach the outside world. And I will give you some nudges at times you will experienced it as a gentle breeze.

O: Okay. I will pay attention to that.

LAZOUR: And I very much encouraging you in the direction of trusting yourself. And of allowing the expression as it is in any moment. And that you are not forced to go in any direction. That you are not comfortable with. When conflicts arise and you are not comfortable with that. You do not have to engage in the way that is expected. You can find different ways. Even looking at conflict a not being conflict. But the presentment to yourself of some contradiction of aspects of yourself. That may have been overlooked or ignored. That are no calling for your attention.

O: Yes.

LAZOUR: Goodbye, my friend

O: Goodbye, my friend

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LAZOUR: Take care of yourself.

O: Thank you.