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Date: September 8, 2025

Participants: Jean-Baptiste (Araili), Julie (Fontine), Debbie (Tamarra)

Topics:

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Monday, September 8th, 2025 (Private/Zoom)

Participants: Jean-Baptiste (Araili), Julie (Fontine), Debbie (Tamarra)

Title: The Reality Game

"We are here to play with you, to help you discover the different ways that have been dormant in your reality to play this game, and to realize that you don't have to all play the same games."

Topics:

Agenda of the Fah'ra

The balance between challenge, pause and fulfillment

Roles in the game (changers, comforter, supporters...)

Changing one's filters and other Perception Tools

Trust and Exploration

FAH'RA: Good morning, how are you?

JULIE: I'm well, thank you. I'm actually a little confused because I thought Debbie was participating in the session, but...

FAH'RA: She can participate if she wants.

JULIE: Can you unmute yourself, Debbie, if you want to?

DEBBIE: Yeah, I see that, yes. Oh, okay, all right. I don't know where my picture is.

JULIE: Yeah, okay, okay. So, Jean-Baptiste wanted to create some sort of statement about the intent of the Fah'ra for anyone who might be interested in having sessions or joining in the group activities. And so, we were wondering if you could just give a nice statement for the general people who might be interested in joining, and maybe talk a little more about the Reality Game and anything else that you'd like to share about that.

FAH'RA: Very well.

What we could say is that we are here to play with you, to help you (pause) discover the different ways that have been dormant in your reality to play this game, to help you realize that the games you have set up and played for so long already, can be changed, and that you don't have to all play the same games. And you can also play different games at the same time, just like chess masters can play with different or several opponents

at the same time.

You have that ability, and you have that creativity to blend and to (pause) connect together all your games. Now, for the people who are new to these kind of interactions, we are essence personalities that are (pause) exploring, similarly as you are, physical realities, and we have been generating an agreement with Jean-Baptiste and some of you to generate that support and answer your questions about your reality, how YOU can play, what kind of rules would better suit you in this game that you have chosen, and especially now in this transition where you are starting to, just like your reptiles, shedding your old skins, your old structures, starting to realize that you are more than what you have been told or what you have thought until now.

And also, most importantly of all, we are not just here to give you words or concepts, but we are here to encourage you or nudge you to put it into practice. Whatever the concept, the philosophy, the structure, we are going to challenge you to see how it fits together, or how you can morph it into something different if that is what you want to do. Because, sometimes you want interludes into your games to just shake out the extra energy that you have been building into your body, into your bones or cells; and playing a different game can help you make your favorite game not become so serious and generate tension about it. You need balance, you need to understand your own pace also; [do] not try to rush and to follow others; just see how they fit into your game instead of how you can fit into theirs. Because, that's how it works. Do you want to expand on some of the points we have been expressing?

JULIE: So everyone is expressing their own game with their perception, that's why we all have our own game?

FAH'RA: Yes. Your own games are related to what you call intent and desire. they are the ways you choose in a moment to express that fulfillment, to explore more and to connect with others, how to make the energy flows in between your different games, sharing information, learning how to receive through the interconnectedness what you need for your game. And also, don't forget that you are here to explore emotionally, physically, and that you have chosen to have belief systems, and you can learn to use them for your games. Or, to see how you can adjust your rules, so to speak; because, in many games you have rules that you want to add to give you challenges and to render the game interesting and not boring.

You need constant challenges that will help you explore your limits, that will help you build up your strength, develop or expand your knowledge; and, also generate that genuine connection. As you learn how to look at yourself without filters, you will also learn to look at others without filters and see how you are the same and how the differences allow you to also move beyond what you think of yourselves, what you believe about yourselves. And, maybe also inspire you in certain directions that your comfort zone would not have helped you become aware of, or would have prevented you from exploring. Of course, not everyone wants to change or shift the rules often. But, they will learn how to choose the ones that are for their utmost fulfillment in one moment, that will allow them to generate that environment and surround themselves with the people that

will match with these configurations, these patterns of relationships, of sexuality, of emotional connections, as well as listening to their own communications more. And, they may want to share similar rules with their community, and that is also what will generate the contrast, the stability, the comfort of the familiar, and give those who are leaning more in the direction of continuous change that extra support, that they can rest, regenerate in these comfortable places or environments with the people who are expressing that.

Just like before you go on a hike or climbing your big mountain, you want to prepare and rest and get all your food for the road. These will be the people who will provide them, and they will infuse that food with that knowing of interconnectedness, of support, of nourishment, and of home. Now, what would you two say, what directions would you say you are leaning towards at the moment?

JULIE: Regarding being a changer or a comforter, what would you say each direction is?

FAH'RA: You can say changer or comforter, they are interesting terms. And, they speak of you also.

JULIE: (inaudible) stabilizer or changer, gamer or, I don't know, what would you say? We've got the players and we've got the more stable support team.

FAH'RA: They are also players, but they play to generate these parts of the games that will support you or that also support other people. Play quieter games or family games when others would want to brave the elements,

would want to explore the confines of new environments, either on your earth or in other dimensions or in space. You are not all going to move in the same directions.

Right.

JULIE: I would say at the moment I'm one of the changers, but I definitely can relate to being a more stable support person too.

FAH'RA: Yes, you have both in you.

JULIE: Yeah, I feel both, yeah.

FAH'RA: And you can juggle with that.

JULIE: Yeah. How about you, Debbie?

DEBBIE: I'm feeling that that's part of this pull and somewhat some kind of my flopping around in my boat. I haven't really been thrown out of my boat recently, but that idea of, because I think I'm making a big shift from what I've done, being in that supporter position, which Elias has called a shadow role and embracing that. But because of new choices and the impetus of this shift, the position change for me has caused me to... it's like very unfamiliar.

And I want to sometimes retreat into that supporter role, but I feel that that's more of a reaction to the unfamiliarity of being in this position. I feel I have a knowing of it that I could slip that sleeve on. So I think right now I'm just moving to trust myself.

And that's why I'm even creating some turbulence with my safe partner, you know, and going, oh, okay, let me not think about this. How can I support him in comfort? And I'm really going, no, I'm creating that as a opportunity to either pull back into safety and safety positions or acknowledge and be a beacon, bring us both forward and let him make his choices as well.

But it's about that trust, because I can sense it, using these new tools to step in a position for me, at least as Debbie, and this focus is not that familiar. And I'm okay. I'm addressing to what's, I'll say, interfering, what I'm throwing on top of me to be safe, throwing all the blankets on top of me.

I'm going, okay, I'm fine. I'm just going to continue to be supportive and be that shadow role. And for some reason, all these blankets fly away, and here I am again, standing there naked, or so it seems. Hahaha.

But this is very comforting. I love the mountain analogy. And it's for me, to sum it up, would be to maybe leave a group or groups of familiarity, or I'll call it roles or positions, and step into a new role.

And I am supported, and I love that you have answered our call, you and Jib, to participate in our pyramid, to really bring that home as the next starting point. For all of us.

FAH'RA: Yes, it was a strong potential. And remember how glad we were when you made contact first, and Jean-Baptiste wanted to make you talk with Lazour, but we nudged him to have us instead talk to you. Now, what we would answer to what you just said, is that, or what we would add, is

that there is nothing wrong being in a shadow, even for the changer or the explorers.

And sometimes, explorers like to go in dark places, or in the underground world. And you bring new information, and you bring knowledge for others to assimilate, or get inspired by, even if they won't do the journey on their own. And as your position, as the bridge, you also have both in line, or in the cross, so to speak, because you will need to continue to expand and explore and discover new aspects and bring in new information that will help change things.

And you also have to be that stable structure that will allow people to cross to the other side of this shift. In a way, it is also an energy exchange from the old structures, the old familiar way to generate your experiences and your explorations, your gains, your structures, your traditions, into a more connected way of doing things, of looking at things, and you will be more aware of your choices, even if some people continue to choose similarly. So yes, take your time, move at your own pace, both of you build your strength, and we can also say that to Jean Baptiste, he saw how the body may respond and create some manifestations quite easily when the energy is too strong, or when he tries too hard to please and do what he's told.

And as we said, climbing the mountain necessitates a period of preparation, physically, mentally. You also need to get as much information as you can from either people who know, or your intuition, or other sources such as us, or your other friends.

And, we wanted to add something, that we are not going to give you truths or absolutes. Sometimes we are also going to give you what you need to hear to help you change perspective or change your filters, make you realize the numerous pairs of glasses that you are wearing that are weighing on your nose and blurring your sight, or the muffled pieces you have on your ears.

But we are not that mischievous, and we also know how to be gentle. Do you have any questions?

JULIE: I have, I guess, a comment. Like, when you talk about changing your filters, I'm actually working on something I'm calling the psychedelic mindset that I wanted to share with Jib and Debbie. So I'm just working on an essay about it, and ways to shift the game, shift the psychedelic experience when I get caught in a time loop, or caught in a thought loop, or caught in something that I don't want to be in, or that's confusing.

And so I'm working on that as an essay. But, I realize it translates to life and to lucid waking, and these are tools that we can use anywhere. One of my tools, I would say, for changing my filter is to just go, I call it like an essence reset, where I just, I don't like what's happening, I just want to go back into my raw naked awareness, free of anything, just empty of time, space, everything, but that's only for a short while, short few seconds to reset into my original state of being, my natural state, and then look at the world again with new eyes.

So that's like a little tool that I have, and I can use that. I have used it in the psychedelic experience, and I use it a lot in life. So is that similar to

like one of your little changing filters that you're talking about?

FAH'RA: Yes. In a way, that is very similar to your peekaboo game, when you play with a little one and hide yourself behind your hands, and then show that you are back behind the hands when you move them apart. And, that can make you laugh also, to realize how reality comes back each time that you temporarily move away from it. So it's also a great game to help people generate that trust that they won't disappear their reality or get lost if they move too far away.

There is also that important part of building your trust in what you are doing, in the directions you want to explore. So your essence reset practice is very strong and very apropos.

JULIE: Thank you.

FAH'RA: And it can help you also, just like with that old binocular (NOTE: they are apparently speaking of stereoscopes or view master), where you shift the pictures in them, photographs of different places. And, you can just do the same with your practice of seeing also how many differences you can create from one reality to another, not necessarily as a reset, but also as a game to create fun into how many different realities you can generate from the different influences that are in place in your filter chamber, so to speak.

Are you understanding?

JULIE: I'm not sure that I am. Are you talking about using your imagination to change the picture?

FAH'RA: That could be one avenue, yes. Or, although not necessarily picture the new reality into your imagination, but use your imagination to help you change your perception and see what comes out of that change, even if it doesn't match what you've seen in your imagination. But see how what you've gotten into your imagination or through your imagination is translated into your physical imagery.

It doesn't have to be looking the same, but it will be connected. And the more you practice with that, the more you will learn to pick in your imagination the qualities that you want to insert in your physical projection. Just like in a food store, or in an ice cream store, you can pick different flavors and make your own ice cream.

That will help you also become more hungry [for] your own projection.

JULIE: So that reminds me of a game I've played where I want to shift my experience, and so I decide, okay, I'm just going to look for appreciation now around my environment, or I'm going to look for love. And everything that shows me love, or everything that shows me, I might pick beauty, but I'm picking a quality, then I'm starting to look at my reality through that lens, looking for it around me. I start seeing it, and then, of course, by focusing on that, I'm seeing more of it and more of it the longer I do it, and then it almost becomes like a preset for my perception.

And then it's almost natural to just start seeing it everywhere.

FAH'RA: Excellent. That's exactly that.

JULIE: Okay.

FAH'RA: And here you are even more engaging with your physical projection, and you are following clues in order to... It's like in a labyrinth where you have different clues or color at each intersection that will give you information of which road or what awaits you along your path or your exploration. And, when you learn how to choose, or what to choose, you'll find yourself in the place where you will have the most (pause) fitting configuration to explore what you want to explore.

Each choice you make gives momentum to your exploration, to your direction, makes it stronger, more massive even, more attractive to what you are looking for.

JULIE: We were talking about the organizing principle of the subjective.

FAH'RA: Okay.

JULIE: How it starts organizing, like we give it as the ego maybe makes a request for, you know, I want more fun, and then we start paying attention to that. The subjective would organize our reality for us in greater and greater coherence to our fulfillment, I would say, more fulfilling. I think that's similar to what you were just talking about.

FAH'RA: Yes. And, remember it's always a matter of balance also. Because, at the moment you may think you want more fun, but your subjective will notify you through your body fatigue or different emotions, maybe like irritation or frustration or other impressions or other communication may indicate to you that you need to pause or to regenerate for some time before continuing engaging your fun. It's also a matter of listening to the whole of yourself and not just the objective part

of it. If you are too focused on the feelings generated by you having fun, you may want to repeat that, but the fun in a consecutive moment may be generated by something else than what you were doing.

So it's a balance between what is generating that fun in this moment or what is giving you that experience of fun in this moment and how you are moving, because you're always moving, and the faster you vibrate, so to speak, the faster it can change. But remember that you can also vibrate faster, but create that experience of stillness and eternity in a moment. People outside will experience you moving faster.

You may experience you not moving at all. (pause) We may stop here for today.

JULIE: Okay.

FAH'RA: Jean-Baptiste's body is getting a little bit uncomfortable.

DEBBIE: Thank you. Outstanding interaction.

JULIE: Yes.

FAH'RA: It was a great pleasure for us to come and interact with you again today. There will be plenty more occasions for that.

DEBBIE: (chuckles) Woohoo.

FAH'RA: And it will change also. Have fun. Take care.

DEBBIE: Thank you.

FAH'RA: And, the treasure hunting is still on.

DEBBIE: Hahaha.

FAH'RA: Goodbye, friends.

DEBBIE: Good bye.

JULIE: Good bye.