

# Exploration Without Losing Yourself

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*Participants: Jean-Baptiste (Araili), Jackline (Katie)*

*Topics:*

- *The identity and role of the “old lady” traveler*
  - *The symbolic blue stone and its function*
  - *Safety, self-trust, and personal grounding*
  - *Romantic relationships, readiness, and courtship dynamics*
  - *Energy alignment and mutual resonance in partnership*
  - *Non-physical partnerships and merging of essences*
  - *Mergence experiences and returning to self*
  - *Psychedelics: intention, fear, dosage, and safe exploration*
  - *Breathwork as a balancing and integrative tool*
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ANAIYAH: Hello, dear friend.

JACKLINE: Hello, hello, hello. I'm so excited to see you, to be with you.

ANAIYAH: How are you today?

JACKLINE: Really well, thank you. I'm really well.

ANAIYAH: And what do you want to discuss with me?

JACKLINE: Well, I want to say that you've been with me through my entire trip abroad, and I felt so safe knowing you were there with me, and I wanted to tell you how much I appreciate that.

ANAIYAH: And I appreciate you a lot, my friend.

JACKLINE: Well, I do have a question I want to start with. Jean-Baptiste and Tracy and I have done time travels together, and on some trips we've seen or met an old lady who appeared to be another traveler. And I have...I'm wondering, who is this old lady? And if I can add...

ANAIYAH: You can say... you can say she's a friend of mine.

JACKLINE: Ah, I love it.

ANAIYAH: It's not me, but we are connected.

JACKLINE: Okay.

ANAIYAH: And she appears in between times to help in your travels. I give her also my help in her own explorations, in her own adventures. And she's been curious about you three and what you are doing, because you were crossing her path and in a way creating disturbances in her own realm. She's not someone that is physically focused in your reality. What did you want to know about her?

JACKLINE: Well, I'm taking some notes. Well, I wanted to know...She gave us each a gift the last time. We had a trip just to meet her, because we were very curious. And she gave us each a gift. And the gift she gave me was a beautiful blue stone, and it seemed like it was a moonstone, and I felt it was a gift from you. And that was the first thing. Was it from you?

ANAIYAH: Yes.

JACKLINE: Thank you. Thank you. I carry it with me. I've carried it with me since, close to me. And I wondered how I might use this stone?

ANAIYAH: And how have you been using it up until now, apart from keeping it close to you?

JACKLINE: I would say as a protection, except that I know I'm protected. I think I've used it at the deepest level as a reminder of who I am, where I'm from, and how many are helping me, how blessed I am. It's sort of a reminder. But the question relates to...I feel your energy...It's, and I don't know if I'm using the right word, a night energy, a shadow energy.. maybe the subjective, not out there objective, a supportive energy. That's how I've used it.

ANAIYAH: Yes. It's all that you have said, at the same time, a reminder of who you are. And also from my part a comforting energy for you in your adventures and in your explorations in this physical reality, and a reminder that the night or the non-physical is not threatening. That's maybe what influenced you in taking that as a protective stone.

JACKLINE: Okay.

ANAIYAH: But it is a reminder that the shadow can be also cozy and enveloping.

JACKLINE: Can be also what? I didn't get the word.

ANAIYAH: Cozy. You can be comfortable and feel at ease at home where you belong.

JACKLINE: Ah, ah, ah, because I keep, I sometimes think of where am I at home? And it's often in floating in the non-physical. Is it a moonstone?

ANAIYAH: It is a stone that is not from your physical reality, but you can, if you need one day a physical focal point, you can take a moonstone. Yes.

JACKLINE: Okay. Well, thank you.

ANAIYAH: And you can also combine it with an angelite.

JACKLINE: Angelite?

ANAIYAH: Yes.

JACKLINE: Like angel light? Yes.

ANAIYAH: You can ask Jean-Baptiste afterwards.

JACKLINE: Okay.

ANAIYAH: He knows the stone. But it's not one or the other.

JACKLINE: One or the other.

ANAIYAH: Yes, because as I said, it's not a stone from your physical reality.

JACKLINE: Anaiyah, I have a list of questions. I may not get through all of them today, but I'm going to start with the ones that are like this one, the most important to me, rather than the least important, like the last time.

ANAIYAH: Okay. And which is the first one?

JACKLINE: Well, the first one is sort of right here in my present, so I'm going to ask that, and it's been with me forever and ever. It's in relationships and partnerships. And I've cleared myself so wonderfully of wanting a relationship where someone, where my partner protects me and that's the role of my partner, knowing that I'm safe. And it's wonderful to feel safe with someone else, but that's not the purpose of the relationship. It's for me to share in a physical, emotional, and spiritual way, intellectual way. And I've wanted this forever. And I've always been pretty if I say successful, I've accomplished what I wanted in my life. And it's been so satisfying except in relationships, except with my late husband...it was a short time. But I wondered what my next step is, or I don't even like to ask that. I just want to say, I like to say what I want and put it out there and then I'll know the next step.

But there's a person in my life that I was in relationship with a couple of months ago, and it didn't work out. He wanted something different. And now he's back in my life, and he's actually coming over today and spending the day and the night. That's the plan. And I wondered, oh, this just popped into my head. Am I ready for this? And I just wondered...I feel

very bonded to him as a friend, if nothing more. I feel honored to be his friend. But I'm thinking that I would like a much deeper relationship with him. And I didn't know if he or both of us, if I... if we're ready for that. I just wondered your thoughts in terms of energy on that. What's my next step? And is it connected to my friend?

ANAIYAH: I understand your question. And what I would say to you is your next step is the one you are going to take. This is the choice you are going to make. Know that you can try out... you don't have to be certain or to engage yourself in a long term relationship if you don't know if that's what you want in this time. Because you may have wanted that for a long time in your life, and that may be a lingering habit of thought, but is it what you actually want? That may be another story.

The way you are going to find that out is by engaging this individual. Engaging the choices that you are going to create with this individual. And this stone that you have acquired, that you accepted, is also here to help you feel safe with yourself. Not necessarily in relation to what other individuals are doing, but in relation to your own expression and in relation to trusting yourself, your choices, and knowing that there is no bad choice. You can always choose differently. So you can get rid of the idea that this is such...and I don't mean to diminish the importance of the choice, but this is not the only choice that you are making in relation to this relationship. For a relationship to endure, you have to choose every moment to continue it.

So it's not a matter of the first choice being the right choice. It's a matter of, do you want to continue this relationship, to continue to invest yourself,

your energy and your emotions? And also, are you confident enough to expose yourself to that individual and not try to please that individual, just as we talked last time? Feel confident enough to be bold and to be silly, and see whether that fits with that person. Let me ask you, how have you been engaging this individual up until now? And how have you arranged this meeting of yours today?

JACKLINE: Well, when we were together, it was the last episode of my needing to be safe. And after he wanted to explore other options, I began working on being safe. And we talked about that last time. And I feel much more confident in myself. And so then over these last two months, we decided to be friends. And I really enjoy many things about him. And we communicated on the phone and by text.

And he recently went on a journey for several days with a group in Oregon, a few people

and therapists taking psilocybin and working through issues. And I believe he has a lot of confidence issues and self-esteem issues. And that said, he appreciated my support. But yesterday he called me and he asked if he could come over and stay over. And he has been dating someone else as well. I don't know that that's intimate at this point. But he was exploring parts of himself. And I said, well, if it's just for a one night thing, No, but if you're thinking of possibly exploring a relationship with me, then I'm open to it. And he really seems to have turned around and wants to be with me, at least for this moment in time. That's how it came about.

ANAIYAH: And how would you want to engage that individual to learn or to get information whether this is the right time for you, so to speak, or whether the conditions are optimal and in harmony with your own desire for exploring such a relationship. Because at the core, this is the desire for you to explore this kind of relationship, and you are also experimenting with changing the core idea of that is what you need for your safety into something different where you have explored your own personal safety and personal trust already. You are starting to feel that and to allow yourself to express more of it.

But I would say for this particular person tonight, don't take it as the only opportunity you will have to get the information, and maybe you can take some more time and some more dates to get to know this individual as he is now. As also you have evolved, you have changed, and when I say take the time to get some information, it's not necessarily about only talking. You can also get information through energy and how you assess the answers he gives you. Do they resonate with you? Do they feel in alignment with what you have asked or what you have expressed? And how are you in relation to courtship?

JACKLINE: Is that a question for me?

ANAIYAH: Yes.

JACKLINE: Well, I am in a different place than I was. In the past, I would get sucked into courtship and identify with how the person felt about me. And now I don't have, as you said, the powerful desire for a relationship may have been partly habit. I mean, I may still want it, but it's not in the

same way. I don't have any desperation. I'm fine with or without a relationship, although I do very much enjoy sharing and doing things with someone, you know, sharing experiences and fun. So now how would I be in relationship to courtship? Hopefully... hopefully, because this will put me to the test, more playful, having more fun with it, teasing a little bit. I mean, that in a playful way, and just downright enjoying the physicality of it. Umm... But also in my mind is what you said a moment ago about how do his answers energetically resonate with me? That I don't need to take care of him in order to be taken care of. That that's a choice. And that...and the word in mind, I don't like this word at all, but what level is he? And I don't mean one is better than another, but are we on the same track of healing, of what motivates our choices? In many ways, we are artistically, intellectually, but I don't know if... I would need to know... I think I know him, but I would need to know him on a day to day or a few day basis to get to know where his strengths and weaknesses are and how, you know, and honor them, but see how they fit with where I'm going and whether... and that wouldn't, it would, doesn't mean I wouldn't love him and want to be close with him, but it would determine the kind of relationship I would want with him.

ANAIYAH: Yes, and this is not only a matter of assessing him, because you can generate a relationship even if you are not necessarily on the same page, as you say, or even if you are not aware in a similar way of who you are and of where you want to go. And it is also a matter for you to assess, because you've practiced being more comfortable with yourself, with friends. But it is also a matter of assessing now whether you have that particular trust in yourself in a relationship, because practicing that in

other situations or circumstances may not be the same, depending on how you see or define the relationship... how different you perceive it to be from being with friends or being yourself when you are alone. And this is also a matter for you to be aware, because you said that this individual has some baggage that he's working through, not to try to take responsibility for that and to try to help him in that process, if that's not what you want to participate with.

JACKLINE: Okay.

ANAIYAH: That's also what you can assess, not him, but am I ready to participate or to get involved in what he's offering me as choices or as potentials for experiences? Because there is a tendency during courtship to only express or enhance what's the best in you, and you will or he will behave somewhat differently from when you are alone or when you are with friends. This is not the same in your mind. The stakes are different.

JACKLINE: Yeah.

ANAIYAH: And as you say, you may need to assess or to evaluate your response, whether you're comfortable or not, through a series of dates, or maybe more than one day at a time to see how people behave once they get used to the place, used to the environment, used to the relationship. How do they change? How do they relax their desire to be liked?

JACKLINE: Yes, thank you for these insights. I will watch my own responses and my own feelings and see how they've changed, and see if I, to the degree I want to participate in what he offers.

ANAIYAH: Yes, and you may surprise yourself also.

JACKLINE: Well, I'll wait and be surprised. It is wonderful to feel the freedom and still be able... the freedom of choosing the kind of relationship I have with someone and at the same time to be excited about it. That the two can go hand in hand, and they don't have to blind me, so to speak.

ANAIYAH: Yes, and it will be also an occasion for you to assess or redefine or, to the contrary, stick to your idea of the relationship you want to engage.

JACKLINE: Okay, so once I see what my response is to him and what kind of relationship I want, then I can hold to what it is I want.

ANAIYAH: Yes, because remember, you are... you have drawn that individual to yourself. It's not necessarily just happening by coincidence.

JACKLINE: Exactly.

ANAIYAH: So he's offering certain things for you to be able to not only create that relationship, but to evaluate where you are now and whether what you think you want is really what you want. And whether whatever he's offering may be enough also and not have a rigid idea of the relationship you want.

JACKLINE: Okay, I do have an auxiliary question related to this.

ANAIYAH: Yes.

JACKLINE: In the non-physical, as I understand, there is not a defined sex of male, female, neutral, but are there couples or partnerships in the non-physical?

ANAIYAH: You could say yes, but not in a sense of what you are used to. Because we often merge or engage with multiple essences, with multiple experiences. So in a way, you can say we have partnerships. And just like the essences Jean-Baptiste is working with, the Fah'ra, they engage in such partnerships. You wanted to ask about whether we had romantic relationships.

JACKLINE: I don't mean sexual, but...

ANAIYAH: Yes, romantic is not necessarily sexual. And sex is related to your physical reality. But we engage... we also have preferences in how we engage, the tonalities we resonate with, and certain aspects of ourselves may fit when others won't. So it's not a matter of the whole as separate individuals, because there is no separation in the non-physical. So in a way, the aspects combine themselves. And there is no assessment also of good or bad. So it's not about that. But it's also in relation to the direction we want to explore and whether certain energies and certain companies we would enjoy during the ride, so to speak.

JACKLINE: Okay. Thank you. Sort of related... I wasn't going to ask this one, but it connects to something that you said about merging. I have sometimes had the sense I could merge with others, even at one point, go into their body and just experience everything that they're experiencing. Or on one trip, we were merging, and I merged with a flower because that

was the safe way for me. But there is a part of me, and this relates to psychedelic drugs as well, that if I do merge with a person or an object, by merge I mean fully I'm experiencing what they are or who they are, how can I be sure that I safely return to Jackline to my own identity here? Is that a given if my intent is to return?

ANAIYAH: Yes. This is...You have an exploration as you. And the mergence is temporary. You won't get stuck or sucked into the other manifestation. You in a way are continuously merging with your environment. You just don't pay attention to all of that, always. And when you engage your attention and your awareness in these mergences, you may become so fascinated by the other experience, the all... or the experience of the other, what you perceive as different from you, your usual you. But it's a matter also of engaging these mergences by remaining aware of yourself.

JACKLINE: Okay, I got it.

ANAIYAH: You don't have to lose yourself in those mergences. It is a matter of choice whether you forget yourself or not. And you can practice. And just like when a person that's not comfortable with going into a pool or into the sea, they will just dip their toes into the water to check the temperature, to check the feeling of the water. They may put a little bit more of their foot, then the ankle, the leg, whatever. They can take their time to go there.

You're adventurous. And sometimes you just jump off the cliff and right into the energy of the other experience. But you can get familiar with the process of getting in slow and not only jumping from the cliffs. That will

create that knowing, that experience of the process of going in and knowing the way out, so to speak. That when you're in the experience, when you are soaked into the energy of the other manifestation, whether it's an individual, whether it's a creature, or whether it's a particular stone, you can also find your way back to your own energy. And for that, you have to move your attention to... and you have to also generate that intention to go back to yourself, so to speak.

JACKLINE: And I use the stone, the blue stone, as a ballast, so to speak.

ANAIYAH: Yes, you can use it as your...

JACKLINE: A tether.

ANAIYAH: Yes, your tether. This beacon that will...

JACKLINE: Oh, a beacon is a good word, yeah.

ANAIYAH: Yeah, that will show you the way back to yourself.

JACKLINE: Well, then I'm going to extend this question to the MDMA and psilocybin, the

hallucinogenics. Okay, and this is... One reason my hesitation is the risk of losing myself and not coming back. And I've been told that we always come back, even as it wears off, even if it feels under the influence that we're not going to come back.

ANAIYAH: Yes.

JACKLINE: But it is... So, and I have a few related questions for this. But the first one would be, if I were to take a moderate dose, not extreme of either MDMA or psilocybin, will I come back? Is there a risk of losing myself and not coming back?

ANAIYAH: Not at the moment. You're still tethered to this physical reality. You still want to explore. But if you jump off the cliff and take a higher dose, they... Not yourself at the moment, but there may be people that will unwittingly choose the path of their curiosity towards the non-physical.

JACKLINE: Okay. I will not. I will always have the intent to come back. So...

ANAIYAH: And just like you said, and as I said earlier, by going slow, trying the waters, so to speak, you can take smaller doses. So you can get used to what it is, to the feeling of it, the... what it does to your body. You don't have to take higher doses at first. And it's not recommended, usually.

JACKLINE: It's so... I'm almost like a dichotomy because physically, I put one toe in the water at a time. I do not ever jump in physically. I am very, very cautious. But when I want to engage imagination and fly, somebody just has to say, Be there, and I'm there...I'm right there.

ANAIYAH: And so... What all of your experiences have taught you, that you always come back?

JACKLINE: I do, but I'm afraid. There's still that fear, but I do believe intent. My intent to explore and come back is the key. I think that that is the key.

ANAIYAH: And you don't need to override the fear or to completely get rid of the fear to engage with your reality, because the fear is also your signal that you don't know what's going to happen. You have no references. And...

JACKLINE: So my fear can be a guide and not necessarily something I need to erase.

ANAIYAH: Your fear is an indication of what you're doing or how you are perceiving the situation, how you are assessing the situation, how you are defining the situation. So you just have to listen to what the fear is telling you.

JACKLINE: Okay, got it.

ANAIYAH: Not just listen to the fear. The fear is simply here to tell you there's something you're doing, or there's something that you have defined in a certain way, and that may be why you are experiencing that fear.

JACKLINE: Okay, listen to the message, the message of what it's telling me.

ANAIYAH: What's the message? What is the fear pointing at?

JACKLINE: Got it. So, okay, two more corollaries to this hallucinogenic question is, if I wanted to, if I chose to take either MDMA or psilocybin, I'm not looking for high experiences. I've had high experiences. I'm looking for balance to maybe help reinforce the tracks or paths I want to be with and be less rigid and more balanced. Is there one that you would suggest

taking or starting with the MDMA or the psilocybin?

ANAIYAH: I would suggest go with the one that generates the less fear for you.

JACKLINE: Ah, that would be MDMA, probably.

ANAIYAH: Yes, and remember to set your intention when you engage the substance. Just like you said, for this trip, what do I want to explore? You don't have to have plans or you don't have to create a bullet list of what you want to explore, what you will do, because when you're high, it won't matter. But the intention, the core, will be your guideline, and you don't have to think about it. It will be present in your energy.

JACKLINE: The core of my intention, you mean?

ANAIYAH: Yes.

JACKLINE: What I want to explore. Okay.

ANAIYAH: Yes. You just have to set the intention at the start, and then it is present in your energy, and it will guide you and you just can trust that all your experiences will have a connection to that intention. And that's a matter also of, for the MDMA, you won't have any problems, you with the fears or with the shadows. With the other one, it may be a little bit unsettling and unusual for you. The experience can last longer.

JACKLINE: But would it be beneficial?

ANAIYAH: At some point, yes.

JACKLINE: Okay. I want to jump in with one more thing. I started breathwork training and I love it, and I love the guide that I have. And I use it every day, and my body seems to have grabbed onto it so that whenever there's a thought or an emotion that is a little bit of a stressor, that it's actually under the radar, that I don't even...I'm not even in my mind aware that this thought may be tensing a muscle or something, my body immediately starts to do deep breath and deep releases.

ANAIYAH: Excellent.

JACKLINE: And I'm wondering... I'm so pleased. I do this many times a day without even thinking. My body just seems to use it as a response to stressors... that I don't even know until when I find myself deep breathing. And I think, oh, that thought was a little bit of a tension, had some tension. So what I'm wondering is, would this breathwork... you can tell I'm trying to avoid the psychedelics for some reason. Would this breathwork be an alternative, or would it be in addition to hallucinogenics? For me to become more balanced, less rigid, more integrated.

ANAIYAH: It doesn't have to be an either or, because they will give you access to different kinds of experiences.

JACKLINE: Okay.

ANAIYAH: And they may be complementary. And they may be offering you new avenues of exploration in your daily life afterwards, because they will give you access or you will use them as... to allow you to access certain kinds of experiences you wouldn't have allowed yourself normally. And once you have accessed these experiences, once you have tethered your

memory into these experiences, once you have created these memories, you will be able to recall this experience. And when I say recall, it's recalling them just to manifest them again. Some people are able to, once they have had the experience, re-experience it without the need for the substance.

JACKLINE: Yes.

ANAIYAH: And as you are curious, and as you are bored in your explorations of your consciousness, you may find these avenues interesting. And when you want to address the weirdness of the experiences, you can use deeper, or not deeper, but stronger in your perception substances to... that will open new doors. And it really depends on what kind of exploration you want to do. But it's similar to creating a relationship with that person. You don't have to know everything in advance. You don't have to decide once and for all that you are going to engage this substance for the rest of your life. You can try it out and take smaller bites of it. Engage with smaller doses, micro doses, just to give yourself the premises of the experience and see what you like, whether you want to go deeper, or whether using the smaller doses are enough... is enough for what you are seeking about yourself. Because if you simply want to get less rigidity, if you simply want to loosen yourself a bit from your shackles, there are many other ways than the substances to do so.

JACKLINE: Yes, I.. yes. I want to...

ANAIYAH: What's important for you will be to be in a safe environment. with people you feel comfortable with.

JACKLINE: Okay, that makes sense.

ANAIYAH: Be the one that decides whether you engage with the substance, not necessarily be influenced by what other individuals tell you.

JACKLINE: Okay, there's another question I have that I'd like to squeeze in.

ANAIYAH: Okay.

JACKLINE: I really enjoy eating and I tend to gain weight. And I have lost weight many times and gained weight back. And I'm considering taking injections of Terzepatide, GLP-1 and GIP, but only if the Terzepatide or semaglutide drugs are geroprotective and neuroprotective and beneficial to health, aside from weight loss. I've read a lot about it. I've read how they work and what some of the randomized control tests tell, and it seems like in the long term, they improve metabolism and they improve health in general. I am not diabetic and I'm pretty, pretty healthy, but I'd like to lose weight. But I don't want to take these if in the long term they don't promote health. And I wondered if you can read them energetically or give some idea of their benefit or harm.

ANAIYAH: And what would you expect from these drugs?

JACKLINE: Longevity and health. *Laughs.*

ANAIYAH: *Laughs.* How are they prescribed?

JACKLINE: A doctor prescribes them, and they cut appetite in the brain. They improve insulin resistance and pancreatic function, and...but there are side effects as well, sometimes nausea or constipation. And if weight loss is too fast, there's a lot of lean muscle mass loss with it.

ANAIYAH: There is some kind of wear concerning this substance, and maybe some kind of effects that you have to consider. And just like the other substances, if that is possible, you may try at smaller doses first, because there seem to be some kind of dissonance between your energy and this substance's energy. So try smaller first and then see how your body adjusts to it.

JACKLINE: Okay. That's just what I wondered. Because for some people, it is very... it seems to work very well. But I didn't know. I'm so sensitive to anything outside, other than a food, a natural substance, and I didn't know if it would match my energetic need or whether I just have to bite the bullet and not eat so much. But it's time. And I'm just so grateful to you, Anaiyah. Thank you so much.

ANAIYAH: You're welcome. It was a pleasure to talk with you again. And as you know, we are always connected.

JACKLINE: Oh, Yay.

ANAIYAH: I am here when you engage your fun. And I will be here if you decide to engage your substances, your psychedelics, to help you in your journey.

JACKLINE: Okay.

ANAIYAH: Have fun with your friend.

JACKLINE: *Laughs.* I hope so. I intend to. That's my intention.

ANAIYAH: Goodbye, my friend.

JACKLINE: Bye.