



This morning I started recapping with a view of the top of a wooden cupboard. It was beautiful wood, an antique for sure—very tall, and at the top, there were some papers, some rolled together. I did not try to look at them or read them; I didn't think about doing that until just now, but there might be some information in them that could be useful. The room was on the second floor; there was grass outside, and a donkey was eating it. The space was very poorly lit—no electricity for sure. It was rustic but still well made. The owner was well-off and well-educated; it felt like a magistrate of sorts in a local rural area. I took in the whole room; there was other furniture, a well-made desk, and other items.

I stayed there for a while, and then I switched back out of the blue to a maker healer in the forest. He was looking at a tree, and the tree was sick. Part of it was quite healthy, but another part had a parasite and was dying slowly. I was recapping the whole thing, and it was as if he knew and started to explain things to me. "Look at the energy and follow it to its root," he said. It was interesting that the energy of the disease had the same root as the healthy part of the tree—same root, two different outcomes. I kept recapping this and drew some parallels with my own energy: same root, two different outcomes.

Then the kicker: he asked me to look at fear that way. When I went to the root of fear, I saw the root of power so clearly. Also, as was the case with the tree, fear brings an incredible amount of knowledge. Oddly, maybe it is the fastest way to learn—probably a survival instinct. So the recap switched to recapping power instead of fear. It felt like absorbing all that knowledge. I reflected on my life and revisited all my fearful dreams too. I took in all the knowledge from my parents that they shared with me with their fears, then my threads, and I went back to the magistrate to do that as well. I finally finished with humanity's fear. It was like turning on a different switch in my

Healing moves from an old maker.

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energy—a radical shift in perception, obviously.

Eventually, I was recapping while facing all positions, split into four, each facing a cardinal point and bringing in the knowledge. When the power became greater than the fear, it felt like huge anger. Then, the healer told me that healing is often not the absence of fear. For example, in the tree, it showed me how the knowledge of the sick side is helping the healthy side strive. Healing needs to be done with the agreement to move that balance point, knowing that if the sick side heals completely before the knowledge is integrated, it is not really healing; the sickness will come back. It's like yin and yang; the healing point is where they reach a balance. When you heal, you change the balance between the two, reaching a different point. I guess the tree didn't mind gaining knowledge that way. As usual with gain knowledge through experiences.

I mean if each time you feel fear, yours, someone else's, huge waves from groups of people, you do a little fencing move and go for the knowledge it contains it really becomes something completely different. Like an Aikido move using the energy of your opponent.

Cyfnos