20-1025 Duality – Opened and Closed

Notes of Atori Alo Yansa Parnell

When we move into duality we automatically begin to think, something is missing, something is broken. We begin to try and find it or fix it, that thing you think is lost or broken.

What if nothing is broken? What if nothing is missing? What if nothing is wrong? Our efforts are an exercise of ignorance and duality. ~AAY~

This is a mirage, a feeling, an emotion of duality. In oneness, in a holistic nature, you have moved beyond those thoughts. Even if duality is manifesting all around you, you are resting in oneness. ~AAY~

We want to take a look at duality and find its beginning in existence and make a little study of what it does, what its purpose is for Us. Everything carries a conflict and contrast of duality in manifestation. The Zodiac which is the character center of the earth is a duality picture in every house. Where did duality begin? Where will duality end? ~AAY~

Duality is actually a mirrored object. Exactly the same but reversed. Remember the angel told me this years ago. Just look into a mirror and take your time looking at your movements, and you’ll see it is an opposite of you that you are looking at. There is only one of you, but you are moving about as two in a contrasted view. ~AAY~

You have not lost any thing and you are not in a fallen condition. Nothing is missing and nothing is broken. You are all things and when we realize this fact, we don’t have to look for perfection, heaven, a more perfect place. When you view things as ‘I am a human looking and searching for a better way, a higher life, a greater day, you will always be trapped in the mirage of duality.

That’s a dream, that’s the race, that’s the chase that you can’t get out of in that thinking. It’s the Maze, it’s a veil that you are wrapped up in and as I said, ‘It is an exercise of ignorance’. Understanding unravels the veil. ~AAY~

When you realize that this life is all you, attributes of manifestation in your oneness and your contrast, your ‘other self’ is none other than you, then you stop worrying about what is lost, what is found, what is right, what is wrong, what is holy and what is not.

In Matthew 6 Jesus said a multiplicity of times, ‘not to worry’. We worry about our life, our salvation, our food, water, family, job, our looks… what we should wear, how we should talk, Am I sick, when will I die, and these things in your mind bring so much stress, depression, sickness and even death. The mirage of duality tries to put these things on you. ~AAY~

The mirage of duality is always using catchy cliches like, ‘Let go’, ‘Release yourself’, ‘Surrender yourself’, and it is really great on bumper stickers and in speeches but in oneness is just doesn’t fit any longer. If you pay attention to those motivation speeches, the more you use those things the more you feel resistance to being free of those feelings. Because it is a mirage.

In duality these things are the things that made you think there is something wrong. There is a ‘greater spirit’, ‘a demonic thing’, that is holding you from releasing, from being yourself. You’ve noticed and heard that catchy phrase, “Just be yourself’, yea that is the duality of mirage. YOU ARE YOURSELF. ~AAY~

Realize that you are from head to toe the vibrating reality of an energy being in the cosmos, in Christ, and there isn’t anything to let go of, to surrender to, to break out of and be yourself. The mind, the energy, the teachings, the Spirit and the Life is you! You are the one, the anointing and the anointed. It’s not duality, it is a holistic person, a living being that has passed through a veil and become a duality of energy In oneness. ~AAY~

You are a person, an energy of duality in oneness. An energy of static/kinetic moving through the elements. Static/Kinetic = 1 energy spread among the vibrations and frequencies to enlighten our understanding of ourselves. We are energy grounded to the earth, to the elements for our learning and teaching, filling our being with every action and reaction. ~AAY~

What we catch ourselves doing is wanting to build, wanting to write a ‘ghost story’ about us, in our lives. A ghost story is a story that is not true, fantasizing and trying to make up a life more interesting. So you bring out all the ‘I almost died’, ‘I was lost’, ‘I found my way’, ‘I received the sacrifice’, ‘without God I would be nothing’, and with your ghost story you keep the mirage going. You don’t want to be in the present.

The duality mirage of little me and big God, sweet me and mean devil. That was ok in the ages of ignorance, in the Taurus, Aries, and Pisces ages of the Testaments. Today IT DOESN’T FIT. The energy in this age has evolved to a greater understanding. ~AAY~

Many want to keep a gap, a distance, a difference between the body and the Spirit. Many don’t want to include the body, the elements, in the eternal. There is no gap, your body is included in the entity of YOU. We stopped being exclusive in our thoughts about one another and inclusion has given us so much love. NOW we need to stop being exclusive with ourselves, with our body and be inclusive with your body in the realm of eternity.

Your body isn’t going anywhere and will never be annihilated. Include your body in the Spirit entity and know it is one, the twain are one. The static grounded energy is just as real as the kinetic movement energy. The earth signs are just as real as the air signs. The negative is just as real and needed as the positive for a holistic relationship. ~AAY~

Your body is not a vehicle in which you are in for a season. Stop thinking that way. It doesn’t work today, it doesn’t fit. What does fit is this body is an appearance of nothing, (no-thing), vibrating in the elements and touching frequencies that bring you into elemental existence. It’s not a separate thing. The Body is an extension of You, vibrating like the flowers, like the dew, like the sunshine in the morning. It’s as much the real you as your Spirit. ~AAY~

We need to stop excluding the body in the person. We say there is a person inside this body and that thought reeks with duality! This body is an elemental make up of YOU. The real you and there is no person in the body. What there is, is a PERSON! Body, Spirit and Soul or, Elements, Being, and Character – All You!

One holistic person – body, spirit and soul – elements, Being, and character. ~AAY~

Today, trying to tear apart the person and make a person dimensionally separate, well, that is hell! We create hell in our separation and duality of ourselves. Trying to teach these things today in a manner of the Piscean age – making certain parts higher and lower, making certain realms superior and inferior once again reeks with duality. When you try to grip these things and make them absolute differences, you lose the appearance, it stops appearing to you and becomes a thing that you can control.

Anything that you are holding in your belief system that strips this present reality and makes it bland, unworthy, evil, holy or unholy is not bringing you the enlightenment, the understanding that you need. It is just added commentary in your story. ~AAY~

Revelation 22:For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book:

19 And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and [from] the things which are written in this book.

In the understanding of eternal there is no duality, only oneness. The one Spirit could not open and manifest the sealed attributes within its self existent being. Like Adam, he could not manifest the attributes of himself in his self existent being without opening a new way. ~AAY~

The attributes within the Spirit needed an avenue to multiply even as Adam’s attributes needed an avenue to multiply. The Spirit had to step outside the word of himself. Adam has to step outside the word of himself. Adam was a symbol of the Great Rainbow Fountain Spirit and Eve was a symbol of the Pillar of Fire that came out of the Rainbow Spirit.

When did the Great Fountain Spirit, the self existent one, step outside itself and pour out his attributes in its fullness? That happening was when the Pillar of Fire formed and began to dance about within space. All, ALL, the attributes lying within the Spirit had an appearance and that appearance was a living being of himself – The Pillar of Fire. ~AAY~

The Pillar of Fire gave an appearance that could take further form and out of it, out of the Pillar of Fire immediately came a duality. It appeared and looks like Two paths, two ways, two trees, two books, two lives, two spirits, life and death, and all the two’s that you can think of came swirling out of the Pillar of Fire into the elements.

Into the vibrations and frequencies flowed two perceptions, appearing to be two forms, two energies, and it immediately began to build two worlds, complete parallel and contrast. It laid in the elements, in the earth, in the botany, in the animal and in the human world. The Pillar of Fire could do this because it moved out of the realm of Oneness, or out of the realm of eternity making two paths – eternal and temporal. Duality came into existence. ~AAY~

The Pillar of Fire began to flow… herein the deception of sin, the law, devils, Gods, good, evil, life and death, holy and unholy, and all other attributes that laid in oneness. The unreleased attributes could now form into the world and be unleashed. Many eternal and temporal flows, vibrations and frequencies began to fill the elements and started time.

Time… a slowing down of the eternal so we can take a good look at ourselves and all our attributes within. This is good living… coming to understanding of oneself is good living. ~AAY~

And how do we close Pandora’s box? How do we come to the Oneness again? Is it by moving back into the Great Fountain of Life and stripping ourselves of the elements and no longer living in the vibrations and frequencies of the Pillar of Fire? Is that what you think? It will never happen! You will never go back to those things. We left those things because this is a better way!

How do we remove the duality system within us? Through acceptance and understanding! It will never go away but your judgment and separation of this Life must go away so you can enjoy the fellowship of oneness again. It is by adjusting, discovering, and accepting what is flowing from our being – the Pillar of Fire. This is the real glorification of a person. When the person becomes one and holistic with the attributes flowing from the Pillar of Fire. ~AAY~

And what are you accepting? You are accepting and coming to understanding with the fact that inclusiveness is in all things. Come to understanding of yourself, past systems, belief systems and begin to dissolve them within you and embrace what you used to judge and condemn. Embrace and love yourself. Become one with all your attributes manifested. ~AAY~

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