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## STS or STO

### What do these acronyms signify?

-“STS” is the abbreviation corresponding to “Service to Self”

-“STO” is the abbreviation corresponding to “Service To the Other”.

**These two services represent the two evolutionary paths of the Soul that are accomplished in our universe.**

Two forms or distinct paths of creation exist and express themselves simultaneously through the consciousness of the “Creator” who offers to all beings that people his creation, one or the other possibility of Evolution, that of “Service to Self”, or that of “Service to the Other”.

**“STS” or “STO” therefore define precisely the path of evolution that each human, as an incarnated spirit in a body, is brought to choose during his earthly existence, in order that his Soul can experience this path in his cycle of evolution to come.**

However, our Soul also evolves on other planes or dimensions as other forms of life, such as those who humans qualify as “extra-terrestrials”. These entities exist in dimensions that are free from our conception of time, but for our limited linear psyche, they are “our-selves” in our past or in our future.

The Soul is the electromagnetic entity who, depending on the choice of the individual, constructs and generates the programs of incarnation through the experiences of our past, present and future lives.

The two universes STS and STO intersect at the stage of our human reality, in our everyday life, our behaviors, our habits...,that we identify commonly as : the 3<sup>rd</sup> density of reality. They unfold and come to fruition through the human psyche, his beliefs and his emotional body.

These two universes or premises of creation are emanations of the projections of our spirit that we could define either by :

**The universe focalized around the “Service of Self”, still called the 4<sup>th</sup> density or sometimes the lower astral. The creatures, which find themselves here are limited and have reached the peak of their evolution on a physical plane of the 4<sup>th</sup> density,**

which is parallel to our human reality and nevertheless remains invisible to our human senses.

The consciousness of STS Beings originates in the 5<sup>th</sup> density, but the progression toward the 5<sup>th</sup> and 6<sup>th</sup> density is nothing but a path or process oriented toward the “Service to the Other”-STO.

No physical or psychic plane exists beyond the 5<sup>th</sup> density for STS entities for their beliefs and their thoughts possess two opposed polarities that juggle between the good and the evil.

In the experience of this duality, two STS clans are in opposition depending on their beliefs that tend either toward the negative or the positive:

**-The first clan, the negative STS** who are experimenting generating the badness, are generally oriented by their negative emotions, an attraction to physicality, the material world, possession, money, power, vampirism, manipulation and the diversion of all these forms of energy that they use for themselves, for their “me”, their “self”, the “me-I”, etc.

The STS satisfy themselves with their comfortable “Service to Self” mode because their Soul is not yet experienced enough to pretend to change their dimension of consciousness. They therefore have no reason to put themselves into question.

Their intuitive and altruist consciousness is little developed but their intelligence can become very interested, manipulator, sometimes even “machiavellian”. They are the predators, the persecutors and the psychopaths in our human society. These Beings evolve in the past of the 4<sup>th</sup> density under the appearance or forms of ill-intentioned alien reptilians, Grays or other negative entities and are sometimes also perceived as demons.

**-The second clan, the positive STS** are experiencing striving to generate good. They are mostly oriented by their positive but subjective and ephemeral emotions, generally indicating a suffering Soul. They habitually express themselves by a need to share. Nevertheless they are very calculating, with a self-interested benevolence, a strong insatiable empathy, in the search of peace, happiness and well-being...

These types of individuals often take on the role of innocent victims, oppressed, and marked by the wounds of the Soul, such as the need to be recognized, depreciation, rebellion...Often utopian, revolted and marginal of the society, they serve as the punch bags for the predator category. They have become the victims by excellence of certain religious or spiritual movements, like the New Age.

Among the latter, certain have literally been “shaken” by their Supra-consciousness and endeavor with body and Soul to get out of their limited consciousness and their

“STS” way of functioning, in order to be completely ready to elevate their Soul to the 5<sup>th</sup> or 6<sup>th</sup> density when the moment comes.

Like the negative STS, they also evolve in the 4<sup>th</sup> density. These Beings have the form of benevolent reptilian aliens, Grays with quite reassuring appearance or entities that seem emotionally sensitive. They are considered as “positive” Beings and populate the future STS humanity of the 4<sup>th</sup> density.

The universe focalized around the “Service to Others”, is called “the 3<sup>rd</sup> density in Service of the Other”-STO” or on a superior level of consciousness: “the 4<sup>th</sup> density STO”.

Nevertheless, the 3<sup>rd</sup> density STO does not yet truly exist because it represents a new physical world or density in the making. It is a reality where materialism and technology will have little importance and, in which humanity in its future will evolve and expand.

In the STO worlds, the consciousness primes over technology because the consciousness/intelligence/intuition of certain STO humans, can reach the 5<sup>th</sup> and 6<sup>th</sup> density and therefore manifest an environment and a reality that corresponds with their vibrational frequency without any form of technology.

The thoughts of STO beings are rather oriented by their detached emotional. They are by nature altruist, generous, fraternal, disinterested, devoted and noble. They never take sides, neither with the positive STS nor against the negative STS and possess little attraction for physicality, the material world, possession, or money. These are beings that dispose of and express a great wisdom. They are as it were the arbitrators or the observers of the Universe.

**Our actual human dimension : the 3<sup>rd</sup> density is a place of intersection between these two energies.** It corresponds with the work of evolution of the Soul during the incarnation of our Spirit into a physical human body, therefore with the world of the emotional as well as with the seat of the present moment.

**Thus, the consciousness that controls the human body is not really human, but comes from these other dimensions that is to say STS or STO.**

The consciousness of most humans was supplanted by the spirit of certain reptilian entities, Grays or other that we designate with the following qualifications: predators, parasites, predation or predator corpus.

To schematize this to the extreme, these predatory entities, driven and directed by the Reptilians, control a part of our body and our spirit, within our daily existence, without us being conscious of it.

And as long as the human ignores that his behavior is due to the control of his spirit by 4<sup>th</sup> density entities, we can consider that he is sleeping! He is unconscious of his

reality and cannot perceive anything but a subjective reality of his environment, a reality that comforts him in his beliefs and provides him the illusion of security.

When he understands that in his daily life the reality that he perceives is veiled in order to serve the learning and the growth of his Soul, he can choose to change his life and his purpose in accepting to raise the veil that masks his reality. All that through acquiring Knowledge.

It is therefore inappropriate that the individual judge himself or blame himself by way of his current orientation. But it is indispensable that he raises his awareness and continue to inform himself in order to learn to think objectively and to be able to bit by bit readjust his behavior by acquiring the Knowledge.

He may then either stay in Service of Self in the 4<sup>th</sup> density, or allow his Soul to walk the way in Service to Others of the 4<sup>th</sup> and 5<sup>th</sup> densities. His consciousness will furnish him with new tools and generate an environment better adapted to his evolution.

In this manner, in our human dimension, we can enlarge and reinforce our decision which when it is aligned with either STS or STO thoughts, enable to manifest our will into our reality (provided that our acts stay in adequacy with our consciousness).

When our thoughts align with the center of STS thought, an augmentation of the materialistic consciousness is produced, a strong propensity for money and possessions, power, a taste for doing, but equally a noticeable decrease of the spiritual consciousness.

Inversely, when our thoughts are aligned with the centers of STO thought, they amplify and result in an augmentation of the spiritual consciousness, a decreasing of the material consciousness, a lack of interest in wealth, property, luxury and the need to get oneself noticed or recognized.

The man in 3<sup>rd</sup> density possesses the faculty to change the vibration frequency of his consciousness in aligning the latter, therefore his behavior, with the STO polarity. He will then notice that the part of himself that is really in Service to the Other, is amplified by the law of resonance frequencies.

Making the choice to align our consciousness and our acts with the center of STO thought increases the frequency of oscillation of our energy field. But it is only through the willpower, perseverance and a relentless work on oneself and ones beliefs that an individual will be able to become the generator of his own miracles and resolutely creator of his new environment. And he can only realize this when he acquires Knowledge.

The ancient esoteric traditions used to call that : launching oneself into the Quest for the Grail !

When an individual acquires sufficient experiences and knowledge, the choice of orientation by his consciousness will start manifesting in his daily life. If the vibrational frequency is sufficient, all his other frequencies, in other words all his other incarnations, will gradually shift into the frequency of resonance in Service of the Other.

Knowledge is a function of the consciousness. All Knowledge that is objective Knowledge and not supposition, prejudice or illusion, elevate the human consciousness to a superior level.

To differentiate a STS from a STO individuality, it is important to take into account the outline of the physical and material auto-satisfaction. **Every human from the moment where he is incarnated in a 3<sup>rd</sup> density world of duality, is automatically projected into a mode of “STS” behavior.** Because through his egotistic functioning, he depends on the physical plane, which is meant to provide him a certain sense of satisfaction. A mechanical disproportion therefore exists so to speak, between the physical world, to which he identifies himself because of his ego, and the etheric worlds, to which his superior Self or consciousness and the multiple dimensions of his Being are connected.

By his nature, the human, completely cut off from the etheric world, is perpetually dependent on physical pleasure and on his material 3<sup>rd</sup> density needs. He is therefore faced with the fundamental dilemma engendered by the two polarities of duality: those of the good and the bad. The individual is thus called to become aware of his instinctive mechanisms of control, which are dissimulated behind all forms of physical auto satisfaction and are ineluctably generators of a karmic process, or in other words, of his repetitive misadventures all along his life.

By using the free will, his human intelligence and the decoding of signs, he will have to readjust his behavior in order to relearn to respect the environment that the Consciousness of his Creator offers him. For this, it is indispensable to understand the emotional mechanism that generate the circulation of Energy on the quantum plane, and as with all mechanisms, a key exists to switch it on or to stop it.

Here are therefore some keys for detecting if ones way of thinking and behavior is situated on the STS or STO path:

The “STS” individual possesses ! He possesses and collects all that he can acquire. He owns his land, his money, his house, his cars, his pets, his livestock, his husband or wife, his titles, his work, etc. “This belongs to me, I am the owner of..., I am the master, it’s mine!”

The “STS” individual is confronted permanently with the need to make himself look good through competitions, rivalry, competitive behavior, exploits, in order to be adulated, to please, to shine, to be recognized... (examples of this: during sport competitions, in politics, through entertainment, at work...). He often experiences the need to be recognized by family, by his peers, and society. He therefore accumulates diplomas, prizes, trophies, titles, grades, medals...

The « STS » has often a tendency to a form of wishful thinking and will do therefore everything he can -through the ego- to materialize his desires.

In his “STS” functioning, free gift does not exist (or may be subtly disguised by the expectation of recognition) and because he is incapable of having faith in his superior Self, he works hard, counts his money, stocks, makes forecasts, carrier plans, contracts insurances, and keeps saving accounts. Often, he even tries to appropriate the goods of others. For this he steals, lies, cheats, surveys, observes, spies, swindles, commits fraud... and becomes jealous, possessive, envious, arrogant...He is incapable of giving, to truly give without expecting something in return, for he has forgotten how the Energy functions within the quantum universe. He also ignores that the flux of universal Energy is omnipresent abundance for it originates in the “prodigality of the Source.”

The STO individual is capable of enjoying Life without having the need to possess. He is satisfied by what is being offered to him! He does not have the need to be owner, to possess, to collect, and to conquer. He does not need to acquire land, save money, collect cars, confine animals, or marry to possess a husband or wife. Few things belong to him. He does not have the need to become master of something, to dominate or possess another. (This does not mean that he deprives himself of something but that he has ceased identifying with things by assigning any form of value through egotistic resonances.)

He doesn't care to be valorized. He is neither interested in competitions nor in the exploits of others. He feels no need to be recognized, honored, rewarded...He has no need to be gratified through his titles, diplomas, prizes, trophies...

For a “STO” individual, the free gift is voluntary. He has no need to count his money because the necessary is always given to him. He doesn't stockpile, never stocks things in case of, doesn't need “projections for his future”, nor contracts with multiple insurances and savings to secure himself. He never seeks to appropriate the goods of others. He has no need to steal, lie, cheat, survey, observe, spy, swindle or commit fraud...He therefore has no reason to become jealous, possessive, envious, or arrogant.

Humanity is as it is. Progress is progress! If the human in all honesty, could be what he already is in essence and exist without violating the free will of others in this 3<sup>rd</sup> density, he could really orient himself and find his true nature, which is that of

being in “Service to the Other-STO”. But because he is “STS” due to the dimension of consciousness that he creates for himself through his beliefs and fears, he cannot become totally “STO” in this base world of the 3<sup>rd</sup> density.

**To thoroughly understand and grasp the difference between the negative STS, the positive STS and the STO let’s take the example of football.**

Two teams that face each other in the stadium are comparable with the negative STS who play against the positive STS on earth in the 3<sup>rd</sup> density.

The strongest STS score goals but as they do not always respect the rules of the game, they hurt a number of positive STS players who therefore become their victims.

Those wounded players therefore become the “poor persecuted persons” and they hand themselves over to the referee.

The latter possesses the decisional power to give a warning or a red card to the favorite team and sometimes uses his referee power when the negative STS exceed the limits and violate the rules of the game.

This scenario is exactly what is happening on Earth. The STS of the 4<sup>th</sup> density have violated the universal laws. The STO: the referees of the Universe have given them the red card and sent them to the substitute’s bench.

However in order to balance the situation, the Universe has sent players-referee’s-trainees to assist the team of positive STS to increase their ranks and establish a balance in the game between the two teams.

Before becoming themselves the seasoned mediators these referees participate in the football matches as players. They have had to pass through the negative STS and the positive STS team in order to learn all the tricks of the trade.

On top of that the referee can achieve the status of regional, national and even international referee. He then becomes the supreme mediator of the international games. In other terms, on the level of human experience in the Universe he plays the role of God or the Creator Consciousness.

Confusion reigns in the minds of the large majority of people like for example in the New Age movement, in which the positive STS is confused with the STO. It is thus that the profane in esotericism think the galactic conflicts take place between the STS and the STO.

It is not so. For ethical reasons and in order to respect the law of free will **the STO never interfere overtly in the internal affairs of the worlds nor in the daily life**

of the inhabitants. They never reveal themselves openly to human eyes contrary to how the negative and positive Grays do for example.

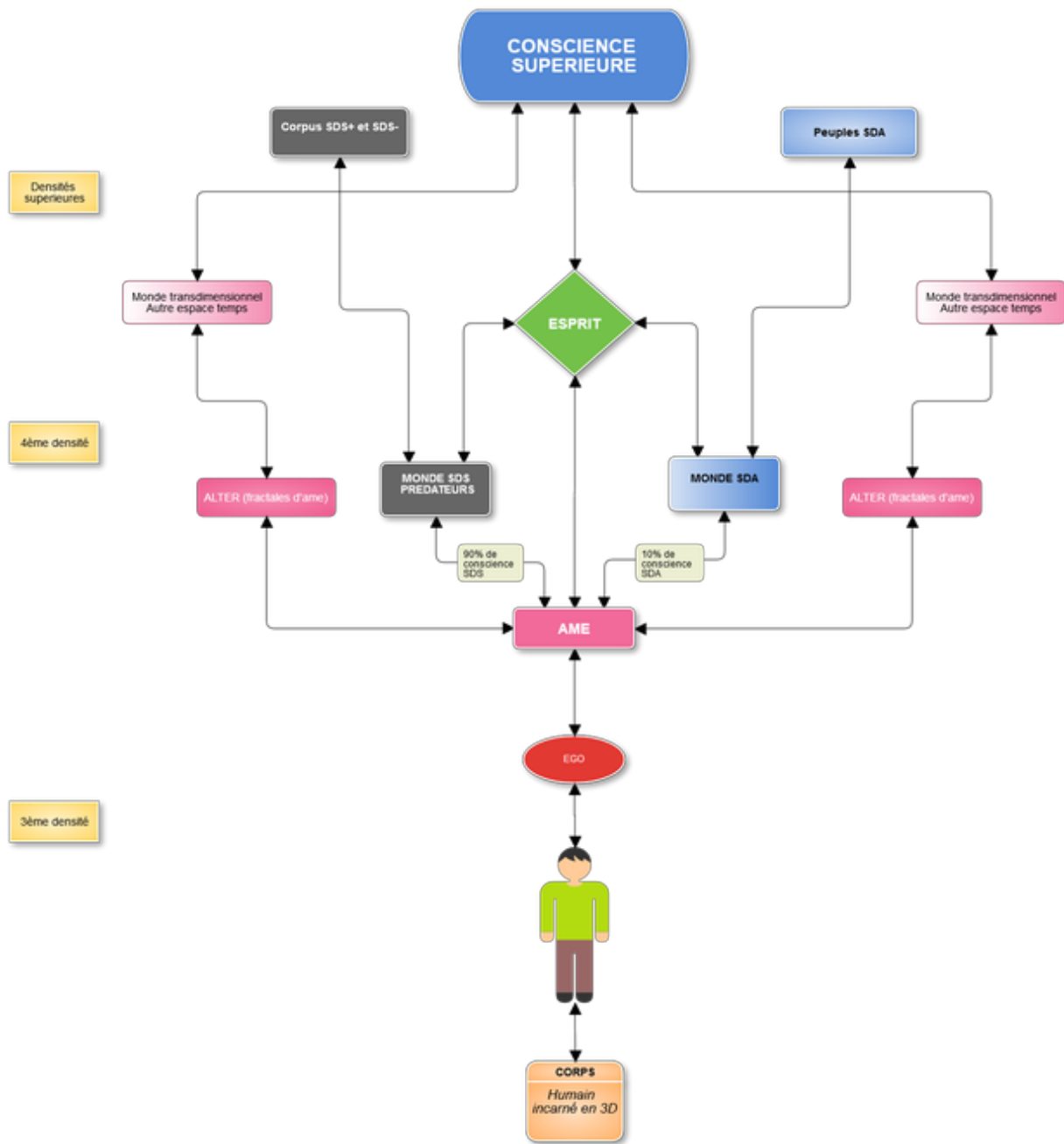
Nevertheless to readjust the equilibrium in the entropic worlds, facing the risk of falling into a karmic cycle, their Souls incarnate into human bodies. By altruism and compassion they voluntarily take on this noble but perilous ministry.

Here with, an enormous confusion that reigns on most of the allegedly spiritual websites is henceforth cleared up !

**Scheme of the relationship between Body-Soul-Spirit and the superior Consciousness-STS/STO**



**Schéma en vue éclatée des relations Corps, Ame, Esprit et Conscience supérieure**



**Schéma réalisé par iKam**