

**Faciconstructive Self-Evolution** or *Bridge-Building Self-Evolution* is the attempt on oneself to recover from disunity and imprisonment within the *Alpha Matrix*. The Alpha Matrix is then proceeded to recover from disunity and imprisonment from other Alpha Matrixes in the Iota Matrix. First, the Alpha Matrix is the Personal Matrix, where degrees of Alpha mark the status of how private a thoughtform is situated. *Alpha* is the Origin of the Mind and the Thoughts. When one ascends from their physical body, they take Alpha with them. For the sake of simplicity, only the Entities, Alpha, Beta, Gamma, Delta, and Epsilon will be used in this simplified explanation of **Alpha-Iota Interchange**. *Beta* is the subconscious Mind at its lowest level. While in a deep sleep, in a trance, or on the Astral Plane, the Alpha Matrix has a degree of Beta. *Gamma* is the the higher subconscious Mind, while asleep or dreaming. Many learned thoughts and Data are stored in the Gamma Degree of the Alpha Matrix. *Delta* is the conscious Mind, while thinking a thoughtform, but not revealing it across the *Epsilon Bridge*. A thought will be restored to Delta from Gamma, unless that thought sunk too deep into Gamma and made its way into Beta. If this happens, “memory is lost,” but is not forgotten. One can search deep into their thoughts and uncover that past thought. At the worst, the thought would sink to the bottom and unify with Alpha, then complexities among complexities would be formed; words may not be able to define this concept; however, if knowledge from an ancient past life had sunk into the deepest depths of the Alpha Matrix, obviously the person must have endured something significant.

*Epsilon* is the conscious Mind at a Bridge with *Iota*, the Public Matrix. While conversing or interacting with others, the Epsilon Bridge is engaged. When we look at our world and our universe, the Epsilon Bridge is engaged, in order for us to view the Iota Matrix. Perhaps, in order to form a bridge between the degrees of Alpha Matrix, one might have to study how they naturally, and everyday, form their Epsilon Bridge from their Alpha Matrix to the Iota Matrix. When looking down that Bridge, one might want to try and imagine what kind of a bridge it is. Is it a rope bridge? Is it a metal bridge? Is it a wood bridge? Is it a hyperspace bridge? Can vehicles or vessels travel along that bridge, or is it a pedestrian bridge? These symbols might help to figure out this mystery....

Overall, I believe that peace, through Faciconstructive Self-Evolution may be attainable, if one only were to unbaricade that bridge to their Axis Iota Matrix and elaborate that bridge to their Allied Iota Matrix.