

CREATORS OF REALITIES

Laurent & Fanny Levy

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A crash course on the art of creating realities

INTRODUCTION

A few days before April 1st, 2020, Fanny and I were having a conversation, and among other things we mentioned the virus, and how it was a choice, just as the ideas it conveys are choices, that so many people choose without knowing they do, and find themselves victims of this event and of so many more. Although this conversation was nothing special, we suddenly felt a rising anger "against" the virus, and against what it symbolized and conveyed, namely the ideas of non-joy, of victim, of little powers, etc...

We then asked ourselves if we could do something about it, and the answer was yes: it was obvious that having lived this new way of life, especially from our bodies, had made the influence we have on the whole very strong (as we talk about in the last message of this short series). It became clear to us that the virus that could not exist in our reality had already been stopped at its core, and for everyone. We then wondered how to speed up the process of ending the virus "on the surface", being aware that many people would still continue to choose it and thus make its reality visible.

That's when we saw that it was possible to speed it up by registering something, and in particular by sharing with you what we know, not just about the virus, but about who we are, how we chose to live, and how the stopping of this virus is a small consequence, an icing on the cake in fact, of our new way of living as conscious creators of our reality.

Here are the 5 letters we sent to our mailing list.

PETITION FOR THE END OF THE VIRUS

We think it's urgent to put an end to this virus. In order to do so, we must recognize several things:

- 1. who we are
- 2. how do worlds manifest
- 3. the roots of the virus: the ideas that created it and continue to create it
- 4. the conclusions of these three points
- 1. We are creators, as we say in our website, and as we live it every day. Not just people who are more or less able to attract the "right things" to themselves, but creators who change the course of things with every thought, with every decision they make.

We have nothing more than others, in that everyone is endowed with the same creative power. However, we have recognized and are experiencing the power of recognizing what we are. This means that the more we recognize who we are, and how it works, as well as the incredible power of Thinking something with our whole body (our Being, our Consciousness), the more we accept to be who we are. And, the more we accept to be who we are, the more our creations manifest without delay.

- 2. We have recognized that we truly have the choice to live what we wish to live. This choice is not so much recognized in humanity today. We make all the rules of our world. There is no truth. There are just the ideas or beliefs that we wish to cherish, and the worlds or realities that are manifest through that. Another important point to recognize, or rather to accept today, is that there are many possibilities at any given moment, and that what we experience in our daily lives are nothing but chosen possibilities. This implies many things, among which is that there is no delay in choosing right away another reality than the one before our eyes. Again, this one is nothing more than the expression of our choice. And there are an infinity of them, at every moment. This, this recognition, makes the reality become very soft, or malleable, according to our decisions. A good way to experience its power is, for example, to accept that everything that presents itself in our reality is a choice, an option. The virus included.
- 3. How does the virus become manifest? It is also the consequence of many ideas, which we consider unacceptable. Among these, the widespread thought of being the victim of the conditions of our lives, of being at the mercy of our daily lives. With the knowledge that we are as we

say we are, the creators of the rules of our lives, it is criminal to manifest these ideas, to give them power over a longer period of time. It is just as criminal, in our opinion, to justify the presence of the virus by banalities such as "it takes what it takes for humanity to wake up", or "it's the necessary purification of the moment", or "this world is rotten, as we know it is". Etc.... These ideas which seem to come after the virus event, as opinions or justifications for it, are creative. At the level of the creative being, there is no time as we consider it, in a linear way. Simply put, there is no "before and after". There are only complete segments, chosen and manifested at each moment. This means that what seems to be the consequence of the virus, these opinions for example, are just as much the cause.

Thus, when one says yes to one of these opinions, or reactions to the virus, one is CREATING the virus. When we think, by watching the news, for example, that we don't decide on anything, and that death is going to happen to us in spite of ourselves, and in spite of everything that can be said about it, we CREATE the virus.

We ask it to be there. It allows our ideas to be true. On a more linear level, saying yes to those ideas every day keeps that creation in place, and thus perpetuates it.

4. We write this today because we believe that it only takes a few beings conscious of their creative power to end the reality of the virus. And this by putting an end, in one's own creation, in one's daily life, to the criminal ideas that this virus conveys, such as the ideas we have mentioned above. There

are other ideas, of course, and it is up to you to let them go if they no longer make you happy.

Neither these ideas nor their consequences can exist if they are no longer chosen. And if they are no longer chosen, they become impossible. This is how we see the virus, and this is how we invite you to see it. For beings who have recognized who they are and how their choices manifest their reality, the virus can no longer have any existence.

As you can see, this is not intended to give or take away instructions in form related to the reality of the virus. We are not at all talking about going out or not going out, we are not talking about whether or not to take the necessary precautionary measures with regard to the spreading of the virus. We are not talking about doing or not doing anything in form.

We invite those who hear our Thought to take the necessary measures within themselves, to observe the ideas that will come up and that convey something not so joyful, and to recognize the decision to keep them alive or not. The choice of allowing them to exist in one's heart or not at all. These few steps will go a long way in recognizing one's own power, and in stopping the reality of this chosen consequence that is the virus.

It is a call to a great responsibility. We are aware of this. But understand that this "great responsibility" is simply the natural fabric of our beings, of our bodies, recognized as creators and not small things to whom life happens. We believe that it is not necessary to chew all this mentally in order to get the effects, and also to put an end to this virus as soon as possible. In writing these lines, the date of April 1st has showed up for both of us, for the actualization of this new reality without virus. We are going to publish on our website other texts in the following days that will be dedicated to the simple and profound process of creating a reality.

A petition requires a signature.

The signature requested here is your creation of a reality in which the virus can no longer exist. A vibratory, creative, joyful signature.

With all our Love, Fanny and Laurent

CREATORS OF REALITIES

As we said in our first text, the idea here is not just to eradicate the reality of the virus, but to no longer choose the world in which this virus manifests itself. This eradicates the virus and its cause, the context in which it may appear. A bit like a cancer that is not directly treated, but whose terrain is changed so that it can no longer develop.

How do you choose a world? How do we create our reality?

"Ah well, it's normal to have back pain after an hour of gardening". There you go! I've just created a whole reality. I just chose a world. That is to say, I have just created a body that responds to this rule, a self that inhabits it and thinks these kinds of thoughts, and a world that will confirm and comfort me in my choice. I will certainly meet the neighbor who will speak to me, as if by chance, about her back pain, about the other neighbor who found the greatest chiropractor to cure his back pain, etc... And all this is created in "great joy" (we'll talk about it in more detail later).

This is who we are.

With each opinion or idea that is expressed and validated (or chosen), we download the world that comes with or conveys these ideas and opinions. At each moment, we always have the choice between an infinity of ideas and opinions, which will in turn manifest worlds. There is nothing trivial about it. Everything that is chosen manifests itself.

We said that we always have a choice. In our example, I could have believed something else, "I'm always very refreshed after an hour of gardening". That idea is another choice, another possible choice that exists. It is easy to see that the world manifested by this idea will be very different from the world described above. A different body, a different identity and certainly different relationships.

When we see this, we realize that at every moment we have infinite possibilities of creation. The simple recognition of this means that we will naturally stop, pause, and choose much more consciously each idea that we will cherish. Unlike the two gardeners in our examples, who live their creation without really realizing it, there is a third gardener who is a conscious creator of realities, who knows the existence of possibilities, and who is aware of the importance of each of his choices. He acts in the direction he wants to go, that is, in the direction that suits him best, and in the world he wants to manifest. He no longer sees the point of doing/choosing/manifesting anything other than his joy.

We are this third version, this third gardener.

We would like to talk to you now about the Great Joy.

As we have already mentioned, everything that appears in our creation is a choice.

- "Being out of step with the collective" is a choice.
- "Being confined" is a choice.
- "Having a virus lurking around outside" is a choice.

These are not universal truths, or even observations of "facts," observations that come "after" events. They are creations, choices. They are downloads of worlds, complete with their rules, their identities, their bodies, luminous or fragile. Nothing is trivial.

Being choices, they are joyful. To believe, to choose, to create, to manifest, are joyful verbs. We are joyful beings, and we create out of joy. Nothing else creates.

So I breathe that this creation is there because it is my great joy.

I breathe that it is my great joy that there is a virus lurking all around. It is my great joy that there is a threatening exterior that does not respond to my thought. It is my great joy to deal with unconscious people, it is my great joy to be able to compare myself to them to find myself beautiful, spiritual or intelligent. Etc...

Once I have breathed this, recognized it, I see that these ideas are NOT AT ALL joyful for me today. That I do NOT want at all a world where everyone compares themselves to each other, where my creation ends at the tip of my nose, where feeling good implies that others feel bad, etc...

These ideas, although chosen and held in place by joy, no longer serve my joy today. They no longer have any place in my creation. They do not convey the ideas I wish to manifest about myself, about the world and the people in it. It's now easy and sparkling for me to take an interest in other possibilities. To contemplate other existing versions.

Note that when I don't know this, or when I don't recognize what I am creating, or how I am creating it, it is impossible for me to make another choice. It is impossible for me to receive the other options, not even knowing that what I live are only options.

It would just be possible to judge things, and as anyone knows, judging leads to nothing, except to continue to be a victim who delights in complaining.

"What else is possible?" Are there other, happier options to choose from?

There are always other, happier options.

To live in a world where everyone is creative.

To live in a world where many have recognized the call:

- to joyfully embrace their own creation.
- to create a world in which we really want to live, rather than to endure the world that is offered, as the only option.

These, for example, are ideas that we think are worth creating. We feel that living in such worlds is joyful, natural, and certainly corresponds to the ideas that our bodies wish to convey.

These are examples, of course. We have seen that many ideas have created and continue to create the virus and its reality. To walk consciously in the world of one's choice is to have created a new context. It's being someone else and it's literally disrupting the apparent order of things. Namely, old rules. It's not allowing a situation like the virus to exist. It has become an impossible manifestation.

There are a lot of ideas or thoughts that we validate in a day. And that's how worlds are maintained, created. In fact, realities are dying and being born every moment. So nothing is really maintained linearly, but re-validating the same idea will create a new world similar to the one that just died.

This is also why as soon as one chooses not to validate a reality anymore, it is immediately replaced by a new one. There is no delay. But if the thought "it doesn't matter how many times I change my mind..." is believed, a world that conveys this rule will be manifest. A world of delay precisely, turned towards the importance of evidence, to validate one's power or value...

Why do Fanny and I believe that it only takes a handful of people who are aware of their creative power to stop the reality of the virus? Because it's all vibrational. The vibrations released by the three gardeners in our first example are not the same and do not have the same impact. And this by choice, of course. The impact of the third gardener walking consciously in the world of his own creation is that of a tsunami. His decision is the law. And this, he has recognized.

THE LINES AND THE TUNNELS

It was said earlier that when you become the third gardener, you will stop more often, pause to choose your ideas and manifestations more consciously.

This is true and not true at the same time. It's like a step, it's pedagogical.

We mustn't take this too literally, because we would end up taking some position of detachment, of non-doing, of separation from life.

And this is quite common in many "spiritual" practices that deny the joy of life.

When we talk about this third gardener, joyful to be aware of how he creates and manifests worlds, we are also talking about slowing down the rhythm, time and space. In this way, we are not in a hurry, we are not obliged to respond to the world right away, and we can rather be interested in the ideas we convey than in taking what we see as accomplished facts, solid and universal truths.

We slow down the pace... it's also pedagogical, but it points in the "right" direction.

Because when we recognize ourselves as choosers, we naturally move down into our bodies. We don't do anything about it. It's just the way it is. We're not creators and choosers from the round of mental thoughts. You're not the third gardener in your head. We are so through our bodies. We have recognized that our body is knowledge, it is vibration, it is the pure choice to be here and to express our joy through our favorite ideas.

So time slows down naturally. In fact, we live from a kind of inner slowing down... from which seeing is natural, recognizing one's choices and adjusting them is done effortlessly, while walking. Paradoxically, the outside is in incredible turmoil. It's like the eye of the storm. Calm inside and the outside is jumping around with joy and creativity everywhere. This is more the way of life of the creator.

In that slowed down time, we observe (without letting go of life and the joy of walking) the things that create in us. We see more clearly the guiding ideas we have chosen and it is easier for us to see whether they still suit us or not. If they don't, we choose other options available to us. Other routes.

In this regard, we have come to recognize these possible routes as tunnels. The more primary and leading ideas as lines. We think that communicating this way of thinking will be useful to you.

Let's start with the lines:

The lines, for us, are primary or leading ideas. They are routes, options, "life lines". This started for us some time ago, after we became more interested in the knowledge of possibilities. When we started thinking about possibilities, seeing that everything is a possibility that is available and that already exists, and that we could choose to explore one possibility rather than another, we first looked at our respective pasts, asking ourselves what they would have been if we had made other choices.

We have then let ourselves imagine different scenarios, letting ourselves slip into the shoes of the Laurent who chose to stay in New York twenty years ago, or Fanny, who didn't choose to study fashion in Rome, but in New York (as she was thinking at the time). And, having already realized that to

imagine is not just to imagine, for creators, we began to establish a real communication between these other Fanny and Laurent, who lived together in other versions of existing realities. We came to understand that our reality was no more solid or real than theirs. This joyful exploration also led us to encounter future versions of ourselves, and to re-do other past versions. Other lines. Seeing, learning, recognizing what some choices may have resulted in, compared to others. By the way, there are so many films that showcase these possibilities. It's incredible!

In short, we write this to tell you about the lines and the evolution of our understanding of them. After that, we became more interested in the vibrations, the *essence* of these lines. They all represented, at least the ones we have retained, life choices that had propelled us into what we want most: to be us, to be natural, to be free and to live joyfully in our abundance.

These lines became *symbols*. When we speak of a line, we call it by its symbol (the line 70-54 represents the line of Laurent at 70 and Fanny at 54 years old), and it mostly represents a certain color of ourselves. A certain probable possibility, which we love. A quality that we like in these "future characters".

Today, although we still think about some of the lines we like and with which we have become friends, we are more interested in ourselves, in our direct creation... and we symbolize a line we have imagined together, as a direction we really want to take, and which conveys well who we want to be, to become, to create.

For example, the "ranch" line represents the two of us in the USA, with children, in a modern ranch, etc... When we think ranch, we directly download the qualities that we have recognized in this possible line. It's not necessarily about having a ranch in the USA, but about breathing the atmosphere, the qualities of these two of us, the colors of this possible future. And, in doing so, we literally create our present. It transforms itself little by little or very quickly to convey these ideas. Without having to travel.

It has allowed us to see how consciousness works, how it does, living in all possibilities at the same time. It knows what is possible, projects itself into a multitude of roads, explores them, and brings us back feelings.

We have the result of the lines, of the choices, in advance. From the position of consciousness, that of the third gardener, who is not in time, the feeling of the end of a road is present at the beginning of that road. We already know the result. We know how we will feel if we take either of these two roads. And since our choice is one of joy, we naturally move towards happier routes. For your information, joy, as we choose it, is also the most functional, productive, creative route. If it was joyful for us to choose effort, some options would have presented themselves rather than others. There is

no right or wrong. Anywhere. Just choices of possibilities and the fruits of these explorations, which are feelings, sentiments, vibrations.

Now let's talk about the *tunnels*, that are similar to the lines but closer to us, to our daily life, to our manifestation.

One day, Fanny takes the car to an appointment. She feels uncomfortable, stressed about not arriving on time. Then she suddenly sees who she is at that moment. In that same second, she sees her whole day unfold for that stressed, victimized, unhappy Fanny. She feels it in her body. She sees herself entering this tunnel, this fatality, where there is no other way out than to be that Fanny and to enfold this day. But at the same time, she understands that this is not a fatality. She acknowledges that it is a possibility, and looks at what other options there are. One idea she liked was "master of time." Having validated this new choice, a new tunnel presents itself to her. She then begins to feel the colors of this tunnel: relaxation, joy, clarity. Note that all this happened in a few seconds of earthly time. And the day she spent was of course the manifestation of this second tunnel she chose.

By not recognizing that what we are experiencing are options, tunnels, we make the choice to live them as "no options". As if it were the only reality, the only possibility. But by recognizing these tunnels, we can immediately choose another one, and create another reality. That's what Fanny did.

She became another version of Fanny, walking in a new creation, living a completely different possible, consciously and joyfully.

As we have already seen, a line, a tunnel, an idea, are already existing possibilities. When you validate them, consciously or not, you download the world that comes with them. Which conveys the type of ideas chosen. "If we don't get to our meeting on time, it's bad"... was the first idea Fanny validated. This was not insignificant, for a specific world of time, traffic jams, delays, was born. In this tunnel, the Fanny chosen would be a tight, restless, controlling person.

Do you see how soft all these realities are? How what we experience every day are options that are solidified by our choices? And that these things don't have to be who we are if we don't like them?

Talking about this feels very intimate. For us, it's getting deeper into our hearts, to see what we believe and what we choose to create. To share what the rules of our universe are. We have chosen to talk about it here so that you can see and understand how we use this knowledge and this new way of living in our daily lives.

Understanding, integrating this way of seeing and doing into our daily lives will continue to anchor everything we talk about in this "crash course" on creating realities. With these tools, which are key points for us, which allow us to easily navigate within this new consciousness, creating contexts, stopping unwanted events, such as the existence of this virus, should quickly become "second nature".

At least that is what we hope.

THE PAST-PRESENT-FUTURE BLOCKS

Everything that has been shared over the last few days, everything that has been seen and realized, and therefore created, for the purpose of putting an end to the virus, will not really come to fruition without the point that we are going to talk about now.

Up until now, everything indicated that we were going to create, manifest, download the reality of a world without the virus. A new context. Another version of the world in which the virus will not be able to exist. The conventional understanding of this invitation is that we are going to change the future, and live in new presents that will reflect our new choices. But this will not really happen, the creations will not really be able to "hold ", if we don't include the Past to our equation.

What most of us believe is that we will change, evolve, move from a world with the virus to a world without the virus. As an improvement in our general conditions, due to the changes we made in our beliefs. And, indeed, with the power that comes from the recognition that we are creators of reality, we can move to another world. But not if we hold on to the linear thought of "before and after". We have seen that every decision, every choice, downloads a new world, with a new identity, a new self. To believe that this new self or this new world is the continuity of the old one, in an improved version, is not correct.

Put another way, when you change the world, you change the self. And when you change the self, you don't have the same past as the old one does. You haven't lived the same life.

In our last message, remember, when Fanny chose the second tunnel, the "Master of Time" version, she accepted the whole Block of that version, the Past-Present-Future Block. The

one who believes in "Master of Time" *never* believed in "beware you must hurry if you want to arrive on time". That's not the same Fanny. The two are different lines. They both have very different pasts (presents and futures as well).

And this turns out to be the most natural thing there is. Just like the rest of the universe and matter, everything dies and is born anew at every moment. This is the very condition for emergence.

Keeping one's past, on the other hand, and keeping the same self to make it evolve, is a creation, a choice, which requires a great deal of effort. In order to live this continuity, one must create and recreate this story permanently. You have to tell yourself every morning that you are the same as you were the day before. And this allows this creation to exist. It creates a new reality that must resemble at all costs the one that has just passed.

It's the same with the healing process. In reality, it does not exist. Having looked closely at this process, we have seen that in fact *healed* and *sick* are two different and complete states in and of themselves. They are not connected. They exist in two different worlds. "Healed" did not have "sick" as a past.

An example we experienced last week, when we wanted to change the design of our website:

we were looking for another picture of the two of us and the one we found was a photo from a seminar we gave two years ago. At the same time, my shoulder started to hurt very badly, and I remember feeling the same way about two years ago. I made the connection between these two events... and I realized that by reconnecting with he energy of the website and of this photograph, and by choosing to put this photograph there, as if this Laurent was my actual past, I was not recognizing that I am not at all the same, and that I did not have the same past.

But by choosing to have had that past, I manifested the world and the body of that guy.

The moment I recognized what I was doing, and symbolically removed this photograph from the new website, the shoulder ache was "gone", along with its world, its Laurent and its block.

The worlds we create, without virus, don't have the virus as pasts.

In these creations, the we who navigate these realities do not have as past the we from last week.

Having said "yes" to this petition a few days ago, you have taken and created a new tunnel. And as we've just seen, you don't have the same past either. You are in a new block. You are a new you, with a new past, the one of your new choice.

Breathing and walking now, as this new you, precipitates this new world.

THE IMPORTANCE OF RECOGNIZING

In our last text on past-present-future blocks, we suggested that you recognize that by having said yes to this invitation to stop the reality of the virus, you had already created yourself an access to another way of living. Not just that you have access to it now, but that you have *created* your own access. You have created your own access to another mind, you have manifested your access to another body, you have changed

your identity, and you have managed to slip into another reality, and experience it with your own new set of rules.

Recognizing this is very powerful, for it continues to create what you desire. The image of digging a deeper groove, and deeper each time there is recognition, is very appropriate here. The more you do this, the faster your futures will spring forth. The more you recognize who you are, how it works, and where you walk, the less you choose delay. When you are interested in the fact that you have changed your past, for example, then a new past reveals itself, for where you place your attention, creation follows. Same thing with the knowledge of possibilities or anything else.

Every creation is complete and total in every moment, but let's say that the habit of looking elsewhere can still be present, and therefore create realities that make you less happy.

As you have noticed, saying yes to our invitation was not intended to be limited to this petition on the virus alone. But rather to take advantage of this instance to give you a powerful summary on the art of creation. On who we are, in fact, in expression of ourselves and our Source. We could say that to have contained the reality of the virus is a blink of an eye compared to the depth and power that are being communicated here.

We will speak later of the apparent paradox that there is between having stopped a reality and that it continues to appear and be real. To do this, we need to understand the impact that our choices have, and recognize the other mind that manages to live very well with two seemingly opposing realities.

Recognizing who we are and where we walk has a very powerful impact on the totality. In fact, everyone has an impact on the totality, because everyone is the totality, individuated. Thus, with every thought that is expressed or validated, the consequent world is communicated to the totality. It is a kind of invitation or vibratory signature that is made to everyone.

All we can communicate is who we are. And who we are is our choice. Thus, we have always communicated our choices and nothing else. Who I am, the reality in which I live, my rules, etc... all these are my choices. I can't not communicate them. We are here because it is our choice to express what we choose to express, or to be, in form.

The worlds that the choices to be a little thing, a victim of life, communicate are just that: worlds in which our choices will have very little impact, and the time it will take for them to be realized, or for an entire society to change reality, will be very long.

It is not "less good", it is a choice of reality, a tunnel with its own rules.

As we have seen, a tunnel is neither a truth nor a fatality. There is no truth anywhere. Just choices and creations.

Recognizing the choices we make today, the worlds we manifest and who we are in them, instantly makes room for new realities and our new rules.

To recognize is to create. Anew.

It means that for us, and for example, the virus cannot have any importance in our world. As well as in yours, if you have chosen that the ideas that this symptom conveys no longer have any meaning in your reality. And, if something no longer matters, if something no longer means anything, if the ideas it conveys have become impossible, it can no longer exist because it is not chosen. It is very simple.

It does not take away the fact that others still seem to choose this reality. But we must understand this important point: once we see ourselves as creators, we see others as creators too. Whether they know it or not, it doesn't change our vision. Thus, several realities may very well co-exist at the same time, like the freedom of each person to make real and manifest what he or she wants, or like having so many possibilities existing at the same time. It is also very joyful to notice how the kind of invitation that we, as conscious creators, make wherever we go is being heard. And that is for you to explore.

See also that once you have chosen to manifest a new reality, a new line, the idea of conflict between realities no longer means anything either. When you look at everyone as creators, there are only choices and creations. You are not at all the same as you were last week. And who you are today does not think the same way as before. Before, it was "either this or that" that was available solely. Either there's no virus, or there is.

The mind that you have created access to is a more "embodied "mind, a mind that marries the opposites together not at all as the "either-or" mind would try to do. This other mind, which can be called the "and" mind, is the mind through which you now function, when you have recognized your choice to experience this new way of living. It is the access to all the intuition, the understanding, the logic and the creation that inhabits us naturally; it is consciousness.

To have found logical, for example, what we have written in these last few days is not a small event. We must recognize that this is the consequence of your choice of creation. Why might these words seem obscure or incomprehensible to others? Just understanding them, or finding that they resonate or vibrate in your bodies is the result of your decisions. See how you are already in different realities, how you are already functioning from a different mind. It is the same with your body which is different, your relationships, your entire universe.

We tell you this, rather than bring something new to the table, because recognition is very important and powerful. With what you have accepted, welcomed and taken with you as new ideas, all that remains is for you to recognize as often as you can how much you are already the Creative Beauty and nothing else. The resulting self-love and pride will only keep digging the right grooves and express exactly the ideas you want to express.

Dear Friends, we wish you all a good creation.

ABOUT THE AUTHORS



Fanny and Laurent live and discover together their *New Way* of *Living* in this different consciousness, where each step creates a reality.

To know more about them and their work, visit:

www.laurent-e-levy.com