

Ana Karina Guerrero Queipo

SOUL

AND THE SURRENDER
EXPERIENCE
DAILY REFLECTIONS

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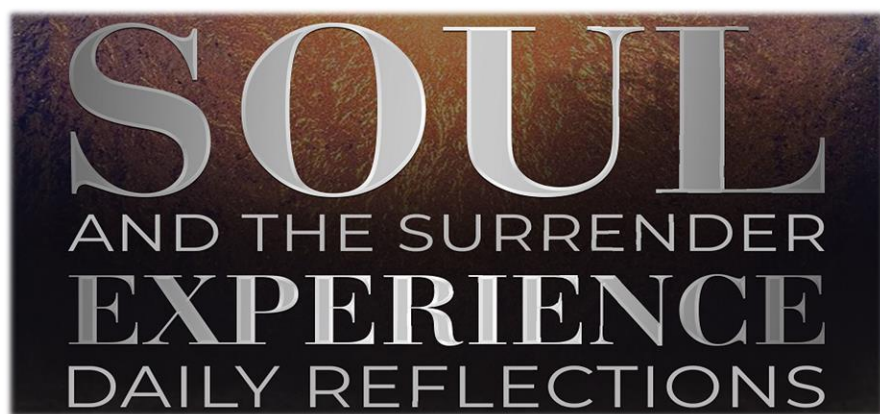
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SOUL



SOUL AND THE SURRENDER EXPERIENCE DAILY REFLECTIONS

Ana Karina Guerrero Queipo’s career is inspiring. As a chemical engineer with extensive experience in quality and risk management in various industries, originally from Venezuela and of Norwegian nationality, she has made notable contributions to companies such as Equinor, Aker Solutions, and TFMC. Her professional achievements are complemented by her personal exploration of spiritual awakening, as well as her talents as a painter and writer. Her book combines the rigor of her professional life with her spiritual journey, encouraging readers to embrace introspection and self-reflection as paths to a full and authentic life. It highlights the importance of seeing challenges as opportunities for growth and advocates conscious leadership and sustainability as foundations for a harmonious present and future.

This work serves as a valuable guide for those seeking a meaningful and fulfilling life, reflecting the duality of her experience between professional excellence, self-discovery and personal growth, emphasizing the importance of introspection and self-reflection.

SOUL

Introduction

In the hustle and bustle of everyday life, we often forget to stop and reflect on the experiences that shape our soul. This book, titled “SOUL and the surrender experience daily reflections” aims to provide a space for daily meditation and contemplation. Through these pages, we will explore the depths of our experiences, seeking to better understand the spiritual journey we undertake as we inhabit this world.

Since childhood, I have felt a deep spiritual connection that has guided my life and decisions. Although my academic background is in chemical engineering, and I have been honored to receive a scholarship from the engineering faculty and be nominated as an aptitude ambassador at work. I have always found refuge and inspiration in painting, writing and spirituality. These seemingly disparate disciplines have woven themselves into my life, creating a rich and varied tapestry of experiences and learnings.

Throughout my life, I have had numerous spiritual experiences that have enriched my understanding of the world and myself. These experiences, from moments of deep meditation to meaningful encounters with other souls, have been beacons of light on my path. They have strengthened my belief that every day offers an opportunity to love, grow, and learn, and it is this wisdom that I wish to share with you through this book.

Each reflection is designed to invite you to pause, to a moment of introspection where you can connect with your inner self. This book is not only a guide but a companion on your journey towards self-knowledge and inner peace. In a world that often pushes us towards haste and superficiality, these pages invite you to delve deeper, to explore the most intimate layers of your being, and to find within them the serenity and clarity that we all long for. I invite you to immerse yourself in these pages with an open mind and a willing heart. Allow yourself to explore each reflection with curiosity and without judgment, finding in them the inspiration and comfort you need for your spiritual journey. May these daily meditations accompany you and guide you towards a more meaningful and conscious life. May this book be a guide on your path, helping you find love and wisdom every day.

Life is beautiful, a unique and invaluable gift that gives us the opportunity to experience matter in all its forms. It allows us to feel, love, learn, and grow every day as a new opportunity to discover the beauty that surrounds us and connect with our deepest self. Through these daily reflections, I hope you find the inspiration to appreciate each moment and live with full awareness, filled with infinite love and gratitude that connects us with the essence of life, our own nature. With love, Karina.

SOUL

Acknowledgement

To my family, whose love and inspiration have been my greatest motivation, your love has been a constant source of strength, guiding me through life's triumphs and challenges. To my soul, who drives me to write to you, the eternal spirit that fuels me, my compass, leading me to discover the depths of my light, being and the limitless potential that lies within me.

I am grateful for your presence.

“Whoever discovers the light within themselves,
discovers everything”

SOUL

Day 1

Don't Get Distracted, You Have Come to Evolve



You are what you are looking for. “You are what the universe has built; you are the hidden power, you are magic, you are light. You just must discover it and connect with yourself”. Discovering yourself is about bringing to light what has been hidden; it is uncovering what was obscured and realizing something that has always existed. Where do we come from? Where do we go?

It's clear that all you do is manifest what you have learned, what you have programmed, what was already there, into the external world. The signs are clear and evident to those who are awake and willing to see, yet they remain invisible to those who choose not to see them. It is not a matter of whether they actually exist, but rather a matter of wanting to realize them. When you make the decision to discover yourself and stop seeking answers externally, and when you genuinely commit to this journey, do not doubt that sufficient signs will appear. You will inevitably realize that everything is reflected, that everything is a mirror of itself, and that everything calls out for its name and essence.

Discovering oneself and uncovering the divinity and truth that sets us free is the first step to understand the higher aspects of ourselves, as they reside within us and form a unity with us. Your perception of the sacred and universal expands with this discovery. Once you recognize, without doubt, that you are part of a divine plan—one that you have crafted for your evolution and spiritual growth—you will encounter your grand universal manifestation, your mission, your individual purpose, your state

of consciousness, and the passion to strive for a higher state of being.

In the end, the path may be long, short, difficult, easy, or perhaps not what you expected, but the discovery of yourself will undoubtedly lead you to the path of your soul's destiny as a being of light and energy. Enrich your inner self; do not accept as absolute everything you have been taught. You can also learn through your own experiences, as no one can teach you better than your own journey. By acquiring knowledge in a genuine way, you can free yourself from borrowed beliefs. You will begin to create a connection with information you deem valuable, rather than with ideas that distance you from your consciousness.

The information you were told to follow and respect without question has shaped a thought pattern that encourages submissiveness. If you wish to contribute to the world, start by improving your own life. This is how true transformation begins. Yes, it can be difficult. You may feel hopeless at times and unsure of who you are, experiencing fear. But to transform, you must know yourself. You need to see and strip away everything that you are not, in order to connect with the core of your being—your source, your essence.

Forget the versions of yourself that lived to please others, that followed the crowd, that obeyed without question. When you let go of all that, you will create space for the new. As your old beliefs fall away, you can enrich yourself each day.

“Embrace the journey of self-discovery with unwavering focus. You are here to evolve, to illuminate the hidden power within, and to live your truth. Let your inner light guide you, undistracted by the noise of the world”.

Day 2

The Spiritual World, My Spiritual Self



A topic that transcends religion. Many wonder: What is the spiritual world? It is the path you take to discover your true self—a wonderful journey that does not involve religions or ideological differences. It serves as a magical introduction to our inner world, revealing exciting themes along the way. It is about going into a new dimension of reality where magic is everywhere, where we carry a universe within us that always listens and guides us.

Everything is perfect because everything is part of the path. At this moment, I want to be honest with you; my intention is to provide clarity to those who may feel confused by the abundance of information. It is of no use to know a thousand topics if you do not have the tools to observe yourself. You must dedicate time to consciously reflect, investigate, and uncover the shadows and flaws that all human beings possess, and, of course, work to change them. One of the purposes of going on on this journey is to polish yourself like the crystal you are and to emanate the divine virtues that reside within you. This is only achieved through the processes of identifying, integrating, and transmuting—similar to pure alchemy—by living in a state of self-observation and fully inhabiting the present moment.

Spirituality is about being aware of your neighbor and realizing that their bad mood is a reflection of their own pain, rather than feeling offended. It means accepting that things may not go as you expected or wished and recognizing that this is part of your own learning. It involves taking responsibility for your circumstances and not seeing yourself as a victim; it is not about blaming anyone for what happens to you. It is about living joyfully—in silence or noise, in storm or calm, embracing whatever life presents you. Accepting the fluidity of life with love and gratitude, without expecting it to be anything else, means comprehending that if you become ill, you should not only address the physical symptoms but also explore the emotions you may be neglecting. Your body sends you messages.

Spirituality is about walking and enjoying every step of the journey, regardless of the challenges you face. It involves attending to your emotions to maintain balance, caring for your thoughts and words, and being consistent and authentic in all situations. Spirituality is about embracing everything, loving the world as it is—with all its complexities—without judgment, complaint, or possessiveness. It is about sharing, finding peace within yourself, and doing what you love without harming others. It means to understand that difficulties are not problems, but opportunities for growth; they are lessons that teach us love for ourselves and for those around us.

“Within the depths of your soul lies a universe waiting to be discovered. Embrace the journey, for it is through self-awareness and love that you will find your true light”.



I Each life experience is a window of opportunity for evolution, and this has been projected by the soul with the purpose of recognizing the source in each particle of life and experience.

Photo: Kridsada Tawisuwan, iinstagram: biar_tb

SOUL

Day 3

The Hidden Blessing - What is a Blessing?



Our afflictions are not here to destroy us. The situations we label as difficult, complicated, or overwhelming are not meant to bring us misery, but rather to remind us of who we are and where we belong. Every day, we can appreciate the goodness of God and the universe in the little things in life—appreciation that we might not have experienced without our afflictions. Behind every challenge lies a hidden blessing, a positive lesson for our spiritual and emotional growth.

Let's be honest: no one likes to be in deep waters, feeling lost about what lies ahead. However, the lessons learned, and the inner strength developed through these experiences are invaluable. We will all face difficult seasons and experiences we'd rather avoid, but it is during these moments that we can truly appreciate life. Learning from these experiences is part of our earthly journey.

We can smile despite the pain; we can find peace even amid the storm; and we can remain fruitful because we understand that these trials are partly our responsibility. They are part of the experiences we chose to have before coming to Earth. On those days when we feel like we can't take it anymore and positivity seems elusive, we are reminded that we are human. Each one of

us has a process walk through life with a positive attitude and a desire for personal improvement, reinforcing our own security and strength.

What are afflictions? They are hidden blessings that help us grow and appreciate life in ways we never imagined. It is not about "resisting" but rather about "flowing" with life, always seeking the positive—the learned blessing—behind each situation in order to extract the greatest lessons from our experiences.

Let us remember that our souls have chosen the types of experiences they wish to undergo during their time on Earth for one purpose: to grow and evolve in consciousness. Avoid the drama of the ego that makes you feel like a victim, leading you to believe the world is against you and that life has nothing good to offer. Always choose to love above all else. Expand your vision and your mission from the heart. Remember that this is a temporary journey; therefore, enjoy your path with love and coherence.

“Behind every challenge lies a hidden blessing, a lesson for our spiritual and emotional growth. Embrace each trial with love and gratitude, for they guide us to our true selves”.

Day 4

Rules for Being Human



What does it mean to be human? Perhaps, at some point in your journey through life, you have pondered this question. We are not merely humans; we are souls, beings of light materialized in human bodies. This may seem a bit challenging to grasp, but along with this understanding, there are certain rules we must consider comprehending our passage through life and our interactions with others.

- **You Will Receive a Body:** Whether you like it or not, this body will be yours for as long as you live. It's essential to be aware of your own body and to love it, recognizing yourself as unique and special.
- **You Will Learn Lessons:** You are enrolled in an informal school called life. Some lessons may resonate with you, while others may not.
- **There Are No Mistakes, Only Lessons:** Evolution is a process of trial and error, of experimentation. The so-called "failed" experiments are just as vital to the process as those that succeed. Everything we experience, whether good or not so good, contributes to our spiritual and evolutionary growth.
- **A Lesson Is Repeated Until It Is Learned:** A lesson will present itself in various forms until you have fully grasped it. Once you've learned it, you can progress to the next lesson.
- **There Is No End to Learning:** Every aspect of life carries its lessons. If you are alive, there are still lessons you need to learn.

- **There Is No Better Place Than Here:** When your “there” becomes your “here”, you will find yet another “there” that seems better than where you are now.
- **Others Are Mirrors of Yourself:** You cannot truly love or hate something in another person unless it reflects something you love or hate within yourself.
- **What You Do with Your Life Depends on You:** You possess all the tools and resources you need. What you choose to do with them is entirely up to you; the decision is yours to make.
- **The Answers Are Within You:** The answers to life’s questions lie within you. All you need to do is look inward, listen to yourself, and trust your intuition.

“Life is a journey of endless learning, where every challenge is a lesson and every person a mirror reflecting our true selves, In the school of life, there are no mistakes, only lessons. Trust your intuition and let each experience guide you to your true essence”.

Day 5

Choose to BE Magic



In a world where selfishness, hatred, and apathy are prevalent, choose to be the BEING that brings well-being, peace, love, and harmony to existence. Choose to be the one who smiles at children, animals, and strangers; the one who offers kind words and sows hope and enthusiasm in the hearts of others. Be the one who, instead of judging and criticizing, provides wise advice and encouragement to help others move forward.

Be the one who understands that Mother Earth is our home and cares for it with awareness of how we consume. Be the altruistic being who is not afraid to offer support to those in need. Recognize that true change begins within; work on yourself first.

Be the one who loves unconditionally, without distinctions, simply for the joy of sharing love from the limitless source within. Take the time to contemplate nature, the flowers, and the beauty of life—without haste or hurry.

Observe your ego and work to deprogram it. Accept the diverse ways of living of others and understand that everyone is on their own unique evolutionary journey. Cultivate a universe filled with freedom, love, and harmony for yourself and those around you.

Dedicate yourself to being one of those magical beings who radiate love sincerely and without conditions. Use your energy to create, not to worry. Use your thoughts to believe, not to doubt. Use your emotions to attract, not to repel.

You are a magical and luminous being.

“In a world filled with darkness, choose to be the light that brings peace, love, and harmony. Radiate kindness and hope and let your magic touch the hearts of others”.

Day 6

Stay at Peace - Let Things Break



Many times, our universe kindly allows things to unfold, but our ego struggles to accept this. Stop trying to hold pieces together or keep them glued if their cycle is over. Stay at peace. Let people get angry; let them criticize you. They are different beings with varying levels of consciousness, so their reactions are not your problem—they're theirs.

Stay at peace. Allow everything to fall away, and don't worry about it afterward. Life is a constant ebb and flow, a cycle of taking and letting go. Learn wisely from nature, from the waves of the sea, and from your own breath. Stay at peace.

It is the restless mind that troubles us. Questions like, "Where will I go? What will I do? Who will I be with?" arise, but no one has ever truly been lost on their path, and no one has been left without shelter. In the universe, there is always a path, a guide, a route. Stay at peace.

What is meant to go will go regardless. What is meant to stay will remain—keep that in mind.

As much as you try to retain all the air in your lungs, you must eventually release it; otherwise, that very air will drown you. Stay

at peace. Too much effort and turbulence are never good signs; they indicate a conflict with God and the universe.

Keep in peace. Relationships, jobs, homes, family, friends, and great loves—surrender everything. Let go of all attachments. When you can, care for and protect, nurture with love, assist and feed, contemplate, enjoy, meditate, dance, sing, laugh, dream, and flow with the process. But then, allow what should bloom to thrive and let the dry leaves fall away.

Stay at peace. What goes away always makes room for something new; these are universal laws. Never think that nothing good awaits you. You simply need to stop clinging to what you must let go.

Stay at peace. Only when your journey is over will the chances to do what you truly wanted to do cease—but not until then. So, let it all fall apart, let go, and allow things to be. Nothing is static, nothing is forever. Everything is in constant motion, and we must flow in harmony with how our souls guide us, embracing the process with love. Stay at peace.

"Stay at peace and let things break. Embrace the ebb and flow of life, knowing that what is meant to stay will remain, and what is meant to go will make room for something new".



2 For those who are on the soul spiritual path, being alone, staying away from people and keeping silent are not problems, they are opportunities.

Photo: Kridsada Tawisuwan, Instagram: biar_tb

Day 7

Eternity



Eternity exists only in your mind; there are no eternal things. This is a powerful message for those experiencing hard and sorrowful times. Whatever causes us pain today, in any form, will eventually pass because nothing is eternal.

If we truly understand that there are no eternal things and that all habits and customs can be modified and reshaped, we open ourselves to the possibility of total change. We can deduce that there are no fixed rules governing us, nor are there unique ways of living.

The search for the inner self is infinite. It's essential to take small steps every day in this direction. There are many things you should know:

- You must understand that we create our own world.
- To be reborn, you must let go of the old and embrace the unknown, the new.
- You need to be proactive in your self-education.
- Recognize that repression of emotions leads to stagnation in movement, which brings discomfort and pain.
- Understand that illness is a sign of disharmony, and just as links can be broken, so too can disease be overcome.
- Life offers you songs you love and songs you dislike, and we always have the option to change the tune. Ultimately, the only

eternal aspects we possess are our soul and spirit. Everything in this plane is temporary; nothing is eternal.

Nothing is permanent; everything is in constant movement and change.

“Eternity exists only in your mind; embrace the impermanence of life and find strength in the knowledge that all pain will eventually pass. In the ever-changing flow of life, remember that nothing is eternal. Embrace the new, let go of the old, and create your own world with each step. The only eternal aspects we possess are our soul and spirit. Everything else is temporary, constantly moving and changing.

Embrace this truth and find peace in the journey”

Day 8

Teaching The Meaning of Learning



If you pay attention, you will realize that everything in life has a lesson. Each experience is part of a mastery we must undertake as humanity, and we learn something new every day.

Anything that makes you angry teaches you patience. Anything that causes you suffering helps you discern which environments are right for you and which to avoid. Anything that makes you feel abandoned teaches you to stand on your own two feet. Do you think you can't?

Feelings of anger or contempt toward others come to teach you forgiveness, compassion, and acceptance. Anything that disturbs your peace is there to strengthen your character and help you maintain stability amid life's challenges.

Whatever you hate teaches you about love; whatever you fear encourages self-improvement and self-confidence. Anything you can't control teaches you to let go and trust the process of life.

Thoughts, attachments, and an unrestrained ego hinder emotional and spiritual growth. Instead of resisting situations, ask yourself: What does this situation want to teach me? By doing this, you step out of the victim role and begin to learn.

Each person and every event that enters your life is like a messenger, a personal trainer helping you exercise your emotional and mental muscles. They reveal whether you have progressed and what you have learned.

Don't let the ego convince you that the world—and humanity—is here to serve you. That is not the case; you, I, and everyone else are here to learn and go through our own paths of personal and spiritual growth.

Do not think that life owes you anything; life has existed long before you. The real question is: What are you doing for yourself in this life? Observe your life with humility. Don't get confused or lost—there is still much to learn. Every day brings something special and beautiful for everyone, as long as you can see and feel it from a place of love.

*“Life is a masterclass in personal and spiritual growth.
Each challenge is a messenger, guiding us to learn,
evolve, and love more deeply”.*

Day 9

Emotions



Emotions can be your best allies or your worst enemies when they are not observed. They serve as an internal GPS, a thermometer, an inner guide indicating where you are and where you are going at every moment. This inner guide connects you with the divine source, God, or whatever you choose to call it. It is a source of energy that is always available to you, anytime.

Your inner wisdom will guide you properly and use your emotions to show you where to go. If you feel negative emotions like anger, sadness, or anxiety, recognize that they signal something important. How often have you tried to resolve an argument while feeling angry, only to make things worse? On the other hand, when you feel happy, excited, and grateful, continue in that direction; it indicates that you are on the path of least resistance toward your goals.

Remember, you are the only one who can hurt yourself—no one else has that power. You are the one who gets in your own way, 100% of the time. There are only two essential emotions: love and fear. All other feelings stem from these two core axes, with the most harmful emotions arising from fear.

When Buddhism discusses harmful emotions, it refers to those that disrupt our internal balance. These emotions can become invasive and enduring, easily turning into habits that shape who you are and significantly impact your health and relationships. Buddhists believe that human beings are fundamentally serene and good; however, the world we live in creates strong tensions that, if not

managed, lead to harmful internal states dominated by fear, anger, guilt, and dissatisfaction.

Let's examine each of these in more detail:

Fear: The Source of All Evil

Buddhists identify fear as the most harmful emotion, closely linked to the ego. The larger the ego, the more vulnerable we are to fear. When the ego prevails, we often perceive reality solely through our desires and needs. Fear usually arises from the apprehension of losing something we consider our own. This feeling diminishes when we realize that the universe has its own logic and that we are not its center.

Anger: One of the Most Harmful Emotions

Fear often leads to anger. When we feel threatened, our natural reaction is to adopt a position of attack or defense against what we perceive as a risk. Animals activate their aggression mechanisms when they feel threatened. Buddhism teaches that humans are not truly prepared to be aggressive; we lack the claws and fangs that other animals possess. Anger typically expresses frustration when our desires clash with reality. This is where the ego resurfaces; we want reality to conform to our wishes, forgetting that we are just small parts of the universe.

Guilt: A Poor Companion

Guilt and remorse offer nothing beneficial to our lives. They are expressions of reproach for acting against our principles or convictions, not necessarily an awareness of having harmed others. Instead, they reflect a disappointment in not living up to our self-image. It is crucial to recognize that not everything depends on our will and that we can never have total control over our environment or its future. Rather than martyring ourselves for

past actions, we should seek to understand the meaning behind them. By identifying the causes of our actions and their consequences for ourselves and others, we can accept that we are on a journey of evolution, where every event has the potential to teach us something.

Dissatisfaction: A Useless State

Dissatisfaction is simply another name for suffering; we suffer because we resist reality. We often wish to be, do, have, or achieve something that we cannot. Beneath all forms of unhappiness—manifested as dissatisfaction and suffering—lie desires and attachments. Learning that nothing is permanent and acknowledging that the universe operates as it should can empower us in the face of frustration. Everything comes and goes in due time; nothing lasts forever, and change is the norm.

For Buddhism, managing harmful emotions involves three steps:

- **Recognize** them; only then can we address them.
- **Accept** them without self-judgment, acknowledging that we experience these feelings.
- **Release** them.

Finally, practicing breath control can greatly assist in this journey toward growth.

Day 10

Each of us Attracts What We Need for our Evolution



You don't always attract what you want; sometimes, you attract what you need. This applies to people, objects, or situations. Individuals who will help you grow and teach you valuable lessons will enter your life, not always as romantic partners but sometimes as family members or friends you haven't seen in a long time. These people may have progressed on their own paths and now have something important to share with you—insights that can contribute to your development. They may suddenly appear in your life to deliver exactly what you need to hear.

Similarly, situations that you require will manifest, often because you have unconsciously sought them out until they come to fruition. This can occur because you have consciously or unconsciously set intentions for them. Objects can also emerge that assist in your evolution—items that symbolize concepts you need to incorporate into your life, remind you of your goals, or simply bring you peace. These charged objects become manifestations and reminders of the path you wish to follow.

Our minds will always seek what we need; if we don't do this consciously and intentionally, it will happen unconsciously. Ideally, this process should be as awake and aware as possible, which requires you to remain alert, maintain a lively curiosity, and approach each day with a sense of wonder for the incredible life you are living.

“We don't always attract what we want; we attract what we are and what we need. Embrace the people, situations, and objects that come into your life as they guide you on your path of growth”.

“Life brings you what you need for your evolution. Stay alert and curious, and welcome the lessons and insights that come your way”.

“Our minds seek what we need, consciously or unconsciously. Approach each day with wonder, and let the universe guide you to your true path”.



3 Let your soul blossom. Photo: Evalina Nava

Day 11

Everything Comes in Its Time



You, and only you, choose how you will affect the hearts of others, and those decisions are what life is all about.

Be firm in your attitudes and persevering in your ideals. But be patient; don't expect everything to come to you immediately. Make time for everything and know that all that is meant for you will arrive at the right time.

Learn to wait for the exact moment to receive the benefits you seek. Be patient as the fruits ripen, so you can fully appreciate their sweetness. Don't be a slave to the past or to sad memories.

Like the sun that rises each day without recalling the night that has passed, focus on your goals without fixating on the difficulties of reaching them. Don't dwell on the wrongs you've done; instead, walk the path of good that you can create.

Don't blame yourself for past actions; choose to change. Don't try to make others change; take responsibility for your own life and strive for personal growth.

Let love touch you and don't shield yourself from it. Live each day fully, use the past for growth, and allow the future to unfold in its own time.

If your happiness and your life depend on another person, let them go and love them without expecting anything in return.

Learn to see yourself with love and respect; consider yourself something precious. If there is light within you and you keep the

SOUL

windows of your soul open, through joy, all those who pass through the dark streets will be illuminated by your light.

There are no humble jobs; they are simply distinguished by their quality. Value your work, fulfilling it with love and care, and in doing so, you will value yourself. Success in life is not measured by what you have achieved but by the obstacles you have faced along the way.

You, and only you, choose how you will impact the hearts of others, and those decisions are what life is truly about.

“Be patient, don’t expect everything to come to you immediately. Make time for everything and know that all that is meant for you will arrive at the right time”.

Day 12

The Heart Is Not a Drawer



We should not store emotions without expressing ourselves.

Don't think that by not expressing something or finding a way to vent an emotion, it will simply disappear. No, it gets stored away, and eventually, it will emerge in the worst possible way. It will surface unconsciously, and until you address it, that internal dialogue will continue, leaving the emotion unexpressed and festering.

Many people become ill from harboring feelings that they haven't digested because they haven't expressed them.

It is natural for a human being to communicate and to say what they feel. Since when has it been a problem to be afraid? Since when has feeling sadness been an issue? Since when has shame been a problem?

Do not feel guilty for experiencing emotions; you will go through all kinds of emotional highs and lows. What matters is that we don't live in those states indefinitely. If we recognize that a harmful emotion recurs because we haven't expressed something, set a boundary, or sought the approval of others—just to name a few examples—we can identify the sources of what harms us and take steps toward change.

Don't pretend you don't hear or feel. Don't ignore your pain or conform to others' expectations. Accept who you are and don't mutilate your inner self for anyone else. Trying to show that everything is always fine takes a lot of energy. Instead, seek out

spaces for yourself and don't exhaust yourself trying to please everyone.

The heart is not a drawer to store things! You don't have to swallow everything that happens, endure every situation, or say "yes" to everything. Be discerning and balanced; we don't want to engage in "sincerities" where we express only our worst feelings. But there is a time for everything, and we must not always maintain a façade of what is expected of us.

If you bottled up everything you feel, in the end, you will drown. Don't let that happen to you.

"Don't pretend you don't hear or feel. Don't ignore your pain or conform to others' expectations. Accept who you are and don't mutilate your inner self for anyone else".



4 Shine that the whole universe is yours, and remember if you did it with love, you did it well! when love is the engine that guides your steps at every moment, the things that happen, what you are living and experiencing in life, becomes magic.

Photo: Kridsada Tawisuwan, Instagram: biar_tb

Day 13

Learn That You Don't Have to React to Anything That Bothers You



Realize that the energy you expend reacting to every “bad” thing that happens to you drains you and prevents you from seeing the many good things in life.

Learn that you won’t be everyone’s source of comfort and that I can’t control how others treat you—and that’s okay.

Learn that trying to “win” every argument is a waste of time and energy, leaving you feeling empty.

Understand that not reacting doesn’t mean you agree with something; it simply means you choose to rise above it.

Choose to learn the lessons that come your way; they serve a purpose, and you grow from them.

Choose to be the person who is aware and focused on well-being.

Prioritize your peace of mind because that is what you truly need.

Don’t need any more drama.

Don’t need people to make you feel inadequate.

Don’t need fights, arguments, or false connections.

Learn that sometimes saying nothing speaks volumes.

Learn that reacting to things that bother you gives someone else power over your emotions.

SOUL

While you can't control what others do, you can choose how you react, how you handle situations, how you perceive them, and how much you take personally.

Learn that most of the time, these situations reveal more about the other person than about you.

Realize that disappointments are there to teach you to love yourself and serve as a form of protection.

Learn that even if you react, it won't change anything; it won't make others suddenly love or respect you, nor will it magically alter their views.

Sometimes, it's better to let things go and let people leave. It's unnecessary to fight for closure, ask for explanations, chase after answers, or expect others to understand your perspective.

Life is best lived when you focus not on what's happening around you, but on what's happening within you.

By working on yourself and nurturing your inner peace, you discover that not reacting to every little annoyance is the first step toward a happy and healthy life.

“Learn that sometimes saying nothing speaks volumes”.

“Life is best lived when you focus not on what's happening around you, but on what's happening within you”.

Day 14

The Size of Your Drama Is Proportional to The Size of Your Ego



The statement “The size of your drama is proportional to the size of your ego” offers a profound insight into the nature of our interactions and inner peace. In spiritual terms, the ego is often seen as the false self, the part of us that is driven by fear, pride, and the need for validation. It is the voice inside that constantly seeks to assert its importance and superiority.

When our ego is large, we are more likely to take things personally, react defensively, and create conflict. This is because the ego thrives on separation and comparison. It constantly seeks to prove its worth by comparing itself to others, leading to feelings of superiority or inferiority, both of which can result in drama. The ego’s need for recognition and control can turn minor issues into major conflicts, as it perceives any challenge to its authority as a threat.

On the other hand, when we practice humility and let go of our ego, we begin to see ourselves and others more clearly. We recognize that we are all connected and that our true worth comes from within, not from external validation. This shift in perspective allows us to respond to situations with compassion and understanding rather than reacting with drama. By diminishing the ego, we reduce the need for conflict and drama in our lives.

In essence, reducing the size of our ego helps us to live more peacefully and harmoniously. It allows us to focus on what truly matters and to engage with the world from a place of love and

authenticity rather than fear and pretense. This spiritual journey towards ego dissolution is not about losing our sense of self but about finding our true self, which is inherently peaceful and connected to the greater whole.

By embracing humility and letting go of the ego, we can transform our lives. We move from a state of constant drama and conflict to one of peace and understanding. This transformation not only benefits us but also those around us, creating a ripple effect of positivity and harmony.

Furthermore, the process of letting go of the ego involves self-awareness and mindfulness. It requires us to observe our thoughts and reactions without judgment, recognizing when the ego is at play. Through practices such as meditation, self-reflection, and mindful living, we can gradually weaken the ego's grip on our lives. This doesn't mean we become passive or indifferent; rather, we become more grounded and centered, able to respond to life's challenges with clarity and grace.

In relationships, a smaller ego allows for deeper connections. When we are not constantly defending our ego, we can listen more openly and communicate more honestly. This fosters trust and mutual respect, reducing misunderstandings and conflicts. In essence, a smaller ego leads to more meaningful and harmonious relationships.

In conclusion, the size of our drama is indeed proportional to the size of our ego. By working to reduce our ego, we can lead lives that are more peaceful, authentic, and connected. This spiritual journey is one of continuous growth and self-discovery, leading us towards a state of inner peace and outer harmony.

*“The size of your drama is proportional to the size of your ego
By diminishing the ego, we reduce the need for conflict and
drama in our lives*

*Life is best lived when you focus not on what’s happening
around you, but on what’s happening within you”.*

Day 15

Giving



Giving is a powerful action that invites more abundance into your life because when you give, you are affirming, "I have enough!"

The richest people in the world are those who donate significant amounts of money. By giving, the Universe opens up and floods them with blessings, returning their generosity multiplied.

If you find yourself thinking, "I don't have enough money" bingo! You won't have enough money. When you believe you don't have enough to give, that's when you should start giving. This demonstration of faith will bring you even more, without worrying about how, when, or by what means it will come to you.

But pay attention! There is a big difference between giving and sacrificing. Giving from an overflowing heart makes you feel good. Sacrificing, on the other hand, does not contribute to your well-being. It's important to clarify this distinction, as these attitudes are completely opposite.

One mindset signals a lack, while the other signals abundance. With one, you feel uplifted; with the other, you don't. Sacrifice often leads to resentment.

Giving with a full heart is one of the most beautiful things you can do, and the Universe takes note, bringing even more goodness into your life.

“Giving is a powerful action that invites more abundance into your life because when you give, you are affirming, 'I have enough.’

Giving with a full heart is one of the most beautiful things you can do, and the Universe takes note, bringing even more goodness into your life”.

Day 16

Medicine People



There are individuals who are a dose of life for the soul. I know there are also people who complicate our lives, but there's no need to dramatize it. In fact, it can be useful, because if you learn to see clearly, you can create a filter for the types of people or company you want in your life.

Some people radiate love; they offer warm hugs and have an incredible ability to recharge and heal you. These individuals help heal the emotions of others, and the process is truly beautiful.

I'm serious: there are people with such positive and healthy energy that others often don't know how to thank them. Have you ever seen someone and thought, "Thank you, God, Universe, Life, for sending me this person; I know something greater brought them to me"? If you haven't, take a closer look at your relationships.

Magical people exist; sometimes, we fail to accept them out of fear of being hurt again by comparing new and wonderful individuals to those from our past who didn't value us. But those past experiences have nothing to do with our present! Just because you opened your heart, and someone didn't appreciate it before doesn't mean it will always be that way.

I promise you, there are people who can recharge your soul. They are out there, often pretending to be normal and hiding their special way of being and living. They try to fit in, which makes them hard to find. But when such a person comes into your life, there's no going back. You know it, and it leaves a mark. You can never forget the memory of their soul.

Here's a secret: I've been told that you possess a wonderful magic within you, so strong that if you tap into it, if you look inside yourself without fear and become who you truly are, that magic will radiate in all directions, illuminating your path. Believe me, and if that's hard for you, just believe in yourself—your soul will never lead you astray.

“Here's a secret: I've been told that you possess a wonderful magic within you, so strong that if you tap into it, if you look inside yourself without fear and become who you truly are, that magic will radiate in all directions, illuminating your path”.

Day 17

Letter of Gratitude to Life



Dear Life,

Thank you for teaching me to strengthen my faith.
Thank you for helping me appreciate everything I have that cannot be bought with money.

Thank you for teaching me to take care of myself and to feel my vulnerability.

Thank you for helping me confront the frustration that sometimes overwhelms and paralyzes me, and for shaking me awake to reinvent myself and start again.

Thank you for gradually removing the masks I wore until I reached a point where I didn't recognize myself.

Thank you for revealing the wonderful shadow I had run from for so many years out of fear of confronting it.

Thank you for teaching me to dance with both my light and my shadow, embracing both the light and the darkness.

Thank you for showing me that by healing myself, I also heal my environment.

Thank you for giving me the courage to choose to set limits for myself.

Thank you for reconnecting me with my compassionate self, allowing me to feel my vulnerability and let go of what does not

belong to me. Thank you for demonstrating that when I connect with myself, I connect with others.

Thank you for reminding me that I owe my life and much of who I am to my parents, and for helping me recognize them as my greatest teachers.

Thank you for reminding me that I am a co-creator and steward of the gifts I have been given.

And what about love? Thank you, Life, for showing me that despite the rocky and confusing roads, genuine love exists.

Thank you for reminding me that behind every transition lies a great blessing.

Thank you for reminding me that forgiveness is a universal key.

Thank you, Life! Please stay with me—I still have many dreams to fulfill and make and come true, people to meet, places to visit, tasks to share, experiences to transcend, and so many things to discover.

“Thank you for teaching me to dance with both my light and my shadow, embracing both the light and the darkness.

Thank you for reminding me that behind every transition lies a great blessing.

Thank you for showing me that by healing myself, I also heal my environment”.

Day 18

Evolving Hurts



Don't think that waking up is just a matter of "clicking" and immediately changing the channel. It is that but making that click has many consequences.

Don't expect to hear angels, birds, or butterflies flying around you—nothing like that. The truth is that you will lose friends, not because of anything specifically bad, but because you'll realize they no longer "vibrate" on the same frequency. This will happen with family, at work, at university—wherever you go.

Distance will be inevitable. You won't understand what is happening to you, and you'll seek moments of isolation to reflect and contemplate your new perspective on everything.

You will begin to bring more awareness to your actions—more life, more freshness. You'll immerse yourself more in the present moment and feel more connected to yourself, which will help you recognize the mistakes you've been making.

As you explore your inner self, you may discover feelings of envy that you hadn't acknowledged, or perhaps you'll realize you have a lot of anger and resentment from the past that you've only now begun to see. You'll come to understand that you've been hiding these negative aspects under the rug, and now they have taken control.

Self-observation can be a painful process for the mind, which often struggles to accept labels like envious, hateful, cowardly, or distrustful. But once you accept these truths, everything changes.

In fact, we reincarnate because we don't recognize ourselves, because we haven't awakened.

It's normal to feel bad, sad, or alone. Seek out books, videos, and new information that can help you through this phase of your life.

You will begin to feel drawn to places and activities you never imagined you would. You'll meet people you never thought you would encounter, and all of this will bring you joy.

You'll see how everything starts to fit together, how everything is connected. You will grow and become a better person for yourself and for others. The universe responds, and your existence takes on a different rhythm, a different fragrance. The moments of asking will fade, and moments of gratitude will emerge.

*Self-observation can be a painful process for the mind,
which often struggles to accept labels like envious, hateful,
cowardly, or distrustful. But once you accept these truths,
everything changes*

*You'll see how everything starts to fit together, how
everything is connected.*

Day 19

Inside Connection



Connecting with yourself or your inner guide means taking a moment to be alone in silence, initially recognizing each of your thoughts, accepting your mistakes, and celebrating your virtues. This practice helps your mind become a little kinder to you, where judging yourself or others will no longer be an option.

- **You Will Be Happier**

The wisdom that resides within you will show you how to live your day in a happier and more fluid way. You will begin by accepting yourself and your circumstances as they are, leading to a sense of internal rest that allows you to recognize and enjoy the present.

- **You Can Release**

In a state of trust, worry cannot coexist; thus, the thoughts that imprison you begin to unravel. Your inner self always knows how to guide you in letting go of old experiences no longer useful to you. This release allows you to resurrect renewed and resplendent for new experiences filled with strength, clarity, and peace.

- **You Will Love Yourself More**

When you gather the courage to embrace self-love, you reclaim your inner power and leave behind the fearful mentality that keeps you living according to others' designs. By releasing past judgments, you can focus on the present and start living according to the true desires of your heart.

- **You Will Live Here and Now**

Giving yourself permission to experience what your inner self desires will reconnect you with the Source of life within you, making happiness and confidence arise spontaneously. When this happens, enjoying every moment of your day becomes second nature.

- **You Will Feel Worthy of All Your Wishes**

By letting go of thoughts that suggest you are unworthy, you unblock yourself and open up to experiencing moments of spontaneity, joy, and love. On the other hand, focusing on criticism, fear, and guilt takes you out of the present moment and prevents you from appreciating what is happening.

Connecting with yourself or your inner guide means taking a moment to be alone in silence, initially recognizing each of your thoughts, accepting your mistakes, and celebrating your virtues.

In a state of trust, worry cannot coexist; thus, the thoughts that imprison you begin to unravel.

When you gather the courage to embrace self-love, you reclaim your inner power and leave behind the fearful mentality that keeps you living according to others' designs.



Day 20

Power Is Within ME



Sometimes, awareness is difficult because it requires us to look inside ourselves and stop blaming others or "bad luck". It involves seeing reality through the lens of our own responsibility, and not everyone is willing to do that.

Just take a look at social media and see the number of posts that stem from a victimizing or disempowered attitude. In these posts, others are always the "culprits"—those who should have done this or that, those who hurt us, or who are "mean" to us. Labels abound to describe these people and situations, but in very few posts do we find self-criticism, personal responsibility, self-knowledge, or a willingness to delve into the root of what happened. The focus is often misplaced, and as a result, we deny ourselves the opportunity to grow and mature.

You are operating from certain patterns, and from those patterns and beliefs, you generate specific realities, attracting the same type of people over and over again. You may continue to lament your relationships, but as long as you don't dig deep within yourself to see clearly that your own programming is the cause, you will remain stuck in the same place of disempowerment as before. It's not about considering yourself a "good person". In fact, those who see themselves as "good people" and always look outside to blame are often operating from a deeper sense of victimhood, repeatedly experiencing the same types of relationships and situations.

SOUL

This is where you need to focus, even if it hurts. Reflect on this phrase: **THE POWER IS WITHIN YOU.**

Sometimes, awareness is difficult because it requires us to look inside ourselves and stop blaming others or 'bad luck.

You are operating from certain patterns, and from those patterns and beliefs, you generate specific realities, attracting the same type of people over and over again.

*Reflect on this phrase: **THE POWER IS WITHIN ME.***

Day 21

Learn to Live Enjoying!



1. Walk 10 to 30 minutes every day; as you walk, smile.
2. Sit quietly for at least 10 minutes each day.
3. Listen to good music every day, it is authentic food for the spirit.
4. When you get up in the morning, make a definite resolution.
5. Live with the three E's: energy, enthusiasm and empathy.
6. Play and have more fun than last year.
7. Read more books than last year.
8. Look at the sky at least once a day and notice the majesty of the world around you.
9. Dream more while you are awake.
10. Try to make at least three people laugh every day.
11. Remove clutter from your life and let new energy flow.
12. Do not waste your precious time on gossip, things from the past, negative thoughts or things out of your control. Better invest your energy in the positive of the present.
13. Realize that life is a school, and you are here to learn. Problems are lessons that come and go; what you learn from these is for life.
14. Smile and laugh more.
15. Do not miss the opportunity to hug who you want.

SOUL

16. Let go of unnecessary judgment.
17. Don't take yourself so seriously; no one else does.
18. You don't have to win every argument; accept that you disagree and learn from the other.
19. Make peace with your past; That way it won't ruin your present.
20. Do not compare your life with that of others; you have no idea of the path they have walked in life.
21. No one is in charge of your happiness except yourself.
22. Remember that you are not in control of everything that happens to you, but you are in control of what you do with it.
23. Learn something new every day.
24. What other people think of you is none of your business.
25. Appreciate your body and enjoy it.

*Realize that life is a school, and you are here to learn.
Problems are lessons that come and go; what you
learn from these is for life.*

No one is in charge of your happiness except yourself.

*Remember that you are not in control of everything
that happens to you, but you are in control of what you
do with it.*

Day 22

Are You Your Own Hero or Your Own Enemy?



“No one owns your happiness, so don’t hand over your joy, your peace, or your life into the hands of anyone—absolutely no one”.

– We are free; we do not belong to anyone, and we cannot desire to own the dreams, will, or desires of others.

– The purpose of your life is yourself; your inner peace is your goal in life.

– When you feel an emptiness in your soul, when you believe that something is still missing, even though you have everything, turn your thoughts toward your most intimate desires and seek the divinity that exists within you.

– Stop distancing your happiness from yourself every day. Don’t set goals that are too far out of reach; embrace those who are within your reach today.

– If you are worried about financial or other problems, look inside for the answers to find calm. You are the reflection of what you think daily.

– Stop thinking negatively about yourself and be your own best friend always. Smiling means approving, accepting, and facilitating. A smile will affirm the world that wants to offer you the best. With a smile on your face, people will have a positive impression of you, and you will be affirming to yourself that you are close to being happy.

SOUL

- Work hard for yourself. Stop expecting happiness without effort. Stop demanding from others what you haven't yet achieved for yourself. Criticize less, work more, and never forget to express gratitude.
- Thank everything that is in your life at all times, including pain. Our understanding of the universe is still too limited to judge whatever comes our way.
- Greatness does not consist in receiving honors, but in deserving them.

“No one owns your happiness, so don't hand over your joy, your peace, or your life into the hands of anyone—absolutely no one. The purpose of your life is yourself; your inner peace is your goal in life. Stop thinking negatively about yourself and be your own best friend always”.

Day 23

Silence



In silence, one can discover their true spiritual identity, where there exists an immaculate space filled only with peace, silence, and truth. When we enter this inner space, the soul awakens and recognizes its value, understands the meaning of life, and acknowledges its eternal friend. This experience fills the soul with spiritual power, imprinting a seal of peace on your personality, allowing you to face all circumstances from a new perspective.

Life transforms from a problem into a school, where every moment is an opportunity to learn and accumulate inner treasures. Observe with detachment and avoid getting involved in situations. The practice of understanding that we are spiritual beings having a human experience allows us to differentiate ourselves from our physical bodies and become detached observers. This does not mean we are uninterested in what is happening around us; rather, it means we do not become emotionally involved, enabling us to provide more effective responses when needed.

Thus, we can understand that the other person is also a spiritual being who, in a conflictual situation, has forgotten their true self and has become identified with something they are not. This identification is the cause of their discomfort. Understanding the feelings in the hearts of others goes beyond simply understanding them; it involves seeing what they may not even see—the deepest motivations behind their actions, not just the superficial ones. It's about giving them an appropriate response. This connection allows us to engage with the immaculate part of another person; we no longer see just their external image or superficiality, but we

begin to comprehend the essence of who they are. This enables us to respond to their authentic concerns and connect with their true being.

“In silence, one can discover their true spiritual identity, where there exists an immaculate space filled only with peace, silence, and truth.

Understanding the feelings in the hearts of others goes beyond simply understanding them; it involves seeing what they may not even see—the deepest motivations behind their actions”.

Day 24

Be Careful Not to Idealize People



Do you relate to the people around you based on the expectations you've created for them? It's normal to meet new people and project certain desires, idealizations, and dreams onto them. However, we must have the ability to self-reflect and recognize that what we see in our minds is not objective reality.

We should be cautious not to idealize others too much. When we do, we only set ourselves up for disappointment. Everyone makes mistakes; in fact, we all err with some frequency. What's wrong with admitting it? Acknowledging our flaws helps us grow. Just as I make mistakes, so do others. They are neither perfect nor infallible. They will disappoint you, and that's okay.

Some people may not even fall in love with their partner but with the image they have constructed of them. If your imagination diverges from reality, you will create problems for yourself. You may find that nothing is valuable, everything feels unimportant, and nothing satisfies you because you will always want more; nothing will be enough. Illusion will rob you of the present.

Do not feed excessive expectations about things; frustration will become your constant companion. There is no escape from the challenges you must face. Sooner or later, reality will crash down upon you, shattering all illusory expectations, regardless of your mind's attempts to deny what is real.

Don't lose your sense of objective reality by projecting onto others what should be love, friendship, support, companionship, your

values, your ideals, etc. These are yours, and no one else is obligated to fulfill them. That's okay let go of those expectations.

This is like painting a work of art; you can't try to paint others as you want them to be—you can only paint yourself as you desire. Sometimes, we want so much and expect so much from others that we fail to see clearly: these are merely whims.

Learning to relate without expectations means learning to see people as they truly are, with their strengths and weaknesses.

“Don't lose your sense of objective reality by projecting onto others what should be love, friendship, support, companionship, your values, your ideals, etc.

Learning to relate without expectations means learning to see people as they truly are, with their strengths and weaknesses”.

Day 25

Souls Do Not Meet, they are recognized



The moment when two souls reconnect to evolve together is a unique experience in life. It is the feeling of finally encountering that Being you had been waiting for. You may not have known them, but something deep within you—your true self—recognized them.

It's a profound connection from Being to Being, from soul to soul, from heart to heart; here, appearances are useless. These soul relationships are great gifts from the universe, uniting both parts to form a single Being, while still maintaining individuality and freedom.

Soulmates serve as magical mirrors, allowing us to see ourselves in each other, reflecting our wisdom, spirituality, and evolution. In this space, we can recognize all our qualities, even those hidden and forgotten due to neglect or self-deprecation, along with the influence of others. We become aware of both our lights and shadows, enabling us to continue perfecting ourselves with the help of the other.

Both individuals connect with the essence and magic of life, immersing themselves in fullness and well-being. They are filled with love and respect, sharing a common goal outlined by the universe for them in a special way.

In these relationships, intimacy, sincerity, truth, complicity, transparency, respect, and communication reign supreme. This is crucial because the soul is nourished by the communication

SOUL

between both parts including the silent communication found in a look or a hug.

If you recognize a soul that has come for your mutual evolution, just tell them:

I love you because you help me grow; we are a reflection of each other.

We are both teacher and student.

“It’s a profound connection from Being to Being, from soul to soul, from heart to heart; here, appearances are useless.

Both individuals connect with the essence and magic of life, immersing themselves in fullness and well-being.

The moment when two souls reconnect to evolve together is a unique experience in life”.

Day 26

Do Not Exaggerate the Things That Happen in Your Life



The more you discuss the difficulties of what you call "your problems", the more complex and overwhelming they become. So, don't be the first person to sabotage yourself. Avoid listening to discouraging voices and dramas—clear them from your mind. Instead, take action to start resolving what needs to be addressed, day by day, step by step.

Overanalyzing a situation creates a mental trap where you may fall into pessimistic thoughts, hindering your real possibilities for growth, learning, and evolution. In those challenging moments, allow yourself a dose of positive thoughts that encourage you to overcome obstacles.

Reclaim your confidence; BELIEVE in yourself and feel your inner strength. The virtuous are not those who have never faced obstacles, but those who persist despite difficulties, believing in a solution, visualizing it, and acting to achieve it.

It may seem strange to many but believing that things are possible and having faith in your ability to achieve them mobilizes the mental and physical resources that will help you see your desires materialize.

When we have a problem and believe there is no way out, we see no escape. In contrast,

when we believe with certainty that a problem can be overcome, doors open and pathways emerge to help us overcome the obstacle.

Remember, many people have issues to resolve—yours, mine, and even more severe challenges. Everyone has things to work through. So, do we dwell on them, spiraling deeper into negativity, or do we confront them, solve them, and grow in the process? You choose.

“The more you discuss the difficulties of what you call 'your problems', the more complex and overwhelming they become.

Reclaim your confidence; BELIEVE in yourself and feel your inner strength.

When we believe with certainty that a problem can be overcome, doors open and pathways emerge to help us overcome the obstacle”.

Day 27

Resistance to Change



Often, we feel trapped in our lives because we cannot broaden our perspective on what is happening to us. When we are mentally or physically exhausted, our emotional and energetic fields diminish, bringing us back to a childlike state where we seek protection and rely on others to save us from our experiences.

In adulthood, we often resist letting go of the victim mentality. Many times, we feel overwhelmed and don't know how to ask for help or where to start.

All of this invites us to change our frequency, leaving behind what limits us. However, our resistance keeps us enslaved to our current vibration, preventing us from expanding our Being in freedom.

That's why guides encourage us to trust that everything has a greater purpose beyond our perception. Everything is as it should be, and the timing is right for your liberation.

The path to self-love involves breaking the patterns that confine us. Resistance to change hinders everything that allows you to cling to what is no longer useful.

The search for freedom lies in what you allow yourself to love. The journey may not be easy, but the reward will be the freedom to move as a Being in the material world.

Remember, you are not alone; the entire universe resides in your heart. Listen to yourself to feel the warmth of your ancestors.

*Often, we feel trapped in our lives because we cannot
broaden our perspective on what is happening to us.*

*The path to self-love involves breaking the patterns that
confine us.*

*Remember, you are not alone; the entire universe
resides in your heart.*

Day 28

Letting Go



It is important to differentiate between the mind and the conditions of the mind. Conditions can be happy, sad, miserable, euphoric, loving, hateful, worried, fearful, doubtful, bored, etc. They come and go in the mind, but the mind itself is like the space of a room—it remains as it is.

The space of a room does not possess qualities that make it happy or depressed; it simply is. To focus on the space of the room, we must withdraw our attention from the things within it.

We can spend our time observing the people who enter and exit the room, forming opinions about whether we like this person or dislike that one. We might remember what people did in the past or speculate about their future actions, viewing others as potential sources of pain or gratification for ourselves.

However, withdrawing our attention doesn't mean we have to expel them from the room. Moving inward, we can apply this concept to the mind. The mind is like space; everything or nothing can fit within it.

This is our practice of letting go. We release our identification with conditions by recognizing their impermanence. It involves truly looking, witnessing, listening, and observing that everything that comes must eventually go. Whether rough or refined, good or bad, what comes and goes does not define who we are.

SOUL

We are not good or bad, male or female, beautiful or ugly. These are changing conditions of nature; they do not represent the essence of what we are.

According to Buddhists, this is the path to enlightenment: seeking "Nirvana" and leaning towards the spaciousness or emptiness of the mind instead of becoming trapped in the endless cycle of mental conditions.

“The mind is like space; everything or nothing can fit within it. We release our identification with conditions by recognizing their impermanence”.

Day 29

Accept Each Other's Way



The most loving thing you can do for someone is to accept where they are on their journey. Given the individual differences we possess as human beings—shaped by our histories, experiences, and learning—it is essential to empathize and understand that more than good or bad, we are simply different. This distinction relates to the level of spiritual and mental evolution each person has achieved.

Recognizing that all individuals are at different stages of spiritual development is just a small part of the picture. In reality, we are all on unique paths, each person traveling at their own pace during their earthly existence. While it would be ideal for everyone to have a spiritual awakening and achieve conscious awareness of their subtle existence, this will not necessarily occur for all individuals, nor at the same time or age. For some, it may never happen in this lifetime, while for others, it may occur in varying degrees.

We must understand and empathize with the fact that each person is on their own journey, shaped by their personal story, whatever it may be. We should see each person lovingly, acknowledging them as the maximum expression of themselves for their time and place on their spiritual timeline. No criticism, only love.

“The most loving thing you can do for someone is to accept where they are on their journey. We must understand and empathize with the fact that each person is on their own journey, shaped by their personal story, whatever it may be.

We should see each person lovingly, acknowledging them as the maximum expression of themselves for their time and place on their spiritual timeline”.

Day 30

The Healers



Healers are wounded individuals who learn to heal themselves, and in regaining their health, they gain the ability to heal others. It is a spontaneous and natural process.

The vocation of being a healer stems from a sense of discontent; healers do not settle for what others accept. A healer feels your wounds. While most people adapt, the healer transforms those wounds.

Through their experiences, this discontent drives them to repair their souls. This process enables healers to develop immense potential for emotional and spiritual regeneration, leading to profound transformation.

Once a healer knows their path, they can assist others.

Remember: a healer is not someone you go to for healing. A healer awakens your own consciousness, empowering you to heal yourself.

*“A healer awakens your own consciousness,
empowering you to heal yourself”.*

Day 31

We Radiate the World Around Us



We radiate the world around us through the intensity of our imagination and feelings.

Since consciousness is the only reality, I must assume that I already am what I want to be. If I don't believe that I am already what I want to be, I will remain as I am and die within that limitation.

People often seek support to lean on and look for excuses to justify their failures. This realization doesn't excuse failure; rather, a person's self-concept is the root cause of all their life circumstances. Changes must first come from within; if external conditions don't change, it's because internal conditions haven't changed. Yet, many resist acknowledging that they are the only responsible for their life circumstances.

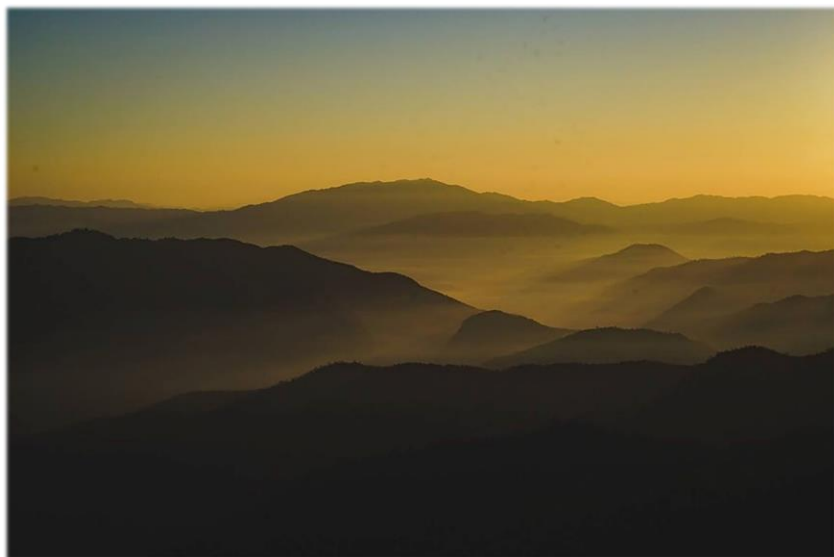
I may not like hearing that I must return to my own consciousness as the only reality, the sole basis for explaining all phenomena. It was easier to live when I could blame someone else, society for my problems, or even the weather for my feelings.

But to accept that I am the cause of everything that happens to me, that I constantly shape my world in accordance with my inner nature, is more than many are willing to accept. If this is true, to whom would I turn for blame? If these words offer eternal life, I must embrace them, even if they seem hard to accept.

When one fully understands this, they realize that public opinion holds no influence, as it merely reflects who they believe

themselves to be. The behavior of others constantly reminds me of how I conceive my own identity.

Since consciousness is the only reality, I must assume that I already am what I want to be. "Changes must first come from within; if external conditions don't change, it's because internal conditions haven't changed. When one fully understands this, they realize that public opinion holds no influence, as it merely reflects who they believe themselves to be".



5 You don't have to open your eyes to see... trust how it feels and how it makes you vibrate.

Photo: Kridsada Tawisuwan, Instagram: biar_tb

Day 32

Dear Parents



While you thought I wasn't looking, I noticed that:

- You stuck my drawing to the fridge with a magnet, inspiring me to create another one.
- You fed a homeless kitten, teaching me that animals should be treated with love and respect.
- You made my favorite cake just for me, showing me that small details carry significant meaning.
- You visited a sick friend, demonstrating that people should care for one another.
- You never deny help to those in need, instilling in me that if you have time and resources, you should help those who don't.
- You treat our home and all who live here with great care, making me understand that everyone must cherish what they have.
- Even when you felt unwell, you fulfilled your obligations, and I learned the meaning of responsibility.
- Sometimes, you couldn't hold back your tears, teaching me that sadness and pain are normal parts of life.
- You never stop caring for me, encouraging me to meet your expectations and strive to make you proud.

While you thought I wasn't looking, I learned from you. I took your example and tried to be like you. In the depths of my soul, a small adult whispered:

“Dear parents, thank you for everything I have seen while you thought I wasn't looking”.

“While you thought I wasn't looking, I noticed that you never deny help to those in need, instilling in me that if you have time and resources, you should help those who don't”.

Day 33

Correspondence Law



Those who insult, are insulted. Those who despise, despise themselves. Those who hate, hate themselves. Those who curse, curse themselves. Those who criticize, criticize themselves. Those who lie, lie to themselves. Those who accuse, are accused. Those who mistreat, are mistreated.

Everything that comes from us returns to us, belongs to us, and affects us.

Everything you do, think, or say about others defines you at this moment and returns to you, creating a cycle that is hard to break. This is a grand illusion because you believe that this perception belongs merely to the outside world.

What you see around you reflects what is inside you. Everything your mind focuses on, judges, or values reveals your inner self. To know yourself, observe your surroundings; they are a portrait of your inner world. What is outside is also within.

What comes from you is made just for you, right now. Knowing this—that life is a wheel, and everything is in us—leads us to envision a solution to break this cycle, change our world, and alter our destiny. This begins by delving into the mind, the origin of our self and our manifestations: thought.

To do this, we must observe, study, and control our thoughts. We should activate a “notification” system for when negative or harmful thoughts enter our minds, allowing us to locate, recognize, and release them.

Cultivate virtuous seeds of joy, peace, empathy, compassion, forgiveness, and love. Only from within can we change our environment; only our interior guides the way, because everything is within you, everything depends on you, and it will only return to you.

Everything that comes from us returns to us, belongs to us and affects us.

*What you see around you reflects what is inside you.
Everything your mind focuses on, judges, or values
reveals your inner self.*

*Only from within can we change our environment; only
our interior guides the way, because everything is
within you, everything depends on you, and it will only
return to you.*

Day 34

Transcending the Past



Some people are consumed by memories and thoughts of the past. Their mourning, grief, and regrets imprison them in a painful history. They cannot live freely in the present moment.

The reality is that the past is gone; only impressions remain in our consciousness. Yet, those memories continue to haunt us, blocking us and influencing our behavior in the present, leading us to say and do things we don't truly wish to express. We lose our freedom.

Mindful breathing allows us to see clearly that the abuse, threats, and pain we endured in the past are no longer happening, and we can remain safe in the present. By consciously breathing, we realize that the events in these mental movies are not real, and merely remembering them diminishes their power over us.

Conscious breathing serves as our safety belt in everyday life, keeping us secure in the present moment. If you know how to breathe, sit calmly, and practice walking meditation, you have that safety belt.

You are free to be present, in contact with life, unburdened by the suffering of concluded events. When you recognize past ghosts for what they are, you can tell them they are not real, freeing yourself from the prison of the past.

With a few weeks of practicing mindful breathing, walking, and meditation, you can succeed in this endeavor, ensuring old traumas no longer hold you back. Peace resides within you.

Day 35

Your Life Purpose



Stay attuned to the signs of life. Everything that enters your life is precisely what you need to experience at that moment.

Don't resist; just flow with total acceptance, even if you dislike it. Who dislikes it? The ego, of course.

Open your heart a little more, and you will see that you are in the right place at the perfect time. You may not understand this at first, but later you will recognize why it had to be this way.

Nothing happens by chance; everything is part of your life purpose. Life will bring you experiences and people necessary for you to manifest your gifts and talents.

Don't settle for merely working for economic remuneration; start doing what you love most in your free moments, and gradually dedicate yourself to it. Rest assured you will succeed; however you define success.

Those who do what they love and share it with others are destined to prosper and find happiness. Initially, this might not yield returns, but it transcends mere receiving.

It's about living abundantly, doing what you love, and sharing it with unconditional love. In this way, you align with life, embrace abundance, and attract blessings.

Work requires effort, but when you engage in what you love, there is no effort—only fun, enthusiasm, joy, happiness, and freedom!

Explore your heart for your gifts and talents, share what you love with others, and you will benefit, as will they. This is the natural flow of life. Give without expecting anything in return—simply for the joy of giving—because when you give, you find happiness, and life rewards you in infinite ways.

“Give without expecting anything in return—simply for the joy of giving—because when you give, you find happiness, and life rewards you in infinite ways”.

Day 36

Those who are grateful deserve everything



I am grateful for every detail in my life. I know that everything I receive from life is a free gift, and I understand and accept this.

Thank you to the place where I am here and now, because this place needs me, and I need it.

Thank you to all the organs in my body, which work in harmony and perfection.

Thank you for my perfect health.

Thank you to the house where I live, which serves as my refuge and rest.

Thank you for the opportunities for progress, employment, projects, achievements, success, and evolution that arise before me daily.

Thank you for every payment received; this honors my name, my commitments, and allows my money to multiply.

Thank you for everything I purchase, as it is the fruit of my effort, perseverance, dedication, and merit.

Thank you to everyone who crosses my path.

Thank you for all the opportunities for financial and personal success that I receive, recognize, and accept.

Thank you to myself for finding gratitude in all people, things, and actions.

SOUL

Thank you to the universe, which conspires in favor of my thoughts. This is why I choose carefully what I think, say, and desire.

Thank you to the wonderful creator within me; I am part of its divinity, and that is why I radiate light, love, and peace wherever I am.

I fill my heart, body, mind, conscience, and entire being with this gratitude.

Day 37

Simple Things



Learn to appreciate the simple things.
Learn to be grateful in every moment.
Learn to enjoy each experience.
To be happy is to live from love and joy.

When you remember that you can live simply without prejudice or limitations, you will understand that life was never against you.

You are the one who has chosen to turn your back on love, and now you are given the opportunity to change and start all over.

Focus on your own processes. Observe your life, your thoughts, your emotions, and recognize that you can reverse any situation if you maintain peace and harmony.

Be yourself and surrender to what you have come to do, to what you have come to give and to serve.

Give yourself in total surrender and presence, and you will align with the essence of life, with a higher power.

“Learn to appreciate the simple things.

Learn to be grateful in every moment.

Learn to enjoy each experience”.

Day 38

What Is Healing the Soul



Healing the soul involves:

- Forgiving those who have caused you harm.
- Stopping the habit of speaking negatively about others.
- Being grateful for every event in our lives.
- Working on our inner selves.
- Understanding that we are not perfect and accepting our mistakes.
- Ceasing to judge.
- Connecting with our divine power each day.
- Letting go of what hurts.
- Disposing of what we no longer need.
- Embracing each day as if it were our last.
- Helping those in need.
- Learning to give and receive without expectation.
- Putting aside our expectations.

Healing the soul is a process of liberation and acceptance, as well as a journey of evolution and consciousness.

It is achieved through small acts in our lives that require only our acceptance and self-love.

Wherever you go, if you don't address your inner chaos, it will follow you, no matter where you hide.

If you want to change the fruits, you must first change the roots. If you want to change the tangible, start with the intangible; if you want to change the visible, you must first change the invisible. Every emotional patch has an expiration date. So today is the day, and now is the time to start.

*Healing the soul is a process of liberation and acceptance,
as well as a journey of evolution and consciousness.*

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*If you want to change the fruits, you must first change the
roots. If you want to change the tangible, start with the
intangible; if you want to change the visible, you must first
change the invisible.*

Day 39

Who Am I?



You are not your last name, your eye color, or your skin color. You are not the school you had the privilege of attending, your college degree, your "job success", or your position at work. You are not the car you drive, the house you live in, your travels, the things you buy, or your money. You are not the "image or status" you wish to portray on social media. You are not who you married, nor the "social standards" you follow. None of that makes you better than anyone else, because none of it defines who you truly are.

You are the kindness you express when you speak, the forgiveness you grant when you are offended, and the sincere empathy you show to anyone going through a difficult time. You are the generosity you exhibit when sharing what you have, the tolerance you practice with those who frustrate you, and the humility you embody when you do not make others feel less than you. You are the inclusiveness that comes from not discriminating against others based on their tastes, customs, or status. You are the kindness you extend to a child, an older adult, or a pet.

You are the emotional intelligence you demonstrate by thinking before you speak to avoid hurting others. You are the smile you offer to the stranger passing by and the honest hug you share with another human being. You are the maturity and accountability with which you navigate life, in what you say and what you do. You are sincere when you look into another's eyes and say, "I love you", not out of habit, but with a true understanding of what love means.

You are the fortress you have built, the kindness you give, and the way you consciously perceive your life. You are what you dream of and what you fight for. You are simply what your heart feels!

You are the kindness you express when you speak, the forgiveness you grant when you are offended, and the sincere empathy you show to anyone going through a difficult time.

You are the emotional intelligence you demonstrate by thinking before you speak to avoid hurting others.

You are the fortress you have built, the kindness you give, and the way you consciously perceive your life.

Day 40

Heal Our Inner Child



The first step in healing the wound is to allow your INNER CHILD to express itself regarding whatever caused your needs to go unmet.

Repressed emotions are very destructive, so it's time to let your CHILD's anger and sadness out.

You must embrace the pain with understanding; be the loving adult who hugs them, listens to them, understands them, and explains with love that everything they are feeling is part of the past—memories that must be acknowledged and released.

What YOUR inner CHILD needs most is love. Chances are you don't feel much love for yourself after so many years of self-criticism and judgment. But maybe if you could see yourself as a 4- or 5-year-old, you would start to feel something.

The wounded child needs a lot of love, and that love must come from the adult part (intellect) of ourselves. We have to give ourselves love; we cannot depend solely on the love and care that others provide. It's wonderful to receive love from others, but our existence shouldn't depend on the care and love from a partner or family. Self-love repairs the pain of childhood.

We connect with our inner child through a very intimate encounter with THEM.

In this meeting, we embrace them, giving them abundant love and changing the language we use with ourselves to positive affirmations.

In everyday life, pay attention to how you interact in your relationships and everything you feel.

If you don't feel well, hug, love, and thank that little person who lives in you, offering comfort and love. That feeling of fear will dissipate. Clear what you are feeling by simply repeating "I'm sorry", "I love you", "I'm grateful" repeatedly, and those thoughts or feelings that triggered the reaction will dissolve into love, resolving the situation that caused them.

Clear what you are feeling by simply repeating 'I'm sorry', 'I love you', 'I'm grateful' over and over again, and those thoughts or feelings that triggered the reaction will dissolve into love, resolving the situation that caused them.

Day 41

The Time of Each Being



Our times are often not the same as someone else's. Sometimes our fears are bigger than the love we feel, and transcending them takes time, especially if we refuse to accept what happens to us.

We will not always have a second chance to be with another person. Sometimes, when we finally feel ready to move forward, the other person has already moved on, with every right to do so.

Life constantly teaches us, and there are lessons that cause us significant suffering until we manage to learn them.

Let's start practicing CONSCIOUS love alongside DETACHMENT. Nothing and no one will be eternal—only our essence.

Let's live each moment as if it were our last, practicing an eternal present, here and now.

We are all passing through this life but let us value the wonderful beings that life brings our way and enjoy every shared moment. Even if there comes a time when they are no longer in our lives, let us cherish having shared our existence with them—be it for days, months, or years. Sometimes, it only takes a few moments for someone to leave indelible marks on our being.

**The key to a better quality of life and stronger bonds:
"CONSCIOUS LOVE, DETACHMENT, AND GRATITUDE".**

*Let's live each moment as if it were our last, practicing an
eternal present, here and now.*

Day 42

The Healing Power of Caring Words



Love is a language accompanied by many words and expressions: "I love you very much", "take care", "you look wonderful", "let us know when you arrive", "I miss you", "I was waiting for your message", "you are very important to me", "I want to spend time with you". These could be just words, but the affections expressed in each of them nourish the soul.

Don't be afraid of affectionate words. It's a societal issue in our times to avoid expressing affection because it's seen as "ridiculous" or as a sign of weakness.

On the contrary, these words express strength, as they keep us healthy and help us spread healing to the most wounded hearts.

With words of love and affection, you can inject strength, motivation, courage, and determination into others.

Don't hesitate to be kind and highlight the positive aspects in each person.

Criticism can be constructive, helping us improve as a society. However, we are so saturated with harsh criticism that we have forgotten the words of affection that truly motivate us to keep going.

When a person only receives criticism—no matter the source—they won't be able to recognize the good within themselves because their self-perception becomes solely negative.

SOUL

That's why words of affection are worth their weight in gold, especially in times when everyone seems to have something to criticize.

That's why words of affection are worth their weight in gold, especially in times when everyone seems to have something to criticize.

Day 43

Do You Flow or Push?



If you flow, you live without effort. If you push, you strive.

If you flow, you are connected in the here and now, like children.

If you push, you live in the future, missing out on the present (which is called that precisely because it is a gift).

If you flow, moments become intense, and time feels elongated. If you push, there are no moments; your perception does not retain them because you advance through time.

If you flow, life radiates with vibrant luminosity, where beauty is appreciated in the smallest things. If you push, life around you blur due to speed.

If you flow, you create. If you push, you work. If you flow, your senses are alert, and your consciousness is open to surprise and curiosity. If you push, you limit your vision and may become obsessed.

If you flow, you live free from emotional and mental chains. If you push, you are propelled by the irresistible force of attachment.

If you flow, you are open to the infinite universe of possibilities. If you push, you limit yourself, preventing the vast universe from revealing itself to you.

If you flow, you transcend the limits of your own reality. If you push, you exist within the cage of a limited cultural understanding of reality.

SOUL

If you flow, you embrace the rich, abundant magic of uncertainty.

If you push, you live under the false belief that you can control the flow of life.

If you flow, you live from the heart, where your true self resides.

If you push, you live from the mind, where the expectations of others reside.

If you flow, you align with the magic of life, connecting with your inner power to create the life you want. If you push, you cede power to others.

If you flow, you live without fear. If you push, you are full of fears.

If you flow, it's because you believe in yourself. If you push, it's because you don't believe in yourself.

If you flow, you are. If you push, you stop being.

If you flow, you believe in life. If you push, it's because you once stopped believing.

Because loving words give people identity, they reveal how good and valuable they are, motivating them to make changes.

It's a beautiful way to help others; you can change someone's day or even their life.

If you flow, you live from the heart, where your true self resides. If you push, you live from the mind, where the expectations of others reside.

Day 44

Awaken



If you have already woken up and see how others around your sleep, then walk on tiptoes, respect their slumber, and discover the perfection of their own timelines, just as yours were perfect.

When they open their eyes, the brilliance of your light will help them awaken without you needing to do anything.

If you are still sleeping, relax and enjoy your rest; you are being rocked and cared for.

Waking up is not an act of magic, though it fills your life with magic. Waking up has nothing to do with the external world, even though everything around you seem to glow anew.

Waking up does not change your life, though you may feel that everything has changed. Waking up does not erase your past, but when you look back, you perceive it as the story of someone very dear who learned many things; you feel that this someone is no longer you.

Waking up doesn't awaken your loved ones, but they appear more divine in your eyes.

Waking up doesn't heal all your wounds, but they stop ruling you.

Waking up doesn't give you more power, but you discover the power you have.

Waking up may not dissolve the bars of your prisons, but it gives you the freedom to be yourself. Waking up won't change the world suddenly, but it will change you.

SOUL

Waking up does not relieve you of responsibility; on the contrary, it makes you aware of the consequences of your actions and choices.

Waking up does not mean you are always right; rather, you no longer feel the need to be right.

Waking up is loving yourself. Allow yourself to enjoy the experience of being that wonderful being you already are.

Your life is a Sacred Act because it is the creation of the creative force within you, which is you.

Awakening is not about changing the world around us, but about discovering the power and love within ourselves to transform our own lives.



6 Eternal Embrace of the Cosmos

Photo: Kridsada Tawisuwan, Instagram: biar_tb

Day 45

Follow Your Destiny Wherever It Takes You



There comes a moment in life when you realize that the time has come for change. If you don't embrace it, you may never change anything.

You understand that if you fail to act, you might lack the courage to start over, and life will go on without you. Our days don't always unfold as we expect.

Sometimes, without understanding why, they take such unpredictable turns that not even in your dreams could you have imagined them.

Yet, if you do not dare to choose a path or pursue a dream, you risk wandering aimlessly and getting lost.

Instead of anxiously wondering why your life has become what it is, accept the open road that awaits you.

Forget what has been; don't get confused. That has already happened. Only the present matters. The past is an illusion, and the future does not yet exist. We live today.

Take your steps one at a time, without losing faith, maintaining your courage and confidence.

With your head held high, don't be afraid to dream or look at the stars.

With a little more patience, your strength will return, and you will find your way.

SOUL

A more beautiful and serene path than you have ever dreamed of will lead you wherever you wish to go, fulfilling all your purposes.

Do not lose confidence in your strength; embrace this new journey.

Believe in yourself! We all have an inner compass that guides us to where we long to be.

Don't forget to trust your soul.

Ask your heart for the truth; it will provide the answers and discernment you need to make decisions that are right for you.

Remember: For all your questions, there in your inner self, alongside the road, you will find clearer answers and acceptable solutions. Patience and confidence are essential to achieving your goals, solving problems, and fulfilling dreams.

Embrace the open road that awaits you, for only the present matters; the past is an illusion, and the future does not yet exist.

Believe in yourself! We all have an inner compass that guides us to where we long to be; trust your soul and ask your heart for the truth.

Day 46

Don't Talk About God to Me



Don't talk to me about your religious beliefs. I want to see how you treat your partner, your children, your parents, your neighbors, the animals, and your precious body, which is your temple.

Don't lecture me on virtue or sin.

Show me how well you listen, how you open yourself to information that doesn't fit your personal philosophy or religious beliefs (without judgment), and how you give something of yours to those in need (not just what you have left over).

Don't tell me how awake you are or how free you feel from your ego.

I want to know you beyond your words.

I want to see how you are when you are alone or in trouble.

Can you fully admit your pain without pretending to be invulnerable?

Can you feel your anger without resorting to violence?

Can you experience your shame without inflicting humiliation on others?

Can you mess up and admit it?

Can you say "I'm sorry" sincerely?

Can you be fully human in your divinity?

SOUL

The Universe already knows your potential, your secrets, your achievements, your essence, and the depths of your soul.

There are people who need to be inspired by your way of living to understand infinite love.

Please don't talk to me about God—show me the love within you through your actions toward yourself and your neighbors!

I want to see how you treat others and yourself, for true divinity is reflected in our everyday actions and kindness.

Show me the love within you through your actions toward yourself and your neighbors, for that speaks louder than any words about God.

Day 47

A New Day, A New Opportunity



Every day presents us with the opportunity to create our world. What better time to do this than the moment we open our eyes in the morning?

The statements we make in the morning, from the moment we get out of bed to when we enjoy our breakfast, are the best moments to give thanks, breathe, meditate, and create an extraordinary day, feeling emotionally that it is already happening.

You will see how your day flows so lightly and calmly that you won't even notice it.

When we learn to live in the present, we celebrate each day, enjoy it, and extract the best lessons from it.

Getting up and going to bed with gratitude for everything I am and have, and visualizing a day full of blessings each morning, is transformative.

Let today be a day to seize opportunities, free from regrets, as we understand that life will always bring us what we deserve.

“Every morning is a new opportunity to create an extraordinary day, filled with gratitude and positive intentions”.

Day 48

The Freedom You Want is Within You



Sometimes, we find it difficult to feel free to be free. It seems that deep down, we like having ties, judging ourselves, setting rules, or forcing ourselves to do things we don't want and to be who we don't want to be.

It seems we prefer to be confined by a fence we put up ourselves, perhaps because it makes us feel safe. But does it really? I don't think it works that way.

The idea that being trapped is reserved for princesses or brave people is deeply ingrained in us. We see ourselves as victims of the wicked witch who won't let us leave our castle, or as prisoners in a high-security prison, devising plans to escape.

We fantasize about living freely, imagining all the things we would do once we are rid of the witch.

But when the day arrives to break down the fence and run toward life, we take a step back. We hesitate, doubt ourselves, and ask, "What if I fail? What if I get hurt?"

The witch in your story is your fear of failing in life, of being vulnerable, or of showing others that "you couldn't". Your fear disguises itself as commitments you feel you must fulfill, and it also masquerades as anxiety, leading you to believe that it's the reason you can't take action.

When the door that imprisons us opens and we're told, "You can do what you want, you are free; choose your life", many times we

prefer to stay inside, in our safe zone, commonly referred to as the "comfort zone".

At the end of the day, living in your comfort zone is easier and safer, but above all... it is more convenient because there will always be someone or something to blame. But in the end, you'll realize that you achieved nothing beyond the ordinary.

May today be a day to step out of our comfort zones, face our fears, and start living in a new world where we can achieve everything we deserve, understanding that it only depends on ourselves.

Day 49

Live in Gratitude



Gratitude is finding beauty in the simple.

Gratitude is feeling complete even when you are alone.

Gratitude is knowing you don't need wings to fly

Gratitude is materializing all your dreams and desires in this eternal present.

Gratitude is finding learning even in pain.

Gratitude is having the courage to say goodbye when you are not fully loved.

Gratitude is opening your eyes every day and being thankful for still being alive.

Gratitude is seeing our "paradise Earthship" for what it is: paradise.

Gratitude is recognizing abundance in every corner of your universe.

Gratitude is flying to other dimensions in your dreams, without fear, without limits, without end.

Gratitude is finding that poet, artist, singer, and magician within you.

Gratitude is making sunrises and sunsets a spectacle every day of your life.

Gratitude is rebelling against everything, except love for yourself.

Gratitude is being happy for having hands to feel, feet to walk, and an infinite spirit to be.

Gratitude is recognizing how sacred you are.

Gratitude is feeling the sun and all the light that you always were and are.

Gratitude is seeing beautiful nights full of shooting stars and eternal constellations.

Gratitude is being hugged tightly with so much love that your heart beats blissfully for your existence.

Gratitude is being able to say, “It was worth the joy”, even on dark days.

Gratitude is discerning between the hurricanes of empty words that distract you and the rainbows of true magic.

Gratitude is knowing that when you can’t get up, some angel is close to you, lending you its wings.

Gratitude is recognizing when the path you are on is the right one.

Gratitude is forgiving yourself for everything you criticized and how unfair you were sometimes.

And gratitude is making this life a beautiful story.

“Gratitude is finding beauty in the simple and recognizing abundance in every corner of your universe”.

Day 50

We Can Always Start Over



Whatever happens, you can start over. Your canvas is here and now—nowhere else. You can take the next small step, make your next choice, speak the words you’ve dared not speak, let an old version of yourself die, and allow a new one to begin.

Get out of your comfort zone; it’s okay to offend some people. Make amends if you need to. But let’s return to the present. You must come back to the present, breathe in the present, feel what you feel in the present, cry and laugh in the present, kneel before the present, and dedicate the rest of your life to it. The past is dead, so you are in the perfect place to start.

“Your canvas is here and now-nowhere else. You can take the next small step and let an old version of yourself die to allow a new one to begin”.

Day 51

Don't Force It, Let It Flow



It's important to accept that we all make mistakes, and even more important to take responsibility for our actions; this helps to free the soul.

To those it resonates with deeply:

"No one has the power to hurt you except you. Let's stop turning those who chose not to love us into villains. The fact that they couldn't recognize your beauty doesn't make them bad.

Let's stop using people to hurt ourselves. They are free to act as they please, but you are responsible for how you interpret their actions—whether as knives or steppingstones.

We must be free to act without fear of hurting others' feelings and be able to forgive and understand that we are all here for constant learning.

People are going to make mistakes; it's in their nature. They will lie to you and let you down, and that is not only good, but necessary. It will develop your sensitivity, enhance your abilities, awaken your dreams, and drive away your fears.

Let them pass through your life—let them be. Show or hide, scream, slam the door on their way out, let them lie, play, and pretend.

Learn to observe, study them, discover them, conquer them, love them, forgive them, and let them flow in this immense river of

SOUL

beings that come and go. Don't point fingers, don't judge—love and follow.

Do not cling to anything or anyone. Learn to let go, to enjoy the moment in which you find yourself in space and time. Don't expect others to be good, wise, or upright—essentially, DON'T EXPECT!

Take the good, allow everything to find its place, and let everything sink. In the end, what floats will float.

What is yours, what belongs to you, what is meant to be yours in this universe will come without you forcing it. It will arrive in its own time and be perfect".

"What is yours, what belongs to you, what is meant to be yours in this universe will come without you forcing it; it will arrive in its own time and be perfect".

Day 52

You Learn from the Past, but Remember You Do Not Live in the Past



Making peace with everything we have experienced opens the doors to the freedom of the present and to co-creating a more harmonious future.

If you cling to your past or reject it, the present will show you everything you don't want to integrate into yourself, and in the future, you will carry only the shortcomings of what you've been running from, taking responsibility for.

For this reason, we must open ourselves to feel all the stuck emotions, observe the lessons they have to offer, and discover the love they harbor within us.

Everything you experience is intrinsically related to your soul's growth, as well as your timing and processes for integration.

Life is not easy; take advantage of every crack to free your heart.

Today, now, is the perfect moment to recover your essence and never stop shining again.

Don't forget—love yourself in your days, hug yourself in your nights. You are going to need you.

*Making peace with everything we have experienced
opens the doors to the freedom of the present and to co-
creating a more harmonious future.*

*Today, now, is the perfect moment to recover your
essence and never stop shining again.*

*Don't forget—love yourself in your days, hug yourself in
your nights. You are going to need you.*

Day 53

One Day You Will Wake Up, Not in Body but in Soul



You will awaken to who you really are, to your mission in this world, and to the values that govern existence.

When you wake up, all the situations you've experienced will make sense. There will be no more aches and pains. Your past will be viewed with gratitude, and each experience will be seen as necessary and important for your growth.

When you wake up, there will be no more guilt. You will realize that everything you did was within the limits you had. You will understand that you did the best you could, and your "mistakes" were merely attempts to find yourself. All guilt will transform into love and forgiveness for yourself.

When you wake up, you will love yourself. You will stop comparing yourself to others and recognize your uniqueness. You will finally understand that the beauty of each person lies in being who they are, and that no norm can give you the strength that comes from authenticity.

When you wake up, you won't judge. You will learn that each person is at a different stage of evolution, and even if others'

SOUL

attitudes don't suit you, everyone has the right to learn from the consequences of their choices. We are all on a path of evolution.

When you wake up, you will value the present more. You will slow your pace, express your feelings more openly, and be receptive to the affection of those who love you. You will see all beings as souls, honor their existence, and walk through life knowing that everything has meaning, and that a greater force guides your soul and your destiny.

When you wake up, you will be in constant communion with the Universe, and every gesture will be a prayer.

We still live between sleep, dreams, and the awakening to the depths of life. But every situation we encounter is a touch of life calling us to wake up...

“When you wake up, all the situations you've experienced will make sense, and your past will be viewed with gratitude

When you wake up, you will love yourself, stop comparing yourself to others, and recognize your uniqueness

When you wake up, you will value the present more, express your feelings openly, and honor the existence of all beings”.

Day 54

Love



We often love from the ego

And what does it mean to love from the ego? Loving from the ego is when you love with the expectation that your feelings will be reciprocated. It's when you give, hoping the other person will respond in the way you believe is right. It's when you demand attention, thinking that if someone loves you, they should be there for you all the time.

Love from the ego is a selfish love! Love itself is one, but the ways of loving are many. We are programmed differently. In other words, my way of giving love doesn't have to be the same as anyone else's.

The only love we truly need is love for ourselves. From that love, we can attract the love we want in our lives. Each person loves as they can, with what they have.

Do not judge. If a certain type of love doesn't resonate with you, then let it go. Therefore, love yourself unconditionally. Love without trying to change the other person, without fighting. Decide what kind of love you want, and don't settle for half-hearted affection. Remember, distance can also be a form of love.

“Love from the ego is a selfish love; true love begins with loving ourselves unconditionally”.

Day 55

We Must Trust Ourselves



Do not doubt what you see, perceive, feel, hear, or know. Connect with your being—the part of you that knows your concerns, your empathy, your light, and your shadow. This is the aspect that guides you toward harmony and truth, showing you synchronicities, your strengths, and your connection with the divine.

Trust yourself! You are already magic, wisdom, and healing for others—don't forget it. Delve into that place where the present is infinite, and from a foundation of love and respect, you will be able to flow.

Remember that we all channel differently and can have doubts. Your entire body is a sacred temple.

Your spine houses the chakras and Kundalini; your hands are healing tools and can also see. Your heart sets the rhythm of your breath, your brain is a powerful mind, and your third eye connects heaven and earth. Your fingers are energy-receiving antennae; they can also serve as mudras, embodying both defense and attack, and so much more.

Trust! Close your physical eyes, travel to the present, become aware, and find balance among soul, body, and mind.

Close your physical eyes, travel to the present, become aware, and find balance among soul, body, and mind.

Trust yourself! You are already magic, wisdom, and healing for others don't forget it.

Day 56

Thinking We Are Spiritual Beings



If we recognize ourselves as the reality, we are—spiritual beings living a human experience—everything changes in our perspective.

The spiritual being holds the highest vibrational frequency among all energetic bodies and extends its aura approximately one meter around the physical body.

The spiritual body and its aura radiate in soft colors, possessing an indescribably deep illuminating power. From the spiritual plane, the most radiant energy flows tirelessly toward the spiritual body.

As this energy transforms into lower frequencies, it floods the mental, emotional, and etheric bodies, increasing their vibrations so they can find their fullest expression in their respective fields.

The extent to which we can consciously perceive, absorb, and harness this energy depends on the development of our chakras.

Through the spiritual body, we experience inner unity with all life. It connects us with our pure and divine essence, with the omnipresent original reason from which all manifestations in creation have arisen and continue to arise. From this plane, we have internal access to everything that exists in creation.

The spiritual body is that divine aspect of us, immortal and enduring through evolution, while the other non-material bodies gradually dissolve as we progress through the levels of consciousness required for earthly, astral, and mental existence.

Only through the spiritual body can we know the source and destination of our existence and understand the true meaning of our lives. When we open ourselves to its vibrations, our lives take on a whole new quality.

“Only through the spiritual body can we know the source and destination of our existence and understand the true meaning of our lives”.

Day 57

You Can't Save Anyone



You can be present with them, offer your stability, your sanity, and your peace. You can even share your path with them and offer your perspective, but you can't take away their pain. You cannot walk the path for them. You cannot provide correct answers, nor can you give answers that they are not ready to digest at the moment.

Everyone must find their own answers, ask their own questions, and come to terms with their own uncertainty.

Each person must make their own mistakes, feel their own sadness, and learn their own lessons.

If you truly want to find peace, you will have to trust the healing journey that unfolds step by step.

But you can't heal them. You can't chase away their fear, anger, or sense of helplessness.

You can't save them or fix things for them.

If you push too hard, they may turn against you. Your path might not align with theirs.

You did not create their pain. You may have done or not done certain things or said or not said certain words that triggered pain already residing within them.

Yet, you did not create it, and you are not to blame, even if they claim you are.

You can take responsibility for your words and actions, yes, and you can grieve over the past, but you can't erase or change what has already happened, nor can you control the future.

You are not responsible for their happiness, and they are not responsible for yours.

Your happiness cannot come from external sources. If it does, then it is dependent happiness—a fragile happiness that can quickly turn into sadness.

And then you will find yourself caught in a web of guilt, remorse, and blame.

“You can be present with them, offer your stability, your sanity, and your peace, but you can't take away their pain or walk the path for them”.

Day 58

I Love My Life



Before you get up, before you put on your shoes, say, "I LOVE MY LIFE!" Life is a gift, so appreciate every minute and every second. Today is a great day to be yourself!

"My Thoughts Create My Reality"

Start the day smiling while you shower. Imagine the day, hour by hour. Your thoughts create emotions; emotions lead to actions; actions bring results. Cultivate an abundance mindset, believing that you are very lucky, and that is what will manifest in your life.

"I'm Thankful"

When you appreciate what you have, its value increases. While you're still in the shower, think of at least 20 things you're grateful for. This will give you a deep sense of happiness.

"I Choose to Be Happy"

Happiness is a choice. Remember that a good attitude always leads to great experiences. Decide to be happy; it's good for your health.

"I Smile"

You never know whose day you might brighten.

"I Deserve It"

Feel deserving of everything you want. Trust your choices because you are worthy of receiving love and giving love. You are worthy

of generating peace and having prosperity. You deserve to enjoy this beautiful life.

"What Others Think of Me Doesn't Matter"

Don't get caught up in the opinions others have about you. Their words reflect who they truly are. Instead of listening to what others say about you, trust your inner wisdom. Listen to your heart; it will guide you.

"I'm Kind"

Every act of kindness you perform releases serotonin in your brain (serotonin is a hormone that contributes to feelings of well-being and happiness). Help a stranger; give gifts in the form of hugs and compliments.

"I Live in the Now"

Savor every moment of your life, because moments are unique—there are no empty moments. Stay aware, present, and centered. When your thoughts begin to drift, remember that the past and future are illusions created by your mind. The only time that exists is now.

"Deep Breath"

Be aware of each breath you take. Enjoy the feeling of filling your lungs with each inhalation, and then exhale fully.

“Life is a gift, so appreciate every minute and every second. Today is a great day to be yourself!”

“Savor every moment of your life, because moments are unique there are no empty moments”.

Day 59

Recognize, Value, Integrate, and Be Thankful



May your awakenings inspire you, and when you wake up, may the day ahead excite you. May the sun's rays filtering through your window at each new dawn never become routine. Have the clarity to focus on and appreciate the most positive aspects of each person who crosses your path. Don't forget to savor your food, even if it's just bread and water. Find a moment in the day, however short, to look upward and give thanks for the miracle of health—this mysterious and fantastic internal balance. Express the love you feel for your loved ones; let your hugs embrace them, and let your kisses be genuine. May the sunsets never cease to amaze you, and may you always be filled with wonder. At nightfall, may you feel satisfaction for the day's tasks completed. May your sleep be calm, restful, and rejuvenating. Don't confuse your work with life, nor the value of things with their price. Don't think of yourself as superior to others, for only the ignorant fail to recognize that we are nothing more than dust and ashes. Never forget, even for a moment, that every second of life is a gift. If we were truly brave, we would dance and sing for joy upon realizing this.

“Never forget, even for a moment, that every second of life is a gift. If we were truly brave, we would dance and sing for joy upon realizing this”.

Day 60

Conscious Awareness



Your creation, in any situation, always responds to the vibration created by your consciousness in a scenario we call LIFE.

Through discernment, the mind expresses in its coded universe what your being wants to create. If your vibration is at the low level of Infra Consciousness, then this creation will stem from the matrix level. Consequently, discernment will manifest as distrust, defense, pride, and other aspects of the ego.

You must understand that everything revolves around a mental state governed by the level of consciousness you find yourself in. To move beyond that DUAL state, it is necessary to know yourself, to be grateful, and to take responsibility for what you decide and believe. If you are creating darkness, remember that it is also LIGHT—just an obstacle to overcome.

"Each creation is the hologram of a program generated from one's own level of consciousness, regardless of what level that consciousness is at".

"Consciousness is the only reality. The world and everything in it are objectified states of consciousness. Your world is defined by your image of yourself plus your image of others, which is not the same as their image of themselves".

"Consciousness is the only reality. The world and everything in it are objectified states of consciousness".

Day 61

Loneliness



Loneliness scares many because it's when we truly find ourselves. When you can silence your thoughts in isolation, you genuinely get to know yourself. You immerse yourself within, recognizing both your own light and your shadows, which allows you to work on, integrate, and heal them. You become aware of the power of the here and now, causing the past and future to fade away, along with the mental barriers that keep you separate from others. The fear generated by society's expectations no longer has a reason to exist, as you open yourself up to feel the essence of your being. You listen to the voice of your soul, which transcends the need for recognition and acceptance that the ego imposed upon you.

Your attention shifts to what you feel, to listening to your heart. This is when everything changes: you can identify what you truly want for yourself and begin to flow with life. You no longer have that conditioned need for acceptance driven by your fear of loneliness; you've made peace with yourself. As a result, the fear of rejection stops controlling your actions and emotions. You learn to love yourself as you are, continuing to transform into your best version. You expand your inner universe, and that is the only way you can truly teach the world to love you.

“You learn to love yourself as you are, continuing to transform into your best version, and that is the only way you can truly teach the world to love you”.

Day 62

Embracing Everyday Magic



There is magic everywhere. If we learn to live it, life is nothing but a daily miracle. This profound realization invites us to shift our perspective and see the world through a lens of wonder and appreciation. Every moment holds the potential for magic, from the gentle rustling of leaves in the wind to the warmth of a loved one's smile. These seemingly ordinary experiences are imbued with extraordinary beauty when we take the time to notice and cherish them. By embracing the magic in our everyday lives, we open ourselves to a deeper connection with the world around us.

Living with this awareness transforms our existence. It encourages us to find joy in the simple things and to recognize the miracles that unfold in our daily routines. The sunrise that paints the sky with vibrant colors, the laughter shared with friends, the feeling of contentment after a fulfilling day—these are all manifestations of the magic that surrounds us. When we learn to live this magic, we cultivate a sense of gratitude and presence. We become more attuned to the subtle wonders that often go unnoticed. This shift in perception not only enriches our lives but also fosters a sense of peace and fulfillment. We begin to see that life itself is a continuous miracle, a tapestry woven with moments of magic.

So, let us embrace the magic in all its forms. Let us live with open hearts and curious minds, ready to discover the extraordinary in the ordinary. For when we do, we realize that life is indeed a daily miracle, filled with endless possibilities and boundless beauty.

Day 63

The Freedom You Want Is Within You



Sometimes, we find it difficult to feel free to be free. Deep down, it seems we like to have ties, judge ourselves, set rules, or force ourselves to do things we don't want to do, becoming someone we don't want to be. We may feel safer in the confines we create for ourselves, but that safety is often an illusion.

The notion that being trapped is meant for princesses or brave individuals is deeply ingrained in us. We see ourselves as victims of a wicked witch who won't let us out of our castle, or as prisoners in a high-security prison, plotting our escape.

We often fantasize about achieving a free life, imagining all the things we would do once we rid ourselves of the witch. But when the time comes to break free and run towards life, we hesitate, second-guess ourselves, and ask, "What if I fail? What if I get hurt?"

The witch in your story represents your fear of failure, vulnerability, or showing others that "you couldn't". This fear disguises itself as commitments you feel you must fulfill and manifests as anxiety, leading you to believe that you cannot act due to that anxiety or fear.

When the door that confines us opens and we're told we can do what we want, that we are free to choose our lives, many times we prefer to stay in our safe zone, often referred to as the "comfort zone". Living in this comfort zone is easier and safer, and, most importantly, it's more convenient—there's always someone or

something to blame. Yet, in the end, you may realize that you haven't achieved anything beyond the ordinary.

May today be a day to step out of your comfort zone, face your fears, and start living in a new world where you can achieve everything you deserve, understanding that everything depends on you.

Day 64

Awakening Inner Happiness



When you understand that happiness is born within you and is not granted by others, the veil of confusion dissolves. Clarity arrives, and with it, the freedom of knowing that you do not need to control the world to experience joy. This understanding gives you the power to walk in peace, regardless of what happens around you.

True happiness arises when you stop chasing it as if it were out of reach and begin to recognize it in every moment. In the air you breathe, in the small details of everyday life, in the gratitude that elevates your spirit even on the darkest days.

This state of inner joy does not mean you will not face challenges, but that your essence will not depend on them. Because when the light of happiness is ignited from within, nothing external has the power to extinguish it.

Your task is not to seek happiness as if it were lost, but to allow yourself to live from love, gratitude, and acceptance of who you are. From there, everything else flows in harmony. Remember that you are a source of light and that this light, nourished by your connection with the divine, has the capacity to illuminate even the darkest corners.

Let this knowledge guide you: happiness does not come to you, you awaken it. And when you awaken it within you, it becomes a blessing for the world around you.

“Instead of fighting situations, ask yourself: What does this situation want to teach me? By doing this, you step out of the victim role and begin to learn”.

Day 65

What I Have Learned Through Consciousness?



I learned to look inside for what bothers me outside, to seek the conflict within myself, because what the outside world shows me is a reflection of my inner landscape.

I learned not to try to change anyone; I understand that change begins with me. If I want to see change around me, I must first change myself.

I learned not to hold anyone responsible for my emotions or the things that happen to me. I am the only one who thinks and feels in my heart; no one is responsible for what happens to me, because consciously or not, I always choose.

I learned to free my loved ones without guilt or manipulation. I understand that guilt and manipulation damage the souls of those we love; they destroy them. Today, I release them. Love is freedom; they don't owe me anything. I choose to share love and freedom with them.

I learned not to expect anything in return from them or anyone else. Love is not a negotiation. I learned not to sacrifice myself for anyone, because sacrifice always expects something in return, and then it disappoints. Sacrifice is not love!

I learned to act with unconditional love, which is a loving force that doesn't expect anything in return; it acts solely out of love. I give only for the joy I feel in giving.

I learned that I have no power over anyone but myself. I understand that wanting to change others is an act of ignorance, selfishness, and a dictatorial impulse.

I learned that absolute inner freedom lives within me. I am free to decide who I want to be with and who I don't. Life is meant to be fun, not suffering, and I can choose that of my own free will. That is my true power of decision.

*Change begins within; the world outside is a reflection
of our inner landscape.*

*Love is freedom, not a negotiation; it thrives without
expectations or sacrifices.*

*True power lies in the freedom to choose joy over
suffering, and to love unconditionally.*



Day 66

Gratitude



Gratitude is the humblest act a human can express. It reflects our inner essence and is the language we share with the universe. By awakening gratitude within ourselves, we become aware that every second of life is necessary and important. When we give thanks, we breathe and live in the present, infusing our lives with that vibration.

Remember that life is a beautiful experiment, where everything that happens teaches us valuable lessons—whether good or bad. When we give thanks and accept all that comes our way, we gain wisdom and knowledge.

In that moment, gratitude becomes one of the most important tools for our growth.

Everything we give returns to us.

If we show gratitude for all that we are, think, and feel, we create a magic of acceptance that opens the door to abundance. If you give thanks to life, life will respond in kind.

Everything is a perfect gift, and the only thing we can do is to thank, enjoy, and learn from each lesson life teaches us.

Gratitude is the key that opens the treasure chest of everything that belongs to you.

Everything starts from the love, respect, and gratitude you show to yourself, leading you to understand and appreciate that everything is a magnificent gift for us.

“Gratitude is the key that opens the treasure chest of life, revealing the magnificent gifts within. By embracing gratitude, we unlock the door to abundance and transform every moment into a valuable lesson”.

Day 67

The Law of Sowing and Reaping



In our sowing lies the recognition of what we will reap. Every action we take, every word we speak, and every thought we harbor is a seed planted in the fertile soil of the universe. What we give from the heart has its correspondence, because actions are a cause and effect and follow intention. On the same frequency in which we give, everything returns multiplied.

When we sow seeds of kindness, love, and generosity, we create a ripple effect that extends far beyond our immediate surroundings. These positive actions resonate with the energy of the universe, attracting similar vibrations back to us. It is a cycle of abundance that perpetuates itself, enriching our lives and the lives of those around us.

However, it is essential to recognize that the quality of our harvest depends on the purity of our intentions. When we give with a genuine heart, without expecting anything in return, the universe responds in kind. This selfless giving creates a flow of positive energy that not only benefits the receiver but also nourishes the giver.

Conversely, when our actions are driven by selfish motives or a desire for recognition, the energy we emit is tainted. The universe, in its infinite wisdom, mirrors this energy back to us, often in ways that highlight the need for introspection and growth. It is a gentle reminder that true abundance comes from a place of authenticity and alignment with our higher selves.

The law of sowing and reaping teaches us the importance of mindfulness in our daily lives. By being aware of the seeds we plant through our thoughts, words, and actions, we can consciously cultivate a life of harmony and fulfillment. It encourages us to act with integrity, to speak with kindness, and to think with compassion.

“What you plant in the fertile soil of the universe will grow. Sow seeds of kindness and love, and your harvest will be abundant and fulfilling.”

“Every action, thought, and word is a seed. When you sow with pure intentions, the universe responds with a bountiful harvest of joy and prosperity”

“The energy you give is the energy you receive. Sow wisely, for the seeds you plant today will determine the fruits you harvest tomorrow.”

Day 68

Detachment



Detachment is the highest act of unconditional love. It hurts—it hurts a lot—because you must let go of what you love. There is pain in letting go.

This pain is mental and causes suffering to the ego due to the fear of losing something that is not real; it is illusory. We cannot possess anything or anyone. Children, parents, friends, and partners do not belong to us.

They are free and independent beings with their own paths, just like us. This is why you cannot subjugate one person's happiness to another's: If you are not happy by yourself, you will not be happy with anyone.

Attachment controls your time, preventing you from living in the present by anchoring you to the past or the future. In contrast, detachment keeps you rooted in the here and now.

Detachment is letting go of others, knowing that whatever happens, you will be okay. It can hurt a lot, because we were taught that we could own all kinds of things, even control other human beings.

Affective independence is the greatest gift you can give yourself and your loved ones. Only when you achieve it do you reach true and complete freedom. Once you start moving toward detachment, there is no turning back.

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Detachment is the act of letting go and parting with objects and people, doing so with gratitude for the time they enriched your life.

Only when you let go, flow, and create space can you receive the abundance that rightfully belongs to you in all aspects of life.

*“Detachment is the highest act of unconditional love,
freeing us from the illusion of possession”.*

Day 69

What Are Soul Contracts?



Soul contracts are spiritual agreements we make with other souls before we are born. These contracts outline the lessons we are here to learn, the people we will meet, and the experiences we will have in this lifetime. They are meant to help us grow and evolve on a spiritual level.

The Purpose of Soul Contracts: The purpose of soul contracts is to facilitate learning and growth on a soul level. These agreements allow us to work through karmic patterns, heal past wounds, and overcome challenges we may have faced in previous lifetimes. Soul contracts also provide opportunities to connect with other souls and learn from their experiences.

The Power of Soul Contracts: Soul contracts profoundly impact our lives. These agreements can influence the people we meet, the experiences we have, and the lessons we learn. By understanding and honoring our soul contracts, we can tap into the power of these connections and unlock our true potential.

Honoring Soul Contracts: Honoring our soul contracts involves recognizing the people and experiences in our lives as opportunities for growth and learning. It means acknowledging the challenges and lessons that come our way and embracing them as part of our journey. By honoring our soul contracts, we can deepen our connections with others and gain a greater understanding of our purpose in this lifetime.

Learning from Soul Contracts: By learning from our soul contracts, we can gain insight into our own patterns and behaviors.

We can also develop a greater understanding of the people and experiences in our lives and how they help us grow and evolve. By approaching our relationships and experiences with an open and curious mindset, we can unlock the power of our soul contracts and transform our lives for the better.

“Soul contracts are spiritual agreements that guide our growth and evolution through the lessons and connections we encounter in life.

By honoring our soul contracts, we embrace challenges and deepen our understanding of our life's purpose.

Understanding and learning from our soul contracts unlocks our true potential and transforms our lives for the better”.

Day 70

Frequency



Our thoughts and emotions can have a powerful impact on our environment and the people around us. When we emit a positive frequency, we can attract positivity and abundance into our lives and inspire others to do the same. This involves learning to cultivate a positive mindset and responding to challenges and setbacks in a more conscious and intentional way.

One way to emit your own frequency is through mindfulness practices, which can help you develop a greater sense of inner peace, clarity, and balance. By practicing mindfulness regularly, you can learn to observe your thoughts and emotions without judgment and cultivate a more positive and optimistic outlook on life.

Another way to emit your own frequency is through positive affirmations, which involve repeating positive statements to yourself throughout the day. By affirming positive beliefs about yourself and your life, you can train your mind to focus on the positive aspects of your experiences, attracting more positivity and abundance into your life.

Ultimately, emitting your own frequency means learning to take responsibility for your thoughts and emotions and cultivating a positive and optimistic outlook on life. By focusing on the positive aspects of your experience and learning to respond to challenges and setbacks more consciously, you can attract more positivity and abundance into your life and inspire others to do the same.

*“Emitting a positive frequency attracts abundance and
inspires others to cultivate positivity in their lives”.*

Day 71

Empathy



Sometimes, humans behave in a robotic or automatic way when we fall into patterns or routines that become habitual. This can happen when we perform the same tasks repeatedly or when we encounter familiar situations.

When we act like robots, we may feel like we are going through the motions without really thinking about what we are doing or why. This can lead to a sense of disconnection from our own emotions and desires, making us feel like we are not truly living our lives to the fullest.

However, it is important to remember that we are not machines and that we have the power to break free from these patterns and live a more authentic and fulfilling life. Increasing your level of consciousness involves developing a greater awareness and understanding of yourself and the world around you.

It is not about becoming a robotic being or losing your individuality; instead, it is about cultivating a deeper sense of connection to yourself and others while developing a greater understanding of the interconnectedness of all things. By expanding your awareness and fostering empathy and compassion, you can engage more fully with the world around you and lead a more fulfilling and meaningful life.

*“Increasing our level of consciousness involves cultivating
empathy and understanding*

the interconnectedness of all things.

*By fostering empathy and compassion, we can engage more
fully with the world and lead a more meaningful life”.*

Day 72

Do You Know When You Will Leave?



Do you know when you will come home? But what about that home from which you will no longer return? Don't exhaust yourself working so hard; don't fight for land or material things; you won't take anything with you. Don't leave home in conflict; you don't know if you'll come back. Don't waste time with pride and harmful silence; be more expressive and affectionate.

Our departure is unexpected and unpredictable. Without any notice, it will reach us. Don't postpone a good moment for tomorrow—a good conversation, a declaration of love. It doesn't matter if they say no; daring to express yourself will make you unforgettable. Visit your friends, play like a child, and laugh with abandon. Shout “I love you” into the open air and feel how your body shakes.

Stop saying “I miss you” and start kissing souls. Walk and enjoy the scenery. Treat yourself to that little indulgence. Dress how you want but do it—don't wait for the right occasion. The ideal moment is the present.

Do you know how many have left wanting to do more? How many have regretted not having more time? That last moment will come, and we can't even imagine it. They say we are all afraid of dying, but not all of us learn to live. When you learn to live, the fear of death transforms. God, the universe, gives you that opportunity, and it is today. Smile, be thankful, and truly live, because the last journey is unpredictable. Don't wait for it with fear or resignation. Yes, that's right; we have to go, but first, let's live!

*“Smile, be thankful, and truly live,
because the last journey is unpredictable.
Don't postpone joy for tomorrow;
the ideal moment is the present”.*

Day 73

"Forever"



Nothing happens because something ends. When something ends, it is accepted, and life goes on. No blame. No regrets. No drama. Remember that “forever” is just a belief, an idealization—a program that, if not seen through consciousness, only prolongs suffering and restricts freedom. You are not obliged to love anyone, be friends with anyone, or please anyone. You are not obligated to prolong what does not work or fulfill you.

If the other no longer wants to, why insist? If you no longer want to, why insist? You’re free. You are free. What are you still doing playing that role—the role of lover, friend, or well-matched relative? Which role are you continuing to play? Don’t you realize that life is passing by while you relate out of fear and guilt?

Yes, I know what’s coming: “I just don’t want to hurt him”. Well, since you don’t want to hurt him, you’re just fooling him, letting him live in a lie. You’re prolonging something that doesn’t make you happy and, deep down, doesn’t make the other person happy either. Examine your beliefs and see how they surface. Do you recognize the inconsistency?

Understand this: People are free. No one belongs to you, and you don’t belong to anyone. That is where true love begins—in freedom. If you only see obligations, you are not loving. You have never loved, and of course, you don’t love yourself. Wake up. Give yourself permission. Get out of prison. Get consistent. LOVE (in capital letters) is still waiting for you.

*“True love begins where freedom resides; no one belongs
to you, and you belong to no one.*

Embrace this truth and let love flourish without chains”.

Day 74

Daily Miracles of Life



It is very important to accept that we all make mistakes, and even more important to take responsibility for our actions; this helps free the soul. To whom it resonates with deep affection: “No one has the power to hurt you except you”.

Let’s stop turning those who decided not to love us into villains. The fact that they couldn’t recognize your beauty doesn’t make them bad. Let’s stop using people to hurt us; they are free to act as they please, but you are responsible for how their actions affect you.

We must be free to act without fear of hurting sensitivities, and we must forgive and understand that we are all here for constant learning. People will make mistakes because it’s their nature; they will lie to you and let you down. That is not only good but necessary; it will develop your sensitivity, enhance your abilities, awaken your dreams, and drive away your fears.

Let them pass through your life; let them be. Show or hide, scream, slam the door when leaving, let them lie, play, or pretend. Learn to observe, study them, discover them, conquer them, love them, forgive them, and let them continue flowing in this immense river of beings that come and go. Don’t point fingers, don’t judge—love and follow.

Do not cling to anything or anyone; learn to let go, to enjoy the moment you share in your space and time. Don’t expect them to be good, wise, or upright—in general, DON’T WAIT! Take the

SOUL

good, let everything take its place, and let everything sink. In the end, what floats will float.

What is yours, what belongs to you, what is in this universe to be yours will come without you losing yourself, and it will remain without you forcing it. It will arrive in its own time and will be perfect.

*“Embrace the flow of life, allowing people to come and go.
What is meant for you will arrive in its own perfect time,
without force or expectation”.*

Day 75

When My Life Changed



My life changed when I accepted that I am the main director and only actor in this great movie called life. I learned from my failures and celebrated my successes. I learned to be thankful for what I had in the past, for what I have in my present, and for what is to come in my future. I learned to always maintain a state of gratitude for everything I possess—material, physical, and spiritual.

I learned that I don't need the approval of others to be happy, that my happiness comes from within me. I discovered that happiness is achieved through small changes and details, and I found it in all my triumphs, whether big or small.

I realized that no matter how much I expect from people, there will always be disagreements and heartbreak. I understood that I should not attach myself to expectations to avoid suffering. I learned that I am the one who must change for my life and world to change.

I accepted that no matter how much I hoped for kind words from people important to me, they were not going to arrive. So, I stopped waiting and started saying those words to myself. I accepted and moved on from the mistakes of my past, understanding that they are the consequences of my present, and the decisions I make now will shape my future.

My life changed when I understood that love, friendship, and affection are not to be begged for; they are given and received freely and spontaneously, whether from friends, family, or

acquaintances. I realized that physical, mental, and spiritual peace and tranquility are priceless and among the greatest treasures we can have.

My life changed when I learned to love myself, accept myself, and value myself just as I am—that I am a being of light, a spiritual being. I changed when I accepted and believed that I am deserving of all the good that the universe has to offer. I transformed when I learned to say “no” to those around me without feeling guilty, accepting that we are all different worlds and that we must learn to value each other for our virtues.

My life changed when I learned not to judge others because everyone has their own heaven or hell and their own reasons and truths.

Day 76

Celebration



I have always said that life is a wonderful gift to be enjoyed to the fullest, and to do so, it is necessary to learn to celebrate each moment. Celebrating is much more than just marking a birthday or an important achievement; it is a state of mind and an attitude toward life. It involves being grateful for everything you have, for each experience, for every lesson learned, and for each person with whom you share your journey.

It's important to learn to celebrate even the smallest and most mundane things in life, such as a good meal, a chat with a friend, a walk in the park, or even a hot cup of tea on a cold afternoon. These are all gifts that life offers you and that deserve to be celebrated.

When you learn to celebrate, your energy shifts; you feel happier, more grateful, and more connected to the universe. Celebration is a way of telling the universe that you are open to receiving all the good it has to offer, which in turn attracts more blessings into your life.

Of course, I know that sometimes life can be difficult, and there are times when it seems impossible to find reasons to celebrate. However, even in those moments, it is important to find something positive to focus on, something to be grateful for. There is always something to celebrate, even if it is simply the opportunity to learn and grow through the challenges you face.

I invite you to make celebration a habit in your daily life. Learn to find beauty in each moment and acknowledge it with a smile and

an internal celebration. Remember that celebration is an attitude toward life—a way of being present and grateful for everything you have. Each moment is sacred and has a divine purpose that can help you grow and evolve as spiritual beings.

“Celebration is a state of mind that transforms the mundane into the magical, filling each moment with gratitude and joy”.

Day 77

Listen to the God of Your Heart



Life works best when you give it direction aligned with your truth. Otherwise, you are just wandering. Become an active creator of your life by being conscious of how your actions shape your experiences. This awareness allows you to resolve karmas and move toward mastery and liberation in life.

Just as you would check a map before driving, make it a habit to check in with your personal roadmap every so often.

Don't set an intention just because you think it's the right thing to do. First, get clear on what you truly want. This means letting go of other people's intentions for your life and releasing outdated ideas about what you used to desire.

When you are clear on your intention, write it down and visualize it as if it has already happened. In your mind's eye, place yourself in this new reality. See what it looks like and feel your emotional state as a result of this shift. Even if it doesn't seem real or possible at that moment, acknowledge your ability to experience what you desire.

Connect with the divine within you, and you'll naturally move toward the God of your heart.

When the beauty of your spirit shines through, you'll realize that there is nothing about you that needs improvement—just more of the divine to uncover.

“Life flourishes when guided by your inner truth. Align with your heart's desires and become the conscious creator of your destiny”.

Day 78

The Culture, Education, Religion, and Beliefs at Home



From before you are born, you must follow a "pattern". The moment you are born, you already have a nationality. Your parents will make you listen to and see what they like, rather than what might help you later. From the moment you are born, you are given a profession and told what you should be in life so that your family can be proud of you and "your achievements", which are really their achievements. You are assigned a religion because you must belong to the same faith as those who live in your house; all this happens without being asked, without waiting for you to develop a sense of awareness and choose what to believe.

They fragment us! Then you take all those pieces and try to put them together, and you become a social composition of something you never asked for, simply because it has always been this way. The social environment and the system do not want free people. They do not want humans in every sense; they want us fragmented. Why do you think you feel lost in this world? You are not truly from here... You are made up of many fragments of things that are NOT really you! You believe you are something that was decided before you were born, but that is not the truth. You are much more.

Learn to eliminate all the mental aggregates that weigh you down. Free yourself from all that and strive to find (from within) what helps your being grow. Society is the best school; however, being what it wants us to be in order to gain the approval of those who have conformed to society's expectations (from my perspective)

is a mistake. It perpetuates the vicious cycle of living chained to things that are NOT us.

You are not your nationality. You are not your name. You are not your religion. You are not your profession. You are not your musical tastes. You are not everything you think you are, nor are you everything that distracts you moves you away from yourself. You are energy condensed in every cell of your body; you are a universal being.

We were so conditioned in childhood to do what others wanted us to do, to obey, to follow rules and orders, and to suppress our true selves to meet external expectations. They conditioned us to like what others thought we should like; they homogenized us, made us equal, in order to control us. We had to do what the adults thought we should do: don't shout, don't laugh loudly, don't make noise, don't play, don't mess up, don't make mistakes, don't cry, don't express yourself, don't feel. The culture, education, religion, and beliefs at home have caused us to disconnect in order to conform.

We already were, we already are, we always were. All those beliefs, loyalties, and obsolete teachings cover our being with violent mechanisms and thoughts. We are in an internal war because that is how we were trained. Our minds were conditioned for what you are doing right now: not believing in yourself, not listening to your inner voice, and not expressing yourself from your conscience.

Wake up! Get out of those conditionings that exist only in your head. Open your heart, open your mind, and begin to shine with the light of your true essence.

The truth about you lies beneath layers and layers of thoughts, memories, beliefs, and programs inherited or shaped by repetition.

The truth about you is buried deep in your mind, beneath the memories of your childhood and all your subconscious, forgotten thoughts, as well as yours conditioning and emotional inheritances. You are not what your mind thinks. You are not what your ego dictates. You are not a brain, nor are you a lung or a foot. You are much more than a physical body; you are much more than your thoughts and emotions.

As Wayne Dyer explained, you are not a human being having a spiritual experience; you are a spiritual being having a human experience. You are an extension of love, of the mind of God, of the divine wisdom that conceived you and created you. In order to live this experience on Earth, you adopted a human appearance and arrived here equipped with physical, mental, emotional, and spiritual bodies. Enjoy it.

“You are not the labels assigned to you; you are a universal being, an extension of divine wisdom and love”.

Day 79

You Are Already What You Want to Be



The easiest way to reach our destination is to know exactly where we are going. The more we focus on our main objective, the easier it becomes to attract synchronicities that connect us with people, resources, or situations that can help us manifest our desires. “When the student is ready, the teacher appears”. What a profound truth! However, how often do you complain about living in a way that doesn’t make you happy, yet you do nothing to change your life and get back on track?

We must begin by having an open mind to the change of thought—that is, a change of consciousness. Start believing in yourself and recognize that you are capable and DESERVING of harnessing the power within you.

Everything we experience reflects our thoughts; before becoming something real, it was created with our energy on a spiritual plane. What we think manifests as reality in the physical realm if we believe in it enough.

When you realize that your feelings stem from your thoughts—and thus influence your actions—you begin to be more aware of what you allow yourself to think about yourself and your environment.

Reflect on where your ship is sailing. Check your map again and direct your inner compass, which is your mind, to reach the port you love, dream of, long for, and wish to experience.

The best guide to know if we are on the right path is our heart—our intuition, that “hunch” that tells us if the route we’ve chosen is the best.

Believe in yourself. Create from the certainty of your dreams.

*“The journey to your dreams begins with a clear vision
and unwavering belief in your own potential”.*

Day 80

Human Magnet



As human beings, we are like magnets, attracting into our lives everything that we vibrate. This is a fundamental law of the universe that many great thinkers throughout history have understood. When we think and feel positively, we tend to attract positive experiences and people into our lives. Our thoughts and emotions create a vibration or frequency that resonates with similar frequencies in the world around us. In contrast, when we think and feel negatively, we tend to attract negative experiences and people.

This is not to say that we should suppress or deny our negative thoughts and emotions. Instead, we should strive to be aware of them and allow them to pass through us without getting caught up in them. When we can observe our thoughts and emotions without judgment or attachment, we can begin to shift our vibration toward more positive frequencies.

One key to becoming a human magnet is cultivating a sense of gratitude and appreciation for the good things in our lives. When we focus on what we are grateful for, we raise our vibration and attract more of the same. This is why gratitude practices such as journaling or meditation can be so powerful.

Another important aspect of being a human magnet is aligning ourselves with our true purpose and passions. When we live in alignment with our highest selves, we radiate positive energy that attracts people and opportunities supporting our growth and fulfillment.

Ultimately, being a human magnet is about being in a state of flow and alignment with the universe. It involves trusting that the universe is conspiring in our favor and that everything is working out for our highest good, even if we can't always see how in the moment. When we let go of our fears and attachments, we open ourselves up to the infinite possibilities that exist in every moment.

So, my dear friend, I encourage you to embrace your power as a human magnet. Cultivate a positive mindset, align yourself with your purpose and passions, and trust the universe to guide you toward your highest good. The mysteries of the universe are waiting to be discovered by those who are open and receptive to them.

“Your thoughts and emotions are magnets, attracting experiences that resonate with your inner frequency. Cultivate positivity to draw in the life you desire”.

Day 81

The Subconscious Accepts What You Say as True



Talking to yourself is a habit that everyone engages in. We could no more stop talking to ourselves than we could stop eating and drinking. All we can do is control the nature and direction of our internal conversations. Most of us are completely unaware that our internal conversations shape our life circumstances. We have been told that “as a man thinks in his heart, so is he”. But do we understand that our thoughts follow the traces left by our internal conversations? To direct these traces toward the path we want to take, we must let go of the old conversation—what is referred to in the Bible as the Old Man—and be renewed in the spirit of our minds.

Speech is the reflection of the mind; therefore, to change your mind, you must first change your speech. “Speech” refers to the mental conversations we have with ourselves. The world is a magical circle of infinite possible mental transformations, as there are countless potential mental conversations.

When a person discovers the creative power of inner speech, they will realize their purpose and mission in life. Then, they can act with intention. Without such awareness, actions are unconscious. Everything we experience is a manifestation of the mental conversations occurring within us, often without our awareness. As civilized beings, we must become aware of these conversations and act with purpose.

*“Your inner conversations shape your reality. Change
your speech, and you change your life*

*The mind's dialogue is a powerful tool. Direct it with
intention and watch your world transform*

*Awareness of your inner speech is the key to purposeful
action and a fulfilled life”.*

Day 82

The Day You Truly Love Yourself



The day you truly love yourself, you will begin by stopping the habit of pleasing others to satisfy your soul. Too often, you prioritize others and set aside what you truly want. When you love yourself, you will stop letting everything wear you down and will understand the cycles of life, embracing both endings and new beginnings. Constantly expecting what is yet to come only leads to frustration.

The day you love yourself, you will distance yourself from toxic people, whether they are family, close friends, or partners. Many of these relationships drain you, cease to contribute positively to your life, and hinder your growth. When you love yourself, you will set aside criticism and focus on what helps you grow as a person. Paying attention to those who judge you only causes you to doubt your abilities.

The day you love yourself, you will put aside your fears and choose to take risks. There is only one opportunity to love yourself, and that is by unleashing your full potential and discovering your true self. When you truly love yourself, you will stop lying, harming, and pretending. Engaging in these behaviors continuously only destroys you without you realizing it.

The day you truly love yourself, you will stop playing the victim and take responsibility for your actions. No one else is to blame for who you are; only you can decide your path. When you choose to love yourself, it will manifest both internally and externally.

You will start by nourishing your body with healthy food and giving it the gratitude it deserves.

You will prioritize being pleasing to your eyes, transparent to your soul, and honorable to your spirit.

“The day you truly love yourself, you will stop seeking validation from others and start honoring your own desires.

When you love yourself, you take responsibility for your life, nourish your body, and honor your spirit”.

Day 83

Don't Own, Enjoy



Do not possess. Do not become a possessor of people or things; simply enjoy them as the gifts of the Universe. When they are available, enjoy them; when they are not, embrace the freedom that comes with it. When you have something, enjoy it; when you don't, appreciate the beauty in not having it. If you live in a palace, enjoy it; if you live in a hut, let that hut become your palace. It is the enjoyment that makes the difference, so if you find yourself under a tree, enjoy it. Don't overlook the tree, the flowers, the freedom, the birds, the air, and the sun. And when you are in a palace, don't miss the beauty; savor the marble and the chandeliers. Enjoy wherever you are and do not own anything. NOTHING BELONGS TO US. We come into this world empty-handed and leave it the same way. The world is a gift, so enjoy it while you can. Remember, the Universe always gives you what you need.

*“True joy comes from appreciating the present moment,
not from owning things. Embrace the gifts of the
Universe with gratitude.*

*Life's beauty lies in the freedom to enjoy what is,
without the burden of possession.*

Savor each moment as it comes”.

Day 84

To Reach Your Inner Being



To reach your inner being, you need to abandon ego, resentment, pain, arrogance, possession, and contempt—everything that does not bring positivity to your life. Instead, embrace humility, believe in yourself, practice forgiveness and gratitude, and respect all that is created on Earth and in heaven. Free yourself from the beliefs and dogmas that have long prevented your spirit from flowing freely. Your true religion resides within your spirit. God exists, and He is in each of us. Seek Him, and when you find Him, you will realize He has always been inside you. Your faith is the engine of your spirit.

Take time for yourself; it's essential. Spend time in silence and feel the energy that flows within you. Allow yourself moments of happiness as you contemplate your light. Above all, listen to your silence, feel your peace, and you will see love flowing throughout your body and being. You are unique—no one can feel as you do or love as you can. You embody beauty through your inner being. But remember, you are neither better nor worse than anyone else. We are the unity of creation, and we have come to this world to perform the same work of unity: love and respect.

Learn to breathe so your brain receives proper oxygenation. By doing so, you will enter a meditative state, where it will be just you and the light of divinity. Walk through the forest, a garden, the sea—wherever you wish. Feel all of creation and recognize your unity with everything that exists. Animals, plants, and rocks are also your brothers; respect them, as they exist for you to love. Practice gratitude in your daily life; this will elevate your spirit.

SOUL

Live in freedom, without imposing your thoughts and beliefs on others; everyone deserves respect. Accept your unique life experiences as gifts.

“To reach your inner being, let go of negativity and embrace humility, forgiveness, and gratitude. Your true religion resides within your spirit”.

*“Spend time in silence, feel the energy within, and recognize your unity with all creation.
This is where true peace and love flow”.*

Day 85

The Wisdom of Inner Silence



Speak simply when necessary. Think about what you are going to say before opening your mouth. Be brief and precise, as each word you release also expends a part of your energy. This way, you will learn to develop the art of speaking without losing energy. Never make promises you cannot keep. Avoid complaining and refrain from using words that project negative images, as everything you express will manifest around you. If you have nothing good, true, or useful to say, it is better to remain silent.

Learn to be like a mirror: listen and reflect energy. The universe itself is the best example of a mirror, as it unconditionally accepts our thoughts, emotions, words, and actions. It reflects our energy back to us in the form of the various circumstances in our lives. If you identify with success, you will be successful; if you identify with failure, you will fail. Thus, we see that our circumstances are external manifestations of our internal dialogue.

Learn to be like the Universe—listening and reflecting energy without dense emotions or prejudices. By becoming a mirror without emotions, we learn to communicate differently, with calm and silent mental power. This prevents us from imposing personal opinions and experiencing excessive emotional reactions, allowing for sincere and fluid communication.

Don't overestimate your importance; be humble. The more you appear superior, intelligent, or arrogant, the more you become a prisoner of your own image, living in a world of tension and illusions. Be discreet and preserve your private life; this will free

SOUL

you from the opinions of others, leading to a quieter existence—becoming invisible, mysterious, and lighter.

“Speak with intention and simplicity, for each word carries energy. Silence can often be the most powerful response”.

Day 86

The Imbalance Is in the Mind



The imbalance lies in the mind, not in the physical body. However, the body manifests the mind, so if there is imbalance in the mind, it will show in the body as illness, anxiety, fears, depression, and distress. This mental imbalance is not yours; it is the collective mind. What you need to do is stop identifying with your own mind, as it is part of the collective.

As the Being that you are, you have no inherent imbalance; yet it manifests in your body-mind because you continue to identify with your mind. Disidentifying from the mind is the most challenging part, but it is not impossible. Dedicate at least 30 minutes every day to practice silence, relaxation, and meditation, allowing yourself to settle into your true being and release your attachment to the mind.

If you are feeling more anxiety, fear, or emotional distress lately, it's because we are going through a period where everything is coming to light. All the pain, suffering, repression, wars, conflicts, and traumas of the past are surfacing, manifesting as the symptoms mentioned earlier (ailments, illnesses, anxiety, and fears).

This must come out; resistance is useless and could be even more damaging. We must bring all this to consciousness and embrace it with love so it can transform into light. These times of revelation are periods of purification and healing, and they must be experienced. Accept it without resistance and remember: "This too shall pass".

“The mind's imbalance manifests in the body. Release attachment to the mind and embrace your true being for healing”.

Day 87

Purpose of Life



Be attentive to the signs of life. Everything that comes into your life is exactly what you need to experience at that precise moment. Don't resist; just flow with total acceptance, even if you don't like it. Who doesn't like it? The ego, of course. NOTHING happens by chance. There is a design and a perfect plan throughout life, and you are part of that whole, and therefore part of that perfect plan and design.

When you see strange things happening in your life and wonder why they happen to you, take time to see how it all fits together, and you will find a reason for everything. The reasons may not always be what you expected but be willing to accept them and learn from them—DO NOT FIGHT AGAINST THEM. Life should not require effort. A flower does not fight to open before the rays of the sun, so why should you struggle to bloom before the rays of My limitless love? If you do, it is on you and not part of My perfect design and plan for you. Simplicity is My seal, so may your life be SIMPLE.

Open your heart a little more, and you will feel that you are exactly where you need to be at the perfect time. You may not understand it at first, but later you will know why it had to be that way. Nothing happens by chance; everything is part of your life purpose. Life itself will bring you the experiences and people necessary for you to manifest your gifts and talents.

Don't just settle for working for financial compensation. Start doing what you love most in your free time, and gradually dedicate

yourself to it. Rest assured; you will find success. Those who do what they love and share it with others are blessedly destined for success and happiness. It doesn't matter if you don't receive anything in return, especially at the beginning. But it's not just about receiving or not; it goes beyond that. It's about living in abundance, doing what you love, and sharing it with unconditional love.

Then you will be in harmony with life, experiencing abundance, and life will shower you with blessings and provide for you. Work requires effort, but when you do what you love, there is no effort—there is fun, enthusiasm, joy, happiness, and freedom! Search your heart for your gifts and talents, what you love to do most, and share them with others from a place of unconditional love. You will benefit, and others will benefit as well. This is the natural flow of life. Give without expecting anything in return; give for the love of giving, because when you give, you find happiness, and life will reward you.

“Embrace each moment as part of a perfect plan. Flow with acceptance, and life will reveal its purpose to you

Do what you love with unconditional love, and life will shower you with abundance and joy.

True success comes from sharing your gifts and talents with the world, not from seeking financial compensation”.

Day 88

Fluid Dance of Existence



When the situation is good for you, enjoy it.

When the situation is bad for you, transform it.

When the situation cannot be transformed, transform yourself.

In the fluid dance of existence, life unfolds in rhythms of light and shadow, harmony and discord. In the embrace of favorable winds, let us bask in joy, savoring the melodies of happiness and gratitude that serenade our hearts.

When clouds of challenge cast their shadows, let's become alchemists of transformation, turning adversities into canvases where strokes of growth, resilience, and wisdom are painted.

And in moments when situations seem immutable, let's turn inward, cultivating the gardens of our souls. Let the seeds of self-transformation blossom, nurturing our spirits with the waters of adaptability, acceptance, and profound inner shifts.

In this journey, we become the architects of our reality, skillfully navigating life's terrains with the compass of conscious transformation and the light of inner evolution.

"In the dance of life, embrace joy, transform challenges, and when change is impossible, transform yourself".

Day 89

Heaven on Earth



The idea that we came here to bring heaven to Earth speaks to the belief that each of us has a unique and important role to play in creating a more peaceful, harmonious, and fulfilling existence for ourselves and others.

At the core of this idea is the recognition that we are all interconnected, and our thoughts, words, and actions have the power to create a positive impact on the world around us. By embracing this belief and living our lives with purpose and intention, we can begin to create a more fulfilling and meaningful existence for ourselves and those around us.

One key benefit of embracing the idea that we came here to bring heaven to Earth is that it allows us to connect more deeply with our own sense of purpose and meaning in life. By recognizing that we have a unique and important role to play in creating a better world, we can tap into our inner wisdom and understanding, finding greater fulfillment and joy in our lives.

Another benefit is that it fosters deeper connections with others. By recognizing that we are all part of a greater whole, we can cultivate more meaningful and fulfilling relationships and create a more positive impact on the world around us.

Ultimately, the concept that we came here to bring heaven to Earth invites us to approach life with purpose, intention, and positivity. By embracing the power of our thoughts, words, and actions, we can create a more fulfilling and meaningful existence for ourselves and others, contributing to a more positive and peaceful world.

“We are here to bring heaven to Earth, creating a peaceful and harmonious existence through our thoughts, words, and actions”.

Day 90

Love



Love, the most powerful force in the universe, is the foundation of creation and the essence of our existence. From a spiritual perspective, love has the power to shape our world, our relationships, and ourselves. Let's explore the transformative power of love:

Love as Universal Energy: Love is the universal energy that permeates all things, connecting us to one another and to the cosmos. Embracing love as a guiding force in our lives aligns us with the highest vibrations of the universe, fostering harmony, peace, and growth.

Self-Love & Spiritual Growth: The journey of self-love is essential for spiritual growth. By nurturing self-compassion, acceptance, and forgiveness, we create a solid foundation for personal transformation and deeper connections with others.

Unconditional Love: Cultivating unconditional love for ourselves and others allows us to experience the true power of love. This boundless, non-judgmental love transcends barriers, heals wounds, and fosters profound connections.

Love & Healing: Love has the innate ability to heal our emotional, mental, and spiritual wounds. By embracing love in all its forms, we can release past traumas, overcome obstacles, and create space for growth and transformation.

Love as a Catalyst for Change: Love has the power to inspire positive change within ourselves and the world around us. By

spreading love and kindness, we can create ripples of compassion and understanding that resonate throughout the universe.

Love & Unity: Love fosters a sense of unity and interconnectedness, reminding us that we are all part of a greater whole. By recognizing our shared humanity, we can build bridges of understanding, compassion, and empathy.

“Love is the universal energy that connects us all, fostering harmony, peace, and growth, Unconditional love transcends barriers, heals wounds, and creates profound connections.

By spreading love and kindness, we create ripples of compassion that resonate throughout the universe”.

Day 91

Frequency of Our Vibrational Aura



Every thought that flickers in our mind, every word that flows from our lips, every action we take, and every emotion that dances in our heart collectively orchestrates the symphony of our energetic aura.

The energy of our thoughts, words, actions, and emotions collectively creates the frequency of our vibrational aura. In this vibrational ballet, our energy becomes the language that articulates the essence of our being. It's a silent but powerful communication, a radiant frequency that echoes our inner landscapes into the universe, attracting harmonies and melodies that resonate with our symphonic expression.

Cultivating mindfulness in our thoughts, nurturing kindness in our words, weaving love into our actions, and cradling positivity in our emotions are the threads that knit the fabric of our aura—a vibrant tapestry that forms the magnetic field of our existence, connecting us to the rhythm of the universe and life's profound manifestations.

Embrace this powerful realization, becoming a conscious architect of your energy, shaping the frequencies you emanate, and designing a vibrational aura that mirrors your soul's divine light and beauty.

“Our thoughts, words, actions, and emotions weave the fabric of our aura, creating a symphony that resonates with the universe”.

Day 92

Consciousness in the Garden of Your Being

Cultivate the witness consciousness to become a neutral observer of your own life. The witness within you is simple awareness—the part of you that notices everything, just watching, not judging, just being present in the here and now.

The witness is another level of consciousness that coexists alongside your normal awareness, representing the part of you that is awakening. Humans have this unique ability to occupy two states of consciousness simultaneously. Witnessing yourself is like directing a flashlight beam back at itself. In any experience—sensory, emotional, or conceptual—there's the experience, the sensory or emotional data, and then there's your awareness of it. That's the witness, the awareness you can cultivate in the garden of your being.

The witness is your awareness of your own thoughts, feelings, and emotions. Witnessing is like waking up in the morning and looking in the mirror, simply noticing yourself—not judging or criticizing, just neutrally observing the quality of being awake. This process of stepping back takes you out of being submerged in your experiences and thoughts and into self-awareness.

Along with that self-awareness comes the subtle joy of simply being here, alive, and enjoying the present moment. Eventually, as you float in that subjective awareness, the objects of your awareness dissolve, and you will arrive at the spiritual Self, which embodies pure consciousness, joy, compassion, the One.

“Cultivate the witness within, observing life with neutrality and presence, and discover the joy of simply being”.

Day 93

Intuition



Connect with your intuition and allow it to guide you. The soul knows the way. Sometimes, we feel that our lives and purposes have gone awry, that the illusion has vanished, and that there is no longer room in the world for innocence. Social pressures drive us to compete, pretend, accumulate, or impose demands on ourselves, creating an accelerated pace of life filled with constant worries. In the midst of this collapse, it is easy to forget that we are not merely the character but the soul that inhabits it, and it is the soul that should guide our steps.

The soul knows the way. What's the point of living disconnected from it? The soul possesses qualities that make us more human. Why turn them off? That's why, from this day forward, I invite you to meditate and connect with the child you once were. Its essence remains within you. Let's listen to what it has to tell us, rescue its abilities, offer it love, and heal any pain it may carry.

That child represents the purest version of ourselves, the initial project my soul conceived before being born. Let us rescue it so that it vibrates within us with all its strength and brilliance, allowing its innate wisdom—free from limiting beliefs—to guide our steps, ensuring that much of what we desire changes in our favor. May today be the day you begin creating the path that will connect you with your soul.

“The soul knows the way. Connect with your intuition and let it guide you to a life of authenticity and purpose”.

Day 94

Being YOURSELF



We often live with the idea that we are broken or flawed, that we must fix or repair ourselves or others, with the belief that we need to be different from who we are to become someone else. The truth is, "most of the problems we have come from not accepting ourselves, not loving ourselves unconditionally, with all our defects and imperfections".

Many of us go through life feeling a sense of effort, conflict, and struggle. We wake up, work, go home, pay bills, solve problems, and collapse into bed, exhausted. We have little time left to be happy, to pursue the things we love, or even to breathe.

We spend our lives wanting to be happier, wealthier, taller, more attractive, more creative, thinner, freer, more accomplished, more successful, more famous, more spiritual, richer, and elevated. Yet, we often fail to realize that these desires do not reflect our true selves or what we genuinely want in life.

So today, I encourage you: don't push, don't resist, don't try to be who you're not. Don't force yourself into things you don't want or live a life that isn't yours. Avoid people with whom you feel no connection. Stay true to your essence and what you love. You may have forgotten who you are and no longer dare to follow your own path.

Contemplate yourself, accept yourself, and transform yourself. Stop trying to fit into a mold, trying to be the ideal or healthy person according to external standards. We are not ideal; we are

SOUL

wonderfully imperfect beings who learn from our mistakes to find the path to our greatest happiness.

Do not stray from your essence and understand that being YOURSELF is the best path to finding your transformation.

“True transformation begins with self-acceptance. Embrace your imperfections and stay true to your essence, stop trying to fit into a mold. You are wonderfully imperfect, and that is where your greatest happiness lies”.

“Being yourself is the best path to finding your transformation. Love yourself unconditionally and follow your own path”.

Day 95

Open Your Heart



The light you seek is the one that shines within you. Simply understand the message that life has for you.

Live every moment of your life with intensity and love, without reason or measure. Just live each moment to the fullest that life offers you.

If life presents you with challenges, overcoming them is a test—embrace it and achieve your goals without fear or giving up. The strong fight and never give up.

If you stumble and fall, get back up. Don't give up before you start, and if you stumble again, rise with more energy and determination than before. There are no obstacles you cannot overcome.

Give everything you can without expecting anything in return; let everything come from your heart. Nothing imposed is good. Life will know how to reward you.

Live simply; do not flaunt what you are or what you possess. You have been blessed to have it.

Do not beat a dead horse. Remember that at some point in your life, you may have been or may be in similar circumstances.

Do not cling to material things; they are necessary but not essential.

SOUL

Do not allow mediocrity or hypocrisy in your life. They are vain and low feelings that lead only to sadness, bitterness, and loneliness.

Keep bad thoughts, anger, revenge, envy, pride, and lies away from you; they corrode your soul and damage your heart.

Open your heart to love and forgiveness; this will set you free and allow the nobility within you to flow. Live every moment to the fullest, without dwelling on yesterday or worrying about tomorrow. Just live TODAY in every moment that life gives you.

The light you seek shines within you. Embrace life's message and live each moment with intensity and love.

*Overcome challenges with determination,
rise after every fall and let your heart guide you without
expecting anything in return.*

*Open your heart to love and forgiveness, live simply,
and cherish each moment without dwelling on the past
or worrying about the future.*

Day 96

Every Person is a Test, a Lesson, or a Gift



Every person who crosses your path is a test, offering unique lessons and opportunities for growth. Each interaction, whether positive or challenging, is a mirror reflecting aspects of ourselves that we need to understand, heal, or embrace. Recognizing this can transform the way we perceive our relationships and encounters.

Some people bring joy, love, and support into our lives, teaching us about gratitude, connection, and the beauty of shared experiences. These relationships nourish our souls and help us grow in a positive direction. Cherish these connections, for they are gifts that enhance our journey.

Others may present challenges, pushing our buttons and testing our patience. These individuals serve as powerful teachers, revealing our triggers, fears, and areas where we need to develop resilience and compassion. Embrace these tests as opportunities to strengthen your character and deepen your understanding.

Every person is a lesson in empathy and self-awareness. They teach us to see the world from different perspectives to practice forgiveness, and to set healthy boundaries. Each encounter is a steppingstone on our path to becoming our best selves.

Remember, the way we respond to these tests defines our growth. Approach each interaction with an open heart and a willingness to learn. Look beyond the surface and recognize the underlying lessons.

SOUL

By viewing every person as a test, we cultivate a mindset of continuous learning and self-improvement. We become more mindful of our reactions and more intentional in our actions. This perspective empowers us to handle our relationships with grace and wisdom.

So, embrace every person as a teacher, every encounter as a lesson, and every relationship as a step towards your higher self. In doing so, you transform challenges into growth and connections into profound, meaningful experiences.

Day 97

Embarking on a Spiritual Journey



Embarking on a spiritual journey is about discovering and embracing your true self. Being authentic is the cornerstone of this journey, as it allows you to align with your deepest values and live a life that is true to your spirit.

Authenticity means stripping away the layers of societal expectations and external influences to uncover your genuine self. It's about listening to your inner voice and trusting your intuition. On your spiritual journey, let go of the need to please others or fit into molds that don't resonate with your true nature.

Start by practicing self-awareness. Spend time in reflection and meditation to connect with your inner self. Ask yourself what truly brings you joy and fulfillment. What are your passions and dreams? What values are most important to you? These questions will help you understand your authentic self and guide you on your path.

Embrace vulnerability. Being authentic means showing up as you are, with all your strengths and imperfections. It takes courage to be vulnerable, but it's in these moments of honesty that you find true connection with others and a deeper understanding of yourself.

Surround yourself with people who support and celebrate your authenticity. These relationships provide a safe space for you to express your true self and grow spiritually. Let go of those who diminish your light or pressure you to be someone you're not.

SOUL

Live in alignment with your values. Make choices that reflect your true self and honor your spirit. This might mean changing your career, pursuing a passion, or setting boundaries. When your actions align with your inner truth, you create harmony and peace within your life.

So, embrace your spiritual journey by being authentic. Let your true self shine, and trust that this authenticity will guide you toward a life filled with purpose, joy, and spiritual fulfillment. Remember, your journey is uniquely yours, and the more authentic you are, the more beautiful and meaningful it becomes.

Day 98

I Understood



As time went by, I came to understand that life is an instant, a sigh, and that it was lent to me to live. I don't know when it will be taken from me, so I realized my obligation is to live it to the fullest, to feel it deeply with all that it implies.

I learned that love chooses us and, at the same time, is built. It arrives when we least expect it, does not come with guarantees, and the biggest risk is not taking any risks.

I understood that the greatest prison is keeping quiet about our feelings. What we don't express suffocates us a little more each day; silence can sometimes be a mute cry from the imprisoned soul. Silence extinguishes us, killing us slowly.

I realized that those who love me will not judge me. They may not fully understand me and might think I'm a bit crazy, but they love me as I am. If they judge me, they don't truly love me; they love the image they have created of me.

I understood that there are no coincidences, no such thing as chance. Everything is causality; each moment of life is a link connected to the next in the chain of life. Everything has a reason and a purpose; nothing is random, and it takes you where you need to go.

I learned that fear is a disease, a paralysis that prevents you from reaching your destination and forces you to watch life pass by. Fear blinds, deceives, and cuts your wings.

I understood that dreams are meant to be fulfilled, and obstacles can be overcome if we stay focused on our objectives. It is better to try and fail than to never have tried at all; if you don't try, you will never know what you are capable of.

In short, I realized that to live is not enough to merely exist; you have to go beyond what is expected. To live, you must risk your skin, let go of the “comfort and security” that your ego makes you believe you possess. To live, you must accept that the only way you will leave this life is in a coffin. To live, you have to be certain that the entire universe conspires in our favor, and the soul always knows the way if you allow yourself to be guided by it.

*“Life is an instant, a sigh. Live it to the fullest,
embracing every moment with depth and intensity”.*



*7 Each life experience is a window of opportunity for evolution, and this
has been projected by the soul with the purpose of recognizing the
source in each particle of life and experience.*

Photo: Evalina Nava



Day 99

Divinity



The highest purpose of every human being is to discover and remain true to their authentic essence. In a world that often pushes us to fit into pre-established molds, being yourself is an act of courage and self-love. When we connect with our true identity, we free ourselves from the masks and roles that society imposes on us, allowing us to live from a place of truth and transparency. This act of authenticity not only grants us greater inner peace but also illuminates our path to spiritual fulfillment.

Deep within our being, there is already a divine spark that connects us to the sacred. This divinity is not something we need to seek outside ourselves; it is already present, waiting to be recognized and experienced. By embracing our authenticity, we allow this divinity to express itself fully in our lives.

Every time we act from our true selves, we resonate with that divine spark, leading us to live a life more aligned with our soul's purpose and in harmony with the universe.

Experiencing the divinity within us is a continuous process of self-exploration and expansion. It requires us to let go of limiting beliefs, heal past wounds, and open ourselves to new ways of being and perceiving the world. As we deepen our connection with the divine, we begin to see life as a reflection of our own divinity.

This recognition fills us with a sense of unity and unconditional love, allowing us to live from a place of authentic power, where every action, thought, and feeling becomes a sacred expression of who we are in our purest essence.

“Embrace your authentic essence, and let your divine spark illuminate your path to spiritual fulfillment”.

Day 100

Loving and Honoring Our Own Energy



In a world that constantly pulls us in different directions, it's easy to forget the importance of loving and honoring our own energy. Your energy is your essence—what makes you unique, vibrant, and alive. Loving your own energy means recognizing your worth, embracing your individuality, and nurturing the light within you.

When you love your own energy, you cultivate a deep sense of self-awareness and self-acceptance. You begin to understand your needs, your boundaries, and what truly fuels your spirit. This self-love empowers you to protect your energy, choosing environments, relationships, and activities that uplift and inspire you rather than drain or diminish your inner light.

Your energy reflects your inner state. When you love and nurture it, you radiate positivity, attracting more of the same into your life. You become a magnet for good vibes, drawing in people and experiences that resonate with your higher self. Loving your energy means taking time for self-care, engaging in activities that make you feel alive, and listening to your body, mind, and soul.

It also means letting go of anything that doesn't serve your highest good. Whether it's negative thoughts, toxic relationships, or unhealthy habits, releasing these energy drains creates space for growth and positivity. When you love your energy, you prioritize your well-being, understanding that your inner peace is the foundation for everything else in your life.

Loving your own energy is not selfish; it's essential. It's about recognizing that you are deserving of love, respect, and

happiness—starting with how you treat yourself. When you honor your own energy, you set a powerful example for others, demonstrating the importance of self-love and self-respect.

So, take a moment to connect with your energy. Feel its power, warmth, and potential. Love it, nurture it, and let it guide you toward a life filled with joy, purpose, and abundance. When you love your energy, you unlock the door to your true self, creating a life that is authentically and beautifully yours.

“Loving your own energy means recognizing your worth and nurturing the light within you, creating a life of joy and abundance”.

“When you honor your energy, you radiate positivity, attracting people and experiences that resonate with your higher self”.

“Self-love empowers you to protect your energy, choosing what uplifts and inspires you, and letting go of what doesn't serve your highest good”.

Day 101

Unlimited Beings



The real battle is fought in our minds, and we have control. Remember that we are unlimited beings. Everything in life begins and manifests in the mind. When we understand that everything is mental, we recognize that the true battle is not fought in the outside world, but within our minds. This is where our beliefs, fears, and desires are generated, and where we have the power to transform them. This knowledge brings great responsibility, as it teaches us that by changing our mindset, we can change our reality.

The mind is a vast and powerful field, capable of constructing internal worlds of infinite complexity or solving the greatest challenges. However, it can also become a prison if we do not control it. The battle in our minds is a struggle between the voices of fear and doubt and the voice of our inner truth. But here lies a fundamental truth: you are in control. You are not a passive spectator of your thoughts; you are the creator of your mental reality. By becoming aware of this, you can direct your mind toward growth, peace, and the realization of your unlimited self.

Remembering that you are an unlimited being is essential to winning this internal battle. You are more than your body, more than your circumstances, and more than the thoughts that cross your mind. In essence, you are an infinite being with a potential that transcends any physical or mental limitations. By embracing this truth, you free yourself from the chains of fear and limiting beliefs, allowing your mind to expand into new possibilities. Thus, you take control of your life, aligning your thoughts with the

SOUL

greatness that resides within you, and allowing your light to shine in its fullest expression.

“The real battle is within our minds. By changing our mindset, we can transform our reality and embrace our unlimited potential”.

Day 102

Self-Awareness



The pure joy that comes from being authentically ourselves is a realization that transcends the noise of societal expectations and liberates us to embrace our unique essence with open arms.

"Being yourself is bliss", they say—a gentle mantra that echoes the freedom found in authenticity, reminding us that our true happiness lies in honoring who we truly are. It's a celebration of our individuality, a recognition of the beauty that arises when we cast aside masks and embrace our genuine selves.

However, embracing authenticity isn't always easy. In a world that often pressures us to conform and fit into predefined molds, it takes courage to stand tall in our truth and live authentically. It requires us to peel away layers of self-doubt and societal conditioning, embracing our quirks and imperfections as badges of honor.

Yet, the rewards of authenticity are boundless. When we allow ourselves to shine as our true selves, we invite genuine connections and meaningful relationships into our lives. We experience a profound sense of inner peace and fulfillment, knowing that we are living in alignment with our deepest values and desires.

But the journey to authenticity is ongoing. It's a continuous process of self-discovery and growth, a commitment to nurturing our true selves in every moment. It requires us to listen closely to the whispers of our intuition, to follow the guidance of our hearts, and to trust in the wisdom of our inner voice.

SOUL

So, let us embrace the joy of authenticity with courage and grace. Let us celebrate the uniqueness of our individual journeys, knowing that our authenticity is our greatest gift to the world. And let us remember that as we honor our true selves, we inspire others to do the same, creating a ripple effect of love, acceptance, and joy that reverberates throughout the universe.

In the radiant glow of authenticity, we find true bliss—the bliss of living in alignment with our highest selves and embracing the beauty of who we truly are.

*“Authenticity is the art of embracing your true self,
where the beauty of your soul shines brightest”.*

Day 103

Peace



Peace is more than just the absence of conflict or turmoil; it is a form of wisdom that allows us to live in harmony with ourselves and the world around us. When we cultivate inner peace, we can approach life with clarity, compassion, and mindfulness, creating positive change in the world.

At its core, peace is a state of mind that arises from our ability to accept and embrace the present moment, regardless of the challenges or obstacles we may face. When we let go of our fears and anxieties, we see the world with fresh eyes and approach life with openness and curiosity.

But peace is not just a personal attribute; it is also a way of being in the world. When we cultivate inner peace, we bring that sense of calm and clarity into our interactions with others, creating a ripple effect of positivity and compassion in our surroundings.

In this sense, peace is a form of wisdom that allows us to see beyond our limited perspective and connect with the world in a deeper, more meaningful way. We become more attuned to the needs of others and more willing to act with compassion and kindness toward all beings.

So if you're feeling called to cultivate inner peace and wisdom, know that it is a journey worth taking. It requires patience, open-mindedness, and a willingness to engage in the inner work of self-discovery and spiritual growth. But the rewards are immeasurable—a life filled with peace, clarity, and a deep sense

SOUL

of connection to the world around us. Let's cultivate peace within ourselves and in the world around us, one moment at a time.

“Peace is the gentle wisdom that guides us to live harmoniously with ourselves and the world”.

“In the stillness of inner peace, we find the clarity to see life with compassion and mindfulness”.

“Cultivating peace within creates a ripple effect of kindness and positivity that touches every corner of our world”.

Day 104

Chaos and Suffering



In life, the moments of greatest chaos and suffering are often those when the soul is preparing for a profound rebirth. Spiritually, what we perceive as destruction or collapse is actually the crumbling of old structures that no longer serve our growth. When certainties fade and the ground beneath our feet feels unstable, that is when transformation begins. It is in these moments of crisis that our spiritual roots grow deeper, seeking stability not in the external world, but within.

Spiritual blossoming does not always feel beautiful at first. It can feel confusing, painful, and uncertain. However, when the soul is undergoing this process, it is releasing layers that have limited its true potential. What appears to be collapse is actually the expansion of who we are at our core. By letting go of the old, we create space for inner light and wisdom to emerge, guiding us toward a higher, more authentic purpose.

Looking back, you will understand that those moments of “breakdown” were the fertile ground where your greatest life lessons and true spiritual power blossomed. What seemed to be the end of something was the beginning of an awakening. In those moments, you learned to trust in universal processes and find beauty in the darkness, knowing that true transformation always arises from challenges. Each fragment that crumbled allowed you to blossom into a purer, more authentic version of yourself.

*“In the heart of chaos, the soul finds its deepest roots,
preparing for a profound rebirth”.*

*“What feels like collapse is often the soul's way of
shedding old layers, making space for true
transformation”.*

*“Through the darkness of suffering, we discover the
light of our true potential and the beauty of our
authentic selves”.*

Day 105

Believe Deeply



When you believe deeply, you activate an inner force that connects directly with the energetic flow of the universe. This belief, when pure and without doubt, transcends the limits of the rational mind and aligns with universal laws. What once seemed impossible begins to take shape, as the universe responds to the certainty with which you manifest your desires. It is not just a matter of wanting something but of knowing with conviction that it is already yours. The power of faith transforms reality because your energy vibrates in tune with what you wish to attract.

The universe does not respond to doubts or uncertainties, but to the clarity and firmness of your spirit. By believing deeply, you send an unequivocal signal that you are ready to receive. The act of believing with such intensity creates an energetic field that magnetizes everything necessary for your dreams to materialize. In this way, what once seemed unattainable becomes inevitable, as the universe rearranges its elements to meet the vibration you emit. It is a sacred exchange between your faith and universal abundance.

The key is to understand that your belief is not just an expectation, but a conscious creation of your reality. The impossible stops being impossible when you realize that your soul is connected to the creative source of everything that exists. When you believe deeply, you activate your divine power, that spark of creation that resides within you. The universe, always receptive to that connection, responds in perfect harmony, manifesting what seems to be beyond human possibilities. But for the spirit and the

SOUL

universe, there are no limits, only infinite expansions of what you can create.

“When you believe deeply, you align your spirit with the universe, transforming dreams into reality”.

Day 106

The Power of Silence



Silence, beyond the absence of sound, is a sacred space where the soul connects with its purest essence. Those destined to do great things understand that external noise—opinions, judgments, distractions—often obscures true purpose. Silence allows intuition and inner wisdom to flourish, as that is where what words cannot express is revealed.

Spiritually, silence is a door to self-knowledge. In it, doubts and fears dissolve, and the mind quiets, allowing the voice of the true self to be heard clearly. Great actions—those that transform not only lives but also souls—are born from this space of stillness, where intentions are pure and the connection to the divine is unbreakable.

Those destined for greatness do not seek immediate recognition or external validation. Their greatest companion is silence, for they know that there they find direction toward their mission, free from the need to prove something to the world. Silence reminds them that their true strength lies not in what they do, but in who they are.

The power of silence is the foundation of spiritual greatness, for it is in silence that the soul meets the eternal, where energies align, and the spark of purpose ignites. In that state of calm, everything destined to happen flows effortlessly, guided by a deeper, universal wisdom.

“In the sacred space of silence, the soul connects with its purest essence, revealing truths beyond words”.

“Silence is the doorway to self-knowledge, where doubts dissolve, and the true self speaks clearly”.

“The power of silence lies in its ability to align our energies with the divine, igniting the spark of purpose”.

Day 107

Quality of Thoughts



Every thought you hold in your mind has a vibration that extends beyond what you can perceive with your physical senses. The subconscious mind, like an infinite reservoir, does not discriminate between what is real or imagined; it simply absorbs what you give your attention to and projects it into your life. Therefore, what you experience in your present is a direct consequence of the quality of your previous thoughts. Everything you have thought and felt has shaped the reality that now surrounds you. The subconscious mind responds to your deep beliefs, whether they are conscious or not.

Your thoughts are the seeds you plant in the energy field around you. If those seeds are charged with love, gratitude, and peace, you will reap experiences aligned with those vibrations. However, if your thoughts are infused with fear, doubt, or negativity, the universe responds accordingly, showing you situations that reflect that same energy. The universe is impartial, and your reality is simply a mirror of what you hold within you. By becoming aware of this, you gain the power to change your life by changing the quality of your thoughts.

The key lies in the I Am Presence, which is your divine and creative essence. By connecting with this presence and consciously declaring your thoughts from a place of love and wisdom, you transform your subconscious mind and, therefore, your reality. Through the constant practice of affirming the I Am as the source of everything you wish to manifest, you reprogram your mind and energy to align with the highest and purest. Thus,

SOUL

you become the conscious architect of your life, creating a present filled with abundance and purpose.

“The quality of your thoughts shapes the world around you; choose them wisely to create a life of abundance. Your thoughts are the seeds of your reality; plant them with love and watch your life blossom.

By aligning your thoughts with your highest self, you become the conscious architect of your destiny”.

Day 108

Dreams and Goals



Your dreams and goals are not just superficial desires; they are manifestations of your deepest essence, reflecting the purpose your soul has chosen for this life. Each one is an opportunity for you to explore the vast creative power that resides within you.

You are here, on this earthly plane, not by chance, but to experience the magnificence of what you can bring into reality through your intention, faith, and spiritual connection. It is in the process of manifesting that you discover the true extent of your divinity.

On this tangible plane, every experience, challenge, and achievement is a reflection of your inner vibration. By recognizing your ability to create, you realize that the universe is not separate from you but flows with you, mirroring your energy.

With every conscious action and every thought aligned with love and abundance, you attract the circumstances and opportunities that allow your dreams to materialize. This is not just a mental process; it is a spiritual connection that reminds you that you are a co-creator with divine forces.

Living on this plane is a dance between being and doing. By experiencing your creative power, you allow yourself to see that limitations only exist in the mind that harbors them. From a spiritual perspective, your dreams are already realized; you just need to align with the right vibration to see them manifest in the physical world.

SOUL

Trust that everything you desire, whether big or small, is part of your spiritual journey. Through faith, love, and awareness, you will experience the fullness of your creative power in this tangible world.

“Your dreams are the soul's whispers, guiding you to explore the vast creative power within”.

“Every goal you set is a reflection of your inner vibration, attracting the circumstances to make it real”.

Day 109

Fear and Worry



The perception of others does not define your truth. In a world where opinions and judgments are abundant, it is crucial to remember that your essence and worth are not determined by how others see you. Each person views the world through their own lens, shaped by their experiences, beliefs, and biases. Therefore, their perception of you is a reflection of them, not of your true self.

Living authentically means embracing your own truth, regardless of external opinions. It requires courage to stand firm in your identity and values, even when they are misunderstood or criticized. Your truth is a unique expression of who you are, and it is not subject to the validation or approval of others.

When you allow the perceptions of others to dictate your self-worth, you give away your power. You become a prisoner of their expectations and judgments, losing sight of your own path. Instead, reclaim your power by recognizing that only you can define your truth. Trust in your inner wisdom and intuition to guide you.

This does not mean ignoring constructive feedback or being closed to growth. It means discerning between feedback that helps you evolve and opinions that seek to diminish you. Embrace the former and let go of the latter. Your journey is yours alone, and it is shaped by your choices, not by the perceptions of others.

SOUL

Remember, the most important relationship you have is with yourself. Nurture it with self-love, acceptance, and respect. When you honor your truth, you create a life that is aligned with your highest self. You attract relationships and opportunities that resonate with your authentic being, leading to a more fulfilling and meaningful existence.

In the end, your truth is a beacon of light that shines from within. It is constant and unwavering, regardless of external perceptions. Embrace it, live it, and let it guide you. The world will adjust to your radiance, and those who truly see you will celebrate your authenticity.

"Your essence and worth are not determined by how others see you; their perception is a reflection of them, not of your true self".

Day 110

End of the World



The “end of the world” is an illusion that our minds create when we face great challenges or moments of profound transformation. However, what we perceive as the end is simply a natural cycle in the flow of life. Often, we believe that everything is falling apart when, in reality, what is happening is a process of renewal.

Each ending brings with it the seed of a new beginning, and each dark night inevitably gives way to a new dawn. Life teaches us that rebirth is part of our divine nature.

When a phase of our life ends, the soul has the opportunity to free itself from the burdens of the past and rewrite its story. Difficulties and “ends of the world” are wake-up calls—an invitation to let go of what no longer serves us and embrace the new with an open heart.

The energy of creation never stops; what ends today is simply the prelude to something greater and more expansive that is yet to come. Every morning, with the first ray of light, the universe offers us the chance to begin anew, wiser, stronger, and more connected to our spiritual essence.

Instead of fearing the end, we should learn to trust the process of life, knowing that each apparent end is a step toward further evolution. The end of the world as we know it is only the beginning of a deeper, more conscious reality.

If we align ourselves with this natural flow, we discover that there are no absolute endings, only transitions that lead us to new ways of being.

SOUL

Each sunrise is a reminder that as long as the soul remains alive and conscious, the journey continues in an infinite cycle of death and rebirth.

*“Each ending carries the seed of a new beginning,
reminding us that life is an infinite cycle of
transformation”.*

Day 111

Be Aware of Who You Are



When you understand that God and you are one, you begin to experience life from a perspective of unity, where there is no separation between the divine and the human. The kingdom of heaven is not something distant or external, but an inner reality that has always been present within you. Every human being is a reflection of the Creator, and by being aware of this, you align yourself with the pure energy of love and infinite wisdom. By accepting your divine nature, you remember that you have the power to co-create your life in harmony with the universe.

The kingdom within you is a space of peace, abundance, and plenitude. It is there that you reside in direct connection with the source of all that is. By becoming aware of this truth, your thoughts, words, and actions are transformed, reflecting the light of your divinity. You no longer live from fear or lack, but from the certainty that you have everything you need to manifest a life full of purpose. Your inner self is a sacred temple where the divine presence dwells, and by coming into contact with that space, you are freed from the illusions of the external world.

God is not outside of you, waiting to be found in some distant place. He lives within your heart, at the core of your being. By recognizing this connection, you understand that all the answers and power you seek are already within you. True spirituality is not about reaching for something external, but about remembering who you really are. You and the Creator are one in essence, and by living from that awareness, you enter a state of grace where everything flows in perfect harmony with the divine plan.

“When you realize that you and the divine are one, you unlock the power to co-create a life of purpose and abundance. The kingdom of heaven resides within you, a sacred space where peace, love, and wisdom flow effortlessly”.



8 You are the infinite focused in a body, now you see the body only, try earnestly and you will come to see the infinite only.
Photo: Kridsada Tawisuwan, Instagram: biar_tb

Day 112

What is Love? My sister asked me



Love is the fundamental essence of our existence, the force that unites the universe and all beings. It is not something that lies outside of us but an energy that has always been present within us.

By seeking love within yourself, you go on a journey of self-knowledge and healing. This journey involves identifying and breaking down the barriers you have built due to past experiences, fears, and limiting beliefs. Each barrier you destroy brings you closer to your true self, to that pure and loving core that resides within you.

Recognizing these barriers is an act of courage and compassion. It means facing your shadows and accepting your vulnerabilities with love and without judgment. It is a process of liberation and transformation, where each barrier torn down allows your inner light to shine brighter.

By removing these barriers, you align yourself with the vibrational frequency of universal love. This love is unconditional, unlimited, and ever-present. It allows you to experience life with a greater sense of peace, joy, and fulfillment. Furthermore, by radiating love from within, you create a positive impact on your environment and the people around you.

The search for inner love also involves recognizing your connection to the whole. By loving yourself, you acknowledge your divinity and your role in the great web of life.

“Love is the eternal essence within us, guiding us to break down barriers and shine our inner light”.

Love is light in the heart, a divine spark that illuminates our interior and connects us with the purest part of our being. It is light in the soul, the essence that transcends the physical and reminds us of our eternal nature. It is light in the body, the energy that nourishes every cell and gives us strength to move forward. It is light in the mind, clearing the shadows of doubt and bringing clarity and peace to our thoughts. Love is our compass, the beacon that guides us even in the darkest moments. It is our guide, showing us the way to truth, connection, and fulfillment. It is the force that unifies all parts of our being, helping us walk through life with purpose, gratitude, and confidence.

With love as light and guide, there is no obstacle we cannot overcome nor darkness we cannot transform.

... And the question arrives: How do you understand the meaning of love, sister? This question connects me deeply with the flow of life, sister. It is unlimited. It is infinite. It is everything. I connected to love, and since then, I see nothing but love in everything I am and everything around me. Love is a bridge that takes us from darkness to light, an internal and deep energy that transforms our existence. What we are is reflected in our actions, in the way we walk on the earth, and in how we relate to others.

Love is the freedom to be without possessing, the ability to give without expecting anything in return. It is the laughter that springs from the purest gratitude. It is the force that breaks the boundaries of the finite and frees us from limitations. It is flying above what cannot be perceived, an ephemeral and invisible energy that nevertheless permeates everything.

Love is blessing each moment and being grateful for every experience. It is the way back home, to our most authentic essence. We were created with love and by love, and it is that same love that guides us back to our true nature.

“In essence, love is the bridge from darkness to light, an internal energy that transforms our existence. It is reflected in our actions, our interactions with others, and our gratitude for each moment. Love frees us from limitations, allowing us to soar above what cannot be perceived. It is both ephemeral and omnipresent, blessing each instant and guiding us back to our true nature”

SOUL

Day 113

What You Perceive in Others is a Reflection of What is in You



The teaching that “what you perceive in others is a reflection of what is in you” can be interpreted from several perspectives, rooted in key concepts such as interdependence, the nature of the mind, and projection.

The mind is the source of our perception of reality. Often, what we see in others is not an objective truth but a projection of our own beliefs, emotions, and conditioning. If we perceive something negative in another person, it may be that they are revealing something we carry within ourselves, such as our own fears, insecurities, or judgments. This reflects the notion that reality is largely constructed by the mind, and our perceptions can reveal more about ourselves than about others.

Everything we experience, including judgments and perceptions about others, is interconnected with our own internal conditions. How we perceive the world depends on our past experiences, karma, emotions, and conditioning. In this sense, what we see in others is not separate from us; rather, it is part of an interconnected reality in which everything is influenced by our actions and thoughts.

From a perspective of compassion, when we perceive suffering or shortcomings in others, the teaching invites us to look within, asking ourselves if those aspects also exist in us and how we can address them with wisdom and kindness. Cultivating this reflection not only improves our understanding of ourselves but

SOUL

also fosters a more empathetic and compassionate relationship with others.

*“What you see in others is a mirror of your own soul,
revealing the depths of your inner world”.*

Day 114

Evolve or Repeat



Compassionately observe each of your experiences and realize that everything you have lived and cherished until now comprises both good and bad experiences. Let them go and understand that all have been learning experiences. Each situation you have encountered has brought you to this point of awakening, where you recognize that the past has been your teacher and that the future is uncertain.

LIVE IN THE PRESENT!

Become the observer from a higher plane; visualize what you have lived. Let the teachings integrate and let go—it has already happened; it no longer exists. Flow with life, for life is not conflict. Life is about accepting and flowing. Keep walking day by day with your head held high, and if you have made mistakes, do not judge yourself, because life always offers second chances. Believe me, this time, truly give yourself a chance to be happy.

Flourish, grow, and shine as the being of light you are, incarnated on this planet called Earth. This is how you will make the leap that leads to the awakening of consciousness. You are not alone; you have never been alone. Many of us are awakening and seeking enlightenment because wherever you are, we are connected, and we are all one. Love is not the destination; love is the path. Love yourself without judgment, for you will live with yourself forever.

“Embrace each experience as a lesson, letting go of the past to evolve into your highest self”.

“Life offers second chances; choose to grow and shine, knowing you are never alone on this journey”.

“Love is the path, not the destination; live in the present and give yourself the chance to be truly happy”.

Day 115

Treasures



The impulse to seek treasures in the outside world is an illusion that distracts us from the true purpose of our existence. We often believe that happiness, peace, or fulfillment can be found in material possessions, external achievements, or validation from others. However, these treasures are ephemeral and leave us with an inner emptiness that nothing in the world can fill. The true treasure—the one that endures and gives meaning to our lives—resides within us, waiting to be discovered and cultivated. It is an infinite wealth that does not deplete or wear out and is only revealed when we stop looking outside ourselves.

Within you lies an inexhaustible source of wisdom, love, and creative power. This inner treasure is your divine essence, your true self, which is not subject to the limitations of the material world. By turning your attention inward and exploring the depths of your soul, you begin to recognize the value of the intangible: inner peace, connection to the universe, and spiritual clarity. This inner journey leads to a deeper understanding of who you are and what your purpose is in this life. Here, in the silence of your heart, you find the fulfillment you have been seeking in the external world.

By recognizing and cultivating the treasure you carry within, you free yourself from the need to search outside. You realize that everything you truly need, you already possess. By radiating from your inner being, you become a source of inspiration and love for the world, demonstrating that true wealth is not found in what you accumulate, but in who you are. Thus, the discovery of your inner

SOUL

treasure becomes the key to a full, abundant life in harmony with the universe.

“By turning inward, we discover that the fulfillment we seek in the external world already resides in our hearts. True wealth is not found in what we accumulate, but in who we are and the love we radiate”.

Day 116

Essence of the Whole



We are fractals of universal consciousness, divine fragments that carry within us the essence of the Whole. Each of us is a unique spark of the infinite source, manifesting on the material plane to experience, learn, and expand. Our existence is not isolated but interconnected with all forms of life, like pieces of a great cosmic puzzle that intertwine in an eternal dance of creation. By recognizing ourselves as extensions of this transcendent consciousness, we understand that everything we are, and experience is part of a greater, sacred purpose.

Collectively, we weave a symphony of vibrations, where every thought, emotion, and action resonate in the quantum field, affecting not only our individual reality but also the collective one. We are co-creators of the universe, emitting and receiving energy in a continuous dance of expansion. By raising our vibration and aligning ourselves with our divine essence, we contribute to the awakening of planetary consciousness, connecting with the source of pure love that encompasses everything. In this act of creation, each of us is a unique note that enriches the universal melody.

We are the universe experiencing itself through our eyes, hearts, and souls. With every step we take, the universe recreates itself, expands, and is perceived in new ways. This cosmic dance is a reminder that we are not separate from divinity; we are the same divinity manifested in multiple forms. By honoring this truth, we recognize our connection to the sacred and understand that by transforming our inner vibration, we transform the universe itself.

“We are divine fragments, each a unique spark of the infinite source, interconnected in the cosmic dance of creation. We are the universe experiencing itself, transforming reality with every thought, emotion, and action”.

Day 117

The Kingdom of Heaven and The Transformative Power of the Kingdom



The concept of the Kingdom of Heaven is a central theme in many spiritual traditions. It represents a realm or state of being where ultimate peace, justice, and harmony prevail. Here's a deeper exploration of this profound concept:

The Kingdom of Heaven

The Kingdom of Heaven is often depicted as both a present reality and a future hope. It is a place where love, compassion, and justice are fully realized, and it holds transformative power for those who embrace its values.

Present Reality

The Kingdom of Heaven is not just a distant, future promise but a present reality that can be experienced here and now. It is manifested wherever love, compassion, and justice prevail. This perspective encourages individuals to live out the principles of the Kingdom in their daily lives, fostering a world that reflects these values.

Living in the present reality of the Kingdom of Heaven means actively practicing kindness, empathy, and fairness in our interactions. It involves recognizing the inherent worth of every individual and striving to create environments where everyone can thrive. This approach transforms ordinary moments into sacred opportunities to embody the values of the Kingdom.

Future Hope

At the same time, the Kingdom of Heaven is also a future hope, a vision of a time when peace and harmony will be fully realized. This eschatological view looks forward to a new creation where suffering, injustice, and conflict are no more. It is a vision of ultimate peace and harmony, where humanity is fully reconciled with each other.

This future hope inspires individuals to work towards a better world, knowing that their efforts contribute to a larger, divine plan. It provides a sense of purpose and direction, encouraging people to persevere in the face of challenges and to remain committed to the ideals of love and justice.

Characteristics of the Kingdom of Heaven

- **Love and Compassion:** Central to the Kingdom of Heaven is the commandment to love and show compassion to others. This love is unconditional and extends to all, reflecting boundless care for humanity. It calls for an open heart and a willingness to see beyond differences, embracing the shared humanity in everyone.
- **Justice and Peace:** The Kingdom is marked by justice and peace. It is a place where the oppressed are uplifted, and conflicts are resolved through reconciliation and understanding. Justice in the Kingdom of Heaven is not merely about punishment but about restoration and healing, ensuring that everyone has the opportunity to live a dignified life.
- **Humility and Service:** Greatness in the Kingdom of Heaven is measured by humility and service to others. The last shall be first, and the greatest among you shall be your servant. This

principle challenges the conventional notions of power and success, promoting a culture of mutual respect and selflessness.

- **Faith and Trust:** Entering the Kingdom requires faith and trust. It involves a surrender of one's own will to align with a higher purpose, trusting in the greater plan and purpose. This faith is not blind but is rooted in a deep understanding of the interconnectedness of all life and the belief in a benevolent order.

Living in the Kingdom

Living in the Kingdom of Heaven involves embodying its values in our daily lives. It calls for a commitment to love, justice, humility, and faith. It challenges us to see the divine in every person and to act in ways that bring about a higher purpose on earth.

This way of living transforms our relationships and communities. It encourages us to practice forgiveness, to seek reconciliation, and to build bridges of understanding. It invites us to be peacemakers, to stand up for the marginalized, and to create spaces where everyone feels valued and respected.

The Transformative Power of the Kingdom

The Kingdom of Heaven has the power to transform individuals and societies. By embracing its values, we can move from a state of conflict and division to one of unity and harmony. This transformation begins within each person, as they cultivate inner peace and extend it outward through their actions.

In summary, the Kingdom of Heaven is a profound and multifaceted concept that encompasses both a present reality and a future hope. It invites individuals to participate in transformative

SOUL

work in the world, living out the values of love, justice, humility, and faith. Through this, the Kingdom of Heaven becomes not just a distant promise but a lived experience that brings light into the world.

“Living in the Kingdom means embodying its values daily, transforming ordinary moments into sacred opportunities”.

Day 118

Part of a Larger Process



Everything in the universe happens with a purpose beyond what we can see in the present moment. Difficulties, unexpected changes, and even moments of doubt are part of a larger process, where every piece moves for your highest good. Sometimes it may seem like things don't make sense or that you're not in the right place, but the spiritual path teaches us that even in chaos, there is divine order. Trust in the process and in yourself is essential to allow that energy to flow and guide you toward your highest purpose.

When you trust yourself, you begin to recognize that everything you need is within you. The universe responds to the vibration you emit, and the more aligned you are with your true essence, the more you will see the opportunities, connections, and experiences that are meant to help you manifest. The secret is to let go of control and rigid expectations about how things should be, allowing the natural flow of the universe to take you to what is perfect for you in each moment. Faith is not only believing in what you cannot yet see but also in your ability to receive and harness what comes to you.

This process of manifestation requires spiritual expansion. It is not just an external change but an internal one. It expands your consciousness, your self-love, and your understanding that you are part of something much vaster. The energy you project affects the world around you, and by elevating yourself spiritually, you not only change your personal reality but that of others as well. The universe is conspiring in your favor, and the more you connect

SOUL

with your spiritual essence, the deeper the impact you have on your life and the world. Trust, allow, and watch the best manifest.

“Trust in the divine order of the universe, knowing that every challenge is a step toward your highest purpose.

By aligning with your true essence, you attract the opportunities meant to help you manifest your dreams”.

Day 119

Transformative Force



Bending down to lift another is an act of profound transcendence, where the soul recognizes its unity with the whole. In that gesture of helping, cosmic energy flows through us, dissolving the barriers of the ego and reminding us that we are manifestations of the same divine source. By reaching out, we not only lift the other but also ascend in our own vibration, touching more subtle dimensions of unconditional love and universal compassion. In this exchange, the spiritual truth is revealed: we are all mirrors reflecting divinity in others.

Each act of helping aligns us with the primordial energy of the universe, which always seeks balance and harmony. By lending our being to the service of another, we become channels of that energy, allowing the light to flow through us to illuminate those around us. This process not only uplifts those in need but also purifies us on a spiritual level, dissolving the illusions of separation. The soul expands with every gesture, creating resonances that transcend time and space, connecting our actions to the sacred fabric of the cosmos.

Ultimately, lifting another is an act of co-creation with the universe, where love manifests as a transformative force. Each time we choose to help, we participate in the eternal dance of divine energy, remembering that we are co-participants in a greater purpose. In that flow, duality fades away, and what emerges is the pure consciousness of unity, where the well-being of the other is also our own, and where each act of kindness reflects the interconnection of the soul with the totality of being.

“Lifting another is an act of transcendence, where our souls unite in the flow of cosmic energy and unconditional love. Each act of helping aligns us with the universe's primordial energy, dissolving separation and illuminating those around us”.

Day 120

Embrace Each Encounter



In this journey called life, the people we meet are not random occurrences. Every encounter has a deeper meaning, whether it's to challenge us, teach us, or bless us. Each person we cross paths with serves a purpose in our growth and understanding.

Some come into our lives to test our strength, patience, or resolve. They push us to our limits and show us what we are truly capable of. Others are lessons, helping us learn more about ourselves, about love, and about life. These lessons might be tough, but they are essential for our evolution.

Then there are those who are pure gifts—people who bring light, joy, and love into our lives. They remind us of the beauty of connection and the importance of cherishing the bonds we form.

So, whether a person is a test, a lesson, or a gift, they are all part of our unique journey, contributing to the person we are becoming. Embrace each encounter with an open heart and a grateful spirit, knowing that every person has something valuable to offer.

Life has a way of presenting us with challenges that test our strength, resilience, and patience. These challenging life lessons often arrive when we least expect them, pushing us to our limits and forcing us to confront parts of ourselves we'd rather avoid. While these moments can be painful, they are also opportunities for profound growth and transformation.

When life presents a difficult lesson, it's easy to feel overwhelmed or discouraged. You might wonder why this is happening to you or feel like giving up. But remember, these challenges are not

punishments—they are opportunities for learning and evolution. They are the universe’s way of guiding you toward your highest potential.

Challenging life lessons often come disguised as loss, failure, or hardship. They might involve relationships, careers, health, or personal struggles. Whatever the form, these lessons ask you to dig deep, to find the inner strength you didn’t know you had, and to trust that there is a purpose behind the pain.

In the midst of a challenging lesson, it’s important to practice self-compassion. Be kind to yourself as you go through these difficult times. Allow yourself to feel the emotions that arise—whether it’s sadness, anger, or frustration—without judgment. Healing and growth begin with acceptance of where you are right now.

These life lessons are also an invitation to shift your perspective. Instead of asking, “Why is this happening to me?” try asking, “What can I learn from this?” or “How can this experience help me grow?” By reframing the challenge, you open yourself up to the wisdom and insights that it has to offer.

Support is crucial during these times. Reach out to friends, family, or a professional who can help you navigate the storm. You don’t have to face life’s challenges alone—there is strength in community and in sharing your experiences with others who understand.

Remember, the most challenging lessons often lead to the most significant growth. They shape you, refine you, and prepare you for the next chapter of your journey. Trust in the process, knowing that each challenge is a steppingstone toward becoming the person you are meant to be.

In life, there are moments when we must accept that certain things are beyond our control. Worrying about them not only drains our

energy but also distracts us from what we can actually influence. Letting go of what's out of our hands is the first step toward finding peace within.

By releasing the mental grip on things we cannot change, we create space for clarity, focus, and serenity. It's about trusting the flow of life, understanding that sometimes the best action is inaction—allowing the universe to take its course.

This practice isn't about giving up; it's about prioritizing our mental well-being. By focusing on what we can control, we empower ourselves to take meaningful action where it truly matters. And in doing so, we cultivate a mindset that supports growth, resilience, and inner peace.

So, when you find yourself holding onto worries or stresses that are beyond your control, remind yourself: if it's out of your hands, let it be out of your mind too. Protect your peace, focus on what you can change, and trust that everything else will unfold as it should.

“Every person you meet is a chapter in your story, each encounter a lesson, a challenge, or a blessing”.

“Embrace each encounter with an open heart, for every soul you meet has something valuable to offer”.

“In the journey of life, every encounter shapes you, guiding you toward growth, understanding, and connection”.



Day 121

I Am Presence



Every thought you hold in your mind has a vibration that extends beyond what you can perceive with your physical senses. The subconscious mind, like an infinite reservoir, does not discriminate between what is real and what is imagined; it simply absorbs what you give your attention to and projects it into your life. Therefore, what you experience in your present is a direct consequence of the quality of your previous thoughts. Everything you have thought and felt has shaped the reality that now surrounds you. The subconscious mind responds to your deep beliefs, whether they are conscious or not.

Your thoughts are the seeds you plant in the energy field around you. If those seeds are charged with love, gratitude, and peace, you will reap experiences aligned with those vibrations. However, if your thoughts are filled with fear, doubt, or negativity, the universe responds accordingly, showing you situations that reflect that same energy. The universe is impartial, and your reality is simply a mirror of what you hold within you. By becoming aware of this, you have the power to change your life by changing the quality of your thoughts.

The key lies in the I Am Presence, which is your divine and creative essence. By connecting with this presence and consciously declaring your thoughts from a place of love and wisdom, you transform your subconscious mind and, therefore, your reality. Through the constant practice of affirming the I Am as the source of everything you wish to manifest, you reprogram your mind and energy to align with the highest and purest

intentions. Thus, you become the conscious architect of your life, creating a present full of abundance and purpose.

“You I Am Presence is the divine essence within, shaping your reality through the power of your thoughts”.

“By aligning with your I Am Presence, you become the conscious architect of a life filled with love and abundance”.

“The I Am Presence within you holds the key to transforming your thoughts into a reality that reflects your highest intentions”.

Day 122

Fear and Worry



Fear and worry arise in our minds and are created by our own thoughts. They are not there to scare you but to offer you the opportunity to trust yourself more. These feelings invite you to organize your life and move toward a better and more extraordinary existence.

We always have multiple possibilities to move forward and find our path of evolution. Let's leave behind the obstacles to make way for the best in life and walk along the paths of creation.

We must be patient in understanding life, living with love, and discovering the infinite possibilities that allow us to live happily and continue growing.

You are a spiritual teacher living a human experience to learn and grow. You are a cosmic energy, part of everything created, and the architect of your most beautiful dreams. Within you is a magical world of possibilities, waiting for you to take control of your mind and existence.

By facing your fears, you realize that they were created by you and are not true friends. This understanding allows you to see things more realistically and return to the home of your heart, where there is only freedom, opportunity, and peace. We must walk in peace, know our purpose, and be content with our destinies as children of the Creator.

We are here to share and live in peace with other life forms on this planet.

SOUL

By awakening to the reality of your life, you will be able to live with higher purposes and achieve the happiness and blessings you deserve.

You will grow stronger and happier every day, which is your true gift and purpose on this planet.

“Fear and worry are not enemies but guides, inviting you to trust yourself and embrace life's extraordinary possibilities”.

Day 123

Every Human Being Is a Reflection of Creation



When you understand that God, the Source, Divinity, the Universe—whatever you choose to call it—and you are one, you begin to experience life from a perspective of unity, where there is no separation between the divine and the human. The Kingdom of Heaven is not something distant or external, but an inner reality that has always been present within you. Every human being is a reflection of creation, and by being aware of this, you align yourself with the pure energy of love and infinite wisdom. By accepting your divine nature, you remember that you have the power to co-create your life in harmony with the universe.

The kingdom within you is a space of peace, abundance, and plenitude. It is there that you reside in direct connection with the Source of all that is. By becoming aware of this truth, your thoughts, words, and actions are transformed, reflecting the light of your divinity. You no longer live from fear or lack, but from the certainty that you have everything you need to manifest a life full of purpose. Your inner self is a sacred temple where the divine presence dwells, and by encountering that space, you are freed from the illusions of the external world.

Nothing is outside of you, waiting to be found somewhere distant. It lives within your heart, at the core of your being. By becoming aware of this connection, you recognize that all the answers and power you seek are already within you. True spirituality is not reaching for something external but remembering who you truly are. You and the Creator are one in essence, and by living from

that awareness, you enter a state of grace where everything flows in perfect harmony with the divine plan.

“Every human being is a reflection of the divine, carrying within the essence of the universe. By recognizing our divine nature, we align with the pure energy of love and infinite wisdom. True spirituality is remembering that you and the Creator are one, living in harmony with the divine plan”.

Day 124

Mosaic of life



In the intricate mosaic of life, each piece is a story; each hue, an emotion; every texture, a lesson learned. Among these, experience stands as the master sculptor, shaping us with hands both gentle and firm. It's an undeniable truth: the experiences that shape us are ours forever, woven into the very fabric of our being, indelible and transformative.

You cannot take away the experiences that have molded you. They are the silent whispers of wisdom carried on the winds of time, the echoes of laughter and tears that resonate in the chambers of the heart. These experiences, whether bathed in light or shadow, contribute to the depth of our character, the resilience of our spirit, and the uniqueness of our journey.

The beauty of this process lies in its permanence. Like the stars etched into the night sky, our experiences remain with us, guiding lights on our path forward. They are not just memories but the foundation upon which we build our future, the compass by which we navigate the unknown waters of tomorrow.

Embracing this aspect of our existence means acknowledging that every triumph and every tribulation has its purpose. It invites us to view our past not with regret but with gratitude, for even the most challenging experiences are rich with the potential for growth. They are not setbacks but steppingstones, not endings but beginnings, each one a chapter in the grand story of our lives.

So, let's honor the experiences that have shaped us, carrying them not as burdens but as badges of honor. Let's recognize the

strength, wisdom, and compassion they have instilled in us, and let's use these gifts to light our way and to help illuminate the paths of others.

Here's to the experiences that shape us, to the indelible marks they leave on our souls, and to the incredible journey of becoming who we are meant to be. May we all find the courage to embrace our past, live fully in the present, and move confidently into the future, shaped but unbound by our experiences.

In the grand narrative of our lives, each moment, encounter, and challenge carries with it a lesson, a fragment of wisdom waiting to be uncovered. Paying attention to life experiences is not merely a passive act of observation but a profound practice of engagement, an invitation to delve deeper into the essence of our journey and extract the nectar of growth and understanding.

Life's experiences, both joyous and challenging, are the universe's curriculum, lessons designed to shape us, stretch the boundaries of our understanding, and propel us toward our potential. These moments ask us to be present, to listen with open hearts and minds, and to see beyond the surface of events and emotions.

Attuning your awareness to life's experiences means embracing mindfulness—being fully present in the now, recognizing the significance of the seemingly insignificant, and understanding that even the most mundane moments can hold profound truths. It's about seeing life as a continuous flow of opportunities for learning and transformation.

This attentive engagement with our experiences fosters resilience, compassion, and empathy. It teaches us to navigate adversity with grace, celebrate triumphs with humility, and remain curious and open, regardless of the circumstances. Each experience, viewed

through the lens of attentive awareness, becomes a steppingstone on the path of personal evolution.

Moreover, paying attention to our life experiences enriches our relationships with others, allowing us to connect more deeply, share our journeys with authenticity, and offer support grounded in genuine understanding. It turns our individual stories into a collective tapestry of human experience, woven with threads of shared wisdom and compassion.

Here's to paying attention, to learning from the tapestry of experiences life offers us, and to growing into the fullest expression of ourselves, one experience at a time.

"In the mosaic of life, each experience is a piece that shapes our unique journey, adding depth and color to our story".



9 We will only understand life and the universe when we do not look for explanations, then everything becomes clear, learning something means being in contact with an unknown world where the simplest things are the most extraordinary.

Photo: Kridsada Tawisuwan, Instagram: biar_tb

Day 125

To All My Lovely Souls



To all my lovely souls, my loved ones, and you... it's time to wake up! We are travelers on a cosmic journey—stardust dancing and swirling in the currents and whirlpools of infinity. Life is eternal, but the expressions of life are fleeting, momentary, and transitory.

Siddhartha Gautama, the Buddha and founder of Buddhism, once said:

“This existence of ours is as transitory as the clouds of autumn. Watching the birth and death of beings is like watching the movements of a dance. A life is like a flash of lightning in the sky, sliding swiftly like a torrent down the slope of a mountain”.

We have paused momentarily to meet each other, to know, love, and share. This is a precious moment, but it is transitory. It is a small parenthesis in eternity. If we share with affection, joy, and love, we will create abundance and joy for all.

And then this moment will have been worth it.

“We are stardust on a cosmic journey, sharing fleeting moments of love and joy in the dance of eternity”.

“Life is a brief parenthesis in eternity; let us fill it with affection, joy, and love to create lasting abundance”.

“In the transitory dance of life, every moment shared with love and joy becomes a precious gem in the infinite cosmos”.



Day 126

Process of Detachment and Trust



If you could glimpse the blessings that await you in the future, you would understand that holding on to what no longer serves you is an unnecessary burden on your growth. Life is constantly changing, and that flow invites us to let go of what has served its purpose. The experiences that seemed fundamental to you at one point may now be limiting your expansion. By freeing yourself from those ties, you create space for new energies, opportunities, and learning to enter your life.

The spiritual path is a process of detachment and trust. It is not always easy to leave behind what is familiar, but the universe responds with abundance to those who trust in their inner guidance. The soul seeks to evolve, and often that evolution involves transcending what is no longer aligned with our current truth. By letting go, you allow yourself to vibrate higher, aligning with the purest and most authentic version of yourself—the one that is ready to receive the best the universe has in store.

The act of letting go is not a sacrifice, but an act of self-love and trust in the divine process. Every time you release something that no longer serves you, you take a step toward a fuller and more harmonious life. Blessings are reflections of your alignment with the abundance of the universe. By letting go of the old, you prepare to receive the new—what is specifically designed to uplift you and lead you toward a life full of purpose, peace, and love.

“Letting go is not a sacrifice, but an act of self-love, creating space for new blessings to enter your life. Trust in the divine process; by releasing what no longer serves you, you align with your highest self and the universe's abundance. Detachment is the key to growth, allowing you to vibrate higher and embrace the opportunities that await”.

Day 127

The Art of Not Fitting in the world and Not Trembling in Solitude



Flourishing in being is an act of surrender and trust in our deepest essence. It means allowing every aspect of ourselves, even those the world might not understand, to grow naturally. In this flourishing, we let go of the need to mold ourselves to fit in, understanding that our true peace comes from connecting with our own truth. Thus, we do not seek to be defined or accepted by others; instead, we rest in the simple and powerful act of being.

When we dwell in being, we find a harmony that does not depend on praise or external expectations. This harmony is the balance of someone who knows and accepts themselves, free from comparisons or fears of being different. It is a state of peace where external judgment fades away because our security is not built on what others see but on the serenity that comes from being authentic. Life becomes an expression of our own path, in tune with our purpose.

By flourishing in being, we expand our energy from a place of integrity and respect for who we are. This expansion does not seek to impress or convince but simply to radiate our truth in the world. We become like a beacon of authenticity, a presence that needs no explanation. External approval loses its power because the peace we have found within ourselves becomes the only testimony needed. In this state, there is no need to “fit in”; there is only the joy of existing in harmony with our own being.

The art of not fitting in and not trembling in solitude is about embracing your uniqueness, finding inner peace, building inner

strength, creating meaningful connections, living authentically, embracing vulnerability, practicing self-compassion, and using positive affirmations. It is a journey of self-discovery and empowerment, where you learn to stand tall in your truth and find joy in being exactly who you are.

“The art of not fitting in is a celebration of your unique essence, finding strength in solitude and authenticity”.

“In solitude, you discover the power of your true self, unshaken by the world's expectations”.

“Embrace the beauty of standing apart, for in solitude, you connect deeply with your inner wisdom and strength”.

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SOUL AND THE SURRENDER EXPERIENCE DAILY REFLECTIONS

Ana Karina Guerrero Quicipo

Karina Guerrero's journey is a fascinating blend of technical expertise, personal and spiritual growth. With a background in chemical engineering, she has excelled in quality and risk management, contributing significantly to major companies like Equinor and Aker Solutions. Her professional life is marked by a commitment to precision and strategic vision, leading complex projects in high-stakes industries.

However, Karina's interests extend far beyond her professional achievements. She is deeply invested in personal transformation and spiritual awakening. Her work reflects a unique integration of a profound inner journey towards clarity, balance, and self-discovery. She believes in viewing challenges as opportunities for growth and emphasizes the importance of introspection and self-awareness as foundations for a fulfilling life.

In her literary work, Karina offers a roadmap for those seeking to transform their lives with purpose, consciousness, and balance. She advocates for a harmonious blend of spiritual awakening efficiency and personal well-being, suggesting that human leadership arises from balancing these aspects. Her philosophy underscores the importance of spiritual growth, Karina's approach is a reminder that leadership and success is not just about achieving goals but also and most important about nurturing one's inner self and fostering a sustainable, balanced life. Her insights provide valuable guidance for anyone looking to lead a more purposeful, positive and harmonious existence.