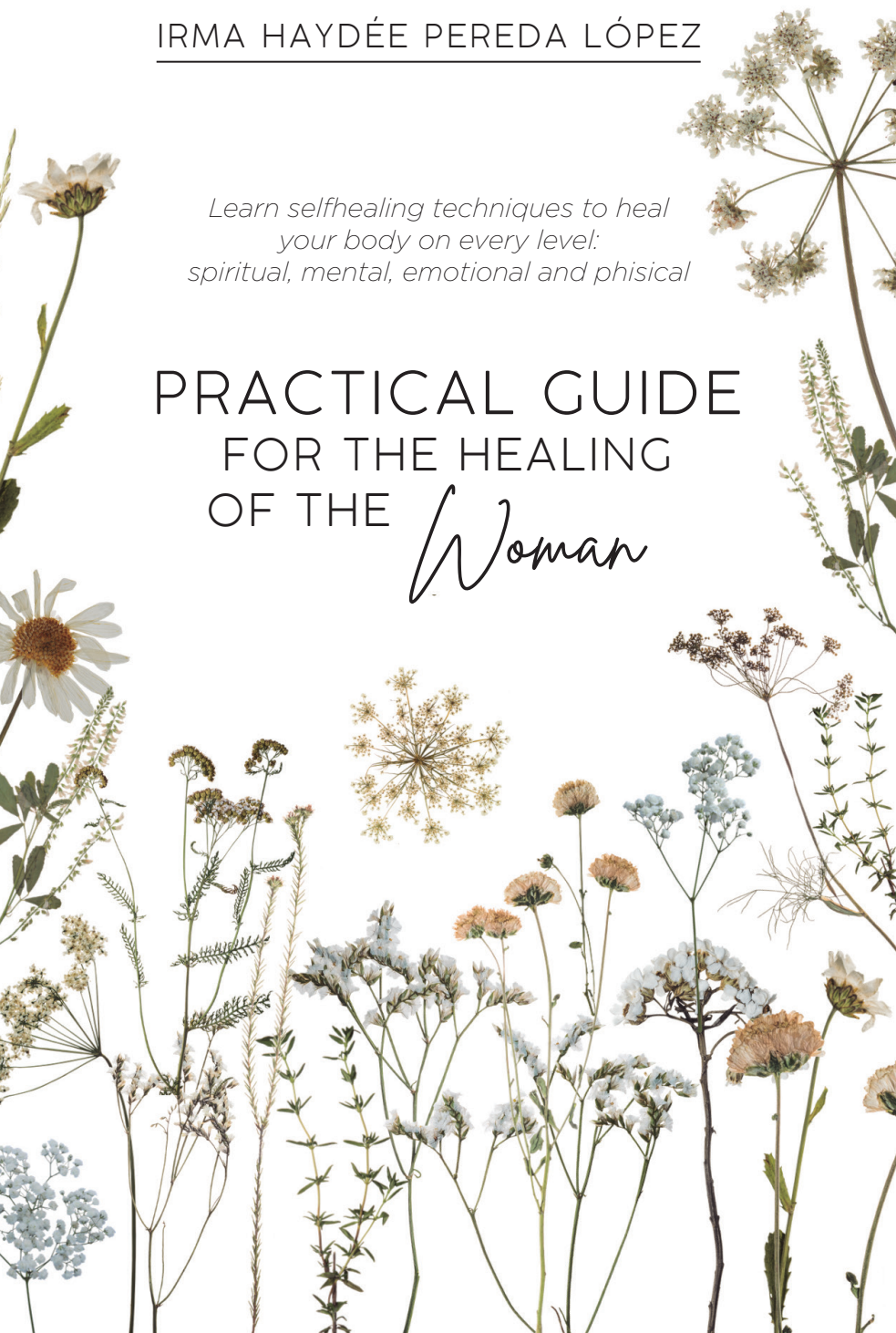


IRMA HAYDÉE PEREDA LÓPEZ

*Learn selfhealing techniques to heal
your body on every level:
spiritual, mental, emotional and phisical*

PRACTICAL GUIDE FOR THE HEALING OF THE *Woman*



WITH SO MUCH LOVE,
I DEDICATE THIS BOOK TO MY DAUGHTERS, ANA SOFÍA
AND CAROLINA PÉREZ PEREDA. I HOPE THEY ENJOY THIS
PRACTICAL GUIDE.

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INTRODUCTION

Dear reader, this book intends to share with you about what I have learned, summarizing my most important courses.

For years I have been looking for something to help me be a better person: taking a wide variety of courses, going to energy healing classes, meditating and getting closer to God and my spiritual guides, and many other things.

My wish is that you have more peace, happiness and, consequently, better yourself. If you are better, the world will be better.

This is a guide of suggested techniques that could work for you at different times, just as they have worked for me. I put a range of options for you to choose from according to your beliefs and convictions; I grew up in a Catholic environment, so you will see more prayers oriented to this religion, but there are other currents and disciplines.

The exercises I present to you are very potent. Here you will find specific techniques used in ancient cultures with very advanced systems.

If you want it, you can let go of everything painful and heal, no matter how intense your experiences or difficulties are. You need to recognize the problem you have and have perseverance and discipline. Anyone can heal. Life can be challenging, yet never allow anything or anyone to break your spirit. Cleaning your negative things is not a pleasant task, but only when you do it will you be able to see your true identity and thus heal. Fortunately, guides and angels will always be available to help you. Here you will learn to contact them, listen to your inner voice, develop your intuition, heal your karma and understand it!

I will talk to you about your chakras: you will face the ego, resolve your limiting beliefs, heal negative emotions and find your life purpose. I will accompany you to meditate, forgive and relate better with others: your parents, siblings, children, friends, bosses and co-workers. You will be able to learn how to improve your diet and your way of living

according to your constitution, and you will learn to love yourself more.

It is essential to talk to you in this text about my experience when I learned about some rituals to harmonize my house and the classics and not-so classics of abundance; I selected some astrology concepts that will help you heal and get to know yourself better.

Fullness comes when the soul is satisfied after doing the spiritual work of transformation. Your healing depends only on you; it is your responsibility to improve yourself and not wait for someone else to heal you like an act of magic. Consider that your rational thought will be present, preventing you from knowing advanced techniques to raise your consciousness. Please, ignore the idea of "this does not work." instead try it consciously. If you don't try, you won't know if it works.

I invite you to put into practice and test everything you learn in this book. What I expose here may amaze you at how simple it is to have a calmer and more peaceful life. I also want to congratulate you for having the interest to improve. I dedicate this book and channel it mainly to women because my astral chart said this year was good for me to write to women. However, it is open to anyone to read it and adapt it to their life. Thank you for allowing me to accompany you and be part of this transformation that you are about to experience.



Ch || YOUR SOUL



I want to start by explaining how the **LEVELS OF THE SOUL** work.

As in school, to “pass” the year, it is necessary to pass the subjects, and in the case of “failing,” it is necessary to repeat the same level. In the same way, there are different levels in the soul’s life, which require spiritual effort to “pass” to the next. There are seven levels of the soul, of which only the first five can be reached here on Earth. To pass the level, you need to eliminate the ego as much as possible,

Nourish yourself properly and release negative energy from the past. If, on the contrary, you make a mistake and cannot pass to another level, your soul reincarnates again in order to have another opportunity to mature, purify and become perfect. You choose to have specific lessons in this life (how to have the family you had, work, partner and experiences in order to achieve your spiritual goals. Unfortunately, we happen to forget them).

Example: If you have a severe father, a difficult co-worker or an illness, that pathway belongs to you because it somehow fits into the grand plan of what your soul came to learn.

We are put on Earth with three main lessons, to learn:

1. Love ourselves, others and God.
2. Forgive ourselves and others.
3. Transform from darkness to light and thus achieve enlightenment.

No person can overcome your challenges; these are designed solely for your purpose.

Now I want to talk to you about enlightenment”.

WHAT IS TO BE IN THE LIGHT?

*Anything you can think of if it's good
if it is lighting.*

Enlightenment will bring your soul to a higher level of consciousness and make you feel so much better in

this lifetime. The “enlightened being” will help you live wisely and thus have a happier life, with more health and abundance, be at peace with yourself and others, and have more confidence in yourself; you will experience more joy, fulfillment and satisfaction. You will have no fear, anxiety or uncertainty and will get closer to the goal of this life. Instead, if you don’t light up the darkness, there will only be pain and suffering.

To achieve this, you must work internally, which implies effort, commitment, perseverance and, above all, being aware of your attitudes. Ask yourself: *who and what brings me closer to being enlightened? How much good have I done? Am I acting more in the light or in the darkness?*

If you stay enlightened, the good will be in you and others around you. Knowing that you are already enlightened and staying that way is essential. It doesn’t matter if you did wrong, you always have the right to change to “enlightenment” since it is in you.

An excellent exercise to keep yourself illuminated is to fill your whole body with the light constantly:

Imagine light in front of you, light behind you, light to your right, light to your left, light above you, light below you, light within you, light around you, and light to everyone.

EGO

The opposite of enlightenment is the EGO, the origin of all pain, suffering and death. It’s darkness.

Ego		Lightning
Pain, suffering and death	VS	Joy, fulfillment and life
Do not share		Share

The less ego, the more enlightenment you will have. Take action to destroy the ego. We often need to learn what the ego is. I will list several attitudes that belong to ego so that you are aware and can avoid them.

Ego Attitudes:

The desire to receive only for yourself, maintaining vanity, greed, selfishness, anger, envy, resentment, sadness, jealousy, pride, revenge, frustration, hatred, fear, insecurity, concern for what others will say, being significantly inflated or deflated in your self-concept, control and manipulation of others, believing that you have to fend for yourself, betrayal and reacting negatively.

The ego separates and divides people, demands that you thank it and makes you believe that you are more powerful when you have control over someone. The ego doesn't let you know nor make you responsible. It's the conflict and the fight. The ego thinks love is dangerous and makes you feel guilty or blame others.

In the course that I took on miracles, I discovered that the misdirected ego causes dissatisfaction to those who want everything quickly, does not tolerate that you free yourself from the past and asks you not to look inside yourself; The ego only sees pain, makes you less and incapacitates you.

Many times we have not been able to correct some errors that prevent us from being happy. Our ego blinds us, makes us feel insecure, wanting to be liked by everyone, or on the contrary, it isolates us by having disrespectful, judgmental attitudes towards other people and ourselves. Sometimes we demand so much of ourselves or others that we can become cruel.

When we don't want to learn and don't want to be better; we criticize, hit and humiliate to feel powerful. We are falling into the ego. Sometimes we worry about everything, put on a mask so others don't see who we really are, or we make ourselves victims. When we need the approval and applause of others is when we fall into what I call "Yoísmo" in Spanish" (yo-yo) or selfishness.

We must consider that the origin of all this is fear: fear of failure or anything else.

And I, like everyone else, am influenced by external life where my ego pushes me to search for the youth and beauty that society imposes on us. It seems that success is having a luxurious car, having the best house, taking exotic trips, having the highest position, etc. All this is to be recognized and flattered to impress others, when your essence is worth the most.

If you do not overcome your ego, life will take care of it... and you will suffer!

Prayer to remove the ego::

Beloved Saint Germain, send the violet flame into my consciousness. In the name of the energy I AM, I declare: Violet fire; forgive all my hate, sadness, anger and guilt (list all feelings or actions that affect you). Imagine how that violet fire cleanses them.

Now I'm going to tell you how karma works. It is important to understand it so that you become aware of your actions, since they will decide your future.

KARMA AND DHARMA

It turns out that everything we do or say has consequences. Your good and evil acts produce similar results. Thus, if a person did much damage in the past, at some point they will experience it firsthand to know what it feels like and learn the lesson with the aim of transforming their soul into something better.

Sometimes it is easy for us to do something wrong and think that "nothing is wrong," but sooner or later, there will be consequences,, perhaps in this life or another. For this reason, when you see someone who, despite doing evil, is doing better every day, it is natural that you get confused and want to act like them. But it is not like that; karma or effect always awaits them, in this or another life.

So karma is all your negative baggage, and dharma is your

accumulated positive stuff. What matters is to act well in THIS LIFE and see what changes we can make.

Karma is like credit cards: enjoy now... and pay later!

One way to deal with karma is to get closer to God or a Divine Being, because you can give all your problems and negative emotions to this force to work magic in your life. God sees if you are really sorry for your actions. If you change your attitude to a positive one, it will do miracles for you; if you are silent and permit yourself to listen within yourself, He will speak to and advise you. The word I AM will bring you closer to Him.

I want to make you aware that we are all connected, so what benefits one benefits the other, and what harms one also harms the other and vice versa. Everything affects everyone.

And I would like to surprise you: God or any Divine Being does not have a gender (male or female),so she listens to all of us.

An easy and fast way to contact God or any divine force is to ask your SUPERIOR SELF for your request. It is the most direct way to be in touch with this force. Just tell him: higher self, I ask you....

I don't want to get involved in religions, but if you decide to belong to one, choose the one that makes you better as a person and keeps you from doing bad things, like killing people.

Ch II | HEAVENLY
AIDS



BETWEEN FRIENDS | FEMALE DEMI GODDESSES

There are female demi goddesses that can help you. I chose some of them. Even if they are not from your culture, you can go to them, call them and ask them what you need.

Durga: She protects you, helps you set limits with love, have wisdom and intelligence, start and finish a project and have willpower and discipline.

Parvati: She creates a balance between the feminine and masculine; teaches you to be coherent between what you do, what you say and what you think; It gives you will, strength and temperance to go forward.

Kali: She purifies and detoxifies you internally and externally; she teaches you to use anger as a force that drives us out of your comfort zone.

Saraswati: She helps you with studies, knowledge, speaking and writing, learning languages and developing intuition.

Laksmi: She helps to heal the sense of deserving and to balance the forces between giving and receiving; she also handles money matters

Shakti: She illuminates you when you need to move and develop your potential in all areas of your life.

Tara: There are different Taras: White Tara for healing, Green Tara for liberation and enlightenment, Blue Tara for anger, and Yellow Tara for prosperity.

Kuan Yin:
For grief and forgiveness

Isis
Help heal and adapt to changes.

Mago
She can guide and support you if you need her.

ASCENDED MASTERS

Below I will describe to you, according to metaphysics, some ascended teachers who can help you to solve a problem or to be better emotionally.

Some beings were like you and me, who through many lives have managed to unite with their Higher Self, thus reaching very high spiritual levels. They no longer have any karmic debt to pay. The ascended masters want to help us and we can call them whenever we need them.

RAYS

Some ascended masters are represented with a type of energy called: RAYS.

Lightning is a type of energy that produces changes and intensifies the quality of your consciousness. The ascended masters have mastered the seven rays of energy.

1. The ascended master El Moyra directs the first ray. This ray helps find your personal power, fight your external struggles, and choose God's will over your own.

There is also Melchizedek, who helps you lower your ego.

Other ascended masters on this ray are: Osiris, St. John the Baptist, Thomas Merton and Vishnu.

2. The second ray is that of service, unconditional love, wisdom and truth. Here you will find the ascended master Kuthumi who willingly takes on the pain and suffering of the world. Call him if your pet needs healing. Other ascended masters on this ray are: Jesus, Krishna, Lao Tze Tsu, Lord Lanto and Maruata..

3. The third ray is about unconditional love.

Don Ignacio helps you heal your physical and etheric body. Henry Silver teaches you to trust and be patient. Kuan Yin is a warrior who helps you fight your external and internal fights. Maât helps you to balance the mind, to be calm and to be authentic.

Mary Magdalenene helps your family and friends.

Mother Mary helps the wounded and motivates us to act in faith, not fear.

4. The fourth ray is that of harmony or balance.

His ascended master is Serapis Bey; who teaches discipline and how to get a balance on the road. This ray also heals your mind, helps you fix your relationships and connect with your Higher Self. Other ascended masters on this ray are: Inanna and Amen Bey, who helps you fight your dark side.

5. The fifth ray is that of knowledge and science.

The teacher Hilarion is the one who directs it and he helps you communicate with your heart.

Other ascended masters on this ray are: Ptah and Ganesh (remove obstacles associated with learning and wisdom; help heal deep emotional wounds you have from other lives) and call on him to heal.

6. The sixth ray is about devotion.

Hathor helps you to follow your spiritual path.

Isis helps you adapt to physical, mental and emotional changes.

Lady Nada allows children and adults of all ages to heal their inner child. Pallas Athena enables you to find your truth.

Portia helps fragile individuals achieve balance and strength.

7. The seventh ray is about alchemy, change, magic and transmutation.

Kaiya helps us when we have constant changes.

St. Germain focuses on the Christ light.

During my search, I selected characters that I admire and have been an example of life. Maybe you know some of them: Francisco de Asís, Teresa de Ávila, Padre Pio, Krish Namurti, Mary Baker or Hildegard of Bingen; You can also ask them for help.

If you have financial problems or want to reach your goals, call St. Joseph.

If you want help with an addiction problem, call on Maximilian Kolbe. For depression or anxiety, Padre Pio or Teresa of Lisieux will be the ones. Always thank them.

A MEETING WITH THE ANGELS

Angels are energy. They are not human; they are spiritual beings that exist on higher planes and are assigned specific tasks to attend to here on Earth. They are one hundred percent pure light and unconditional love, which will help you raise your vibration and that of the planet. They guide you

and protect you; you just have to call on them. We all have a guardian angel who accompanies us all the time. The more you call on them, the better your connection will be. Angels like you to call on them.

They will not interfere, and will wait for you to ask. . Don't be afraid!

The colors represent the Archangels as follows:



It represents the Archangel Gabriel. It calms emotions and helps find peace. It serves to ask for a pregnancy and give thanks.



It represents the Archangel Zadkiel. It transmutes negative energy (such as witchcraft, gossip and evil) into positive.



It represents the Archangel Raphael. It helps to have perfect health. It also reinforces the fourth chakra (heart) to raise self-esteem and self-love.



It represents the Archangel Jofiel. It gives joy, helps with mental issues, studies and intelligence, and attracts abundance.



It represents the Archangel Michael. It repels low frequency and entities, gives protection, eliminates our enemies and grants creativity and energy to act.



It represents the Archangel Chamuel. It enables love, compassion and the couple. It awakens emotions of solidarity and well-being.



It represents the Archangel Uriel. It means prosperity, success and creativity. It is used within sexual rituals and to get a job or better sales.

ARCHANGELS

Although the universe is filled with trillions of angels, there are only four permanent archangels: Raphael, Michael, Gabriel, and Uriel..

Raphael He helps you heal, overcome an addiction, find a pet or love partner, and have more joy.

Michael / Miguel He protects you; call him when you need more strength and daring.

Prayer for Michael:

Mighty Archangel Michael, warrior of light, prince of the heavenly militia, protect me daily from all evil and the snares of darkness. Cover me with your luminous sword and surround me with your blue ray that removes the veils of lies and ignorance. Drive away negative energies and thoughts of evil emitted towards me. May your sword cut bad vibrations, your armor cover my chest and may the dark beings fall before your powerful protection. Grant me to be a carrier of light and value in balance. Make me a bearer of wisdom and let your powerful light, like the Sun, illuminates me at all times, I humbly ask you. That's right and it will.

Gabriel: He helps you to have more wisdom, and to communicate better, be it writing or speaking.

When you resist your reactive behavior and move forward in your spiritual growth, Gabriel marks an R on your forehead for heavenly approval. The destroying angels look at your forehead and leave you alone, but if you are drowning in negativity, Gabriel will put a different mark and leave you unprotected.

Prayer for Gabriel:

Gabriel, I ask for your presence to allow me to clear any blocks and communicate clearly. I ask you to make me feel inspired and let my ideas flow. I ask you for special help for (project name) and achieve the best and highest benefit.

Uriel: He gives you balance in life and helps you improve your behavior, make decisions, and have more clarity and intellect; He bestows wisdom, inner peace, light and money.

Zadkiel: He helps you forgive, be less angry, and connect with the divine.

Jophiel: He helps create and stabilize emotions, to raise spiritual awareness and have peace.

Seraphiel: He's the one that purifies, makes you more active and turns on your inner light.

Chamuel: He is the angel of love.

CIRCLE OF PROTECTION

Before leaving your house, I recommend you make this circle of protection so that no one hurts you. Imagine that a circle or ring surrounds you and repeat::

Around me burns the pentagram of the 5-pointed star.

Later, imagine these four archangels that surround you and say:

In front of me, Rafael (and you can imagine him arriving with the color green). Behind me, Gabriel (white color).

On my right side, Mikael (blue color).

On my left side, Uriel (orange color).

You can put up an altar for them, write to them, sing to them or just tell them things. If you smell a sweet smell or see the colors of the rainbow, if you see a feather fall and it seems irrelevant or if you see repeated numbers, it means they are present.

The seven powers candle represents the seven archangels and the seven rays of metaphysics. These colors together represent the totality and love of God toward us. By turning it on, you can make requests to them.

NUMBERS OF THE ANGELS

One of the surest ways for angels to communicate with you is to repeatedly show you numbers with a message.

111. There is a high vibration, new beginnings. Your intentions are manifesting fast. Focus on what you want and not on what you don't want.

222. You are on the right path and there is happiness, Seek balance and harmony. Do not worry, everything will be fine.

333. The angels are with you. There are creativity and spiritual gifts.

444. Everything will be fine. Trust your intuition because the angels are with you.

555. Time of change. Good things will come. It's about time to leave the old.

666. Reflect on the habits you have acquired and change them. Reconnect with your spirituality. Ask yourself if what you are doing is correct or not.

777. New opportunities and success. Wishes will come true. Eliminate fear.

888. Success and money. Your thoughts and actions are in harmony.

999. Anxiety. Align yourself with your spiritual mission. Let go of what doesn't serve you.

There are angels for different matters and according to your date of birth; look for your angel according to yours.

If one day you want to ask the angels to help you with a particular person, look for his angel with his date of birth, saying:

Angel (look for the day the person you want to work with was born to find out the name of the angel that corresponds), I ask you to help me with (name of the person you want me to help you with) to (add intention)...

Remember to ask for positive and good things, otherwise they will ignore you. Also, if what you asked for is not

fulfilled, do not be angry with them; remember that they know why, when, how and what is best for you.

NAME OF THE ANGELS BY DAY OF BIRTH

Vehuiah | 21 to 25 March
Jeliel | 26 to 30 March
Sitael | 31 March to 4 April
Elemiah | 5 to 9 April
Mahasiah | 10 to 15 April
Lelahel | 15 to 20 April
Achaiah | 21 to 25 April
Cahetel | 25 to 30 April
Hazel | 1 to 5 May
Aladiah | 6 to 11 May
Lauviah | 12 to 16 May
Hahaiah | 17 to 21 May
Iezalel | 22 to 26 May
Mebahel | 27 to 31 May
Harel | 1 to 6 June
Hekamiah | 7 to 11 June
Leuviah | 12 to 16 June
Caliel | 17 to 21 June
Leuviah | 22 to 27 June
Pahaliah | 28 June to 2 July
Nelkhael | 3 to 7 July
Yeiaiel | 8 to 12 July
Melahel | 13 to 18 July
Haheuiah | 19 to 23 July
Nith - haiah | 24 to 28 July
Haaiah | 29 July to 2 August
Yerathel | 3 to 7 August
Seheiah | 8 to 13 August
Reiyel | 14 to 18 August
Omael | 19 to 23 August
Lecabel | 24 to 28 August
Vasariah | 29 August to 2 September
Yehuiah | 3 to 8 de September
Lehahiah | 9 to 13 de September

Chavakiah | del 14 to 18 September
Menadel | del 19 to 23 September
Aniel | del 24 to 28 de September
Haamiah | 29 September to 3 de October
Rehael | 4 to 8 October
Ieiazel | 9 to 13 October
Hahahel | 14 to 18 October
Mikael | 19 to 23 October
Veuliah | 24 to 28 October
Ylahiah | 29 October to 2 November
Sealiah | 3 to 7 de November
Arial | 8 to 12 de November
Asaliah | 13 to 17 de November
Mihael | 18 to 22 de November
Vehuel | 23 to 27 de November
Daniel | 28 November to 2 de December
Hahasiah | 3 to 7 de December
Imamiah | 8 to 12 de December
Nanael | 13 to 17 de December
Nithael | 18 to 22 de December
Mebahiah | 23 to 27 de December
Poyel | 28 to 31 December
Nemamiah | 1ro to 5 January
Yeialel | 6 to 10 January
Harahel | 11 to 15 January
Mitzrael | 16 to 20 January
Umabel | 21 to 25 January
Iah - hel | 26 to 30 January
Anael | 31 January to 4 February
Mehiel | 5 to 9 February
Damabiah | 10 to 14 February
Manakel | 15 to 19 February
Eyael | 20 to 24 February
Habuhiah | 25 February to 1ro March
Rochel | 2 to 6 March
Jabamiah | 7 to 11 March
Haiaiel | 12 to 16 March
Mumiah | 17 to 21 March

You can also ask each angel for a particular topic or situation.

Vehuiah: Ask him to be number one. He grants sagacity to discover deceit, extraordinary lucidity with yourself, and power to free yourself from anger and be enlightened.

Jeliel: Helps to fertilize people, animals and plants, to restore peace between spouses, to conjugal fidelity, to abandon celibacy and achieve victory against unjust attacks.

Sitael: Grants access to higher jobs; protects against weapons and the influence of evil; it gives strength not to shy away from commitments and helps against perjury.

Elemiah: Avoids company crisis; helps to succeed in the profession; avoids setbacks and obstacles in companies; protects on trips and prevents accidents.

Mahasiah: Helps to live in peace with everyone, to learn everything with ease, to improve character, to achieve greater physical beauty and to combat bad qualities of body and soul.

Lelahel: Cures diseases; get spiritual enlightenment and the love of a lucky person; it protects against the temptation to acquire money by illicit means and against excessive ambition.

Achaiah: Gives patience to bear the calamities of life; helps to discover the meaning of life when faith in everything has been lost; grants the ability to innovate; combat laziness, carelessness and negligence.

Cahetel: Casts out evil spirits; supports obtaining abundant agricultural harvests and success in peasant labor; inspires to elevate yourself towards God and discover it (both in ourselves and in others); increases love for work.

Haziel: Grants forgiveness of guilt; help in carrying out a promise made to us; collaborates in reconciliation with those we have or have offended us; protects against hate and deceit.

Alaidiah: Cures diseases; regenerates moral; inspire a company to reach a happy result; gives forgiveness for the bad deeds you may have committed; encourages good social relationships; protect health and business.

Lauviah: Grants wisdom; protects against natural storms and against pride, ambition, jealousy and slander.

Hahaiah: Facilitates the faculty to interpret dreams; protects against adversity; it grants discretion over what we are doing in society; protects against breach of trust, lies and indiscretions.

Iezalel: Helps marital fidelity and reconciliation between spouses; enables the execution of any task and memory; gets favors from superiors and knows who you should go to ask for them; protects against error, ignorance and lies.

Mebahel: Provides justice; releases innocent prisoners; protects against lawsuits; reconquest of what was unjustly lost.

Hariel: I Makes wicked minds pious; free from bad habits; inspire at work; get goodness into people's minds ;protects against false beliefs.

Hekamiah: Collaborates to be loyal to the promises; supports in the victory against enemies and safeguards against the snares of the rebels and traitors.

Leuviah: Recovers friendships; defeats insomnia and helps to rest well at night; provides inspiration in journalism, literature, poetry, and philosophy; illuminates to know how to differentiate the false from the true.

Caliel: Helps when an adversity arrives, advocates during arguments, and makes the innocent triumph; illuminates judgment; protects during scandals and against the maneuvers of vile, low, petty men.

Leuviah: Helps to remember where something is that you have lost; to endure adversity and to recover joy; increases intelligence and makes you more understanding.

Pahaliah: Helps keep chastity; protects against tendencies of debauchery and error.

Nelkhael: Destroys evil spirits and spells; frees you from an oppressive situation; collaborates in the learning of mathematics; avoids ignorance and mistakes; helps people follow the rules.

Yeiyael: Grants prestige; protects on trips; helps merchants maintain their businesses; favors altruistic ideas; protects against those who want to strip you of what is yours.

Melahel: He favors the rain; it drives away everything harmful and drives away diseases.

Haheuiah: Illuminates with the grace of God the exiles, prisoners and fugitives; protects from evil animals, thieves and murderers; Avoid the temptation to live by illicit means.

Nith - haiah: Unbewitches and exorcises; protects against black magicians, witches and demons.

Haaiah: Helps win a process and put the judges on your side; increases intuition; protects from conspiracy.

Yerathel: Protects against those who provoke and attack unjustly; helps spread light; facilitates living in the midst of a just environment, among wise men.

Seheiah: Protects against fires, against the ruin of buildings, falls, accidents and catastrophes; helps to be more long-lived, balanced and happy; gives prudence and good judgment; protects against the rigors of one's own fate.

Reiyel: Frees from all enemies, both visible and invisible, and from the evil eye; inspires for speeches; protects against fanaticism and hypocrisy.

Omael: Collaborates in a birth going well; helps in the studies of medicine and chemistry; facilitates the surgical process.

Lecabel: Gives abundance to the crops; solves difficult problems; helps to have fortune through natural talents; protects against misers; frees you from harassment; helps to study geography.

Vasariah: Grants justice; helps you express yourself with kindness, modesty and ease; combat the bad of the body and soul.

Yehuiah: Protects against the wicked; seeks the obedience and fidelity of the employees; gives the necessary strength to fulfill the obligations.

Lehahiah: Appeases anger (one's own and that of others).

Chavakiah: Help to have peace with those who have offended us. Process: quote the name of the person in the prayer and do not stop praying until there is a reconciliation. It maintains peace and harmony in families so that there are no lawsuits in the wills; promotes understanding between parents and children; avoids falling into the temptation of causing discord, unfair and ruinous processes.

Menadel: Keeps your job; protects against slanderers and cursers; it helps to have news of the people who have moved away from us; find lost or misplaced goods.

Aniel: Protects from charlatans and those who live by deceiving others.

Haamiah: Protects against lightning and infernal spirits (it is recommended to mention it to acquire all the treasures of heaven).

Rehael: For the mercy of God, love and good understanding between parents and children (obedience and mutual respect); full of personal achievements; preserves health; protects against infanticide, cruelty and destructive attitudes.

Ieiazal: Grants love for reading and studying science; protects against gloomy thoughts and disinterest in social tasks.

Hahahel: Increases faith, a vocation in missions and dedication to the service of God; enlarges the soul.

Mikael: Gives travel security (you can invoke it on the same day of the trip).

Veuliah: Provides prosperity in your companies; strengthens what is wobbling in your life (a business, relationship, health); helps to succeed in a military career; protects against discord and destruction of the company.

Ylahiah: It gives courage in difficult moments and in adverse situations; protects against the impulses that lead us to mistreat or kill defenseless beings.

Sealiah: For the lifting of the humiliated; the triumph of the humble of heart; to have fullness; facilitates learning and balances the climate.

Arial: Helps to have new ideas; Give discretion not to call attention to your works.

Asaliah: To have a pleasant and fair character; protects against immoralities and scandals.

Mihael: Fertilize women; it protects all who turn to him and helps against the impulses that lead to disunity.

Vehuel: Gets everyone's esteem; protects against selfishness, hatred and hypocrisy.

Daniel: Obtains remedies for all ills; grants forgiveness of sins; rejuvenates; ends the undecided; protects against the temptation to live by illicit means.

Hahasiah: Elevates the soul to the contemplation of divine things; promotes the vocation to medicine; protects against those who abuse good faith.

Imamiah: Destroys the power of enemies; protects in the trips and for the prisoners; avoid falling into rudeness, pride and wickedness.

Nanael: Inspire teachers, magistrates and law women; protects against ignorance; Get transcendental knowledge through meditation.

Nithael: Keep what is legitimate; protect against those who attempt against your authority.

Mebahiah: Fulfills the wish to have children; keeps within morality; helps to do good for humanity.

Poyel: Helps you express yourself correctly (recommended

for stutterers); accomplishes anything positive and for the good; gives a pleasant, modest and restrained mood; protects against the desire to presumptuously rise above others.

Nemahiah: Gives prosperity in all things, courage and greatness in the soul; it grants the capacity to bear the fatigues; protects against the temptation to attack the defenseless.

Yeiaiel: Give comfort to sorrows; provides logical solutions to concrete life problems; protects against the desire to end everything.

Harahel: Acts against the sterility of women; makes children obedient and respectful towards parents; helps to manage yourself better; Protects against bankruptcies.

Mitzrael: Cures diseases of the mind; deliver from those who persecute us; provides fidelity and obedience from subordinates to superiors..

Umabel: Gets the friendship of a person (say the name); helps students of astrology and physical sciences; gives comfort in love sorrows; helps make travel enjoyable and rewarding; protects against debauchery and harmful passions.

Iah - hel: Helps to seek the light, to philosophize, for a good understanding between spouses; seek tranquility and solitude; protects against divorce.

Anauel: Helps to have favorable days and hours in commercial and banking practices; protects against madness; avoids ruin due to misconduct.

Mehiel: Inspires to write books; gives success in printing and bookstore business; protects against the influence of false sages.

Damabiah: Protects against spells and shipwrecks; gives success in businesses related to the sea; avoid falling into unfortunate companies.

Manakel: Frees from feelings of guilt; gets the friendship of good people.

Eyael: Comforts in adversity; helps in acquiring wisdom.

Habuhiah: Helps the love of gardening; protects against parasites and hunger.

Rochel: Helps find stolen items and meet the person who stole them; protects against the ruin of families and against testamentary dispossession by unscrupulous lawyers.

Jabamiah: Regenerates corrupted nature; protects not to propagate erroneous doctrines.

Haiaiel: Frees the oppressed; gives energy for the daily struggle; protects against discord and the tendency to betrayal.

Mumiah: Relieves the poor and sick; protects against despair and suicidal tendencies.

You can also call your angels according to the days of the week, maybe that day you require special help and you can get help from them:

Monday | *Jofiel*

Wednesday | *Gabriel*

Friday | *Uriel*

Sunday | *Miguel*

Tuesday | *Chamuel*

Thursday | *Rafael*

Saturday | *Zadkiel*

How to listen to them?

Keep an eye on your email, songs, and what other people are saying to see if the angel answers your question through that medium. You can ask a random person; it doesn't matter if you know him, his answer will be your answer. Angels can take the form of a human, perhaps a beggar, to give you a message.

TEACHER ANIMALS

Each animal has a message to give you, you can ask them for different things:



Protection and independence



Protection, devotion, loyalty, unconditional love and listening beyond



Wisdom, intuition, ability to see beyond the masks



Strength, independence, wisdom and physique



Spontaneity, fertility, artistic movement



Trust, leadership, support and independence



Transformation, joy, grace and rebirth

THE ELEMENTS AND THE ELEMENTALS

The elements are energies that have an effect on our being and consciousness; Since they are energy, you can ask them for help for whatever you need. The elements are::



WATER



FIRE



AIR



LAND

In nature ask them for something. Example: *Wind: clean me of all negative energy. Sun, light my way.* They can help you with any situation; try to be in contact with the elements as much as possible.

WATER | Undines and Nereids

FIRE | Salamanders and Salamandrine

AIR | Sylphs

EARTH | Gnomes and Gnomes

The elementals can help you to come to you with their help and collaboration; for this, speak to them in a loving way, but at the same time imperative. Call them when you are in a good, happy and calm mood, because if you do it in moments of anger, they may react negatively.

If there is a fire, call the Salamanders and Salamandrine to help you; if you are drowning, call the Undines and Nereids to help you; if there is a hurricane, call the Sylphs to protect you.

Prayer for the elementals:

By the power of the earth that sustains me, by the power of the water that submerges me, by the power of the air that elevates me, by the power of the fire that purifies me, by the power of the ether that transforms me. By the 5 sacred powers of the universe: I invoke all the elemental spirits of nature, fairies, gnomes, sylphs, undines, elves, nereids, benevolent spirits and beings of light, to listen to my request and give an urgent solution to: (make request).

May your power elevate my wish and make it come true as soon as possible. You are part of my best thoughts, and I will ask for your highest evolution as a token of my gratitude for your protection and help. May it be so for the good of all and for the blessings of our mother earth.

Ch III | RECIPE FOR
THE STARS



BIRTH CHARTS

Astrology can help you know your personality, purpose, character, values, way of expressing yourself, and weak and strong points. All this will help you understand yourself better. It is necessary to have your date, time and place of birth to determine your birth chart and thus be able to know all of the above.

A birth chart is based on the position the planets were in when you were born. With it, we can know how your life will be, and if it is not so good, it can be amended. If you have a negative behavior that you do not know why it is so, perhaps it is because you have an afflicted planet and you will have to do a healing so that it affects you less.

Hopefully, an astral chart can be made especially for you to help you in your life!

Now I would like to talk to you about the benefits of the sun on you and your health.

SUN

Sunbathing is of the utmost importance. Doing it daily for a little while can do wonders for you. Expose yourself to sun rays for a short time (5 min), not at noon, at least three times a week.

Benefits of exposing yourself to the sun:

It produces vitamin D, reduces the chance of cancer, helps the heart, lowers depression and blood pressure, decreases inflammation, strengthens the immune system, improves mood, and reduces stress..

The sun is a powerful light that overcomes dark energies.

Magic with the sun: You can leave the water you drink in the sun for a while, make a wish, and then drink it.

Just as the sun is suitable for your life, the moon also positively affects you.

MOON

The moon affects your emotions, in the conscious and unconscious frequency, which are amplified when you have contact with her. Besides influencing your feelings, it also influences the ocean, so if you think positively and everything goes well, this thought will grow.

The moon has several phases that have different effects on us, which we can take advantage of to our benefit.

MOON PHASES

Crescent moon:



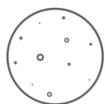
It promotes growth; you can cut the ends of your hair to grow healthier. It is favorable for study; It's time to close deals.

Crescent Quarter:



It helps to have more confidence. Also, if you start habits in this phase they will last longer.

Full moon:



It helps to let go of negative feelings and emotions. Anxiety can increase these days, but interpersonal relationships occur more easily;. Therefore, organizing a party or meeting with this moon will give more energy. Publicizing projects in this phase is of great benefit. On the other hand, it is a great time to forgive and give thanks.

Give yourself a moon bath, exposing yourself to it's energy. It is possible to do it inside a house through the window, although it is more powerful to do it outside.

Write everything you are grateful for. Be positive. Take out your crystals, quartz and pendulum to recharge. Make a wish, ask to receive more guidance, and ask the moon to

allow you to open up your spiritual side more. Put water in the moonlight, ask for a wish and then drink it.

Also, write down everything that worries you, makes you angry and sad so that you can get rid of it. Pray and meditate; surround yourself with art (poetry, music, painting); bathe with sea salt and bicarbonate; spend time alone and drink lots of water.

Waning Gibbous | Scattered Moon:



It works on your peace and sharing your wisdom with others. It is not recommended that you start projects in this phase. Getting hair and skin treatments at this stage is more effective.

Last Quarter:



It is a good time to leave habits, clean spaces, finish projects and end a relationship;. Everything that needs to disappear is done in this phase. Cut, release and drain what no longer serves your purpose (hair removal will last longer if you do it in this phase of the moon).

Let go, release and thank.

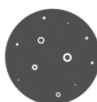
Waning Moon | Balsamic Moon:



Ideas flow best at this stage. Put an end to unfinished projects. There is no better time to break a toxic relationship and start a new cycle.

Cutting hair at this time will cause slower growth.

New Moon:



It is a stage of slow growth and rest;. It fertilizes and prunes. New beginnings can be made on this moon. Start projects because your ideas will flow better.

It is a stage for you to plan:. Change your diet, start a new exercise routine, start dieting and cut your hair so it grows fast (it is not recommended to wax on this moon).

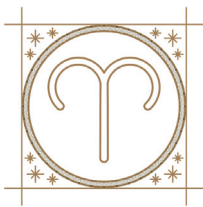
What you ask for on the new moon gives results on the full moon; write your intentions, projects and dreams; drink water; smoke your home with incense; organize your space; establish new habits, take a relaxing bath.

THE PLANETS AND ME | ZODIAC SIGNS

It is essential to know your zodiac sign so that you know yourself better and how to treat others.

In astrology, the zodiac means “wheel of animals,” in which there are 12 signs represented by animals that help astrologers define the personality of individuals.

The sign of your identity will depend on your date of birth. Here are the main characteristics of each of the animals of the Zodiac.



Aries | From March 20 to April 19

Element | fire

Color | 

Phrase | *I am*

He wants to be the first in everything; he is stubborn in an unstable and changeable manner; asocial or antisocial, he likes freedom from the demands of others. He does not depend on social approval and therefore is not interested in being reasonable; he is abstracted by focusing on himself.

His emotions are mainly enthusiasm; he needs to assert himself and has short-lived anger; You make up for your impatience and lack of persistence with a high energy level. Frank by nature; predisposition to be selfish, intolerant, domineering, impatient, argumentative, and highly impulsive; brash, hot-tempered, reckless and insensitive to the feelings of others. It requires that they practice some physical activity to calm down an Aries.



Taurus | From April 20 to May 21

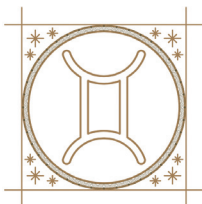
Element | land

Color | ●

Phrase | *I have*

He possesses fertile creativity; he develops the energies he receives and shapes them by imposing his style on them. It is stable, constant, persistent, earthy, sensual, limiting and restrictive. He is not very social. His influence is slow and deliberate, he needs to possess, he is instinctively conservative. He has a sense of the value of material, artistic, beautiful and harmonious things. He has an affection for good food, luxury and comfort.

He is resentful when contradicted. Regarding love, he is affective, sensual, possessive and aware of the power that sex has. Just believe the facts. He is stubborn, resistant to change, almost humdrum and greedy. The malachite stone is suitable for this sign. To calm a Taurus, be in touch with the earth.



Gemini | From May 21 to June 21

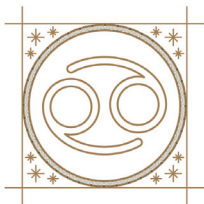
Element | air

Color | ●

Phrase | *I think*

He has quick mental exploration and understanding but no empathy. He learns quickly but without deep knowledge, and is curious about his environment. He is sociable, although he resists acquiring deep ties that limit him; he is adaptable and avoids confrontation; he is inconsistent and fickle. He likes games and tricks. It is more intellectual than emotional; He likes to talk and express himself in writing. He is versatile, multifaceted and prone to living a double life.

In love, he tends to be cheerful, inconstant and affectionate cold; he likes to court without emotion and is likely to play two ends sometimes. He lacks concentration, superficiality being his biggest flaw. The Agate stone is ideal for this sign. To calm down a Gemini, call a friend.



Cancer | From June 21 to July 22

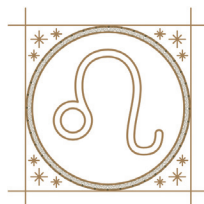
Element | water

Color |  

Phrase | *I feel*

He likes to be a part of something. He has emotional relationships, especially with the past, child hood, family, mother, community, and homeland;. He needs emotional security and interpersonal relationships that nurture him with love. He has a strong sense of saving. He is shrewd, tenacious, receptive and has a long memory. He makes a vital contribution to social cohesion. He is likable, imaginative, sentimental and reserved. He likes to collect things because he tends to reminisce about the past.

When busy, he is in his environment, caring for something or someone. He is compassionate and easily vulnerable inside. Outwardly, he gives the impression of being impenetrable, sure of himself and very tenacious. He is protective and faithful to his family, with an instinctive feeling for the clan and politically for the mother country. He is intuitive and needs security. Being touchy, he takes things too personally. Moonstone is suitable for this sign. To calm Cancer, it is necessary to take a bath with sea salt and bicarbonate of soda.



Leo | From July 22 to August 23

Element | fire

Color | 

Phrase | *I want*

Impulsive with a well-developed ego;. Has a great confidence in himself and needs to express himself to achieve the admiration of others and personal recognition.

He likes to impress and control his destiny. He wants to be honorable and important. The image of Leo is the King or the sun. He can be arrogant if these needs are not met. A leader by nature, he can command without aggression. Good-hearted, magnanimous, self-confident, enthusiastic, good organizer, seduced by big things, unable to concentrate on details, has a strong sense of drama and likes pleasure, luxury, amusements and entertainment.

Mentally he is intellectual, convincing, straight, honest, noble and in love; he has solid and sincere feelings. He is kind, generous and demonstrative in his affection for the beings he loves. He is not helpful and likes to be served; dogmatic, very fixed in his opinions, proud, ostentatious, persistent and obstinate in a despotic manner. He is sensual and haughty, intolerant, arrogant, too cheerful and festive; and very dominant. Sunstone is good for this sign. To calm down Leo, you must undertake a creative project.



Virgo | From August 23 to September 23
 Element | land
 Color |  
 Phrase | *I analyze*

Critical, discriminating, practical, evaluate life through facts and logic. He is very detailed and concerned about everything that refers to cleaning and grooming in general. He has an analytical capacity and is unconsciously motivated by breaking down and separating the digestible particles, thus making the pure essence of things work perfectly. He is upright and down to earth, concerned with the unreliability of the physical world. You try to gain control by concentrating on the details and not letting anything slip away. It has high aesthetic standards, however, he does not appreciate the beauty that is not functional.

It is the sign of crafts and trades, cunning, quick-tempered, hypercritical, uninspired, always doubtful, shy, hypochondriac, He is usually the most annoying client of

doctors and psychologists. Topaz is good for this sign. To calm Virgo, go for a nature walk.



Libra | From September 23 to October 23

Element | air

Color |  

Phrase | *I harmonize*

He gets along well and cannot imagine being alone. He needs intimate relationships to understand himself and fulfill himself. He loves beauty and harmony. He needs art. He does not appreciate or tolerate intensely emotional artistic content. He is kind, friendly, smiling and communicative. He loves tranquility and desires to get along with everyone;. He has a horror of disputes and hatred.

He cannot live alone. He needs company, always look for what you might like. You are mentally intelligent and capable of balanced judgment. It is elegant and romantic, adaptable to circumstances with a feeling of social duty; in love with love, dependent, lazy, indolent and unable to decide quickly. Frivolous, inclined to the most beautiful and easy, lack of self-confidence, very soft, fickle, goes with the flow. The blue pencil stone is good for this sign. To calm down Libra, you must do breathing exercises.



Scorpio | From October 23 to November 22

Element | water

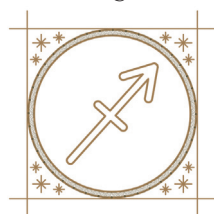
Color | 

Phrase | *I wish*

Mystical and sexual. Unable to see everyday reality. He does not notice the difference between good and evil;. He accepts and takes advantage of the experiences of death. Eager to live with intensity and drama, he loves emotion and mystery and enjoy the fighting confrontations. His expression is intense, energetic and magnetic. He has the power of conviction, he is passionate about what he doe;; he has willpower (a quality reflected in his penetrating

gaze); and is self- possessed with a tendency to keep secrets. He is a realistic person to the exclusion of all traces of fantasy or contemplation. He has excellent resistance. He does not accept other people's suggestions regarding his plans;. He refuses the advice that can be given. He is critical, sarcastic and combative. He is intuitive, analytical and keenly perceptive.

In love, he is passionate, with strong sexual feelings, sometimes extremely jealous. Their anger is terrible and vengeful. He is destructive, stubborn, sarcastic, merciless, debauched, with tendencies to enslave others, relentless, capacity for cruelty and harboring resentments. The tektite stone is suitable for this sign. To calm Scorpio, get a massage.



Sagittarius

| From November 22 to

December 31

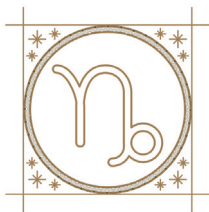
Element | fire

Color | 

Phrase | *I understand*

He learns to understand his own social context;. He is idealistic and in love with freedom, eager for self- expression and social reform and reluctant to get caught up in relationships or tradition. He is drawn to science and philosophy, religion and other disciplines through which you can study and discover the mutual relationship of all things. He prefers wisdom to mere knowledge. He is rebellious, hypocritical and impatient;. He has an intense mental interest.

His natural tendency is to be in constant movement, be it physical or mental, which drives him to make many trips of a different nature. He has learned not to become attached and not to be possessive, but also to see how useless fear and suffering are;. His intuition is stronger than his intellect. In love, he is ardent, enthusiastic and sincere. He needs to be free, so he could well postpone a marriage. He is exaggerated, tactless, careless, impulsive, too self-righteous, always restless, and a typical playboy. The turquoise stone is ideal for this sign. To calm Sagittarius, they must travel to places they have not been to before.



Capricorn | from December 21 to January

20

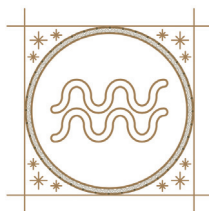
Element | land

Color | ●

Phrase | *I ambition*

He is practical, cautious, ambitious and responsible. Strongly influenced by authority figures, methodical to work and with much patience, he has self-control. He perseveres and takes a severe attitude towards life;. He is very conservative, concrete and not at all dreamy, what he gets in life is earned through effort and work, not by being lucky;. Mentally, he is cold and calculating, demanding, serious, cautious, faithful and conservative in affection. Before deciding on marriage, he prefers to be very sure of his choice. The tension of his features signifies a very materialistic attitude in life and a very harsh conduct towards young people.

Exaggeration in order and punctuality means a reason always to be unhappy, turning into a pessimist or spoilsport, by needlessly lamenting. Selfishness, cruelty, criticism and insensitivity often take over him. Tourmaline stone is good for this sign. To calm down Capricorn, he can watch a TV broadcast.



Aquarius | From January 21 to February

19

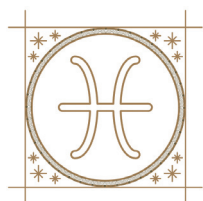
Element | air

Color | ●

Phrase | *I know*

Cooperates, enjoys social interactions, values friendship, respect and collective effort. Tends to dominate groups; He will fight for social needs. He is a lover of freedom. He seeks to change society in order to adapt it to his ideals. He is more comfortable with friendship than love, mentally active but emotionally arid, unconventional, revolutionary, unorthodox social influence. His thoughts are ahead of the opinions of his time and he is unpredictable in his actions and scientific leanings.

Stubborn, perverse, too rigid, eccentric, rebellious, tactless, fanatic, too detached, erratic, fanatic reformer, the agitator, dissatisfied prototype. The labradorite stone is good for this sign. To calm Aquarius, have him do a puzzle.



Pisces | From February 19 to March 20

Element | water

Color | 

Phrase | *I believe*

Transcendence of the Self,. Surrender of the soul to God. Imaginative, highly receptive to the influence of others; You may end up acting like a passive victim who refuses to take responsibility. The perception of so many alternatives needs to be clarified. He seeks truth on a deep spiritual level. He tends to take refuge in his internal and distant world, which can become a fantasy. He is drawn to social service, usually by ensuring his protégés remain dependent. He is emotionally sensitive, intuitive, kind, compassionate, sympathetic, patient, and expansive. He oscillates between happiness and depression. He tends to sacrifice himself because he can't bear to see others suffer and is moved to tears.

It is the most spiritual of all the signs; he lives in the clouds (clouds can be dark). In love, he is very emotional, submissive, dreamy, poetic, kind and sometimes shy, too soft, exceptionally sentimental, careless, indecisive, incomprehensible, temperamental, confused, vicious, deceitful and a trickster. To calm Pisces down, invite him to have some tea.

SOLSTICES

There are days of the year important to express our desires and you can do this on the solstices.

Summer solstice | June 21

Winter solstice | December 22th

During those days, you can light a yellow or orange candle and ask your Higher Self for whatever you want.

MERCURY RETROGRADE

Mercury retrograde is another time of the year to consider. It is a time to reflect on your life. Avoid signing contracts or buying big things, like a car, because it can delay your process.

You have to be aware of the Mercury retrograde season because it changes from year to year.

Ch IV | LET'S DO IT



As I once did, you are probably wondering what to do to heal myself. Where do I begin? Fortunately, there are several techniques, I will mention the most important ones and those that have helped me the most in my healing.

TECHNIQUES THAT HELP TO HEAL

These techniques are very easy to do and can help you heal negative emotions, such as anger, sadness, hatred, envy and gossip, when you are sick or simply to enlighten yourself. You can also use them on a day when everything goes wrong or when you have a problem.

BE IN NATURE

It has been proven that people who spend more time in nature are calmer and are better with themselves. Try to have contact with nature daily or at least twice a week. Hug a tree, observe the animals and how they act, and observe the plants and flowers. It is another world that will help you change your mood and have clearer thoughts.

DELIVER YOUR PROBLEMS TO THE SOURCE

Intentionally tell the power in which you believe that you hand over your problems and trust that these are already solved.

PRAY

Pray for a few minutes every day; it will help you not feel alone and supported. And remember to be thankful.

LISTEN TO YOUR INNER VOICE

The inner voice is what you hear within yourself. To listen to it, you must calm your mind and be silent. This will help a lot to make decisions or manage emotions. Every day sit or walk quietly without any distractions to listen to your inner voice.

Sometimes we do not know how to distinguish between a positive or negative inner voice. To distinguish between them, consider the following:

The positive voice. | It gives you tranquility and peace. With it you will feel happy and positive.. You may also wonder if the information is correct and best for you.

The negative voice. | It generates doubts. It is a voice with ego and negativity.

TO MEDITATE

It is a potent tool to raise your frequency and be at peace. Through meditation, you discover yourself and free yourself from fear, pain and suffering.

Meditate to control your mind. By calming it, you create more space and open yourself to the divine.

BENEFITS OF MEDITATING

It eliminates stress, relaxes you, takes you to a higher spiritual level, balances your chakras, removes traumas or negative energies, heals you from physical damage and makes you happier. By eliminating your fears, you will become a less reactive person with less anxiety, sleep better and have more confidence in yourself. And by being more focused, you will be able to make better decisions. Meditation releases depression, helps you lose weight, makes you look younger, quit addictions, gives you more energy, improves your mood, keeps you in the present, enables you to be less worried, reduces your fears and makes you know your purpose, along with so many other things.

Guided meditations are excellent and they do work, but the ones you do in silence are better, just with no thoughts and in silence, following your breath. They will actually help your mind heal more effectively.

How to meditate?

Sit upright, close your eyes and follow your breath or listen to your heart without thinking about anything. If your mind wanders, pick up the rhythm with your breath. Don't be disappointed or angry if you can't do it right away, just bring your attention back to your breath or a mantra. It can be the mantra OM or KIRIM.

Every time your mind loses concentration, repeat this mantra to return. If it is hard to master, do not worry, just try it once again.

Feel the calm, stillness and peace. Focus your attention on your breath or your heartbeat. With patience and perseverance you will achieve it.

When to meditate?

Daily, for 20 minutes in the morning and 20 minutes in the afternoon, or 40 minutes in the morning or the afternoon. If you don't do it daily for 20 minutes, twice a day, or once for 40 minutes, it won't have a significant effect. It is crucial not to meditate more than this time. Some people have many activities and do not take the time to meditate or find it boring. However, keep in mind that it is the best thing you can do for yourself. It is what will serve you the most, and it is free!

Meditation should be just as necessary as eating. It's slow, but sure. If you feel pain or a tic while doing it, don't worry, it's normal;. You're cleaning something. It is the best way to heal the past and prepare for the future. You will not regret it!

MANTRAS

What is a mantra?

Mantras are Sanskrit syllables that push your tongue to stick to the roof of your mouth so as to hit 84 vital points. When key points are activated, glands in the brain (hypothalamus, thalamus, and pituitary) are stimulated to induce a meditative state. Mantras produce mighty sounds. There are words with higher vibrations to make you focus your attention.

Chanting mantras causes you to enter a meditative state. These have a higher power than other sounds. They are based on the Sanskrit alphabet. Mantras help cure a disease even if you don't understand what you are saying. Repeating them helps you with stress, to heal an illness, for a difficult day, to be happier, to raise your consciousness, to generate more money, to have more self-esteem, to

be in love and harmony and to have peace. It helps to eliminate problems that we come across in life, relieves us of fear and negative influences and cleanses the ego, envy, prejudice, selfishness, hatred and many other things.

Some powerful mantras are:

Om | God in action; universal presence

Om Mari Padme Hum | OM - generosity, MA - discipline,
NI - patience and tolerance,
PAD - perseverance,
ME - concentration, HUM - wisdom

Om Nama Shivaya | Open paths

3in Uru | It is another powerful mantra to chant or repeat.

Repeat them as many times as you can.

LIVING IN THE PRESENT

Sometimes we live in the future or the past but not in the present moment, in the NOW. The here and now is what we have to focus on to enjoy life. This will allow you to be more attentive, focused and calm in the happiness of each moment.

If you concentrate on living only in the moment, in peace and joy, you will have built a very prosperous future for yourself. Living in the present prevents you from being afraid of the future. It will also help you ignore past hurts. Later I will explain the first chakra, which will help you to be more present.

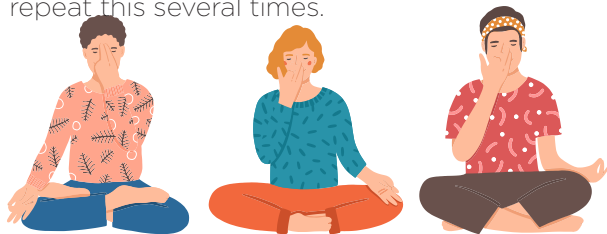
BREATHS

You will wonder how a breath can help you to be better. But if you knew how it helps your physical and mental health, you would do it more often. This can help considerably to calm your mind, and relieve symptoms of depression and anxiety, insomnia and nightmares. It decreases pain, relaxes you, gives you psychological well-being, reduces stress and anger, increases your energy, and even helps to resolve problems and issues.

I am going to show you different types of breathing. They are straightforward to do. I hope you allow me to show you how:

Pranayama Breathing

Pranayama exercises are a practice that helps oxygenate the brain. It consists of breathing by covering the left nostril with one finger and breathing with the right, then you cover the right nostril and breathe with the left. You repeat this several times.



Samha breath

Use this breath to free yourself from negative feelings or difficult situations whenever you are tense, stressed, experiencing something difficult, afraid, or worried

Inhale deeply with your lips tight, thinking about something positive, hold your breath as long as you can by squeezing your stomach and exhaling through your mouth with an energetic and strong sound, believing that the difficult or damaging emotion is expelled.

Example: Inhale and think that you are at peace. Exhale forcefully, thinking that the fear is done.



Sweeping Breath | *Recapitulacion Breathing* by Carlos Castaneda

I highly recommend this breath when you are angry with another person or to clear the energies of someone with whom you had a sexual relationship and who is no longer your partner, because it clears past memories and you

recover the energy that you gave to the other.

How it works is an exchange of energies: *I give you your negative energy and you return my positive energy.*

Process:

Make a list of the people with whom you have had problems or with whom you have perceived a low vibration, they can be relatives, your parents, include everyone with whom you had sexual relations, or people with whom you had some disagreement, your boss, your brothers or your partner. They can be people who are still alive, who have already passed away, who you barely know, whom you are in love with or whom you can barely stand.

If you are afraid of someone, you suffered violence or any abuse, do not do this exercise, for this, it is better to do advanced breathing (it is mentioned after the sweeping breathing).

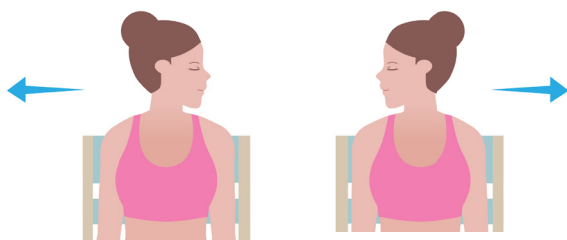
To do this breath, choose a person from whom you want to recover your energy. With a focus on one person only, it cannot be two or more people at the same time.

1. Sit in a comfortable position.
2. Put your feet on the floor, preferably barefoot.
3. Invoke your Higher Self, guides, angels or Carlos Castaneda out loud or silently.
4. Close your eyes and have the person you chose to recap in front of you.
5. Visualize his head, his eyes, hair, how he is dressed and his surroundings. Take a few minutes to see it as clearly as possible.
6. Try to visualize the surroundings, the place or the room where he is and focus on it.
7. Now begin the sweeping breath:

You are going to inhale positioning your head facing the left side, then exhale through the mouth while turning your head to the right side. Then you inhale again while turning your head to return to the left side and exhale through the mouth turning to face the right side again. The exhalation through the mouth will be repeated 3 times, then the same movement will be continued, doing the exercise only exhaling through the nose. Do not stop looking at the

person you chose while you do these breaths, repeat the exercise until you feel that there is no longer any negative emotion between you. It will take approximately 5 to 10 minutes.

While you inhale, imagine that you take the energy that you gave to that person and when you exhale that you return all the bad energy that they gave to you. This exercise will not harm the other person but will return their bad energy to them, which will become their karma. At the same time, you will feel liberated.



8. Disconnect from breathing:

Do 3 sweeping movements with your head following the same pattern but without breathing, then bring your head to the center, thank your guides and open your eyes. This step disconnects you from the person with whom you were recapitulating. It's very important, don't skip it!

Advanced Breathing

When you are very afraid of the other person, there has been violence and/or abuse, use this exercise. It doesn't matter if it was a long time ago or if the person has already died. Don't use it when you're tired.

Process:

1. Stand barefoot.
2. Call your angels, guides or Carlos Castaneda.
3. Choose the person with whom you had the violent event.
4. With intention, visualize it on your left side on the ceiling.
5. Visualize that some strings go from your body to hi.; Extend your physical hand towards the person and with it take forcefully all the filaments or ropes that

unite them.

6. Imaginatively pull the strings toward your solar plexus (under your chest) with a loud sound.
7. Immediately afterwards you have to fan the strings up to the right, repeating a loud sound. Imagine that you return these dark energies to that person and clean your own.
8. To close, make 3 sweeping movements without breathing, then place your head in the center, thank your guides and open your eyes.
9. Then drink a lot of water and take a bath in a tub with sea salt and bicarbonate (or soak your feet in a bucket for 20 minutes).
10. It does not matter that your memory does not clear, you are recovering your energy in a strong way.



BE AWARE OF NEGATIVE ATTITUDES

In order to correct these attitudes, first recognize that you have them, otherwise, you will be constantly repeating them without realizing it, making them more difficult to overcome.

Example:

A friend got mad at everyone but didn't realize she did it. People began to move away from her and that was when she wondered the reason for this. Thus, she became aware that she had an addiction to anger. By using healing techniques before getting angry, she was able to control this negative emotion and now relates better to people.

FORGIVE

The word forgiveness comes from the Latin *perdonare* which means “to give completely”.

And why forgive someone who hurt you?

Forgiveness is a strength and not a weakness. It is not that you forget, minimize or do not feel what they did to you, it is simply freeing yourself from a negative feeling. You forgive, not because they deserve it, but to free yourself from that hatred and suffering. It is an act of love towards yourself. If you let go of the past, you will be free, there will be a transformation in you and you will be at peace.

When you don't forgive you poison yourself making your ego bigger and you feel worse. If you don't forgive, you don't feel good but on the contrary, you are more angry, sad, desperate and you will become more proud. You may want to punish the person who hurt you, but in this way you are hurting yourself and punishing yourself. Resentment also blocks all your creativity.

When you forgive, you will have greater self-esteem and more benefits to your health. If you forgive your partner or your partner forgives you, the relationship will improve considerably, because the drama and resentment disappear. Ask for forgiveness from all the people you think you have hurt, it doesn't matter if it's in silence. It is for your own good.

True forgiveness is when you don't expect anything in return.

Today I decided to forgive you, I did not do it because you apologized or because you recognized the pain you caused me, but because my soul deserves to be at peace.

Exercise to forgive:

1. Print a photo of your mom, dad or the person you want to forgive.
2. Put the drink that the person likes and put another one that you like. (don't drink it).
3. Say the full name of the person and say everything you want to him, without mercy.

4. Then you will thank them (learning, experiences or whatever you want) and if they were your parents, thank them for your life.
5. Say the following: *I apologize to (that person).
I return his energy and keep mine.*
6. Burn the photo and deposit the ashes on the ground in the form of an offering.
7. Flush the person's drink down the toilet.
8. Write 10 decrees for yourself, positive and present.
9. You can also do this exercise for you with a photo of yourself. Do exactly the same and you drink the beverage and at the end and write 10 good things for yourself.

Technique to forgive yourself, forgive others and for others to forgive you: HO'OPONOPONO

This is an ancient Hawaiian practice that is used as a tool to make it easier to forgive. In Hawaiian, Ho'o means "cause" and pono "perfection."

Ho'oponopono means harmony in everything that exists, as well as love for yourself.

Repeat as many times as you can:

To forgive yourself | *I love myself | I am sorry | I forgive myself | Thank you*

To forgive another | *I love you | I am sorry | I forgive you | Thank you*

For others to forgive you | *sorry | Please forgive me | I love you | Thank you*

Ho'oponopono needs to be repeated constantly to have a positive effect on you and others.

It is hard to believe that a few words can heal you, but please try and you will see what effect they have on you and on others. You will notice that people will be better with you and you will no longer care so much about what they did to you, which will make you be at peace.

Other techniques that help to forgive: Meditating, praying, sending blessings to the other person, sending light to the other, doing Sweeping breathing or Samha breathing will

also help. Put only the intention of wanting to forgive.

- Do not wish evil on the person who harmed you and, for your own good, do not take revenge.
- Imagine that the resentment you feel towards the other person is erased with golden light that enters your body.
- Get rid of the photos you have at home of the person you no longer want to have contact with.
- Put lavender on your pillow to facilitate forgiveness or dress in lilac.

To forgive yourself:

Maybe you think you don't deserve forgiveness. Sometimes you can feel a lot of guilt for something you did and you can't forgive yourself. This only causes suffering. If you don't forgive yourself, you will tend to punish yourself in some way: perhaps eating too much or not eating, drinking alcohol, taking drugs or doing other kinds of things that destroy you inside. Every mistake requires correction and not punishment.

You are always entitled to other opportunities. What you did is over, let it go. Forgive yourself so you can move forward in your growth and live better. No matter what you did or how big it was, it was a mistake. Acknowledge it, accept it, correct it and let it go. Better to ask yourself: how can I correct this? How can I amend it?

Example:

Not doing it again, helping other people who suffer from the same thing, asking for forgiveness in silence or in person, sending blessings or praying.

Choose to see everything with love. Forgive yourself one thing at a time. Remember that we all make mistakes, even Buddha or high vibration people have made mistakes don't be so hard on yourself. Making mistakes is necessary to grow, It is part of human nature.

If there is a lot of resentment in your house, put out lavender flowers and throw away what is useless.

If you are weak, you will try to take revenge. If you are strong, you will forgive.

PAMPER YOURSELF

Do things you like.

Example:

One day a week set a special table with candles and food for yourself.

STAY AWAY FROM ELECTRONIC DEVICES

The TV,, telephone and many electronic devices are very harmful to us,; try to minimize their use. When sleeping, turn off the phone and the internet and cover the TV with a cloth.

AFFIRMATIONS

Affirmations help you fix positive thoughts in your subconscious. If you repeat them often they will stick in your mind. This will be like switching to a positive channel and you will start thinking this way.

Use affirmations when you have a fixed idea or a negative emotion that you cannot change. If you're sad all the time, constantly repeating an affirmation will help you change that idea.

Example:

Change the emotion of being sad with the affirmation "I am happy".

Put the affirmations on slips of paper in a place where you can see them. It can be on your mirror, computer, etc. Read them and repeat them as much as you can.

You can make your affirmations in the following way so that they have more effect on you:

Repeat 3 affirmations in the morning.

Repeat 6 affirmations in the afternoon.

Repeat 9 affirmations at night.

Do this for 41 days.

How to make an affirmation?

Verbalize "I am" to make an affirmation,. You can also make an affirmation without "I am, just pay attention that you say it positively.

Example of affirmations with "I am":

I am safe and secure.

I'm happy.

I'm healthy.

I am at peace.

I am a great force for good.

I am a good and perfect mental being.

Examples of affirmations:

I trust that all is well.

I feel safe being me.

I relax and let life flow.

SING & SHOUT

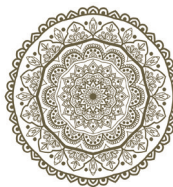
When you sing you generate energy, which helps you feel better and release your emotions. Singing is a technique to make your body vibrate in harmony.

Benefits of singing: You produce endorphins (it is the hormone of happiness), you increase the oxygen in your body, you increase your memory, you activate your creativity and expression, you help to connect with your inner child, you empower yourself, motivate yourself and help to feel more secure.

When we scream we let go of negative things. It does not mean that you yell at another, the scream is only for you, to get that negative emotion out. It can help you to yell alone in the car in order to get all the anger out.

ART & MANDALAS

These activities relax you and help you work on your past emotions.



Example: Paint a picture, make a sculpture or a mandala, etc.

WRITE & SPEAK

Writing or speaking is a valuable technique to eliminate negative emotions and thoughts. It will allow you to connect with yourself and increase your self-esteem.

Every day, write a private note to yourself on a piece of paper or record a voice note on your cell phone about what worries you or makes you angry or sad. Then, burn it or delete it from your phone. You can use profanity. After all, no one but you will read or listen to it. It works very well . Do this until the negative feeling towards that person or situation is gone.

When you release thoughts, peace comes.

Example (write something like the following):

I am very angry with you, Pedro, for not taking me to the party. It was very selfish of you. I really wanted to go because of all we had already arranged, etc.

You can tell him everything you feel. And don't give him the letter, simply burn it!

THANK

When you use this technique and give thanks with feeling, you will create abundance in your life. Be thankful for the bad things that happened to you because they were lessons. Sometimes we forget to thank, however it is imperative.

BLESSINGS

To bless is to wish the other well. Blessings are like boomerangs. If you bless someone, that blessing will come back to you. Bless all people (good or bad), places and situations, this will benefit your life.

How to bless?

I send you blessings (name of person).

Or say blessings and imagine the person you want to send them to.

RETREAT

From time to time, go to a spiritual retreat. It will help you work within yourself and make you think about things, getting to know what you want and feel. You will be able to be at peace and connect with God.

You can attend a spiritual, silent or meditation retreat in person. You can also do it at home. Just prepare everything so no one interrupts you.

APPRECIATE & LAUGH

Appreciate what you have. It is essential to realize what is valuable to you so that by being aware of it, you take care of and enjoy it.

We are all very serious these days. Laughter is good for the body and the soul. It will help eliminate stress. Try to find something that makes you laugh every day.

CHARITY

Giving will help you eliminate ego, sadness and fears. By seeing others worse than you, you will cherish what you have and thus your soul will heal faster. Turn your pain into a gift.

The inner satisfaction you get from helping others is fabulous. Those who help others tend to live longer and enjoy life more. When you serve, you don't feel alone. Service increases appreciation, compassion, and self-esteem. When you are helping, you do not have time to complain or criticize. Be in service and diminish material attachments.

It doesn't matter who, just help. There are many ways to help: at school, a friend, charitable organizations, etc. Identify the one you like best or what your pain is. That's where it's best to help.

Example:

If you were an abandoned child, you could help abandoned children.

Here are three golden rules while helping others:

1. You must be asked to give help.
2. Make sure it does not affect or harm you.
3. Expect nothing in exchange..

HAVE A PET

Having an animal will help you open your heart. It is not about having many animals, one is enough. If you have a pet, ensure it is well cared for, cuddled and loved.

Ch V | ALTERNATE
TECHNIQUES



Use energy healing, stone technique, aromatherapy, homeopathy, bach flower remedies, acupuncture, Hebrew pendulum and quantum healing as alternative measures to your medical treatment. These techniques help you heal faster.

ENERGY HEALING

We are all made up of invisible energy. Energy healing is an ancient method of healing people using, as the name suggests, their energy to heal on a physical, emotional and spiritual level.

The energy is the medicine to heal the auric field and thus charge and balance your chakras. Your aura is made up of electromagnetic energies. Your body is a mirror of what happens to you in your auric field. If there is any distortion or imbalance in your auric field, it will impact your physique. The body is made of molecules and atoms that produce energy which is always in motion.

You create energy through your vibration, which generates electromagnetic waves that change your cells. The vibrations are affected by your thoughts and emotions, which in turn affect your auric field. A change in the vibrations of your body can change your character. A continuous change of vibrations, over time, can affect your health.

Negative thoughts will cause less frequency and you will get sick;. Instead, if you have positive thoughts, you will create joy, peace, forgiveness and feel good, happy, alive and grateful for yourself and your community.

Energy healing has no negative side effects, it is entirely natural. It is an alternative practice to traditional medicine. It helps accelerate your healing and connects you to your life purpose and source. An expert will be able to heal you with energy healing.

SOUND

Sound is a good tool for healing. It can heal the heart, restore proper circulation, cure Alzheimer's, remove depression, dementia and clear blockages. It also helps

to recover from addictions, fight pain and transform the soul. Music affects your whole body and your emotions. Additionally, it improves your mood, your character and helps you feel better.

FREQUENCIES

There are different levels of frequencies called Hertz (HZ), which can significantly help your emotional state depending on the level at which you listen to them.

174 HZ | Removes the pain

285 HZ | Helps the auric field, emotions, depression and laziness; heals the tissues.

396 HZ | Frees from fear and guilt.

417 HZ | Makes changes easier.

432 HZ | The tone of nature, the sound of “Om.” It will help you to be happier and open your heart.

528 HZ | Makes positive changes to your DNA and increases your pleasure.

639 HZ | Heals relationships.

741 HZ | Helps to have better intuition.

852 HZ | Attracts people to the soul.

963 HZ | Connects with light and spirit.

Also, the sound of drums helps to heal Alzheimer's, autism in children, adolescent emotions, recovery of addicts and traumas. For example, people who are or were in prison or homeless. This sound relieves stress conditions, fatigue, anxiety, hypertension, asthma, chronic pain, immune system and helps to be more aware.

OM: It is a universal sound that connects you with the source and influences you physically, mentally and emotionally. It has vibrations that help calm the mind and the nervous system. It also cleanses your energy and helps with fear. It helps you sleep if you are weak, angry or get sick frequently. I recommend saying “Om” daily three times in a row. I want you to hold the sound by lengthening the word: “OOOOOOOOMMMMMM.”

SPECIAL MUSIC TO FEEL BETTER

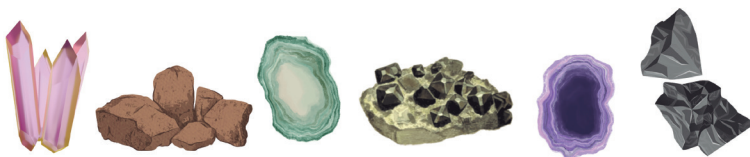
There is certain kind of music that can make you feel better, like Retire Mozart, Water Music (Heindel Suite No.

2), Buddhist chant Thick Naah | Avalokitesh vara from Plum Village, Carmina Burana, Ave Maria Laudate Dominum DV 3-339 by Mozart and Gregorian chants.

Tomatis method: It is a highly recommended technique that helps heal your emotions through music. It is a very complete therapy.

STONES

Gemstones influence you to act positively. Later, we will relate them to the chakras so that you can see which stone color is more convenient for you. Also, with your birth chart, you can determine which stone will help you the most.



AROMATHERAPY

Smelling prepared essences helps you improve your mood and balance your chakras (we will mention them later in the book). Imagine arriving at your house to a pleasant fragrance, This will raise your mood..

LIMITING BELIEFS

We learn them from our parents, ancestors and society. They taught us that we have to have certain behaviors to be well, but it turns out that some of these beliefs no longer work (or never worked). Example: "Women have to put up with the abuse of their husbands" or "Women should not be more successful than men."

Many of us have people who have constantly made us believe that we cannot do this or that, that we are not capable or that we do not deserve it. We have to remove those false beliefs and move forward and grow.

How to eliminate false beliefs?

Change your thinking to what you want to be. For example: look in the mirror and see how valuable and capable you are. Feel like a pure, skilled and divine person.

Affirmations help a lot to change beliefs. Constantly repeating them makes them stick in your mind, . You create your reality; It is just as easy to believe we are unique as it is to think we are horrible creatures.

Meditation to deliver to your ancestors and parents the limiting beliefs that no longer serve you:

Close your eyes and imagine your father and your ancestors from your father's line coming towards you from your left side. At the moment you have them in front of you, you give them a box that contains the limiting beliefs. For example: Feeling undeserving because of being a woman, the belief of not deserving to have money, of always being in debt, of having been betrayed, of being abandoned, etc..

Then visualize how they turn around and take the box with the beliefs and see how they walk until they are lost on the horizon. Now, picture your mother and your maternal line arriving on the right side and, once again, hand them a box with the beliefs that prevent you from growing and developing, such as: "Women have to remain single, or women must stay at home and not work, etc." Now visualize that they take the box, turn around and disappear into the horizon. Breathe and feel free from these beliefs that prevent you from being better.

Belief release exercise:

Imagine that you press a button and a disk is ejected from your head where the old beliefs and negative thoughts that have been replaying in your head are recorded. Put your hand to your head, remove the disc and throw it away.

Third Eye Technique to remove limiting beliefs:

1. Think of something that prevents you from being successful.
2. Sit up straight and close your eyes.
3. Locate your third eye located between the two physical eyes.
4. Go a little higher and squeeze it with your index finger.
5. Rock from side to side as you press this point.
6. While you are swinging, think about how all the beliefs that prevent you from being successful are dissolved.

Ch VI | ATTITUDE
TOWARDS LIFE



BE HAPPY

One of the purposes of life is to be happy. Many see it as a distant goal because they are used to suffering and think being happy is impossible. Being happy is a decision, an attitude in life. Only you decide if you are happy or if you spend your time suffering. We all have problems that throw us out of balance, but we must spend as little time as possible on that negative emotion.

"Oh, but I have a thousand problems, one after another. It would be impossible for me to be happy." I understand, but if you continue with negative emotions, you will face more daily problems. You have to change your thinking despite the difficulties. No one and nothing should take away your happiness or your peace. You will see that things are going to be solved automatically. Reprogram your mind to have that happiness, yes or yes.

You think that money, your relationships, pleasure, titles or power are happiness, but how many times do we see rich or famous people feeling miserable? You don't need any of this to be happy. Many expect other people to make them happy, which is a mistake. You are the one who should make yourself happy. No one else is in charge of your happiness. Success or material wealth does not guarantee inner satisfaction. On the other hand, happiness does give you inner satisfaction. Happiness is not laughing or being happy all the time. Happiness is feeling good about yourself, having healthy relationships, being calm and making the world better. If you are happy, you will be healthier and you will not get sick.

It's your life. Decide to be happy as long as possible. Happiness is achieved solely based on your inner peace. Ask yourself: what am I doing to be happy? Enjoy everything you do, wear happy colors, put flowers and happy pictures in your house and try not to have sad images. Burn orange peel at home for more joy, recite special happiness mantras, laugh, make your life easier and make mandalas.

Just decide to be happy!

Remember that you are the only one responsible for your happiness and for creating heaven on earth. Did you know that the most beautiful women are the happy ones? Maybe one day you'll realize that life didn't demand so much from you, so much sacrifice. Perhaps life was only asking you to be happy.

BE AT PEACE

To have peace is to be calm with yourself, without conflicts, fear, worries, and ego.. If you work on your peace and that of the world now, you will be working on the peace of your future and that of the world. Do not wait to have peace when you have money or a job. If you live in the present moment everything will be more accessible to you. Put the intention to have peace in every moment and every situation. Always choose peace.

Manage to dominate your emotional plane so that nothing takes you out of your inner peace. That way, you will have won. Nothing is more important than having peace. Don't look, talk or listen to anything that takes away your peace. Choose to have peace.

To be at peace, look for what you have to take away. What do you have to get rid of to be at peace? Sit where no one interrupts you with your arms relaxed, take a deep breath, close your eyes and stay without thinking about anything; be silent for 1 minute. Feel the peace. Burn lavender on a plate and pass it around the house to be more calmed and at peace.

HONESTY

It's essential to be honest because you'll hurt yourself by not being honest. If, for example, it is easy for you to steal something, even if it is a small thing, at another time, you will have to pay for it, and someone will steal something from you. Besides, you start to vibrate low with these actions and then you will be more likely to get sick and attract unpleasant situations in your life.

BE COMPASSIONATE

Compassion invites you to understand others to

understand their pain, ignorance, discomfort and why they act the way they do. This does not mean that we agree with their behavior, but rather that the goal is to understand them so that we can be compassionate and kind to others.

Wishing that the other be free from suffering is being compassionate. It is not about pitying them but understanding why suffering leads them to act the way they do. Compassion is being willing to help. We must include animals in our compassion as well.

We need a more compassionate society that is more considerate and cares for others.

FREEDOM

Freedom is the natural faculty that human has to act or not in a certain way and be responsible for their actions.

Every moment you have to decide if you are right or wrong. This can bring you closer or further away from being a better person. You are free to choose. Remember to be aware of your actions, as they will generate a consequence for your spiritual growth.

If you have anger, anxiety or anything from the ego, you become a prisoner of these feelings. Letting things flow gives you freedom, and freedom is what leads you to happiness.

BE FLEXIBLE

I consider it important to be flexible with other people. With the objective of being more adaptable to changes and avoid suffering.. To yeild is not to lose.

FEEL DESERVING

Sometimes you don't believe that you deserve all the good that life offers us and you refuse to accept it. This belief may date back to childhood. You probably feel that you have not acted well and that you do not deserve things.. Give yourself permission to accept the good, whether you think you deserve it or not.

For a time, I dedicated myself to my daughters without giving myself time for self care. I was always aware of their emotional well-being, their health and any additional needs they might have. I realized I had to give myself time to do things I liked and not put myself in last place. It was time to change and start feeling deserving.

Ch VII | TECHNIQUES FOR YOUR PHYSICAL BENEFIT



EATING

Many say that the physical does not matter. However, I must tell that our body is our temple and we should take care of it.

Eating healthy is very important so that you don't get sick and can think better, be in a good mood, be more productive and vibrate at high frequencies.

BENEFICIAL FOODS

You need proteins. They are essential for your health and mood. Eat protein in the morning to feel better. Many people only eat bread and coffee in the morning, but this is unhealthy. It's healthier to eat some protein and vegetables with whole wheat bread. Example: a scrambled egg with tomato and bread. You need more energy to start the day. Eat foods such as vegetables, fruits, spirulina, grazing or organic eggs, seaweed, blueberry, sunflower seeds, walnuts, almonds and organic foods are very beneficial for your body. It is also essential to include minerals in your diet. Fruits and vegetables are the best foods you can eat.

Benefits of eating bananas:

Bananas help prevent anemia, stimulate the production of hemoglobin in the blood, increase happiness, strengthen your circulatory system, regulate blood glucose and help avoid stress and bad feelings. They have vitamin B which helps you quit smoking faster and lessens the effects of nicotine. Also, students who eat bananas for breakfast and lunch perform better in exams.

Benefits of eating almonds:

Almonds contain zinc, magnesium, vitamin B2 and vitamin E. They help you have more vital force and sexual self-control. Eat ten almonds a day (preferably at noon).

Walnuts | Beneficial for the brain because of all their protein.

Dark chocolate | Improves mood and causes a feeling of joy. Eat a 50-gram serving each day.

Avocado | Helps lower blood pressure naturally, cleanses the arteries, contains vitamin B and helps with good memory.

Lettuce | Helps calm you down.

Orange | Rich in vitamin C, which reduces cortisol and blood pressure;. Citrus fruits banish melancholy and stimulate the brain.

Yogurt | It contains probiotics, which regenerate the intestinal flora and favor the production of serotonin, which regulates mood.

Lemon | It contains vitamin C, which helps purify and protect liver cells. Its sour flavor stimulates wit and intellect.

Purple cabbage | It contains anthocyanins, which protect the body against cardiovascular diseases and gives more mental clarity.

Oysters | Contain a large amount of zinc.

Cottage cheese | High in calcium and protein. It strengthens and relaxes the nervous system thanks to pantothenic acid.

Salmon | Provides Omega 3 and magnesium.

Asparagus | It contains folic acid and vitamin B, essentials to keep calm.

Blueberries | Contain vitamin C.

Celery juice | Will do wonders for your body, especially eliminating diseases.

Spinach | Contains magnesium, calcium, iron and zinc, and helps prevent anxiety.

Tomatoes | They give mental strength.

Chia | Helps release serotonin, which causes a sense of calm and reduces anxiety.

Chili, pepper and ginger | They stimulate the production of endorphins (“happiness hormone”).

Plants, infusions and beneficial teas for you: Chamomile, ginkgo biloba, lavender, calendula, lemon verbena, lime blossom, valerian, lemon balm and lion’s tail.

Oats | Ideal for digestion.

Coconut | Gives joy.

Fruit dates | They contribute to having more spirituality.

Figs | For tenderness and sweetness.

Grapes | They soften an overly strict sense of discipline.

menopasuse/ avocados, asparagus, green leaf vegetables.

menstrual cramps/ nettle leaf, raspberry leaf.

premenstrual syptoms/curcuma, grapes, cucumber.

Vitamin D and olive oil | They contain “happy hormones.”

Coffee is not good when it is more than one cup a day because it dehydrates you and drains your adrenal glands. Also, salty foods are related to anxiety and compulsive desires.

NATURAL ANTIDEPRESSANTS

When you feel sad, instead of using some medicine, eat these foods:

Bananas, lentils, whole wheat bread, rice, nuts, garlic, orange, strawberries, onions, olive oil, raspberries, turmeric, ginger, lemons or peppers.

This list I share with you is an accessible summary of each

food's benefits. However, you must choose what is good for you. For example: I don't eat lettuce because it causes inflammation in me., so every morning I eat almonds and walnuts. I have experienced that chocolate creates a better mood, but if you suffer from migraine, it would not be advisable for you. This is why you should select from this list what benefits you personally.

TOXIC FOODS

Soft drinks are detrimental to your health because they have a lot of sugar. Soft drinks can cause diabetes, cavities, heart problems, increased cholesterol, digestive problems, colon problems and damage to your fertility and memory. They can even provoke cancer. . Additionally, they can cause obesity.

All junk food, like chips and snacks, harms your body. Cakes, cookies, and sweets can cause you to feel complacency, emotional dependence and even sadness. If there is a day when you consumed a lot of empty calorie foods, try to drink a lemon tea, apple cider vinegar and baking soda on an empty stomach to reduce the effects.

One way to detoxify your body is by drinking this green juice:

Blend a bunch of spinach, celery, parsley, cactus, green apple and orange juice. Drink it in the morning.

An investigation between the University of Michigan and the New York Obesity Research showed which are the most addictive foods for our brain:

Pizza, chocolate, bagged chips, chocolate chip cookies, ice cream, cheeseburgers, soda, cakes and cheeses.

Food Energy Cleanse:

Sometimes food passes through many hands before reaching your home, and occasionally it is not made with a good attitude, so it is good to clean it to balance energy.

This prayer will help you remove bad energies accumulated in your food:

Please remove all the negativity in this food and infuse it with love.

I appreciate everyone who stepped in to make this meal. I send blessings to all of them.

EATING ANXIETY

Walk when you feel tempted, bathe, breathe heavily or do something that distracts you.

TIPS FOR FOOD

- Eat several meals a day: breakfast, morning snack, lunch, afternoon snack and dinner.
- Do not have dinner after 7 pm to sleep well and feel light.
- Drink water before meals.
- Before eating a food, ask yourself: Do I love myself eating this food?
- Take a deep breath before eating and enjoy your food; This is done so you don't eat out of anxiety.
- Before eating, say: I take advantage of what I need and eliminate what I don't need.

Sometimes we also have pacts that we made in past lives and/or in this life. For example, a friend of mine died of hunger in another life, and now she overeats. These are inherited pacts and hunger contracts, so I am going to share a prayer that will help you break them:

Here and now, in this dimension and in all dimensions, I clean, cancel and eliminate all past life energy that has to do with hunger contracts for something I have done unconsciously and consciously.

(Visualize that a golden light cleanses you).

It's done... It's done... It's done... Thank you! Thank you! Thank you!

IMPROVE ELIMINATION.

Use a bathroom bench to go to the bathroom; this will significantly facilitate elimination and favor digestion.

HYDRATION OF THE BODY

Have you ever seen people who have a headache, muscle aches, feel dizzy or tired, have dry skin, do not concentrate well, have increased heartbeat, have fever, delirium, anxiety, depression, inflammation and constipation? It could be for lack of water.

Drinking water helps to lose weight and increase energy; It frees you from negative ions, improving your mood.

Try to drink eight glasses of water daily. Drink two glasses of water when you get up and one glass of water when you go to bed to reduce illness.

One way to hydrate faster is to drink mineral water with Himalayan sea salt, lemon, baking soda and honey.

Magic with water | Infuse the water with a wish:

With each sip of water, imagine that you are removing all the negativity, limiting beliefs and unwanted habits that you want to get rid of. Imagine that the purity of the water helps you in your process to clean and purify yourself.

Put your hand over the water (a few centimeters above) and imaginarily turn it clockwise, bring your mouth close to it and say:

Wake up, wake up, wake up, I ask you, or I wish: (always positive and good things for you and the world) for my highest good. Thank you! Thank you! Thank you!

You can put the water under the full moon to charge it with energy. Then make a wish through the same process as above. If you feel weak, put it in the sun.

Water is life!

TO MOVE OUR BODY

Doing so will reduce excess weight, tone your muscles, improve your mental capacity, benefit your heart and lungs, improve your emotional state, help you sleep better and reduce the risk of heart attack, diabetes and osteoporosis. Exercise at least three times a week. It is crucial for your health.

Sitting for a long time will adversely affect your weight and raise your blood pressure, sugar levels and cholesterol. Get up every 30 minutes or every hour and walk for five minutes.

It is also a good idea to do yoga, tai chi or qi-gong (internal movement of energy).

SLEEP

Sleep is fundamental to your well-being and affects both physical and mental health. Not only the mind and body shut down overnight, but also almost every organ. Nevertheless, all internal processes go on and work hard.

Sleep helps you think more clearly, have better reflexes, and concentrate better. Tired people tend to be less productive at work, are more likely to have car accidents and suffer from mood swings, depression and stress. Lack of sleep affects the immune system, appetite, blood pressure and cardiovascular health, thus increasing the risk of obesity.

While personal needs of sleep vary depending on your type of Ayurveda, the average adult needs about 6-8 hours of sleep, children 10, and adolescents 9.

To fall asleep:

Limit exposure to cell phones, WiFi, 5G, computers, and electronic devices when you're asleep, and a few hours before going to sleep, put your cell phone in airplane mode. Try not to exercise after 7 pm to slow down. Start your nighttime ritual an hour and a half before bedtime to slow you down. Spread melissa oil before bed. Have a cup of



fennel tea, which is a mental relaxant. Stay in touch with the earth by walking barefoot or hugging a tree. Take magnesium at night and a few bites of banana to help develop melatonin. Meditate for 10 minutes before falling asleep, no more.

Before going to sleep, give thanks for everything you have enjoyed and deliver the bad or the mistakes made during the day to the Universe or God.

Exercising during the day will help you sleep better because it increases your body temperature, releasing cortisol and adrenaline. Cortisol is a daytime hormone, the opposite of melatonin. When cortisol is high, melatonin is low. To have good quality sleep, cortisol needs to be low, so it is preferable to exercise in the morning.

Say: Hiii (sound) before going to sleep. This helps ease sleep and keep it deep.

Set an intention before going to sleep (be healthy, have enough money, etc.).

SHOWER

Water cleans, so if you bathe, you will cleanse yourself, not only of dirt but also of negative energies that we can attract from the outside. Also when you feel bad, sad or very stressed, use this bath recipe:

In the tub with water and add a handful of sea salt and a teaspoon of baking soda. Soak in this for 20 minutes, preferably once a week, then rinse in the shower.

If you don't have a tub, use a bucket, put your feet in with the same ingredients and the same time as the tubbath.

Or just get in the shower to wash away all the negative.

Preferably bathe with lukewarm water.

TOUCH

We need physical contact and social contact. If you don't have a partner, you can get a regular massage (once a week). Also try to see your friends often and hug them.

BREAK AT NOON

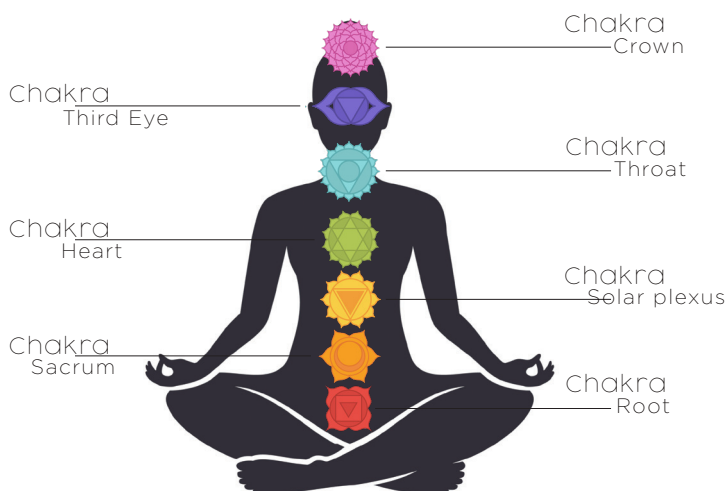
Take a break, even for 20 minutes, lie down for a while, meditate or sleep to recharge your energy. This will not be wasting your time, but on the contrary, you will be more relaxed and you will think more clearly.

Ch VIII | CHAKRAS



Checking your chakras will allow you to get to know yourself and analyze why you are sick, have negative attitudes (anger, sadness, addictions, lack of self-esteem), or are not doing well financially or in love. It is essential to include them in this book, so that you are aware of them and can heal them in the most simple way.

The human energy is concentrated in seven points of power called chakras. They are organization centers for the reception, assimilation and transmission of vital energies. They are critical points in acupuncture and are similar to gears that rotate in a spiral. Each chakra plays a crucial role in your well-being and health.



Your emotions activate your chakras. When emotions are negative, they block the chakras, making you sick. But if they are good, they will turn them clockwise, making you healthy.



It is located in the coccyx area. It is related to the survival instinct, family, nutrition and security. It is the connection

with the earth, which nourishes us. It equals the mother. .

It becomes distorted or unbalanced when:

You have nowhere to live, nothing to eat, lack of sleep or basic needs.

How do I know if it is unbalanced?

When you are always afraid, you suffer from a lot of stress, worries, family problems, love danger and many accidents. When there is difficulty concentrating, they talk to you and you think about something else. When you think about more than one thing at a time, you are disorganized and you can't resist changes or you do not get along with your mother. When you become a victim of everything, you suffer from everything, have bone problems, eating disorders or malnutrition, leg problems, sciatica, colon problems, anemia, constipation or are overweight. Or when you suffered a divorce, if you left your body or if you suffered from abandonment or experienced abuse. When you have low energy, your life is chaotic or unstable. When you go to the hospital for surgery, are in a destructive relationship or have a hellish job. When you feel like you don't belong in this world. When you are blocked in your work and your material security is not good. When you tend to protect and limit yourself, clinging to certain ideas and ambitions. When you are weak and have little physical resistance, you are insecure and life is difficult for you. When you lack the ability to assert yourself.

How to balance the first chakra?

Eat protein and root foods, such as potatoes, garlic, onions. Eat red foods, eggs and lentils. Spend time in nature, meditate, practice yoga, pilates, qi-gong and massage. Listen to drum music, dance, be your own mom (take care of yourself), forgive your mom, stay grounded, hug a tree, sit leaning against a tree, take walks, walk barefoot on the grass, organize your house, make affirmations, do crafts and use red gems. Put your attention on the present moment and focus. Organize and order your life, solve your problems, put your feet on the ground and imagine how roots come out from the ground. Do healing with energy, feel

happy to be alive, sit on the bare earth and breathe in its smell. Contemplate the rising sun, wear red clothes and participate in life. Fill yourself with confidence and security and forget your fears. Practice kundalini yoga.

Affirmations for the first chakra:

- I trust that life takes care of me.
- It's safe to be here.
- Mother Earth welcomes me and gives me security.

2. Sacral *Chakra*



It is related to the element of water and your ability to flow and create. Your emotions, pleasure, relationship with yourself, sexuality and your childhood belong to this chakra.

When is this chakra good?

You feel good about yourself, you surround yourself with beautiful things, you enjoy, and appreciate life, you are happy, you are open to others, you know how to say “no,” you are comfortable at home, you feel good giving and receiving money, love and sex. You are abundant, you feel deserving, you have healthy sex, you are optimistic, you enjoy food and luxury in balance (you know when it is enough), you feel enough with who you are, life is fun, you avoid all kinds of addictions and you do not doubt yourself. When in complete harmony, you feel full and express yourself creatively.

What situations can block it?

Your or your parents' divorce, losing a parent, not having received enough love or attention as a child, if you feel sad or unworthy of being alive or if you were raped or inappropriately touched..

When is this chakra not right?

You either have a lot of energy or very little, you fall into addictions, you are very emotional (anger, jealousy, rage, revenge), you need a lot of attention, you are promiscuous, you use sex as a drug or you

reject sexuality. You put your own needs aside, you are very cold of character, you are alone all the time, you blame others, you feel guilty for having sex or any pleasure, you are too sensual and show your body too much, if you have money problems, you put side of your desires, you are excessively concerned about what others think of you, you cannot let go of the past, you mock authority, you abuse others, you sell yourself for money, sex or power. When you think that you give too much and then you get angry because you receive nothing in return. When you do everything for others and not care for yourself. You feel a lot of guilt and shame, you are addicted to shopping, sex and exercise. You do not feel valuable or worthy of love.. When you can't solve problems, you fake orgasms, you're very envious, you like pornography and you're obsessive with your body and cleaning. When you are addicted to chocolate, the Internet and gambling. When you have menstrual problems, with your ovaries, vagina, fertility, menstruation, loss of appetite, urinary and sexual problems, bowel problems, overweight or depression.

How to balance the second chakra?

Do activities in the water. Swim in the sea, drink water, bathe in water with sea salt and bicarbonate for 20 minutes, walk next to the water. Stand under the moon, get massages, be touched appropriately (hugs). Practice art, hobbies, things you enjoy and exercise. Surround yourself with beautiful things, ride a horse, write about your emotions (don't keep them), let go of the bad. Enjoy without guilt, acknowledge your feelings ("Am I sad or angry?"), dance, have a special meal once, appreciate everything no matter how small it is, take time alone for reflection, set limits, eat orange things, move your hips, take care of yourself, pamper yourself and wear orange. Listening to saxophone music, the sound of the sea and partner dances help this chakra. Moonstone (opens inner feelings), fire opal or sunstone can also help you. The aromas that can help you are sandalwood, gardenia, vanilla, jasmine, ylang ylang and patchouli. The key is to understand and differentiate when you are making a sacrifice and when you are allowing yourself to

enjoy it.

Affirmations for the second chakra:

I am pure.

I am clean.

I deserve the good things in life.

I enjoy life and its pleasures in a healthy way.

3. Solar Plexus *Chakra*



It is related to the fire element and the ability to transform. Here is your power. It is necessary to let go of the ego's desires and surrender to the divine plan. Let go and trust without shame. We are responsible for choosing what we want.

When is this chakra good?

You will have feelings of peace and harmony with life, you accept yourself as you are. You feel happy, you will be smarter and wiser, you empower yourself, you know how to work as a team and you have goals, achieve them and assume your responsibilities. You fight for just causes and you can get out of a toxic relationship or a job where you are mistreated. You have discipline, you feel good about yourself, you are independent, you take wise risks, others trust you, you have a good image of yourself, you are not afraid to shine, you do not tolerate any abuse, you do not need the approval to feel valuable, you take advantage of opportunities, you choose people, jobs and things that are good for you.

When is this chakra not right?

You feel ashamed, you feel inferior, you say: "I will never achieve this or I will never be...", you overthink, you do things to get approval, your ego is very inflated (it is all about you and you think you are the best in life). You manipulate, you control, you have low self-esteem, you want to win at all costs, you do not commit, you are resentful, you are angry all the time, you put pressure on others and do not know how to work as a team. You blame others for your problems. You never have enough time, you are very

submissive, you think the neighbor's grass is greener, you do not respect yourself or you are not respected. You need to be right all the time, you take on too much responsibility, You have pancreas, digestion, liver, stomach, hernias, diabetes, or kidneys problems. You need to have power. You have restlessness and internal dissatisfaction. You have little recognition in childhood and youth and low self-esteem which makes you seek satisfaction on the outside. You tend to be sedentary. You do a lot of physical activity, feeling defeat and discouragement, tyranny and egomania so as not to show emotional weakness.

You are the only one responsible for your own life.

How to balance the third chakra?

Sunbathe for a few minutes, exercise outdoors, be attentive to your actions, dare to achieve your goals, do what is good for you and not what pleases others. Look in the mirror and talk to yourself nicely, cheer on yourself, don't pressure others, eat yellow foods (sunflower seeds). Look at a sunflower, laugh, be funny instead of competitive, meditate, write about your fears and what prevents you from doing things. Ask God or the Universe to help you achieve it. Put lavender essence in your third chakra to dissolve stagnant emotions. Smell rosemary, which helps overcome laziness and puts you into action. All the yellow stones will serve to balance it.

YOU ARE PERFECT JUST AS YOU ARE, NOT
AFTER A DIPLOMA OR CAREER, NOT AFTER A
COSMETIC SURGERY AND NOT BECAUSE
YOU HAVE MONEY OR POWER.

Music to help harmonize this chakra: Tibetan bowls, cello, violin, orchestra music and quiet music.

Affirmations for the third chakra:

I am enough as I am.

I have power over me.

I am valuable for being here.

4. Heart *Chakra*



It's about the heart and having the ability to give and receive.

When is this chakra good?

You are compassionate, balanced and empathic (you put yourself in the place of the other). You are balanced and take care of yourself. You help others, you love yourself and others, you accept others, you forgive, you love animals and things. You give and receive love, you feel valuable, you accept yourself as you are. You express your love towards others, you feel at peace and satisfied, You are generous, you do what you like, you forgive, you do not need external things to nourish yourself (you can be happy with animals or in nature). You become a divine channel, you cause union with other people to reconcile and heal them. You radiate warmth, cordiality, joviality, attraction, confidence and joy. You share your feelings, you are at peace and in harmony.

When is this chakra not right?

You pretend that everything is fine so that others do not see your problems. You are seductive but you protect your heart. You are codependent. You hurt the relationship in one way or another. You have been betrayed, you are afraid of love and you have been rejected. You have experienced the death of someone you love, and you are in a lot of pain and depression. You are not empathetic, you blame your partner for everything, you grieve all your life or for a long time. You do not feel loved for what you are. You are prone to heart, lung, arms and hands diseases. You don't like what is tender and soft. You feel lacking in love. You suffer great depression due to loneliness or for not expressing your feelings. You are dependent on the love and sympathy of others. You experience sadness and depression. You are impersonal and indifferent. You appear to be safe and strong, but deep down, there is great weakness when you feel something requires solid external stimulation.

How to balance the fourth chakra?

Identify: Do you think you need to be perfect to be loved? What feelings do you have? Where are you hurt? Can you love yourself and love others? Does love scare you? Have you been betrayed or rejected? Have you already forgiven? Try to associate with people who make you feel good. Write nice things about yourself, do things that make you feel good, scream, cry and express your feelings. Live in silence with nature. Eat green things, smell roses. Poetry, art and painting help a lot. Listen to piano, flute, guitar and harp music and use green stones.

Affirmations for the fourth chakra:

- *I am loved.*
- *I love to be loved.*
- *My heart is open.*
- *I receive and give love easily.*

5. Throat Chakra



It is communication, creativity and sound.

If the second chakra isn't right, usually the fifth isn't either..

When is this chakra good?

You express your feelings, you are honest and creative, You express yourself well, you speak from the heart, you do what you say, you are a person of integrity and you live in your purpose. You are confident when speaking, you are a good listener, you are authentic, you do not criticize or judge and your thyroid is fine..

When is this chakra not right?

You don't talk or you talk a lot, speaking very loudly. You are shy. Gossip and lies bother you. When you are afraid of speaking in public, you criticize,. You don't know how to ask for what you want. You snore, you have problems with hearing, you have problems with your teeth, neck, shoulders, and thyroid. You interrupt all the time, you don't know how to listen to others. You have passive- aggressive behaviors, you don't know what you want, you don't understand, your language is rude, you stutter, you are shy and withdrawn.

How to balance the fifth chakra?

Sing, shout, laugh, speak your truth, write and paint, Watch what you say and be consistent. You must think, talk well, forgive and write or express your truth to get the negative out. All kinds of art help a lot. Practice yoga. Listen to your voice and Gregorian chants. Use blue stones. Also eucalyptus helps this chakra.

Affirmations for the fifth chakra:

- *I speak my truth.*
- *I express myself easily.*
- *I express myself honestly.*

6. Third Eye Chakra .



It is peace, tranquility, intuition, planning, wisdom and psychic abilities.

When is this chakra good?

You use your intuition, are wise, communicate with your higher self and are with your inner self. Those who are well with this chakra are positive ethical people. They plan and carry out what they say, their thoughts and ideas are fulfilled and they have a facility for clairvoyance, clairsaudience and telepathy

When is this chakra not right?

You act without intuition, you are negative, you complain about everything and you see the bad in everything. You are skeptical, you worry about everything, you ignore your guides or spiritual teachers. You only see a path to a problem. You expect the worst in every situation. You do not concentrate on what you want. You forget everything, You overreact instead of solving problems rationally. You have false beliefs. You have a short memory. You suffer from nightmares, hallucinations and paranoia. You see many spirits, You have problems with your nose and left eye. You suffer from neurological issues, You are too intellectual, you live through reason, you reject spiritual knowledge, you feel the need to influence other people through thought. You have a

feeling of isolation and constant dissatisfaction. Your life is determined by material desires, bodily needs unreflective emotions and unclear thoughts.

How to balance the sixth chakra?

Take time alone with yourself, meditate and do visualizations. For example: visualize that everything in your day is perfect and positive,. Have hope, wear bright colors and have a clear, calm and open mind. Use your intuition and spiritual guides to make decisions. See the good in everything and everyone. Don't compare yourself with others, Be thankful, think with the innocence of a girl, live healthily, try to help others to be better, gaze at the stars and practice yoga yantra. Listen to bells, Bach, classical music and oriental music. Purple stones will help too, as well smelling mint.

Affirmations for the sixth chakra:

— *I am calm.*

— *I have good intuition.*

7. Crown *Chakra*



It means being one with the Universe or God, intelligence, high consciousness and illumination. It balances body, mind and spirit.

When is this chakra good?

You are enlightened, you do not criticize, you do not judge, you are calm, you think clearly, and you know that your power comes from a high source (God, Universe). You have knowledge and healing that comes from divinity.

When is this chakra not right?

You are skeptical, you use force to get what you want, you are only interested in your own achievements,. You are dominated by drama and ego. You think you are always right, you are obsessed with material things. You use drugs, you control everything and everyone, you are successful but arrogant, full of pride. You feel that you

are so important that there is no higher power than you, you think that you will achieve everything that you have on your own, you are cynical, you are not spiritual, you have excess energy in the first chakras. You suffer from diseases in your right eye, insomnia, bipolarity, amnesia, headaches, brain diseases, Alzheimer's, dementia, Parkinson's, schizophrenia, hyperactivity, coma or epilepsy. You never lose weight. You are impractical, You have difficulty finishing things. You are angry with God and are prone to self-destructive behaviors. You judge others for their spirituality. You feel alone, anguished and do not find meaning in life, and the idea of dying anguishes you.

How to balance the seventh chakra?

Pray. Acquire the awareness that there is someone else higher than you (God), and open yourself to being guided. Meditate, be thankful, ask the divine to accompany you daily. Live with nature, climb a mountain and remain silent. Listen to an organ instrument or just be quiet.

For daily balancing all the *Chakras*

Think that your chakras rotate clockwise: go one by one with the color that corresponds to them:



Or you can say these other words:

LAM VAM RAM YAM HAM OM

Or you can imagine that rays of the color of each chakra come bathing your entire body.

Use of the pendulum: You can use a pendulum to help you answer questions, make decisions, and read your chakras.

Procedure to read the chakras: Place the pendulum over each chakra a few inches apart without touching it. If it turns clockwise, it's OK. However, if it rotates counterclockwise, it means it is not right and there is a need to balance it.

The first time you use your pendulum, carry it with you so that its energy resonates with yours.

Charge it by exposing it to the full moon and bless it.

To ask questions:

Keep your mind off all speculation. Call your Higher Self and ask them to give you the correct answer. Say "yes" and watch the pendulum swing. Say "no" and see where it moves. Now ask ten questions so you know how to test the pendulum.

Then you ask your pendulum for what you want.

Ch IX | ENEMIES OF HAPPINESS



Drugs, alcohol, uncontrolled eating, smoking, shopping or any other action that we cannot control on our own can give us temporary satisfaction. They make you feel a momentary pleasure, but the only thing you achieve with that is to be submerged in the darkness. We have heard this several times, but rarely are we aware of the irreparable damage it can cause us.

I invite you to face your fear, to gain courage, bravery and self-confidence so as not to mistreat yourself and get out of all addictions. Running away from certain circumstances is not the solution.

ALCOHOL

When you get drunk, you start to feel happier and think it's happiness when it's a simple rebellion against your own pain. Your wound is so deep that you have fun causing discomfort to other people and yourself.

Alcohol kills your neurons and makes you more nervous, anxious and depressed. For a few hours of false happiness and forgetfulness of your problems, in the long run it will create more misfortune, more difficulties will arise and you will have less satisfaction. Alcohol doesn't solve your problems, it just makes them worse.

The best is not to drink. But if you decide to drink, consider that the damage may be severe (you may be abused or drugged). Sometimes the social pressure to drink is too much. In this case, drink one drink and if somebody serves you more, say: "no" or throw it in the bathroom without anyone noticing. An alarm that you are already very drunk can be when you start to feel that you are getting dizzy, you no longer walk well, you do not speak well and you are uncoordinated. So stop drinking immediately and drink a lot of water. If you don't know how to distinguish the line when you lose consciousness or control, it is better to avoid alcohol at once.

Tips for quitting alcohol: Alternate your drink with water. It is better not to drink on an empty stomach and not take more than two drinks daily. Avoid drinking for two or three days in a row. Never drink more than five days a week. Do your

best not to drink if you are anxious, sad, angry, in a lousy mood, alone or surrounded by people who abuse alcohol. Do not drink if you are pregnant or suspect you are, as it could affect the baby, and that innocent being does not deserve it.

Alcoholism:

Alcoholism is a disease that is often inherited. If you have a grandparent or parent who was an alcoholic, be careful because you will be more likely to suffer from alcoholism.

How do you know if you are an alcoholic?

Ask yourself: how often do I drink? When you have three or more drinks a day, it is already considered the beginning of alcoholism, and when you cannot go without drinking for more than two days, there is a severe degree. Consider entering AA. Be aware that alcohol can cause diseases such as cirrhosis and high blood pressure, among others.

DRUGS

Any natural, synthetic or semi-synthetic substance that affects the brain's functioning, distorting reality or your state of mind, is called a drug. Drugs can be stimulant, depressant or hallucinogenic. Drugs are dangerous and addictive.

Why do drugs create addiction?

Addiction generates negative changes in people. Consuming drugs becomes increasingly crucial for the addicted person, so their sole purpose is to continue consuming, despite the physical damage it generates or the problems it causes with family, friends and work.

The brain finishes developing around 24 or 25, so drugs damage your brain more if consumed before this age. The frontal lobe, which helps us plan our life, is the first thing that is affected. Your body gets used to the effects of the drug in the body, creating a dependency or the need for consumption. Your body asks for these substances to feel good or to stop feeling bad. Then it is more difficult to get out of an addiction.

NICOTINE

The cigarette is made with tobacco leaf, which contains nicotine and makes it addictive due to its chemical components that can also cause cancer.

Among these ingredients are: Stearic acid (with which they make candles). Toluene, used to make glue. Paint, nail polish remover, fuel, ammonia (used for fertilizers and cleaning products). Arsenic (which is used as rat poison). Acetic acid (used to make dyes, plastics, pharmaceuticals, and as a solvent for paints and resins). Methanol (a non-drinkable type of alcohol similar to space rocket fuel). Carbon monoxide (a poisonous gas, the same one that cars expel). Methane (a gas produced by the decomposition or putrefaction of organic matter). Phosphorus and butane (used to start fires). Cadmium (used to make batteries)..

Nicotine immediately reaches the brain and makes you feel pleasure. The cigarette relaxes you but for a very short time and is very addictive.

If you stopped smoking, the healing process would be like this:

- In 8 hours, the excess carbon monoxide has left your body.
- In 5 days, almost all the nicotine has left your body.
- In 1 week, you begin to improve your senses of taste and smell.
- In 12 weeks, your lungs will have regained their ability to purify.
- In 3 months, your lung function will have improved by 30%.
- In 12 months, your risk of heart disease will have been cut in half.
- In 5 years, your heart attack risk is dramatically reduced.

If you balance your chakras, have a good diet, stay away from the toxic and seek professional help or even rely on alternative medicine, such as acupuncture and homeopathy, like Bach flowers, the Hebrew pendulum, energy healing and quantum energy, you will be able to help yourself considerably.

DEATH

Many people see death as something horrible, but it is something very natural. We are all going to die. Death is a transformation of energy, which never is lost. It is passing to a different plane, a state of mind and consciousness.

You shouldn't be afraid of it.

Invest in your personal growth to rise to a higher consciousness so you can go to a superior level when you die.

Make a will and organize all your things while you are alive so that, even if it is a long or short time, it is well stipulated how you want to leave everything and go in peace.



Ch X | MIND, THOUGHTS
& EMOTIONS



The body and the speech do what the mind says.

The brain remembers the positive and negative events that happened to you and attaches them to the emotions, thus changing your way of thinking. That is why it is important to heal negative emotions so as not to suffer and get sick. If you don't change your negative way of thinking, the same experience will repeat itself over and over again.

Training the mind to control these negative memories and emotions will be a good goal to be calm and at peace.

There is a saying: *"He who dominates his mind will have his best friend in it."*

If your mind says you can't do this or do that, tell it: "Yes, I can!" You're the boss! Don't use your mind against yourself. Remind your mind what you know how to do. Tell positive things about yourself. Control it!

You are the only one responsible for what you think;. You are the only one who can change your mentality, no one else. Watch it constantly. Don't let it ramble.

Your mind only defines what you receive and what it gives you, so do not accept garbage or what does not serve you.

Prayer to repeat every day and change your mind:

My unconscious mind connects more and more efficiently with my conscious and super-conscious mind. My mind is at peace and quiet. All my thoughts are creative and bright. I trust in the universe's infinite generosity and manifest everything that my heart desires in my life.

Affirmation:

I think and feel only the good.

EMOTIONS

Emotions have vibrations, which affect us for better or worse.

Negative emotions dirty your aura, affect your chakras, make you sick and make you have negative behaviors.

Toxic emotions include guilt, shame, anger, regret, hate, bitterness, sadness and fear, all of which can attract dark energies.

You can be addicted to an emotion (sadness, anger, fear, pain). These emotions can be against someone or against yourself.

When you have a toxic emotion, it is because of some trauma or an unhealed emotional wound. If you heal it, you can move forward and feel better.

If you attract people with negative emotions, it is because you have a lesson to learn from them.

Negative thoughts and emotions take away your peace. Take care of what you think of yourself and towards others.

What to do to control negative emotions?

For all the emotions that I will mention, use all the techniques mentioned before, such as going out into nature, writing, singing, dancing, meditating, etc. Use the breaths and the chakras.

The goal is to recognize what is negative about you and eliminate it. It is important because we often do not even realize that we are angry or sad, and if we are not aware of it, we cannot heal.

Let it flow and go. Do not get caught up in a conflict or situation because you will be the most affected. Don't take it personally when someone tells you something you don't like. Some people may want to attack you so that you have low emotions and take away your power. Don't let your feelings get low. If they call you ugly, don't believe it; just let it go. Persons who insult are insecure beings and are not happy with themselves.

Write down how you feel about the person you have trouble with (angry, sad, etc.) and then burn the paper. Do this until the negative emotions are gone.

Meditation is an effective process to remove negative emotions, but remember that you must be disciplined and constant.

Prayer also helps to release negative emotions and thoughts:

Sanat Kumara, help me rise above negative thoughts and emotions. Banish any lesser spirits and energies around me and infuse me with divine healing light.

Thank you. I know it is so and will be.

Aromatherapy:

A little aromatherapy will help you balance your emotions: rub lavender on your wrists to let go of these negative thoughts and feelings. Put a drop of it on your pillow at night when you go to sleep and smell bergamot oil and orange, among many other aromas.

Distinguish between passive-aggressive, active-aggressive and positive persons.

Passive aggressive person | Hides things, disguises, denies, does nothing, remains silent, applies the law of ice, minimizes, confuses, ignores and/or isolates.

Active, aggressive person | hurts, screams, hits, explodes, magnifies everything, is violent, insults, devalues and/or attacks.

Positive person | Identifies the problem, names the emotion, controls it, expresses it, modulates it, admits its mistakes, waits and shares..

ANGER

Anger is fear in disguise. Fear of losing a relationship, losing a job, losing your authority, etc. You attack to protect yourself.

While it is true that sometimes it is necessary to get angry, try to keep it to a minimum and reflect on whether it is important to get angry for that reason. Getting angry is not a bad thing, but choose your battles.

If you get angry about everything, you will become toxic. Looking at the problems, you will realize that most of the things we get angry about are not worth spending time and energy on. Every time you get angry, you kill many cells of your body. Apart from that, you will have problems in your relationships and health, and you can lose opportunities to achieve your goals.

It is healthier to train ourselves mentally and emotionally to evolve. It is not about disconnecting from the world and going to live in a cave but about facing the challenges of daily life.

Everything that makes you angry teaches you forgiveness and compassion. Everything that bothers you teaches you patience.

Suppression of anger:

Suppose you keep your anger to yourself and repress it. In that case, it can cause anguish or depression, discomforts such as heartburn, headache, neck or back pain, poor ability to concentrate, and obsessive thoughts, which affect your behavior and health.

Generally, when we suppress anger, we tend to ruminate. We think over and over again about what happened and label the person.

How to train to control anger?

Acknowledge your anger, give yourself time and ask yourself how you want to handle this situation. Take three breaths before you react impulsively and wait to say something.

Patience | Know how to wait with a good attitude..

Tolerance | It is respect for the ideas, beliefs or practices of others.

Compassion | It is to understand the other with respect.

Affirmation::

I let go of my anger in a healthy way.

Inhale and on the exhale say: Sshhhh

Hit a pillow and take
your anger out this way.

Take care of your sugar consumption, it
can cause you to get more angry.



Exercise will decrease your anger. Ride on
horseback, it helps a lot.

If you act with compassion it will help to
eliminate the anger.



Make sure that your temperature does not rise too
much. If so, take a bath to cool down.

Check if it's not some kind of depression.

If it is very frequently, rely on bach flowers. They
will calm you down naturally.



Learn to say "NO" and set limits
in the beginning.

Ask yourself if the person who makes you angry
is so important to that they would cause you lose
your peace. Am I going to give him that power?
Focus on being happy and let go.

If none of this works, looking out for the cause in your natal chart is helpful because perhaps you have the planet Mars afflicted, and a talisman must be made. Also, doing a constellation or regression helps. Study if what happens to you is from this life or from a past life. Energy healing also enables you to heal..

CONFLICT

A conflict can be resolved in a win-win (that both benefit).

Most of the conflicts come because, at some point, pride took control, and we stopped being humble.

How can you resolve a conflict?

In the midst of a conflict, there can be no response, and nothing can be resolved if there is no calm. If the two of you are very upset, it is best to stop and meet another day. If they speak to you with hate, don't answer. Do you want to keep fighting in a circle that will never end?

Set clear boundaries, express your displeasure. Resolve the conflict without threatening the integrity and self-esteem of the other people involved. Separate the person from their behavior, do not qualify or label them. Tell them: "It bothers me when... or I don't like ...", Don't punish, keep it simple, look for win-win solutions, stay focused and be respectful.

React to the situation, don't qualify the person. Example: "I did not like how you spoke to me." Instead of: "You are rude." Another example: "I was upset that you did not finish the work. It hurt me ... I would like you to tell me that you are behind schedule next time. I would like you to see my point of view." When you start talking by saying "You," the other person gets defensive and doesn't listen to you anymore. They only think about how to defend themselves. Example: "*You always call me ugly.*"

If you're standing, sit down.

Take care of the volume of your voice. Keep a respectful tone.

The goal is to solve the problem

Resist reactive impulses. To resist does not mean to repress or that you have to hide your feelings.



Don't tell anybody he is wrong or scream. Just say, "I think differently or maybe I was wrong but...", ask questions like, "Why are you rejecting this? Is that a good way of treating me?"

Remove the words: "Never", "Everything", "Nothing"



Ask for forgiveness for what you have done without humiliating. Admit your mistakes, that will reduce the reaction of the other...

Finish one topic before moving on to another.

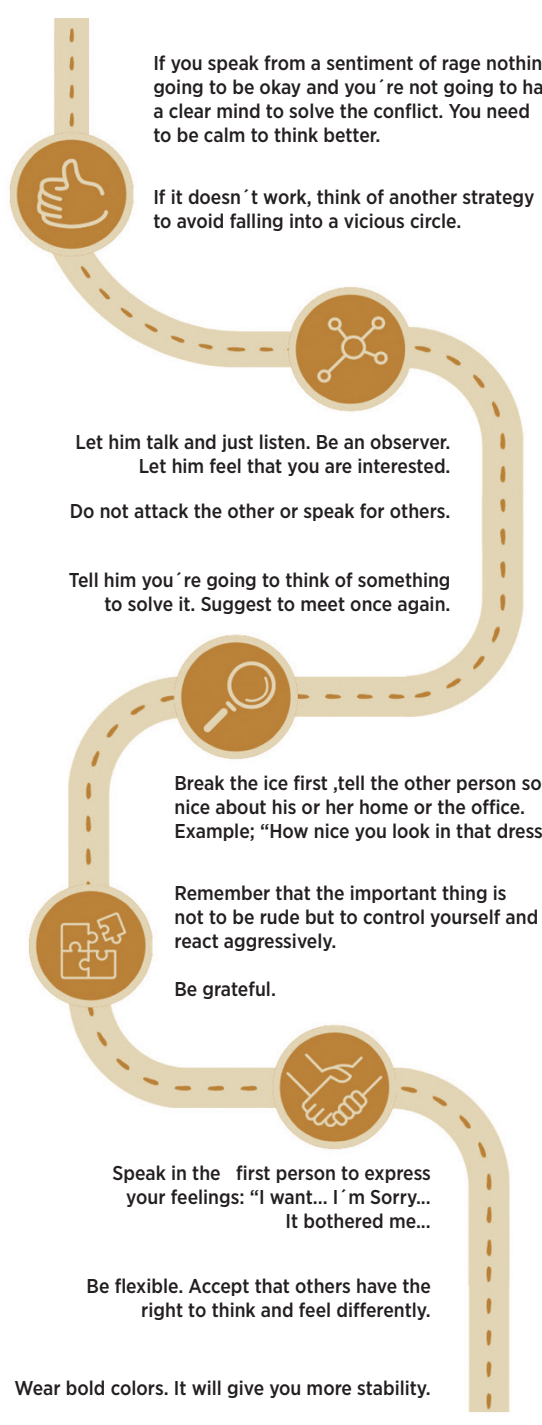
Don't repeat topics before moving on to another.

Repeat what the others say in order to understand what is said.



If the other does not express himself well and gives a lot of rodeos, ask him to go to the point. Don't cover your face with the newspaper, your hands, etc, don't even turn around when they talk. If the other person ignores you, ask him nicely not to do it.

If he interrupts you, ask him in a polite way to let you finish.



If you speak from a sentiment of rage nothing is going to be okay and you're not going to have a clear mind to solve the conflict. You need to be calm to think better.



If it doesn't work, think of another strategy to avoid falling into a vicious circle.



Let him talk and just listen. Be an observer.
Let him feel that you are interested.

Do not attack the other or speak for others.

Tell him you're going to think of something to solve it. Suggest to meet once again.



Break the ice first, tell the other person something nice about his or her home or the office.
Example; "How nice you look in that dress."



Remember that the important thing is not to be rude but to control yourself and not react aggressively.

Be grateful.



Speak in the first person to express your feelings: "I want... I'm Sorry...
It bothered me..."

Be flexible. Accept that others have the right to think and feel differently.

Wear bold colors. It will give you more stability.

To help prevent arguments in your home:

- *Sprinkle ground cinnamon in the corners to help keep arguments out of your house.*
- *Light lavender incense throughout the house.*

CHAOS

Take a break when there is chaos in your life. Get away from everything and everyone for a moment. If possible, go to a park to be quiet in nature. Take energetic breaths, exhaling forcefully to get all that chaos out.

Pausing will make a difference!

REVENGE

Eye for eye, tooth for tooth?

Do you want them to pay for everything they have done to you? Maybe this is fair, but only God knows what to do with them. You do not come to do justice but to improve yourself as a person. What they have done is their karma. Do not dirty yours. If you do damage, it will do equal damage to you. Give the offense to God, and don't worry anymore. It is of high vibration not to react to offenses with revenge.

Don't let your actions lead you to smallness. You are bigger than that. You are a person of respect. You are a lady. Choose peace over the stabbing.

Revenge is counterproductive. Being vengeful is being ignorant and creates karma.

Remember that everything you live through is a lesson you must overcome. If you react, you will not pass the test and it will be repeated over and over again.

When you try to take revenge, even though you feel it is justified, you create space for judgment to be enacted against you. Instead, if you resist reacting with a vengeance, you attract forgiveness and the goodwill of life.

Affirmation: *I am a force for good.*

If someone wants revenge on you:

- Send them light. With your imagination, send light to the other person. Imagine that their body is filled with light.
- Remember that you are always accompanied by beings who love you, like angels, and that they will protect you if you ask them for help.
- Talk to the other person's angels to stop bothering you (check the angels' section).
- Give your mistake to God.
- You can go somewhere else while the situation calms down.

Spell to calm someone down:

On a piece of paper, write the person's name nine times, stick it on the outside of a glass, add water, put two tablespoons of sugar, mix and put the glass next to you at night.

Make an imaginary cross on the water and say: "Calm this person down." Do it three times.

Buy a salt candle, put the person's name on it from bottom to top and repeat: "Let the destructive thing between (name of the person who is angry with you) and me burn."

Pray.

FEAR

Fear is a defense mechanism. Sometimes fear is good because it allows you to react to danger, but it generally prevents you from growing. Being afraid is usually not positive. It's like having a fence in your mind. Fear will prevent you from moving toward your goals. Fear will unleash other emotions: worry, anguish, anxiety, selfishness, cowardice, greed, blackmail, manipulation, shame, instability, bitterness, humiliation, guilt, superstition, instability, obsession, distrust, dependency, alcoholism, addictions, arrogance, shyness, control, insecurity, weakness, envy, jealousy, gossip and procrastination.

Affirmation: I am capable of solving any situation.

Protect yourself with angels:

Try to surround yourself with angels so that they protect you at all times. You can also protect your home, car and business. Repeat this prayer: Around me, the pentagram burns, and within me, the six-pointed star shines. In front of me: Rafael, behind me, Gabriel, on my right hand, Mikael, and on my left hand, Uriel.

Prayer to eliminate fear:

God, protect me from all the dangers of this world!
Guardian Angel, light the way for me, do not depart from me at any moment.

Affirmation: I am confident and I trust that life takes care of me.



There are emotions such as anger
that come from a feeling of fear.
In every conflict there is fear.

If you are jealous there is insecurity.

Many times the fear is for minimal things
and we create a hell for ourselves.



When you are afraid, a belief arises that makes
you believe you're not good enough at something.
This fear comes from a lack of confidence in yourself.

Don't infect others with your fear.

Inhale, and while exhaling say: Hoooo.



When you have fear, the lesson you
have to learn is: remember that
you are forged with courage and bravery.

Being in the present thinking about
just today helps to avoid being afraid.



Fear is always full of conditions
"What if something happens...?"



Remember that what you think will come true, so
if you start being afraid you will attract bad things.
Be confident you will solve issues in a favorable and
intelligent way.

With your imagination place around you,
from head to toe, a golden aura
to protect you from others.

Aromas:

Aromas also help reduce fear: smell ylang-ylang or woody scents.

ABUSE

Commonly, a child who has been abused becomes an abusive adult.

A person who abuses others needs a lot of internal work. When they abuse someone, they do it to control and take away power.

It could be that one of your ancestors was also abused, so the pattern continues to repeat itself, or it could also be karma.

What to do to avoid being abused and to recover from abuse?

Your lesson is to learn that you are worth it, love and respect yourself and not allow abuse. Do not stay in a comfort zone that is not comfortable at all for you, it is just a known zone.

Sometimes certain activities or actions help us heal what we have stuck in our hearts. I will share two ways to do it:



A| Drawing or writing helps us release the negative. Write a letter to the abuser and burn it. Don't give it to him/her.

B | Do sweeping breathing with that person or advanced breathing (if you are afraid of them).

The fact that you are a woman does not mean that you should put up with abuse. No one should allow it. Our moms unconsciously taught us that we had to put up with whatever the man did. That is a limiting belief that has never brought good consequences, much less in our times. I suggest you change it.

Do not accept that they mistreat you. Set limits. Learn to say "No": "I no longer allow this! I am in control." Don't let them attack you or take advantage of you. Knowing how to say "No" is important. In general, women do not know how to say "No" because we want to please everyone due to a lack of self-esteem.

Cleaning woman Abuse:

Put honey inside a coconut and shake it. On the new moon and at night, with your thumb, spray your vaginal area with this mixture and allow yourself to feel the sweetness. And say: "I clean all the layers of guilt, pain and injustice from my maternal line, of everything that has hurt us being a woman. I clean all the pain that I have experienced in my life as a woman. I wash away all the pain I have caused women in other lives as a man. I clean all the barriers that prevent me from living in joy and fullness. Cut the coconut in half, and with a spoon, remove the pulp, and leave it in the sun. The next night you bury it.

Prayer so that no one harms you:

Most High Lord, strong and wise God, benefactor and almighty, you who have given life to the world, I beg you to free me from people who try to harm me. Make all my enemies disappear with your holy power. Deliver me from all evil. Withdraw my enemies, bless me and grant me all the good. Amen.

VICTIM MENTALITY

When you play the victim, you have a toxic relationship with yourself.

How do you know if you are in a victim mentality?

If you constantly say: "I never do anything right, I'm a disaster," if you don't feel you deserve a better job, you blame others for what happens to you, or you blame yourself, or you blame circumstances or you blame your weight, age, your children, your finances or your health, then you are in a position of victim.

If you get angry with others to the point of hating them, you get depressed, you feel worthless, you are very critical of yourself and minimize yourself, you must be aware of how many times you repeat these attitudes.

Other feelings can appear, like feeling sorry for yourself, feeling that you are the worst, that nobody loves you, that you are hated, continuing to name the people who hurt you, being envious, or feeling attacked by others. These are feelings that, sooner or later, will not only make you a victim but will not allow you to act and see a possibility to solve the problems.

When you frequently think that your failures are the fault of your family or someone else, you apologize to yourself, justifying that life has been unfair to you, or you decide to keep quiet or stop doing things so as not to cause problems and you allow others to abuse you, the only thing you will achieve is victimizing yourself and disempower yourself, further damaging your self-esteem.

What do you think you get by playing the victim?

A | That people do things for you, attract more attention and everything turns around you, making people think that you are right and that others are wrong.

B | Not being responsible for your mistakes..

However, you achieve just the opposite. When you decide to get out of the victim pattern and take one

hundred percent responsibility for your life, spiritual growth arises. When you release the deep wounds, you will have healed.

FEELING OF SADNESS

It is normal to feel sad, and it is healthy to cry to get this emotion out. Take care that sadness does not become depression.

When you are sad, imagine your body is filled with golden light from head to toe.

GUILT

It is normal to feel guilty about something. We are not perfect, but this feeling does not help your progress. Guilt creates negativity. You will be in ego, in a victim position. You often blame others and feel that you are right and they are wrong.

When you plant an apple tree and it doesn't bear fruit, you don't blame the tree. Instead, you look for the cause of why it doesn't bear fruit. It could be because it lacks enough water or the plague hits it. It's the same with a person. Look for the causes of what has happened to you positively and get out of it. Take responsibility for your life.

Nobody is perfect, we all make mistakes. If you made a mistake, forgive yourself and try to improve. If others make mistakes, forgive them. Acknowledge your faults and work to overcome them. Guilt makes you feel ashamed because you think you have sinned. When someone wants you to feel guilty, it is with the intention of giving them your energy and power. Many people deny and repress guilt out of fear. Guilt destroys not only the life of the person who feels it, but also that of his family and those with whom he lives.

Things you shouldn't feel guilty about:

- Saying "No" when you feel it is necessary.
- Concentrate on what you like best.
- Cancel plans because you don't feel like doing them.
- Put aside people who don't do good for you.

- Quit a job that doesn't make you happy.

Prayer:

Lord, grant me the serenity to accept all that I cannot change, the courage to change what I am capable of changing, and the wisdom to understand the difference.

Affirmation: *I always did the best I knew.*

- Inhale and exhale, making this sound: Guuuuu
- Singing will help you to get rid of guilt.
- Drink chamomile or thyme tea.
- Implement the techniques mentioned at the beginning of the book.

DEPRESSION

It comes from a feeling of lacking something you want but don't have. It can also be because you do not have someone or something you like. Women are more prone to depression.

How do you know if you have depression?

I wonder if sometimes you've felt unmotivated, not wanting to eat or lacking energy. Possibly you have been spending a lot of time feeling sad, continually remembering the past or feeling guilty when you remember your mistakes.

We don't always and at all times have to be happy, sometimes we cry, we reflect, we get excited. But if you feel sad most of the day, you don't concentrate easily, you feel that you have no hope, you observe that you are in a pessimistic state, you think you have no purpose, you may be in depression.

Discover the cause of your depression:

Identify the cause of why you are sad. What event caused it? Difficult situations always arise and we can't control that, but we can control how we perceive them and how we react. This is what is important. If you overcome them, you will feel better about yourself. The harder the experience, the more opportunities to

transform your soul.
What to do to get out of sadness or depression?

**Don't beat yourself up, the ego
always wants us to feel bad so it can
attract darkness and lead us towards
a low vibration**

**If you observe yourself being self-critical,
reproaching everything
and blaming yourself, change it to positive.**

Inhale, and while exhaling say: SSSS

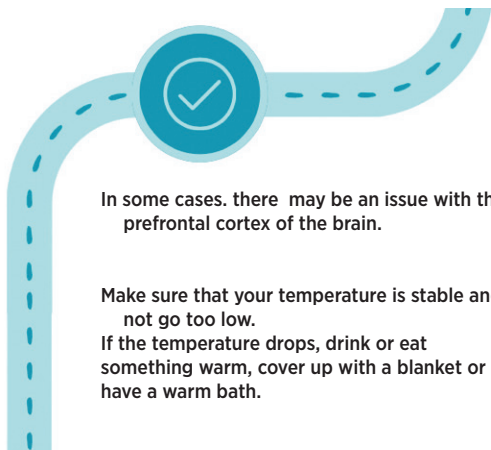
**Increase your dopamine and serotonin production.
There are foods that help you to increase these levels,
such as sesame seeds and chicken.
The sun and laughter also increase their production.
Also avoid stress.**

Check to see if it's something hormonal.

**Dont' isolate. Look for friends and help
groups. Do not abandon yourself ..**

**Sex considerably helps, as long as
there is affection between the couple.**

**In your imagination fill your body
with golden light from head to toe.**



In some cases, there may be an issue with the prefrontal cortex of the brain.

Make sure that your temperature is stable and does not go too low.

If the temperature drops, drink or eat something warm, cover up with a blanket or have a warm bath.

SUICIDE

When someone commits suicide, the soul cannot ascend to the next level. Remember the levels of the soul, explained in the first chapter.

You may think that if you commit suicide, everything will be fixed. But it is the opposite. You only make it worse and harm your loved ones who remain.

When someone tries to commit suicide or commits suicide, it is because they are severely depressed. They believe that there is nothing they can do to get better or they have an illness. Turn to a professional.

If someone you know has committed suicide, pray and send them lots of light. You can light a candle for them.

CRITICISM

If you criticize yourself a lot, there is a childhood wound and you give rise to others criticizing you. When they criticize you, you must understand that it is because you have to learn a lesson. No matter how strong they are, if we don't learn those lessons, they will be repeated.

What should you learn when others criticize you? Perhaps to set limits or to have confidence in yourself.

Some people like to make us feel less so that they look great. A person who criticizes is someone who lacks self esteem.

What to do if they criticize you?

First, consider whether the criticism is constructive or destructive. The constructive one includes advice and suggestions, while the destructive one is intended to make you feel bad.

Don't answer immediately. Instead, ask questions like: *"Did I understand this correctly?"*

Don't counterattack. Example: "You are useless," and you answer: "Ah, what about you?" if you counterattack, you fall into the same game. Set limits in an elegant way. You can tell that person: "What you are screams so loud that I can't hear what you say to me." Another thing you can say is: "I feel terrific in this dress and that is what matters," or: "I appreciate your opinion but I am good this way."

You can also answer by changing what they tell you, for example, if someone says: "You look so bad!", you can answer: "It seems to me that you look pretty good."

Do not give him justifications to continue attacking you, for example: if they tell you "what horrible hair you have," and you answer: "yes I am going to go to the beauty salon, I will go tomorrow," you will encourage them to keep critical toward you.

Try to get away from those people and be with someone positive who is good for you.

Don't take things personally. Those people have a lot of problems.. One of their characteristics is to be envious.

Let them see you have confidence in you.

Strengthen your aura so that others do not perceive that it is weak. You can achieve this by meditating or

covering yourself from head to toe in a shell of golden light. Energy healing will strengthen your aura.

Ignore what others tell you. Focus on yourself and shine!
Ask yourself: am I being self-critical?

Do something you enjoy, like taking a bath, watching a movie, playing cards, etc.

Think about what people are saying and see if there is anything they tell you that you need to change.

If you criticize others:

Avoid criticizing others. You will be in negative mode if you do it. In other words, you will be in your ego. If you think criticizing others is fun, you should think about the damage this does to your health and well-being.

If you criticize another, it will be like a mirror. Everything you say to the other, you are saying to yourself, so be careful what you say.

There are good critics. Just be tactful in the way you express them. Be very gentle and very soft in saying it.

Be sure that is a positive criticism so that the other person benefits. It's best if you phrase it in the form of a question, like: "Have you noticed how you talk to yourself?"



Your review must be genuine.
You must love that person.

Check that your criticisms are not based on your own interests
Ask your Higher Self to speak for you and act for you.

If you criticize yourself:

Self-criticism hurts you. When we stop criticizing ourselves, we automatically stop criticizing others and receiving criticism from others.

It is a lack of self-esteem to criticize yourself.

They may have criticized you and this should be healed.

Make affirmations in the mirror where you tell yourself that you are worthy, that you are enough and that you speak to yourself with love.

Example:

- I am valuable,
- I am enough.
- I express myself with love.

ENVY

Sometimes you think it would be wonderful to be like someone else, and you envy them. But what you don't know is how much they have worked to achieve their goals, and you don't know what battles they have fought. We often see extraordinary lives on social networks, travel photos, successes and happiness. But remember, almost no one puts on their failures, their faces of sadness or despair when they post on social media.

It is not necessary to compare yourself with anyone. If you envy someone, ask yourself first if what happens is that you admire them and think that you could not achieve what they did. Every time I see social networks, we must know that happiness, success, effort, and desires do not have the same meaning. Each one seeks and needs different situations. We have different abilities and needs.

When you think that what you have is not as good as what others have, you only get depressed. It is because of a feeling of emptiness or lack in you. The others seem to be doing great. Paraphrasing the phrase: The grass always

looks greener in the neighbor's garden.
See the good you have and appreciate it. Be thankful for what you have. Be happy with what you have.

Break with envy:

- Jot how you feel and burn the paper where you wrote it. Write a good healing technique.
- Make affirmations like: I deserve of... I am enough.
- Repeat: You are fine... I am fine.

If others envy you:

- Try not to compete with them, as that will breed more envy.
- Put a lemon in your bag. It will absorb bad vibes.
- If they envy you, it's because they admire you. Only what you give importance to affect you.
- Have compassion because if this person is envious of you, it is because of insecurity and because they admire you.
- Check if you are envious of someone else.
- Don't be overshadowed by the envy they have of your shine!
- Use the techniques from the beginning of the book..

Bath to ward off envy:



7 bay leaves
1 cinnamon stick
1 lemon cut into four.
2 tablespoons of honey
2 liters of water

In a pot, place two liters of water. Let it boil along with the ingredients for two minutes.

Turn off the heat and when the concoction feels lukewarm, use it as the last rinse in your bath, pour it from the shoulders down.

Repeat the bath for three days, preferably in the morning and starting on a Friday.

STRESS

Stress can be defined as your body's response to adapt to external stimuli. Stress is not always bad. Sometimes, it saves our life, but it will make you ill if you suffer from stress frequently. When you are stressed, a signal jumps to the brain and a physiological activation occurs, this causes the sympathetic nervous system to activate, releasing adrenaline, increasing heart rate and blood pressure, and accelerating breathing, causing blood to be diverted to the internal organs that is mainly concentrated in the muscles, activating the sweat glands and reducing the activity of the gastrointestinal system..

Stress is an alarm reaction that adequately prepares the body to respond in defense or fight.

When stressed for a long time, it can create unhealthy habits such as smoking, drinking alcohol and increasing coffee consumption, thus increasing the risk of diseases such as cancer, herpes, flu, coronary diseases, digestive disorders, panic attacks, skin problems and ulcers.

Meditation to relax:

Sit or lie down, inhale and exhale and say the number 3 (three times). Now relax your crown, forehead, eyes, face, mouth, shoulders, chest, stomach, legs, feet and all the body.

Just think about the way they are relaxing. With your imagination, move to a place where you feel calm (the beach or a forest with a lake). Feel as if you were there and observe the animals, the plants, the trees, the sun and just relax. Inhale, and as you exhale, say the number 2 (three times). Relax again. Now, inhale and exhale while you say the number 1 (three times). When you're ready, open your eyes. You'll see how good you feel. This exercise helps a lot to remove all stress. Doing it in the morning and at night before bed is advisable.

What else to do to de-stress?

- Take 1 minute in silence.
- Take a samha breath.
- Spend time in nature. Sunbathe for a few seconds. Do some exercise.
- Pronounce the sound SSSSSSS as you exhale.

Do you believe doing a lot will get you where you want to be?

Having sex helps release that tension, especially when there is an affective-emotional bond, since hormones are released. The contact, the kisses, the caresses, the hugs and how we express ourselves helps a lot to free it.

Shake your body vigorously. Wear shoes that fit comfortably, Do Qi Gong, sleep, listen to calm music, drink chamomile tea or linden tea, avoid coffee, take a break at noon, take regular breaks, spend time for yourself and your family, consume Omega 3, take Magnesium and plan fun activities.

Write down all your worries. By doing this, it will eliminate the worries from your memories and your thoughts. First, solve those worries that are a priority, then do those that depend on you, and later those that do not depend on you. If you can delegate any pending tasks,, do it.

UNSAFETY

How to know if you are insecure?

If you don't have confidence in yourself, it will affect you if others criticize you. You will be very worried about what other people say.

There is insecurity behind perfectionism. Example: You try to make everything without mistakes, because if you fail you will be frowned upon or won't get any recognition.

Are you angry with the person that made you insecure? That will bother you even more.



Do you need the appreciation of others?
Example: Do you need to be constantly told that they love you?

Do you procrastinate, or postpone everything? You do this because you have fear of failure or success.



You compare yourself to others. You're always comparing yourself and thinking that there are people better than you. There's no point in trying.

You're scared, but What are you so afraid of?. What is the worst thing that could happen if you try?



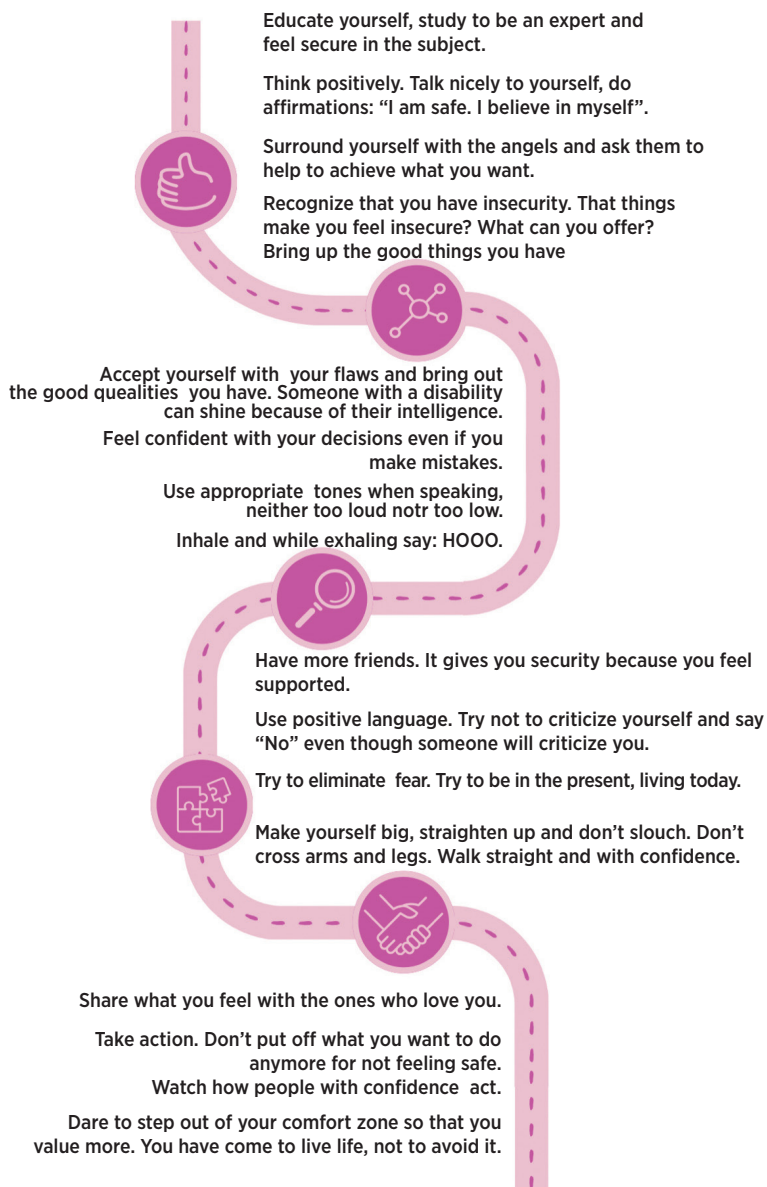
You don't step out of your comfort zone, you are so comfortable that you don't want to leave it, even though there are severe problems?

You criticize yourself too often and tell yourself that you're stupid, that you're useless or things like that. That makes you even more insecure, and incapable of reaching your goal.



How could you help change this?

Reflect on what is special about you. We all have something outstanding. Example... Instead of saying, "I am short," change it to: "I am short, but I am very good at giving advice." See your positive qualities.



Overcome your weaknesses. Nobody is perfect. We all fail. Acknowledge your weaknesses and do something to change them. What can I do if I'm not good at this? Example: "I forget everything". Learn to write down everything.

Don't compare yourself. Focus on your strengths. Example: "I am not as pretty as the ex," change it to: I have my personal imprint; I have mine, and I am more affectionate. Maybe she's pretty, but she's crazy." Focus on you and not on others. It doesn't matter that others seem unattainable. The characteristics of others should not distract or disturb you.

COMPLAINT

Look out that complaining does not become a way of life. Some people complain about everything and everyone. They will always find something wrong in every situation and in everything and everybody. Doing so will only make you attract negative things to yourself and make you unpleasant to everyone.

You spend a lot of energy complaining, and most of the time, you won't be able to change anything. It is better to break out of this pattern.

When you complain, you are in the ego. From the complaint you go to anger, and this makes you sick. Try to see the good in each person, place and situation. Life will be lighter and more bearable.

COMFORT ZONE

"Why should I leave everything if I'm comfortable?"

Staying with a person, in a place or in a job where you are comfortable but not happy and fulfilled makes your soul suffer. Besides the fact that your soul will not be able to grow. It's better to look for the uncomfortable to develop and be happier.

If you don't get divorced because you're comfortable since they take care of you financially, but you're not happy, you're wrong. That is having low self-esteem, not wanting

to improve and not respecting yourself.

Out of fear and lack of confidence in you, you will have a hard time all your life. Make a decision and show courage. Make a plan and get moving.

Older people who are satisfied with what they have and do not contribute anything to the world, also live in their own comfort.

Staying in the comfort zone does not generate true light. You need to have some impact in this world. Easy things are not your real battle.



Ch XI | HOW IS THE RELATIONSHIP WITH YOURSELF?



SELF-ESTEEM

You are the person you spend the most time with. The most important relationship should be with yourself. Love yourself and take care. If you have good self-esteem, you will be able to relate to others better, and everything will be better for you. If you eliminate all those negative thoughts about yourself, your criticisms and all the bad things you did in the past, you will fall in love with yourself.

If you treat yourself well, with love and respect, you will attract relationships in the same way. On the contrary, if you mistreat yourself with aggression, you will attract people who mistreat you.

It is impossible for you to deeply love yourself if you disapprove and do not accept yourself as you are. Create a life where you feel good on the inside and not one that only looks good on the outside. Change your thoughts about yourself. If you constantly think that you are not pretty, that nothing goes right for you, that you are the worst, that you are foolish; you will act and feel like that. If someone says something negative to you, it's up to you whether you believe it and whether it affects you or not.

Be your best ally!

A person with self-esteem is free, does what they like, does not feel threatened by anyone or tries to intimidate others. They also enjoy their achievements and learn from their failures.

A person with self-esteem sees the good in others, knows how to respect everyone as himself, is confident and, as my teacher would say, "They have to feel deserving and with the right to be loved."

SELF-LOVE

Let's stop and ask ourselves together:

Do you scold and criticize yourself non-stop? Do you think you are not a lovable person? Are you messy? Do

you attract lovers or people who put you down? Do you mistreat your body by eating unhealthy foods and having stressful thoughts? Do you need recognition from others to feel loved? Do you think you are valuable only when you wear branded clothes? Do you believe you look pretty only when you wear so much makeup? Do you feel worthy just because you have valuable things? Do you endure all kinds of punishment?

Prayer to love yourself:

Creator of the Universe, I ask you to help me accept myself as I am without judging me. Help me accept my mind as it is, with all my emotions and dreams. Help me accept my body as it is, with all its beauty and perfection. Allow the love of myself to be so strong that it never rejects me again.

Allow every action, reaction, thought and emotion to be based on love. Allow the power of love for me to be strong enough to break all the lies we were made to believe; that I'm not good or smart enough. Let the love for me be so strong that I no longer need to live my life according to other people's opinions.

Allow me to trust myself. I will no longer be afraid to face life's responsibilities or problems. Allow the love of myself to help me fulfill all my desires. I can live without pretending to be someone else just to be accepted. I no longer need to be accepted by others, to be told that I am good because I already know who I am.

Allow me to enjoy my image in the mirror. Allow a big smile to draw my face and enhance my inner and outer beauty. Help me make my love for myself so intense that it allows me to enjoy my presence. Allow me to love myself without judging and not carry guilt and reproach. Help me forgive myself. Clear my mind. Help me to live in peace and love.

Help me to be free of conflicts with others. Allow me to be happy and forgive others. Grant me the courage to love unconditionally and change my relationships in the most positive and loving way possible. Allow me

respect and joy to be in all my relationships without controlling them. Help me accept others as they are because I do it with myself when I reject them. Help me enjoy life, enjoy relationships, and explore life.

Amen.

Affirmations to love yourself: (preferably do them in front of the mirror)

- *I am loved and accepted just as I am, right here and now.*
- *Every day I gain more confidence in myself and am more skilled.*
- *My abilities have no limits.*
- *I'm beautiful, I'm amazing, I'm unique and I find it easy to love myself.*
- *Everything I say to myself, I say it with love.*
- *I respect myself so that others respect me.*

It will have a more significant effect if you practice it 21 days in a row. You will see substantial changes in your life. Highlight your beauty positively. Love yourself and believe in yourself. You come to do good things and create the best version of yourself.

Meditation to love yourself:

Visualize that a pink ray enters your crown chakra and runs through your entire body. Visualize your whole body glowing with this pink color of love. Chamuel, put your hands on my head and give me all the love I deserve because that is my essence... And begin to vibrate and feel all this energy that is with you. Feel how that pink color full of love invades your whole body. Now you are full of love. Touch your heart with both hands. Inhale and exhale. Open your eyes. Every time you feel bad about yourself, attract this color to your heart and put your hands on it..

Prayer to recover self-love:

Archangel Chamuel, accompany me in this process of transformation and empowerment that I am doing to believe in myself, my abilities and the incredible light that

I am of the universe on earth. Wrap me in a pink bubble so that negative energies do not enter me and only allow the light to come closer to me. I believe in you, I believe in me, I believe in my process, and that is why I need you to help me recover my self-love and empower me to carry out the life that corresponds to me by divine right. Amen. Thank you... Thank you... Thank you..

Dress in pink and wear a pink crystal or bracelet (preferably quartz).

*The best thing in life is you!
Love yourself, respect yourself and give your best!*

Ch XII | PERSONAL
IMAGE



Your personal image is important to feel good with yourself. It's not about having someone else's approval, but feeling comfortable and suitable in every situation. Using brand clothing, as using too much makeu., it's not necessary, is about radiating what's inside.

Remember: each one is beautiful by herself.

NAILS

Nails are important for your image and for you to feel good. Keep your nails clean and even. Take care that they do not have a length greater than one centimeter. Use neutral colors on your nails for job interviews and try not to paint them black. You will demonstrate that you do not care for your nails if you wear fake nails.

THE POWER OF COLORS

It is important to know what the colors mean so as to increase your power.

The colors will help you give a better image of yourself in accordance with what you want on each occasion. And in your house, they will affect all of its inhabitants. Check the effects each color will give you.



Royal Blue | To have greater confidence and convey a more authoritative position; for protection and safety.



Cobalt Blue | To take action, acquire courage and confidence; helps to make changes with a good attitude.



Silver | Activates magnificence, grandeur, reputation, recognition and distinction. It helps attract money .



Gold | Increases abundance and money, and helps improve financial investments.



Peach | It represents joy and celebration, and helps to increase happiness.

-  Emerald | It serves for healing and to have more vitality.
-  Green | For creative positions, studying or calming down. Do not use green when you are going to sign things. It's the color of nature, vitality, energy, integrity, fertility, peace and serenity.
-  Citrus Green | For honesty.
-  White | Means purity, hygiene, sincerity, cleanliness, clarity and peace. Helps heal addictions, chaos, abuse and violations, and protects against envy and darkness.
-  Bone | Provides transparency, understanding, organization, good decision-making, better character and loyalty; removes confusion, depression or stagnant energy.
-  Purple | Represents luxury, authenticity, quality, transmutation of negative things into positive things and spirituality.
-  Violet | Helps to forgive, let go of the past, have new experiences and bring good fortune into your life.
-  Lilac | Helps to release memories of the past, past relationships, make new and happier relationships and see yourself more positive, grateful and focused.
-  Light Pink | Helps you get more support. Activates love and your relationships and transmits feminine energy, softness, nutrition and warmth.
-  Mexican Pink | Helps to receive more attention and protect against violence, especially sexual violence. Activates your senses, transmits tenderness, kindness and sensuality.
-  Red | Sign of authority, strength, activity, excitement and stimulation. It helps make quick decisions. Do not use red for things that need patience.

-  Cherry Red | Transmits passion; helps to put you into action.
-  Magenta | Provides harmony, more peace and connection with your work. Reduces conflicts, stress and drama.
-  Fuchsia | Increases collaboration when you choose to work with others on the same goal. Increases teamwork and helps to share and learn from others.
-  Yellow | Gives wisdom, optimism, joy, intelligence, courage and creativity. It helps to find teachers or friends and to meditate and learn. Drives away envy and jealousy.
-  Saffron Yellow | Activates compassion, patience and kindness. It helps to listen for advice.
-  Blue | Ideal when you don't want to attract attention or want to visit a sick person. It transmits intelligence, communication, confidence, efficiency and peace.
-  Aqua blue | Helps to stay focused, communicate clearly, express your needs and deliver impressive results; avoids misunderstandings.
-  Iris Blue | Helps focus, concentration, and persistence, and helps to reach your goals.
-  Opal | Transforms urgent thoughts, emotions or situations. Helps improve your career, romance, money or conscience and attracts support for your dreams.
-  Diamond | Activates your faith, commitment, patience and expansion;. Creates new energies to manifest your intentions and changes the way you think, act and feel.
-  Black | Transmits elegance, stability, tenacity, prestige and invincibility, and makes you look sophisticated. It is also for mourning or not to attract attention.



Orange | Use it to celebrate with close people, like family. Conveys youth, energy, extroversion, confidence, happiness and life. Gives a good mood and good luck.



Coffee | Conveys low self-esteem, material need and economic deprivation. Means seriousness and represents nature and earth. It helps land plans or projects.



Beige | Provides tranquility, peace, serenity and calm.



Gray | Transmits and provides maturity, neutrality, adaptation, tranquility, mercy, discretion and balance.

WHAT TO WEAR TO ACHIEVE YOUR GOALS?

If you want to achieve...

- *Higher hierarchy and power*, wear black, white and red.
- *Authority*, use plain colors and clothes.
- *Accessibility*, use textures.
- *To negotiate*. It is recommended to tie your hair and not wear long earrings.
- *To make decisions about money*, numbers, laws or politics. Use straight lines. Do not use more than three colors. Dark colors are recommended.

Men first see the body, then the face and then the clothing.

GOOD MANNERS

We know that we live in a society, so having certain behaviors or considerations with others is important to help us live better.

How often have we heard the phrase “What begins badly ends badly”?

I will tell you about an experience:

A company director was late for a meeting, which was very important for his company. He arrived agitated, unfocused and did not apologize, which caused the attendees to no longer take him seriously. Additionally, he couldn't give a good presentation, thus failing in his objective.

Be punctual, ask for permission when you enter, try not to invade someone else's space (don't get too close), say hello, thank you and ask for things using "please."

GESTURES THAT WEAKEN YOUR IMAGE

Acción que indica descuido | Scratch your head

Actions that indicate that you are not telling the truth.
Touching your nose, putting your fingers in your ear, scratching the back of your neck, or covering your mouth.

Actions that indicate that you are anxious or nervous.
Touching your eyelashes, scratching an arm, adjusting your cleavage, touching your chest, taking off your shoes, touching your ring or watch, eating your hair, biting a pen, or constantly pressing the pen button.

Other actions not recommended | smoke and blow smoke at people (it is better to go out into an open place), fold and make figures with a paper or napkin.

HYGIENE

If you feel clean, you will act differently and have better health.

Recommendations:

1. Take care that you smell good.
2. Always wear clean underwear. You can take a spare, just in case.
3. Daily clean your tongue with a tongue cleaner to avoid impurities in the mouth and to prevent it from smelling bad.

HOW TO BEHAVE ON SOCIAL NETWORKS OR ON THE PHONE?

Recommendations:

1. Try to answer the messages taking at most an hour to respond.
2. Don't call too many times.
3. Have a pleasant tone of voice, to begin with, so they will be more willing to listen to you.
4. Only interrupt a work meeting for urgent calls.
5. If your phone's screen is broken, fix it so it doesn't affect your mood.
6. It is rude to put the cell phone on the table.
7. Do not write rude things in messages, they could be used against you.
8. If you put sensual photos on your cell phone, you will be giving another message about yourself and they may disrespect you. You don't need to sell yourself with your body. Check your second chakra if you need to show yourself to be loved.

Ch XIII | RELATIONS
WITH OTHERS



We all need to relate in some way or another, be it as a friendship, partner, children or any other. Did you know that what truly brings happiness and health are good relationships? Relationships are to nurture us and to make us happy.

In a good relationship there is joy, freedom, and the problems that exist between the two are resolved in a mature and healthy way.

All the people who have a relationship with you generate invisible cords with you, which bind you to that person either positively or negatively. If you don't have a good relationship, your strings won't be healthy and this will cause you health problems and will block you in various areas of your life.

Doing the sweeping breath will heal the cords that are not positive for you.

And what would a love relationship be like?

A love relationship should not have the concept of suffering or sacrifice. In love, there are no obligations. It is done for pleasure and with kindness. There is compassion, you are responsible. It is based on respect and everything you do for the other is a pleasure. It is generous and has no resentment. You can have disagreements, but you can solve the problem with maturity. No love relationship is perfect.

COMMUNICATION

Communication is one thing that its necessary to have good relationships. Even if you are a good person but you don't express yourself well, you won't be successful with people, I would like you to take the time to read the "no's" and "yes's" of the language so that you can achieve what you want with the people. Words create vibrations like music, impacting the body.

If you have eye contact with the other person, your communication will be better.

Examples of negative communication:

Shouting, being vulgar or rude will lower your vibration. Talking only about yourself, talking all the time, answering with monosyllables like: "fine" or: "yes,.". Leaving sentences incomplete and using interrogatives at the end of the conversation. Example: "This color suits me, right?" or end with: "Yes?" or "No?". Interrupting other people when they are talking or finishing the other's sentence. Do not articulate words well, so you are misunderstood, and do not speak with your mouth full or closed.

You will not be a pleasant communicator if: you complain about everything and are negative, you criticize absent people (gossip), you deal with topics that annoy those present, you attack them or make a fool of them, you laugh at what they say, you get upset when talking controversial issues and you want to impose your opinion.

Negative and positive words have a huge impact on us, so be careful about what you say. Use your words well. If you don't know what to say or have anger towards someone, you better not speak.

Your gestures and posture must say the same as your words. For example, if you say that everything is fine but your position is boring, they will not believe you.

To be more confident when speaking, correct your posture (be right), breathe before speaking and ask the Higher Self to speak for you.

IMPORTANT: Do not say everything you think.



Remove these phrases from your language:

It bothers me. Just passing it. I can't. You must. It's complicated. I don't give one. I am dumb. I have no time. I feel terrible. Impossible. I have to... How lazy. How boring. And if and but....

You better use these...

Count on me. If I can. I got this. What do you think? I am learning. I feel terrific. Thank you. Please. Of course! I'm surprised you act that way. Did I explain myself? I don't totally agree with you. I have the idea that things are different. What about if...? It would be good if... I see that sometimes you don't do... How do you feel about...? How did you come to this conclusion? Can we look for another opinion? What do you think if...? I'll think about it, you think about it and we will talk about it later, right?

To avoid a conflict, say the claim as a question. Example: Did you know that if you are late, I tend to worry?

Other phrases that you can also use are:

I appreciate you telling me that, but... I'm sad. I feel that you are being... I am happy with this... I feel that... I felt bad with... How can you tell me that? I felt hurt. I feel that... Thank you, but I prefer this... Please allow me to think about it. Your attitude does not seem fair to me. I don't like it. That's an interesting point of view..

HEAR OTHERS

If you learn to listen to others, you will have friends wherever you go.

Listening is paying attention and feeling what the other person expresses. It does not mean that you agree with what the person tells you, it's just listening to what he or she is saying.

You will heal another's suffering if you really listen. An hour of listening will do wonders for their transformation. Hearing is different from listening.

How to better listen to people?

Focus on that person. Let your body show that you are interested in the person. Try not to interrupt him. Try not to argue or judge.

Listen so that the other person can vent. Even if they say nonsense and bitter things, listen compassionately. Later you will study the situation calmly and from another point of view. If they ask you for advice, give it to them; if not, just listen and accompany them.

Occasionally, that person will repeat the same things and sentences. Then you can also say: Aha... I understand. Or simply, Yes, so that they feel that you are listening. And nod and say: Well, continue... Or repeat to them what you heard but using your own words. Example: So you mean that...

Be honest with them.

CODEPENDENT RELATIONSHIPS

How do I know if I'm in a codependent relationship?

You know you are in a relationship like this because there is manipulation, fierce power struggles and each one wants to receive for themselves. That is when you are extremely dependent on others or they are on you.

By feeling useful, we often make others depend on us and solve everything for them.

How do you get rid of codependency?

Be independent. Try to do your things by yourself. Be self-sufficient and trust yourself.

You don't need the other person to be someone in this life, but you can complement each other.

Set limits. Don't let others abuse you by asking you to do everything for them.

It's about being useful but without making your life revolve around them. You are valuable for the mere fact of existing. You don't have to give too much to feel loved. Let them ask you for help when they need it and wait to give them what they need if they don't ask you first for something. Make them independent for their sake.

Exercise to walk away from people you are codependent on.

Do this exercise daily for a week:

Think about the person with whom you have this dependency while you close your eyes. In your thoughts, this person is probably in front of you and very close. Tell him/her how much you love him/her and how much this dependency bothers you. Open his/her eyes.

Remember a time when you did something positive for yourself, no matter how old you were at that moment, and go back to that place by closing your eyes.

Observe where you are and what is around you. Listen to the sounds and voices of the place and what you are saying to yourself. Feel that feeling of security. Take a deep breath and touch the part of your body where this feeling of security and fulfillment is most intense.

Take a deep breath again. Open your eyes.

Now return, closing your eyes, to the image of the person you are dependent on. Observe it carefully and as you breathe, push this image aside and push it away.

Each time you exhale, move it to a space where you can see it, but it won't block your way forward.

At this moment, mark your own path right in front of you. Now it is clear and full of light. Set that person aside energetically so they don't hinder you on the new path you're about to take.

Send that person a love message and realize he has a different path than yours, even if you have sometimes agreed on it for a while.

With your eyes still closed, notice how your path has been illuminated and opens up new options and routes to follow. Taking a deep breath, touch the part of your body where you felt safe a few minutes ago. Send yourself this message: "I am the owner and responsible for my life". *"Take a deep breath, hold this feeling of*

fullness, and give thanks for knowing that the decision about your life is yours alone.

Repeat this exercise whenever you feel dependent on someone or something. Clear your path, take a deep breath and repeat your message.

DETACHMENT

We cling to material possessions, the standard of living that defines us and relationships. Still, in reality, it's all on loan. When you realize that you don't own or control anything, you will enjoy and value everything more. If you detach, you will reduce fear.

If you allow them to determine your course, you will live in the illusion that happiness depends on the external. This attachment situation will cause you pain and suffering because you think it is yours and if it is taken away or you lose it, you suffer.

Affective addiction is a disease. Attachment is the inability to give up on a partner when it should be done because the relationship is no longer healthy. Love more calmly and freely.

If you detach, you free yourself.

TOXIC RELATIONSHIPS

How do you know if you are in a toxic relationship?

A toxic relationship is when you fight longer than you are happier. It consumes your time and energy, your joy for living and your self-esteem, putting off your goals and dreams. It controls you and decides everything for you. Ask for tests and sacrifices to show your love. When they keep claiming what they have done for you, they prevent you from moving forward or make everything more difficult for you. They limit you and hurt you and that might even lead to your death. You tend to not recognize the aggression (hitting, hurtful words) and let it go. You prefer to ignore it. You justify it by saying that it is not serious, that it happens in all relationships. And you don't realize it or don't want to, but it hurts you.

If there is fear or feelings of guilt when you do something that makes you happy and you do things out of obligation, leaving your desires aside, you are in a toxic relationship. When there is a lot of jealousy, criticism, guilt and revenge, there is no freedom, raising a fear of infidelity.

If they ask you for something even though they know the damage that doing it causes you, it is because they do not love you. They are using you for their own benefit.

Why can't you get out of a toxic relationship?

Sometimes you don't get out of toxic relationships because you don't feel worthy of having something better, for fear of being alone, for fear that the other person will attack you, because of finances, because of guilt.

Because of the children, because of obligations, due to lack of self-esteem, for not having healed your wounds or perhaps because you are unconsciously addicted to mistreatment.

You think that because you promised that the relationship would be "forever," you should stay there and you are left enduring all kinds of abuse.

You become attached because you believe your happiness depends on that person, and you have the idea that if you lose him, you will also lose your happiness. Or maybe you feel that you are abandoning him in the middle of a difficult situation or that this is what you have to live for. It may also be because you don't feel valuable if you don't do what the other wants.

How to heal a toxic relationship?

The first step is to love and respect yourself, the second is to recognize that you are in a toxic relationship, and the third is to figure out what you can do to transform the relationship or if you need to let it go.

Don't wait for the other person to change..

If someone wants you to do something for them, listen to your body. If it feels right, do it. If it makes you feel bad, don't do it. Remember that you have the right to say "No."

The idea is to feel useful but valuable. Being useful does not mean that you give up all your dignity. Being useful is serving others but respecting yourself.

Let go of relationships with those people who treat you badly and do not love you.

Plan something to get out of there with some strategy, if that's what you decide. Reach out to friends for support. Get out of that relationship without fear, determined, safe and protected by your angels and people who support you.

Thank the good things in that relationship so that everything flows better.

If it is with your parents that you have a toxic relationship, take the distance you need with respect.

If they are your children with whom you have a toxic relationship, you must set limits for them so they do not treat you bad. And if they are adults, you can put distance.

Prefer yourself ALWAYS!

If you continue in a toxic relationship, it will cost you dearly. It will affect your health above all. If you get out of there, you will have peace and will be respected. That is worth more than anything. Praying will help you have God's support. Ask the angels to support you with this relationship or to get out of it.

How do I know if I am a toxic person?

Sometimes the toxic ones are us, but we don't realize it.

If you want your needs to be met and you don't look

after the other, you are a toxic person because you are taking without giving. Being jealous, making drama, getting angry about everything... You use control and manipulation. You complain about everything frequently, play the victim, tend to be envious, only talk about your problems, are negative, and criticize constantly.

VIOLATIONS

It is when there is forced sex. Generally, a person who rapes is also a victim of the same crime.

What to do?

- Write all your hate and anger towards that person on a piece of paper and burn it, or record an audio on your cell phone that you only listen to yourself and then delete.
- Let it go and don't live repeating the story over and over again.
- Ask your angels to protect you from that person or others to avoid repeating the same thing.
- Cover yourself with a golden egg-like aura to protect yourself.
- Do sweeping breathing. If you are terrified, do the advanced shamanic exercise.
- Do not be alone. Try to always be accompanied.
- Don't live with hate, that will hurt you.
- If no one listens to you, get away from there.
- Don't be ashamed and don't beat yourself up.
- Don't throw away your life by being raped.
- Pray a lot so that the feeling of hate is removed from you.
- Live in the present, in the here and now.
- Do things you like.

Prayer:

Chamuel, I ask that when I see that person in front of me, you fill me with your heart and protect me from all the negative energy of (name of the person).



FRIENDS AND RELATIONSHIPS WITH FRIENDS

They are soul family.

With friends, you are nourished, they make you feel good, they motivate you, they accept you and you feel loved.

What kind of friends do I want?

A true friend likes what you do, have and are and wants the best for you. A good friend supports you when you need it. She loves you as you are and speaks well of you.

PEOPLE IN GENERAL

All the people in your life are there for a reason, and they are to offer you the opportunity to transform yourself.

The negative traits we detect in others are a mere reflection of our own negative qualities. Only if we change ourselves we will see the change in others.

We are dedicated to changing the other, giving advice of all kinds on what should or should not be done. But we do not realize that we are not the others and that each person lives in different circumstances with different solutions. So, who are we to change someone when we also have adjustments to make in our life? Stop wasting your energy

finding fault with others and start transforming yourself.

Wanting to change someone is a projection that you throw out there for being unable to transform yourself from within. Generally, the qualities you want to change in others are part of your shadow, Of that bag of things and qualities that we have banished from ourselves and do not want to see, getting along with them quite badly still persisting, knocking at the door and saying: *Hey! I'm here.*

TO RELATE BETTER

Call people by name, take a sincere interest in others, talk about topics that interest others, smile, be a good listener and encourage others to talk about themselves. Make the other person feel important, honestly and without lies. What are you doing for the benefit of other people? Are you positive for others? Create harmony, peace and joy in others.

Quadruple test:

Use this test when relating. From what is thought, said or done

- 1.- Is it the truth?
- 2.- Is it fair for all stakeholders?
- 3.- Will it create goodwill and better friendships?
- 4.- Will it be beneficial for all stakeholders?

TREATMENT TOWARDS OTHERS

The way you treat others says a lot about how your heart is. If you love yourself, the deal will be positive. Instead, if you don't love yourself enough, you'll start mistreating others. It is also important to know that all your actions boomerang back to you, so treating someone well will turn into blessings for you. It's useless to have branded clothes if your attitude is despicable. It doesn't matter what position you hold to have the right to mistreat someone.

Be polite and humble, that way you will be able to know your value. You do not have to feel superior or inferior,

and humiliating anyone is unnecessary. You learn from everyone.

Better think about giving a compliment, a smile, a nice prayer or a “thank you” to those around you.

It is about loving, helping and sharing with others. Treat others how you would like to be treated. Be prudent and do not interfere in the affairs of others that do not concern you. Say what you like about that person instead of attacking with something you don't like about them. If you judge the other person, you will be judging yourself.

The only thing that truly matters is how much love we have given to others. How people treat you is their karma, but how you react will be your karma, so treat others well. May your presence foster love and harmony. Make it easy to live with you. That way, when people see you, they will like you.

Treat people as if they were you. How would you like to be treated?

RUDE PEOPLE

Stop them and set limits: “I do not accept the way nor the words to make me see this... I thank you but keep your unsolicited comment.” You can do a disapproving look. Even though it's hard, try not to take what they say personally.

HOW TO KNOW IF A PERSON IS LYING

The tone of voice goes up and down, explains too much, says too many words and moves his hands exaggeratedly.

ADVICE YOU ASK OTHERS

When you ask for an opinion, choose your advisors wisely because if you bring all your dilemmas up to a person unprepared, they will feel overwhelmed and incapable, and at some point they will get tired of carrying your baggage or may gossip about you. If you ask too many people for advice, you'll end up with fifty different options and feel overwhelmed, confused and lost.

On the other hand, see if they have the wisdom and experience to give you useful advice.

The best way to confirm that someone is offering good advice is to see if that person is willing to invest in your growth.

Seek advice from trusted sources who want the best for you. Choose between those that care the most about your emotional health, those that care about your health, and those that stimulate your intellectual growth.

Does this person show an expression of interest or boredom? Is she or he irritated, agitated or tired while you are talking? Do they fall asleep when you talk about a topic? These points can be a thermometer to know if it is the right one to obtain a good recommendation.

And the advice you receive or give, write it down in a notebook so that it can be useful to you later.

Ch XIV | LONELINESS
AND SINGLENESS



LONELINESS:

Loneliness is many times beneficial for yourself and this should not be a cause of sadness. It is a moment in which you should take the opportunity to reflect and be with yourself in order to love yourself more.

When you love yourself, you can be alone without any problems and feel happy with yourself.

If you connect with your inside by being silent and meditating, you will no longer have feelings of loneliness. Loneliness is not bad. You have to learn that, being alone, with yourself, you can also be happy. However, isolating yourself and living like a hermit in a cave is not good either. You can sign up for clubs or courses with people with the same interests.

Poorly managed loneliness pushes people to seek company, which has nothing to do with love.

Make mandalas. You can make them yourself or print and color them.

SINGLENESS :

There is nothing wrong with being single. On the contrary, it can be a very positive experience for you to get to know yourself, learn to love yourself, reflect on your life and be with yourself. There are stages in life where it is better to be like this.

Dedicate yourself to doing things you like: painting, dancing, traveling, etc, instead of looking for someone.

There are many groups to travel alone..

But if you are looking for a partner, I will give you some recommendations:

To stop being single

Look for limiting beliefs in your family because those

could mark you. For example: men betray, all the women in your family are divorced, or look for limiting beliefs that you have, such as: professional women do not have a partner. I can't meet any man because there are no good ones left. I don't know how to flirt. I never know what to say to men. I'm not attractive to men, at least not to the good ones. I scare men.. *I do not trust men. I don't think there is someone for me.*

Love yourself in order to attract the ideal person.

First of all, you must heal yourself, then find a partner. If you do not heal yourself, you will be hurt and you will attract people who are not willing to share with you. They will take advantage of you and you will continue to attract the same type of situations in your life, so there is something you need to change.

Clean yourself of the ties you had with other partners by doing sweeping breathing. You can also do a divorce ritual to clear the way for you. This step is important since we believe that we have already broken up and it is not so. You may still be energetically connected to your ex-partner. Do this exercise with all your past partners with whom you had sexual relations to disconnect and clear the way. Define what kind of man you want and why.

How many of the things that you want the other to have, do you have?

We are like a woman's ovum. We do not move from our place and the sperm arrives and we choose one.

Take care not to look for your dad in your partner. Heal your wound. If your father was not with you or abandoned you, you may be looking for married men who will surely leave you. It is the kind of love that you have understood. If mom is aggressive, you will attract aggressive people. Heal your relationship with your dad and mom.

You deserve love and not suffering. Choose your partner as you do to choose a dress: what size, what color, etc., Do not buy affection by giving more or being more

helpful than normal. Respect yourself so that others respect you. Go out, socialize and join a club or gym or something where people have the same interest as you. Try not to be with someone solely because you are lonely and pretend to be who you are not. There is no need to beg for love. Don't despair, no matter how old you are. Just trust, let it flow. Get out of the routine and do different things with different people. If you happen to go to the corner store, now go to the one on the other block, or go out with different friends. Take your power. Check your second chakra to know how to receive pleasure in a healthy way and believe yourself worthy of having a good partner for yourself.

Women have lost their feminine side to achieve more success, compete and fight for what they want, living with more stress and thus raising their male hormones, such as testosterone. And if testosterone levels rise, men will see you as more masculine and not feminine. When you are relaxed, de-stressed, feel healthy pleasure, are more compassionate, have increased sensitivity, and are sensual, your female hormones will rise and you will be more magnetic. If you have more testosterone (male hormone), you will start arguing with men, you will not attract them and they may ignore you. Seek to do tantric breaths to help you be more feminine. Smell like a woman, dress feminine and be the woman you want to be.

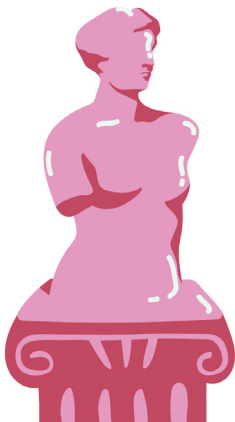
Awaken your sexuality in a healthy way. It can be with yoga exercise, dancing, moving your hips or doing sacrum exercises (putting your pelvis in and out).

Maybe part of the problem is that you're trying to find the right person instead of being the right person.

And try not to get ahead with the catastrophe of heartbreak. Example: He is going to leave me... or I'm sure he's going to be unfaithful!

Do not demand that they love you. Let it be without possessing.

Understand that kisses are not contracts nor gifts or promises.



Prayer to attract a partner:

Aphrodite, I am open to be deeply and completely loved within a romantic relationship. Please help me to liberate myself from the blockages that could remain and delay this manifestation. I ask you to help me to irradiate my internal light and to attract love right now. Please help me to fully enjoy this love and know that I deserve it.

Affirmations:

- *I deserve to be loved.*
- *The more I open myself to love, the more secure I feel. I let love find me at the perfect time. I am open to love.*
- *I am willing to love and receive love.*

Find your better half without having to kick the whole fruit bowl.

FENG-SHUI TO HAVE A PARTNER

Try to avoid having photos of the ex in your home or office. You will attract love if you put images that represent love in your house. It is advisable not to have photos or figures of women alone in your home. Make sure that at the entrance of your house there is something that represents love. Example: put two hearts and things in pairs: two doves together, two candles.

Place some peonies at the entrance of your house to attract a partner.. Try not to have many objects on the night table so that it is as clean as possible. Two rose quartz at the house's entrance or in the bedroom will represent love. Leave space in your closets so there is room for one more person's belongings.

Above your headboard, put something romantic or love. Example: put two hearts or the image of a happy couple. If you put a romantic photo, that it does not have rain or sea and that it is a couple that has lasted. It is recommended not to put images of animals.



SPELL TO ATTRACT LOVE

Bathe with the yellow leaves of a sunflower, chamomile, cinnamon and honey in the morning with sunlight and say: "Love is coming into my life and it will fill me with much happiness".

AROMA TO ATTRACT LOVE

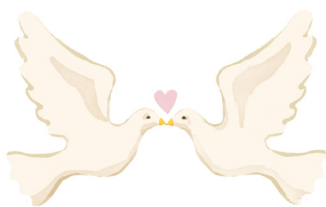
- Light rose incense to attract love.
- Burn tangerine peel.

SCENT FOR A BROKEN HEART

Burn violet petals.

HOW TO OVERCOME A BAD RELATIONSHIP

The first thing you feel is afraid of being alone, but remember that you have yourself. Think that it is better to be alone than in bad company and you have the ability to make yourself happy. Your self-esteem does not depend on another person. Value yourself.



If he mistreated you, this pattern won't change. It will always be like that. Do not beg him to come back with you, if you feel a weakness for him, it is better to delete him

from your contacts and social networks, WhatsApp, etc., so you do not find out anything about his life and not be tempted to talk to him in a moment of weakness.

Analyze what you need for the next relationship. What was important, good, bad, and what role did you take in the relationship?

Take the opportunity to be with your friends.

If you just had a thunderstorm, wait before dating someone again. Give yourself some time alone. Healing the other relationship first is better.

Do not take revenge or speak badly of him because you will lower your vibration. What happened is over, turn the page and start writing your new story. Write down everything that bothered you about that relationship and burn it. Listen to 432HZ music. If they no longer love you, learn to lose and retire with dignity. You must know how to lose instead of getting involved in vengeful fights. The best revenge is to be happy.

Ch XV | FAMILY



LOYALTY TO THE FAMILY

It is when you repeat experiences because of the love you have for your relatives or ancestors. However, these habits or experiences are often not healthy, and you continue to carry their pain, suffering, anger or other feelings. Example: If all the women in the family divorced and raised their children alone, you also follow that pattern out of loyalty. To remove loyalties that are stopping us, you can repeat this three times: *I cancel, I break, I cancel any commitment to my family.*

TOXIC FAMILY

When you are in a toxic family, they criticize you, put you down, hit you and insult you. The healthiest thing, and if possible, is to keep your distance. Stay away. You deserve respect.

If you have a toxic sibling or toxic parents, remember that the problem is not with you. It's because of their low self-esteem, fear or anger. Don't take it personally. Don't let their comments affect you. The lawsuit is with themselves.

The way they treat you does not determine your value. Keep this in mind. It's best to stay away so you don't get destroyed. Though not necessarily forever. Walk away without guilt. They are part of your family, but unfortunately, they are unhealthy for you. Thank them and send them many blessings. You will be there for them if they need something, but as long as they know you deserve respect. Pray to drive away people who are not positive (including family). Ask the angel Chamuel who is for relationships:.

Prayer to keep away people who are not positive (including family). Ask the angel Chamuel, .

"I want you to get rid of all those harmful people who are not positive for me or my life. May the people who are not positive for me leave my life."

ANCIENT ENERGY

Ancestors are your grandparents, great-grandparents, etc. We all must heal the line of our ancestors because many times they transmit limiting beliefs, fears, failures, and negative patterns that do not help you in your growth.

Exercise to clean experiences that are repeated from generation to generation. Write on a piece of paper what you want to heal, for example: abandonment, alcoholism, etc., and repeat the following:

Here and now, in this dimension and in all dimensions, I annul, break and cancel all the energy of... (example: alcoholism, prostitution, addictions, submission, etc., or any problem in you or in your family) that may have generated from my ancestors from my father's lineage. I (your name) forgive my ancestors who consciously and unconsciously forged this energy, and I apologize to those who did any harm. That's it and it's done..

And then do it with the mother's bloodline. Mantra to heal my female lineage:

Today I am clean and healthy and bless my female heritage, mother, grandmother and all the women who preceded my path. I forgive them for not loving each other, feeling valued, being strong and not daring to change their destiny. I release them from their ties and anchors and join them with a sacred thread that links us in love, forgiveness, wisdom and balance. Today, I erase from my spirit the memories of pain that my lineage brought with it and replace them with the energy and combined power of my female ancestors..

PARENTS

They are critical to deciding how we will be. They mark our destiny. Sometimes we don't get loving parents or we get many problems, but that doesn't mean that's why you're going to be drunk, irresponsible or bad-tempered.

We had to experience all of this to become better beings.

Focus more on healing the wounds and get over yourself. Do not claim them. You better start living your life as you want it. You have to thank and respect them.

Happiness comes after forgiving your parents. You are not responsible for the programming received in your childhood. However, as an adult, you are 100% responsible for fixing it.

There are many patterns that you will copy from them, some positive and some not. Pay attention to the negatives so as not to repeat them.



YOUR FATHER

The relationship with your father determines your success, projects and everything you want to achieve on this plane.

Your father gives you loving protection, financial well-being, values, management of authority, leadership, decision-making and talents, and teaches you to defend yourself and have power.

Didn't you have a good relationship with him?

How your relationship with your dad was will be the relationship with your life projects. That is, if your relationship was one of indifference, your projects would generally be too. If he abandoned you, you would tend

to quit or leave halfway through what you undertake. How many times do you have everything and suddenly the project fails?

You have everything to meet Dad's expectations and suddenly, everything falls apart. Something happens, and you don't finish due to the lack of recognition. You subconsciously believe you do not deserve it and the project fails.

What should we do to break this?

Do the sweeping breath to heal the relationship with your dad.

The more you complain that your father abandoned you, the more you will attract people or situations of abandonment -abandonment of projects, school, etc.

Analyze:

Pay attention when you act the same as your relationship with your father regarding your projects or relationships. Applaud your achievements, what you do and who you are. Feel satisfied with yourself. Don't seek his approval. Write down everything you feel about him and forgive him because you won't advance in your life if you stay resentful. Forgive yourself for your negative attitude toward him. Walk away from him if necessary, thanking him. Touch your inner child and embrace it. Live in the here and now. Do not repeat the same story of terror you had with him with others, if there was one. Learn the lesson he taught you.

YOUR MOTHER

With this relationship, you learn unconditional love, security, nutrition, self-care, how to bathe, eat well, brush your teeth, etc. It teaches you to recognize your moods and your emotions, to communicate clearly and to feed your self-esteem. It is loving contact, support and encouragement to launch yourself into the world. It helps us relate to others successfully.

Maternal love is critical and literally determines your heart rate. She is the one who conveys your right to be loved or

give or deny love. Mom nurtures us emotionally. Everything that happens while you are in her womb marks you and is recorded in your subconscious. You perceive what she lives, thinks and feels. Maybe you did not experience a good environment, or you felt fear when you were in your mother's womb, and now you act afraid in life, you are not present, or you feel anxious.

Perhaps she could not take care of you and you felt abandoned, so you need to please others excessively. You give a lot to others of yourself because you expect others to leave you. If your mother mistreated you, you will learn that this is how relationships are, and it will reduce your self-esteem. If your mother was loving and present for you, your life will be much easier.

How to heal an unhealthy maternal relationship

The earth is an element that nourishes us like a mother. Seek the land to welcome you. Become your own mother. Take care of your body, cuddle yourself, love yourself and eat well. If you lacked physical contact, brush your hair, hug yourself and nurture yourself. If you lack attention, pay attention to yourself, prepare yourself a delicious soup or have a party.

Try to be with people who meet your needs, take care of you, value and respect you. Learn to give to receive.

Contact your inner child, comfort him and embrace yourself.

Be in the present, in today.

Letting go of Mom is knowing how to take what she really wanted to show us. Letting go of their fears and guilt so they don't act in your life.

To clear your maternal lineage:

Invoke your mother and all the women of your maternal lineage.

Visualize that there is a thread that goes from your heart to your mother's. You will thank her because you chose her to give you life. She is providing you with the right tools for you to evolve, no matter what you have experienced..

Thank her for the role she had to take on with you. Now you can choose how to connect with her. Say: *Now, Mother, I forgive you, and I forgive myself for any bond of pain that we have had up to this moment. I want you to know that I choose to detach myself from all those memories and legacies that cause me pain; I understand that your life has been much more difficult than mine. And I leave behind all those ancestral memories. I now disconnect from all fears, losses, illnesses, submission, shortcomings and ignorance. I put a filter through my mother's energy and any painful inheritance that tries to reach my mind or my emotions. And so I free my offspring from having to star in this. My soul chooses freedom!*

I release them all, and I free myself from having to continue with fears, illnesses and pains you inherited from me over time. The light of my soul allows me to make this choice consciously; for which I forgive you, and I set you free to be able to join all the joy of my life and your gifts to develop them in me to live the joy of a long life and heal my ancestors. Like a river of light, I receive patient love, joy and knowledge in order to materialize love. Freeing your mother and all the ancestral women.

I choose to live in peace, joy and protection. Thanks for being with me. I bless you and deliver you to the light. I'm free as of today!

Prayer:

Zarkiel, I ask you to talk to my mom's archangel and angel to stabilize her energy with mine in light and blessing, healing all pending situations.

SIBLINGS

Parents are the ones who have to put order among siblings, create harmony between them and teach them to help and respect each other. If parents give one child more power than the others, they can become abusive. Everyone must be in the same position.

No one should enjoy greater privileges.

Some brothers live in anger because, at birth, they were taken away from the attention they had. Then there is rivalry and jealousy, and they decide it is better to crush the other brother so that he is less and does not get in the way.

One way to heal this relationship is with sweeping breath



Ch XVI | YOUR PARTNER



A partner is to enjoy, have fun and share. To support each other and love each other. Not to burden the other with your problems or to unload insecurities or anger. Or to play the role of your father or mother. Work out your relationship with your parents so you don't keep repeating negative patterns.

Human beings often pursue the love of a couple because we believe that we do not have that love. We believe that by having a relationship we will be in love and joy.

BEFORE STARTING A RELATIONSHIP

How does he treat you? How does he treat other people? Do you like being seen with that person? Do you like their achievements? Do you like how he thinks? Is his talk good? Are you compatible? Money doesn't matter so much, it's better to think about if he is really going to make you happy. Does he care? Are you really in love?

How much attraction do you feel? How does he treat you? How do you feel being with him? How is communication? Do you trust him and he trusts you? Does it nourish you? Does he make you better as a person? Do you admire him? Does he admire you? Supports you? Does he respect and flatter you? Are there more positives than negatives?

Does it have a future? Do you do similar things? Do you have similar values? Are you of the same religion? Do you trust each other? Do you feel wanted? Does he believe in you? It's responsible? Does he answer you if you need him? Does he take care of you? How does he behave?

CHOOSE YOUR PARTNER WELL

- Who humiliates you or mistreats you, does not love you.
- The person who loves you wants the best for you.
- When you love a person, you feel free.

HEALTHY COUPLE RELATIONSHIP

Talk to him if you start to see something you don't like. Respect your privacy and space. Generosity, freedom and

love will make the relationship more beautiful. Tolerate him, but only as long as there is no danger or disrespect. It does not mean that you have to agree on everything. It would be best if you negotiated so that both are happy. It is not about seeing who is right and wrong but rather stopping the conflict. Use collaborative energy instead of a competitive one. Putting your desires on the other is unhealthy for the relationship. Set goals. Don't try to change him. Help each other. Make different plans and get out of the routine.

Have details with your partner. You can leave a note with a nice message. Express your needs. Ask him for help if you need it. They are not fortune tellers. Stop being his mother. Try not to impose your ideas. Praise him from time to time. Have interesting conversations. Have projects in common. He is your partner, not your slave. Sometimes he will do favors for you and sometimes you will help him.. It is a give and take. When you repay your husband for the support and love you have received from him, life becomes better.

The more damage is done, the more ignorance there is.

Call the angel Lah hel so that there is good understanding between the spouses.

Some qualities considered essential in a relationship are: commitment, sensitivity, generosity, consideration, loyalty, responsibility, trust, cooperation, adaptation, admitting mistakes, forgiving, solidarity, understanding and altruism.

IF YOUR PARTNER HURTS YOU.

Talk to him lovingly about what hurt you, without playing the victim or with anger (wait until you no longer feel angry). Tell him: *Do you know that you hurt me when you answered me so abruptly? My relationship with you is very important, so I am asking you to be more careful next time. Talk about what you expect from the relationship.*

To love him doesn't mean to suffer, minimize or lose your identity. That's not how love is. Sacrificing yourself so that your partner is happy is not healthy. Love must be mutual.

Do not cancel yourself so that your partner is comfortable. Submission over time produces annoyance. Don't humble yourself. Don't crush your being. Healthy love does not require self-punishment.

When they hurt you, set limits and don't tell yourself: "It will pass." When the other person is unsure how they feel about you and has the syndrome of "neither with you nor without you," run as far as possible! If they don't know if they love you, what use is it that you love that person? Do not idealize the loved one. See it as it is, crudely and without anesthesia.

Those afraid of commitment drive a marked "Not so far and not so close." As long as the anti-commitment subject "has a good time with you and the thing stays superficial, everything goes smoothly." But if you're in a relationship like this, you don't have much to do, except leave.

If love is not seen or felt, if it is cold and distant, or you feel that he pushes you aside and is indifferent, this love does not serve you or does not exist. "He loves me, but he doesn't know it." Will there be more self-deception? Do not minimize problems. Some separations are instructive. They teach you what you don't want to know about love.

Without respect, love is lost. Without care, it is boring. Without honesty, it is sad. Without trust, love ends. If you don't feel good about your partner, let him go and forgive him.

FENG-SHUI FOR COUPLES

- Put a photograph on the south side of your bedroom in which the two of you appear together.
- It is advisable not to display pictures or photographs of people alone in the house.
- And it's way better to use warm colors, such as beige, peach, light brown, soft white or earth colors.
- Put the bed not against the wall so that there is respect.
- Put two cushions on the bed (things in pairs represent a couple's relationship).
- It's better not to have mirrors that reflect the bed because there may be infidelity. The TV is considered a

mirror.

- Just put pictures of you and your partner in the bedroom (don't put pictures of your kids there).
- Children's drawings should not be in the bedroom; better put them in the TV room.
- If your relationship is not right, put an amethyst stone in your room.
- If there are doubts regarding your partner, use the color aquamarine for clarity (it can be a stone).

SPELLS

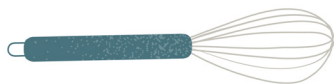
To increase the love of a couple or to get a partner:

Magic Drink of Love

- 1 liter of mineral water.
- 1 liter of strawberry or cranberry juice.
- 4 filleted strawberries.
- 4 split cherries (natural or in syrup).
- 1 split apple.
- 1 cinnamon stick.
- Ice to taste
- A special cup for you.



Mix everything clockwise and ask for it to become your desired love potion. Drink in a special cup of love.



Bath of love

Bathe five Fridays (Chamuel day) with this mixture.

- 1 liter of spring water.
- 3 tablespoons of honey.

1 tablespoon milk.
1 envelope of strawberry tea.
1 envelope of orange blossom tea.
1 envelope of bergamot tea.
Petals of a fresh or dried red or pink rose.
Apple peel (which you should eat that day, asking to receive love).

Boil everything in a pot for five minutes while stirring it clockwise and make your love wish. Let stand. Take out the tea bags and pour this over yourself at the end of your bath. Do not rinse.



Passion:

For more passion with your partner, use a bit of ruby red when you are together. For example: on napkins, candles, tablecloths or sheets.

HEALTHY AND POWERFUL SEX

We are raised with certain beliefs that sex is bad, but this is not true. It's bad when used only for physical release or when selling yourself for sex. The purpose of the sexual act is to bring illumination to your soul. When you have sex, you and your partner interact in a divine way with the force of light. The two become one united body. At the moment of orgasm, an outpouring of love is expected.

When it is casual sex or prostitution, it does not mean nor include love. It will be dark and you will not feel good about yourself. You will feel empty and prone to depression.

Your body is your temple, so do not disrespect it. Only have sexual relations with someone you love.

To have healthy and powerful sex:

Seek to feel a loving connection, give and receive.

Visualize how your heart opens wide. Connect mind and spirit in the sexual act and imagine that your heart is connected to your mind through invisible cords. The crossing of glances is significant.

Tantric sex:

- Mentally repeat: my body is perfect, my vagina is perfect, my legs are perfect, all of me is perfect.
- Focus on being present without thinking about other things. Listen to your breathing, the beating of your heart and the sensation that each movement causes you. Perceive the aromas and textures.
- All the time, focus on your breath. Now connect with your partner's breath and merge the two breaths to connect.
- Connect with the eyes straight ahead and naked. May his gaze meet yours and you can feel yourself through his gaze.
- Start by giving a tantric massage: start by touching your partner from the feet to the head. No technique is necessary, just gently bring your hands to the whole body. Give yourself the opportunity for your hands to enjoy each part. Press gently when you feel the desire, breathe and enjoy the part you like the most about your partner for a little longer; when you have covered his entire body, kiss his lips and slowly change roles.
- With your tongue, gently caress each part of his body, perceiving the points that turn him on the most.
- Now you are ready for intercourse. Connect your eyes, and when you have reached orgasm, hug each other and feel the energy there is.
- Show the affection you have for your partner.

What happens if you have sex with many people?

We are energy and when we have sexual relations, we mix those energies with others, so you have to be careful who you have sex with. Because if that person is negative or vibrates at a low level, that energy will pass to you. If that person has sexual relations with other people, the energies of those people also will pass to you and you will pass him yours. That is why

it is important to be faithful so as not to contaminate yourself with other energies that we do not know how positive they are.

You tie yourself to all of them because of the existing connection. Consequently, you cannot have a true love relationship. Things will not work out for you in some areas of your life. On the other hand, you will be at risk of contracting diseases. If you decide to have a relationship, you have to be responsible for the consequences. And please always use a condom. Generally, people who have multiple relationships are not satisfied with anything. They are empty people who often harm themselves with alcohol and drugs.

If you have relationships with men to earn money, reflect that the cost will be very high since you receive their energy. Most of the time it is negative energy, and this will affect your way of being. It will be a dark experience and more evil will affect your life and those around you. You will get sicker, you will get more depressed and you will feel a lot of emptiness inside. Sometimes we need money, but there are better ways to earn it. You are very worthy and you are capable of using yourself in something else that is healthier. You may earn less, but your health and environment will be better. God will not abandon you if you do not abandon him. Be an example for your children and don't prostitute yourself.

How to clean your energy if you have relationships with many people? This will also serve to clear you from a past relationship:

- If you had relationships with many people or you are no longer with your sexual partner, you have to clean your auric field and the ties that existed between the two. Doing sweeping breaths clears this energy. It has to be done individually for each person.
- Another thing that helps is to sit on the ground, without panties, so that your vagina is in direct contact with the floor. This way, the earth cleanses you.
- Snow cleanses too. Naked, go nine laps in the snow.
- Make affirmations like "I am pure; I am clean".

INFIDELITY

Infidelity can have different meanings. For some, it is just talking to someone. For others, it is flirting. And for many others, it is having sex. It is advisable to discuss this with the person in question to be clear.

Why are people unfaithful?

- It may be because the needs are no longer met within the relationship.
- Due to a lack of self-esteem. Some people feel valued, admired, loved or attractive, looking for various conquests.
- They have childhood wounds, such as abandonment and lack of attention and affection from their father or mother, and they think other people can compensate for these deficiencies.
- They have their second chakra unbalanced and they are addicted to sex.
- There can be limiting beliefs that come from the ancestors. For example, they inherit the thought that they have to have a lot of women at the same time because they are not man enough or they are not powerful, or they feel happier or they get rid of stress this way.
- Some people do not love their partner, but guilt prevents them from separating.

What is convenient to do?

- First, make sure that it is true and that you have proof . that he is cheating on you, then think things through. You can go to a professional person to guide you. If you decide to separate, have a strategic plan before telling him.
- Organize the economy and the children.
- Try not to play the victim, blame yourself, blame him, or be aggressive. Don't throw yourself into depression.

Ch XVII | THE
CHILDREN



PREGNANCY

When you think about getting pregnant, be loving to your partner and think of the relationship you're in. Concentrate your thoughts on the soul that will soon be born so that it has a better chance of being born into the light.

Everything affects the baby from the very beginning of conception.

When a pregnant woman drinks alcohol, smokes, or uses drugs, this reaches the placenta. Therefore, there is a greater risk of having a baby with low birth weight or suffering from some other disease.

The same happens with emotions. If you are afraid, resentful, angry, sad, not kind or selfish, focusing on yourself while pregnant, all of this will affect the baby's character.

The relationship with the husband is also important. It must be filled with love so that the baby feels it too. Love is the most important food for the baby. May peace be your priority, eat nutritiously and not go on a diet.

It is important to touch your belly so the baby feels your affection and that of the father. If you cannot get pregnant, invoke the angel Harahe! to act against sterility.



Prayer for childbirth:

Thank you, Father, for this new son you sent me, which I consider a blessing for me and the whole world. I ask you to incarnate in him a being of light, to be a good doer for humanity. I declare and decree that I will have a happy birth that will not last more than two hours without complications or suffering for me, nor for the creature and nor for anyone else. Thank you, Father, because I know you already granted it to me!

NEWLY BORN

The first months are the most critical in your child's life. Lots of hugs and love will be your best food. Try to breastfeed him (if you can't, bring him as close to the chest as possible) so that he feels protected and develops as a secure person. The first seven years are the most important and you must fill them with love.

Be careful who you leave your child with. Be sure they treat him well.

CHILDREN

Children are very precious beings that life lends us. Our role as parents is not to be perfect or to do everything right but to guide our children by being loving and kind. What matters is that you love your child unconditionally. One of the best things you can give a child is your attention.

Just as in companies, there are management positions In families, there are also positions and hierarchies. Parents have higher positions than children, and when these are reversed, problems begin.

Sometimes we love them so much that we invade their lives and we want to decide for them so they avoid mistakes; It is necessary to take into account that children need to be themselves, live their own experiences, and make their own decisions. They need their own space, and have their own desires.

Some parents are too demanding of their children and have too high expectations for them . A lot of damage is done to children when there is so much demand, It can lead to self-destructive behaviors such as stress, making them nervous, anxious, and insecurity, acquiring addictions or habits, like biting their nails, suffering from insomnia, etc, This can occur even though they hold high positions at work. It is good to have expectations and demands but according to their age and abilities. Refrain from over saturating them.

Also, please do not fall into the pattern of giving them

everything they want. You will create a capricious rude son who later will not want to work. That's not loving him; that's hurting him.. It is necessary to set limits and hold them accountable. Keep the balance between demanding and relaxing. Don't let them be lazy. Encourage them to play sports so that they can put their energy into activities and not into other negative things. Don't let them drop out of school or not work. They will become unproductive.

Grades do not define your child's worth. Being intelligent is not about getting an A or straight 10 in math. An intelligent child chooses the best alternative to solve a problem, puts himself in the place of others and adapts to change. Don't worry if your child doesn't get perfect grades. If you teach them to be positive, empathetic, generous, charitable and skillful, they will be able to achieve the impossible.

If you have another partner who is not the father of your child, make sure that he treats them with respect and that your children are respectful towards him. It is also important that they see there is respect between the couple. A good relationship with your partner will help your children to be respectful. On the other hand, if it is toxic, the environment will be the same for everyone in the house. While your children are young, they will be your priority.

If your children ask you for attention, it is not because they bother you but because they need you.

When they are adults, they must fly to make their lives. Children are raised to leave, not to stay in the nest.

Your example is what your child will learn the most.

Children are here to teach us lessons that we must learn. Often we don't like our children's behavior, but we have to understand that we created that tree. Maybe we should have watered it more, but it's never too late. You can start watering that tree today. Forgive yourself for all the mistakes you've made with them.

Enjoy them!

HOW TO EDUCATE THEM WITHOUT HURTING THEIR SELF-ESTEEM?

Put all your effort into containing your negative emotions and not reacting. You will be able to have a good relationship with your child and above all, they will have self-esteem and security.

Try not to criticize them, condemn them, judge them and not make comparisons. For example: what a fool you are; you should learn from Pedro, he gets great marks.

Be warm with your approval and praise.

Praise in public and punish in private.

Listen to him and look for his emotions when he says something. Remember what it tells you. Create an environment of trust. Tell him your concerns and what you think. Let him feel that you listen to him. Leave the cell phone or turn off the TV. Let him feel loved, valued and important.

Ask questions instead of giving orders.

If something does not go well, tell him: *You did your best. You only need experience. Make mistakes look easy to fix for him.*

Ensure they have a good reputation, don't talk bad about him.

Make them look at their father with respect. Don't make them afraid of their father.

They learn what they see. If you and your husband mistreat each other, they will absorb this. The same is in values. If you smoke, don't expect him not to.

Do not use blows, slaps or flip-flops. You would hurt them and not educate them. The atmosphere in the home is fundamental. This will help them thrive.

The best thing you can give your child is attention and your example. Be respectful and give him a lot of love. When you give love to your children, you receive it in return.

Educate him based on values because, without them alone, he will be an intelligent demon.

Screams do not educate.

Pimp your son, admire him, speak well of him and help him when he asks you to.

Do not speak badly of your children to your sons-in-law and vice versa.

Refrain from fooling them.

Be careful with in-laws and be very political.

If it does not affect you, do not meddle in your children's marriage affairs.

Go for you and your happiness because if you are happy, they will be happy.

Be present in their lives. Be aware of their day and what they do, but without control.



10 COMMANDMENTS TO RISE YOUR CHILDREN

1. Don't decide for them.
2. Don't do what they can do.
3. Be the example.
4. Set limits.
5. Talk.
6. Live with them and not over them.
7. Don't just give them things, give them love.
8. Integrate and win
9. Avoid making preferences.
10. Ask questions when they didn't do something right, don't scold. Example: "How did you feel when you got those grades?"

If you are not interested in their tasks, you do not correct them on time, you do not set an example, you do not play with them, you do not advise them, you do not watch TV together, you do not tell them that you love them, you will lose them. If you allow your daughter to put on makeup at 10, have a boyfriend at 12 and dress provocatively at 14, don't wonder where you failed when she makes you a grandmother at 16. Help her live her childhood.

WORDS NOT RECOMMENDED TO SAY TO CHILDREN

The tone in which you speak to your children becomes their inner voice.

- *I am ashamed of you.*
- *You were wrong again..*
- *What do you want now? If you're reaching out, you need something.*
- *You are going to stay alone.*
- *And now what stupidity have you done.*
- *How good we would be without you.*
- *I do not want to know anything about you.*
- *I don't love you anymore, we have nothing in common..*

POSITIVE WORDS TO SAY TO YOUR CHILDREN

- *I'm proud of you*
- *The better they know you, the more they will love you.*
- *You were wrong and it doesn't matter, you can try again.*
- *Tell me what you need. You know you count on me.*
- *I am sure that you will achieve what you set out to do.*
- *I love you since you were born.*
- *Bravo! You're doing it right.*
- *It's good to have you in this family.*
- *Tell me, I like to hear from you.*
- *I will always love you, even if we disagree.*
- *Very good!*
- *I know you did it unintentionally.*
- *You know that I love you so much.*
- *I know that you are good.*
- *I congratulate you for what you have done.*
- *What a good surprise you have given me.*
- *When you need me, I will help you.*
- *I notice that every day you are better.*
- *I believe what you tell me, I know you will.*
- *You know I want the best for you.*
- *You deserve the best.*

IF YOU WORK ALL DAY AND DON'T SEE THEM.

Your family is the most important thing, it is not work, nor is it money, nor studies, nor material things. All this ends but the family remains. It is understood that there are jobs that demand a lot of time, so the following recommendations are made:

- That the time you spend with your children is of quality, That you are really present with them, and not on your cell phone.
- Listen to their problems with interest and concern. If your child does not get your attention, they will seek it elsewhere, where they can be negatively influenced.
- Let them see that they are important to you and thus you will have a better chance of raising emotionally healthy children.
- Take care to leave them with someone emotionally healthy.
- Check frequently on them and, above all, tell them you love them.



NAMING A CHILD LIKE THE DAD OR MOM

When you transfer the name of the father or mother to your child, you are also imposing the burden of being like them. It is advisable to choose a different name so that they are more independent.

If you name your daughter after a grandmother who died of an illness, an aspect of suffering will be transferred to her and karma may even be passed on. It is also not advisable to name your son after the uncle who died in an accident.

Ch XVIII | DIVORCE



DIVORCE PROCESS

Ending a relationship is not a failure. Failure would be to continue with an unhealthy, unproductive and lacking evolution relationship.

In a conscious separation, the goal is to create a feeling of respect, security, and peace between you and your ex partner.

Reflect before making a decision to see if it is the best for everyone and prepare your ground both psychologically and materially. Organize everything smartly. Talk about it with your children. Try to keep it cordial. Think about letting go of the idea that you must sacrifice your health and happiness to stay in a relationship that no longer works for you. Getting the separation process right is important because the stakes are high for you and everyone involved. If you have already made the decision to divorce, you have to remain firm in your decision without guilt or regret. You do not have to ask permission or convince anyone to decide to divorce.

Recommendation: wait to have another partner until you and the whole situation heal.

HEAL

What did I learn in this relationship?

How much am I responsible for what I am experiencing?

What is my role in the drama?

Remember that God puts us in the right place at the right time so that we can fulfill our purpose. If you see it that way, you will be able to forgive your partner more easily.

See divorce as a lesson, not a punishment. You are freed from suffering when you learn the lesson and let light and joy flow into your life again.

Feeling toxic emotions is normal in a breakup. You must express them. Speak them, write, paint, and sing, but take

them out in a creative and positive way.

Appreciate the good that was in the relationship.

Let go and fall in love with life. Look for a positive future. Choose life. Choose love. Never make decisions out of fear. Stop showing yourself as inferior.

Do not isolate yourself or pretend that you are very well. Allow others to care for you in a warm environment. Do exercise. Walk, stretch, run, bike, practice yoga, dance or do any activity that gets you moving.

Repeat words of love.

Watch your negative thoughts, do not tell yourself: "There is something in me, everyone abandons me, everyone betrays me," etc.

Try not to victimize yourself.

Fill your home with lots of light and fresh air. Open the windows. Put out fresh flowers that smells good. Commit to yourself to be happy and well.

Stop looking for people who love you the way you don't. *"From now on, I will act from my power in all my relationships."*

Defend your rights. Recognize that the way you have been treated is a reflection of how you have treated yourself..

Are you repeating a pattern you had with your parents? For example: if your father hit you and now your husband does too, perhaps you are replicating the circumstances you experienced in your childhood. Commit to letting go of these patterns.

Commit to giving yourself what you want to receive from your ex.

Don't give up your power again to be loved. Set limits so they respect you.

Accept your mistakes too.

Get rid of everything that reminds you of the relationship: group photos, gifts and letters. Discard them, donate them, or store them away from your room.

Fight fair and engage in direct arguments to strengthen love rather than destroy it. *"I ask that you treat me respectfully from now on, and I will do the same."*

If you still occupy the same room you shared with your ex, buy new sheets or rearrange the furniture. Buy a new mattress and remove any objects that remind you of him from your space. Take back your palace. Paint the walls with a new color, get new furniture and new decorations.

Socialize. Go out with friends. Call a friend to chat or go out to dinner with someone. Connect with people.

Start accepting your defeats with your head held high and your eyes open, with the elegance of an adult and not the anguish of a child.

Instead of waiting for flowers to be brought to you, cut some.

Take a break if you explode or suspect you may explode during a conversation. Take a moment to cool down and calm down before you talk to your ex so you can have a conversation from the wiser side connected to your worth and power. Strive to respond instead of only reacting.

What do you commit to? Example: that the children spend time with him.

Help others who are in the same situation.

Having a generous gesture with your ex is creating a new beginning that can break the cycle of negativity and desire for revenge. What could you do for him to make peace and goodwill between the two of you? Maybe a word, ask for his happiness or send him a blessing. While it's better to stay on good terms with your partner, it's not mandatory that you and your ex-partner remain friends.

Make a contract for a healthy relationship between the two of you.

I free my friends from having to hate my ex and let them decide whether they want to stay friends or not.

Connect with your Higher Self to make better decisions.

Do sweeping breathing exercises with him or advanced breathing if you fear he abused you.

Every time something about him makes you angry, do a shamanic breath.

Giving all of myself to people who do not value me has prevented me from being loved and relating has cost me love. Or wanting to please everyone has cost me my power in life. I promise to present myself in all my relationships in ways that show me respect and self-love. I leave behind the old ways of relating that no longer serve me or help me grow.

Affirmations:

- *I trust that all is well. I relax and let life flow.*
- *I am a sexy woman worthy of being sexually pleased by a partner who is aroused by my body and loves me. I have the strength, the power and the ability to assimilate everything that comes my way.*
- *I am open to the possibility of a future full of happiness in love.*
- *I am a powerful and loving person who deserves to be seen, supported, honored, and respected. I deserve to be happy, healthy and loved.*

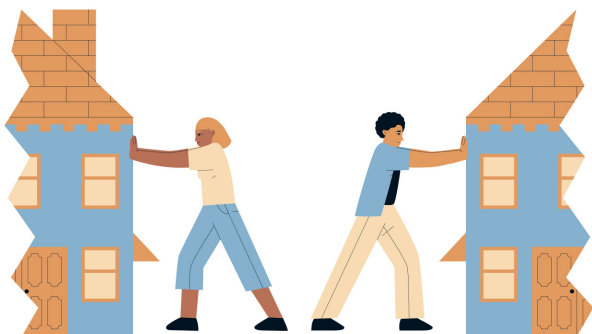
DIVORCE AND CHILDREN

Any child would like their parents to be able to love each other and live together in a good way. Still, when things are already unbearable, it turns out that separation is preferable to living in horrible situations at home.

The sacrifice of continuing in a lousy marriage for the children is sometimes criticized even by themselves. Children want to see them happy and fulfilled or, at least, well. They carry your pain or spread your anguish.

A good separation is preferable to a bad marriage. Seek professional help to guide them through this process.

The goal is to have peace.



Ch XIX | VAMPIRE
ENERGIES &
PSYCHIC ATTACKS



Although we all have a dark side, the darkness of other places or people can also affect you, especially when you are in a negative state, such as sadness and anger.

There are different types of psychic attacks:

- The mildest is when someone unknowingly attacks you by phone or email, or just by sight. For example, if they write you something negative via WhatsApp and you get hooked and allow their energies to penetrate you, feeling bad about yourself.
- The attack also happens through a bad look that later makes you feel bad or tired without knowing the reason.
- By cords: The connection between the imaginary cords that go from one person to another; or from chakra to chakra can be good or bad, depending on your relationship with that person.

For example: if you are in love, your strings will light up towards the other person. But if the relationship is bad, the strings between the two will be negative and will harm your health, emotional state and behavior.

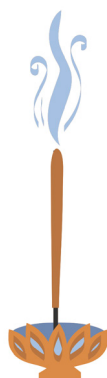
- By a vector force: Something is out of control. You do not have consent. You are not in control. It is dark energy that was sent to you with an intention. These can also come from a dead person. This energy is strong.

HOW DO YOU KNOW IF YOU SAW AN ENERGY VAMPIRE?

When after having seen them, you feel depressed, angry, exhausted, irritable, or very tired and without energy. You can't sleep, you eat a lot or nothing, you drink, you shop for hours, you are very critical, or you make a lot of drama about everything.

WHAT TO DO

Bathe in a tub for 20 minutes with sea salt and bicarbonate, then rinse off in the shower. Do not forget your hair. Another resource is to put your feet in a bucket of water with the same ingredients listed above. Carry out this procedure at least once a week.



Keep your hygiene as clean as possible and stay in the present moment. Remember to live “here and now.” Do not give them power over you or allow them to dominate you;. You are stronger. Expose yourself to the sun for 20 minutes.

Burn palo santo and pass it through your body, sprinkle yourself with holy water and visualize how a white light penetrates your entire body and cleanses you from the dark.

Use a salt candle. It is used to remove witchcraft, spells, and curses; and cut black magic. When you get home, pass an egg through your body and then throw it away. Start from the head with circular movements clockwise and end at the feet. Then repeat:

Higher Self.. Eliminate, unlink, erase any magic work of any color, witchcraft, spell, pact, voodoo work, ritual magic that I have. It is done. Thank you.

HOW TO REMOVE ENERGY FROM THE HOUSE

Clean your house of negative energies. Burn Epsom salt. Put it on a plate with charcoal and go around the house to clean it. Clean the house with vinegar and salt from the inside out to remove bad energy. Put lemons behind the door of the home to absorb negative energies.

Put palo santo incense, burn tobacco, sprinkle holy water mixed with orange or lavender lotion throughout the house or burn coffee beans.

HOW TO PREVENT OTHERS FROM LEAVING THEIR DARK ENERGY WITH YOU

Do not hook up with a dark person. Surround yourself with angels before leaving your house. Bring lemons in your bag. Avoid lending your clothes or wearing other people's clothes. They could have bad energy. If you use or borrow them, put them in the sun for a day and then wash them. Wash your hands often.

Avoid dark people and dark places like bars and clubs.

Put your body inside an imaginary golden sphere.

Prayer to protect yourself from dark energies:

Most High Lord, strong and wise God, benefactor and almighty, you who have given life to the world, I beg you to free me from people who try to harm me. Make all my enemies disappear with your holy power. Deliver me from all evil. Remove my enemies and bless me and grant me all the good. Amen.

When you perceive the sensation that there is something dark in the night: Trace a circle around yourself with incense. Remain standing for a few minutes in the middle of it. Raise your arms above you. Mentally attract the light, invoking it.

And repeat: Fill my body or spirit with life. Fill my body with the spirit of your light. Come from the luminous light that shines in the darkness. Three, four, five, six, seven, eight and nine, by name, I call them to help me, save me and free me from the darkness. Come to Untanas, Quertas, Chietal and Goyana, Huertal, Semveta and Ardal by the power of their names. I implore you to free me from darkness and fill me with light. You must know that once this is done, you will be free from the slavery of darkness.

A song to ward off dark energies:

KODOISH KODOISH KODOISH ADONAI TSEBAYOTH

It is used for when there are negative vibes. It is a sacred song used in the upper heavens to exalt the Father. There is a song with these words, and you can play it at home or in the office.

TETRAGRAMMATON

This symbol contains the greatest wisdom that any magician should know. It is the big step to start managing the four elements. In this star are enclosed the main concepts of wisdom. In the tetragrammaton are the macrocosm and the microcosm, which together give us

divinity on Earth. It is the star of magicians. Tetra means four, that is, the four elements. It is the balance of man, uniting his physical forces with the divine ones. The pentagram represents the mastery of the spirit over the elements. This star protects you. Keep it in the house, car, purse and everywhere you go.



SPIRITS AT HOME

You can turn to the pendulum and ask if there are spirits. If there are spirits in your house, it will smell bad, like old. On the other hand, if there aren't any, it will smell good.

Let go of the things you no longer need, take care that enough air enters. Open the windows and clean all the furniture with holy water and lavender. Put old furniture out in the sun for a day, especially inherited ones.

Ch XX | RELATIONSHIP
WITH YOUR ENVIRONMENT



The environment is what surrounds you, the place where you live and the people with whom you share. If your environment is not good, it will have an impact on the way you are. Example: if you live where there is a lot of fear, you will feel it too.

Check your environment and if it is negative, change it. If there is a bad smell where you live or a lot of noise, or a lot of fighting, consider moving house.

Think about what environment you want. May your environment be the most beautiful. Maybe your house is humble but you can always put some field flowers on the table, make it smell pretty, make it tidy, have cheerful pictures.

HARMONY

Having harmony is important to be well, in balance with yourself and others.

When you are angry with someone and you talk to these people, offer them cookies and tea, which will help to be more in harmony.

When you have to appear in a very emotional occasion like going to a hospital or when there is a lawsuit in your house, it is good to wear magenta. If it is not possible, take at least one ribbon of that color so as not to lose harmony.

Spell to harmonize the people in your house:

Put sugar on a plate. With your finger form a cross on the sugar, write around your name and the people who live with you. Put a candle on top of the cross.

Say: *May there be harmony among all.*

To harmonize the house:

Burn a white rose on a plate and pass it around the house.

FENG-SHUI

Feng-Shui has been used for years to balance the internal energies of the house and its surroundings. Balancing and harmonizing the physical elements of the universe, improving environmental conditions and promoting the well-being of the environment.

Everything around you affects your energy, so it is important to harmonize. When there are many physical elements, energy cannot move naturally and freely. Also, the mess can make you feel stressed. Your house is the place where your heart is, that is why it is important to keep it clean and tidy.

Tips to heal your home:

1. Clean and get rid of everything that doesn't serve you.
2. Open the windows and let your house breathe.
3. Add plants as they will improve air quality.
4. Let the light in, you'll feel better.
5. Play music, you will feel more at peace.
6. Use scents to make it smell good.
7. Place pictures that make you feel happy.
8. Include fruits in your dining room to multiply your income.
9. Keep the table clean.

Your house reflects your inner state, so keep it beautiful.



Ch XXI | YOUR
RELATIONSHIP
WITH MONEY



We all need money to live in this life. The bad thing is that we live in a materialist world with such strong demands that they become burdens. However, you must understand that you are not what you have and that your happiness should not depend on it. Don't look for money just for approval or ego. Use it out of necessity.

Money is energy, so what you think of it will be the way to get it.

Money is not bad. What is bad is using it incorrectly for bad purposes and following it in the same way. If you get the money in a way that doesn't harm others,, then the money will be positive.

Positive money:

When you earn it ethically, when you have time to enjoy it, when you enjoy the fruits of the process, when you share it, when you help others, or when you use it for positive purposes.

NEGATIVE BELIEFS ABOUT MONEY

"Money is bad." "Money causes envy." "I better not have it." "Money smells bad." "Money is an evil need..

TIPS TO HAVE MORE MONEY

Feel like you deserved it. The way you relate to money is important. Treat it like someone you love very much. Visualize it as something positive, fun and good for you. Don't be afraid of it. Rest assured that your needs will be met. Avoid toxic relationships so they don't block your wealth and creativity. Let go of things that don't work out for you, make you fall behind or stop you. Love yourself and be proud of yourself. That will create prosperity.

If you have financial problems fix your second chakra. Erase the words: "I can't" and "Nothing turns out." Spend only on what is necessary. Avoid blaming yourself or others for the financial mistakes that you have had, Pay your suppliers and employees what is fair. Ask the Universe, God or whatever resonates with you to give you money. Give tithe

and/or charity (10% of your income). Save 10 percent of what you earn. You can invest it in a business, bitcoins or whatever you please.

Pay your debts. Only use the credit card if there is no other option. Do not lend money. It will cost you a great deal to recover your money.

Bless everyone and yourself. Learn to give and receive. Get rid of limiting beliefs. Listen to your inner voice to make better decisions, and for ideas to come to you. Your thoughts are important. Make them positive concerning money. When you pay, let it be with pleasure and say: *may this money do good and return to me (put the percentage you want to receive) more than what I gave.*

Ask people who have money how they earned it. Do not envy, complain or criticize. Doing this will take your money away.

Use gold. Keep a lodestone, malachite, and gold pyrite in your office. Try to spend your money on experiences rather than things.

Be thankful for what you have. This generates more abundance in your life.

How you talk about money will depend on whether you attract wealth or lack. If you keep saying that money is horrible, that it is impossible to attract money, you will create poverty. On the other hand, if you say, *"I attract money; money comes easily to me," you will attract it.*

Affirmations to attract money:

- *I generate abundant wealth.*
- *I deserve to have abundant wealth.*
- *I will earn (say an amount) this month. It's done. It's done. Thank you, thank you, thank you.*
- *My income is constantly increasing, and I prosper wherever I go.*



EXERCISE FOR MONEY

Jar exercise:

Put a coin in a jar for 21 days, and each time you put the coin, repeat: *"This is an abundant universe. I always have more than I need. I always have wealth to share."* Repeat it three times.

Finally, give it to someone.

SPELLS FOR MONEY

Seed Enchantment for Abundance:

In the springtime, write your desire for money with yellow ink on green paper. Put it in a jar along with a pyrite stone and a painted clover. Each day of the week, you will put a different grain and a coin on it. You enchant each seed like this: Ask that the seed give you luck, opportunities, success, investments, gifts, payments, money and everything you materially want. Say: *"With the corn or the seed that you choose, the fairies bring me abundance to achieve..."* cover it. Shake it every time you put a grain.

At the end of the seven days, you stick a coin outside the jar and leave it on the altar of money until the next time it opens.



Bean Spell:

Do it in spring.

Put three beans in your hand and enchant them as follows: *"I enchanted you magic bean, awaken your power and start to grow"* (say it three times). Give your breath to the seed. Ask him for some money. Think about everything you want to grow.

Put them in a jar with cotton. Sprinkle water as if it was raining, splashing and saying: *"May this spring rain awaken the power of the beans and bring abundance to my life."* Take it in your hands and say: *"Just as your size grows, my abundance grows every day in perfectly good and perfect harmony with the Universe. So be it, so be it."*

Repeat this three times.

Another spell:

Remove the yolk and the white from an egg. Wash it and paint it gold.

Write what you want with a green pen on paper strips and put them inside the egg. Then say: "Goose that lays the golden eggs bring me... (whatever money you want)" You can put chamomile powder or a red bean in it and close the hole in the shell with another piece of paper.

You put it in your hand and say: *"I enchanted you magical egg, as the symbol of the golden goose, that inside you bring to me the abundance that I desire in perfectly good and perfect harmony with the entire Universe. So be it and so it will be."*

You put it on the money table for one year, and after a year, open it.

If it was fulfilled, you bury it, and if it was not fulfilled, meditate to see what happened.

Other spells:

Put a spoonful of sugar in your wet hands along with a spoonful of cinnamon and rub it together as if you were washing your hands, then rinse with water (no soap). Do this ritual on Thursdays and Sundays or before a job interview.

Smudge your home or office with orange or lemon leaves for prosperity, preferably on Thursdays.

Burn garlic peels at home or in the office on Fridays to attract money. Burn thyme on a plate and pass through the house or office. You can also burn laurel on a dish and go through your home or office. Burn sunflower seeds and sugar around the house or office. Put bay leaves next to the stove and place cinnamon sticks around the house or office.

Every first day of the month, do this: Put a handful of cinnamon powder in the palm of your right hand and go to the door of the house or work. Before blowing, repeat with great faith: "When this cinnamon is blown, prosperity will penetrate here. When this cinnamon blows, abundance will come to stay. When this cinnamon blows, abundance will live". Blow the cinnamon from

the outside in, realizing that prosperity and success will enter your home along with the dust and wind full of the energy you emanate. Let the cinnamon powder remain on the floor after blowing for at least 24 hours until the end of the first day of the month.

Afterward, you can sweep normally.

For spring:

Charm an eraser in the following way:

Take it with both hands and say: "Goddess Eostre, help me free myself from the past.

Enchant this rubber so that it becomes magical.

In the name of the Goddess of Spring, erase winter, the past, lack and everything that should no longer be in my life. That's right and it will".

Now you tell him: "I free myself from thoughts of the past, I am a blank sheet, I am a field ready for planting. May the magic of abundance of Goddess Eostre, Mrs. Spring, manifest in my life from now on.

On a blank sheet, write your beliefs and fears about money in pencil.

Once you're done, erase them with the magic eraser.

Now write positive money affirmations in green ink and put powdered chamomile (used in tea) on this sheet. Blow on the chamomile in a pot and say: *"I am a field ready for sowing that manifests itself in abundance in spring."*

WALLET

Wash it with soap and water and put it in the sun for a while. Then, clean it with the four elements. Say: *"I cleanse you and free you from all the energy of lack with the power of earth, water, fire and air. I purify you."*

Go through the earth or coarse salt and say: *"May the earth collect from you any lack and transform it into abundance."*

Go through the water and say: *"May the water wash away from you any fear of poverty and transform it into confidence."*

Go through the fire or candle: *"May the fire drive away the darkness and bring the brightness of success and material prosperity."*

Go through the incense and say: *"let the winds take limiting words."*

And say: *"May there always be, may there always be money and may there always be abundance in my life".*

Also, clean credit cards with the four elements and say: *"With this card, I can always materially acquire what I want."* You can do this every month.

Put the bills stretched out in your wallet, always have it with money and do not have tickets or other people's business cards in your wallet. Between the coins, you can put a piece of sheep's wool. You can also put colorín, a golden pyrite stone, a malachite, a river pebble and the infinity symbol on a piece of paper in your wallet. Set seven different seeds in the wallet and a bay leaf.

Carry a bay leaf in your wallet along with a coin so that money is always present.

ACCOUNTS TO PAY

Write the bills you have to pay on a piece of paper and say: *"I thank the Universe for the opportunity and confidence to have received what I need in my life. May the abundance of the Father reach my hands and with love, gratitude and generosity, I pay easily and quickly. So be it and so it will be "*



MONEY PLANTS

Use these plants: Dollar plant Millionaire plant Grass, Climbing plants and Money plant.

Put them above the dining room, on the altar of money or wherever you like.

Prayer to the goddess of money:

Ask Abundia.

"I want to be like you, carefree and full of faith that my needs have already been met in every way. Help me replace any worries about money with joy and gratitude.

Help me open my arms so that heaven helps me more easily. Thank you for your guidance, for all your gifts and for your protection. I am truly grateful, thrilled and satisfied.

I now release and relax in the knowledge that you will take complete care of me, immediately and in the future."

Ch XXII | PURPOSE
OF LIFE



We are already in the final stretch, so I invite you not only to keep the information in this book in mind but also to practice what you have chosen that would be good for you.

Before you came into the world, you agreed to come with an intention. With a purpose to learn a lesson. So it will be necessary to investigate to find out if you are in your life purpose.

When you are in your life purpose, you feel happy and motivated with what you do. You are healthier and have more energy.

If you are not in your life purpose, you have jobs you do not like or take jobs and leave them. You do not feel comfortable with anything. You think that nothing works out for you. You have no energy and live unmotivated.

There will always be obstacles, problems, resistance, conflicts and fears. Still, despite all the negatives, the goal is for you to become the best version of yourself.

But what happens if you don't know what your mission is?

Meditate. That way, you will be closer to your life purpose. Or you can find it through astral charts more easily.

Create an invisible blue line (Hara line) that goes all the way down your spine and crosses from your head to your feet.

Ask yourself:

1. What did you like to do when you were a child?
2. What occupations have you done and have you enjoyed?
3. What activities have been repeated?
4. Is there something people constantly tell you you are very good at? You may have been told that you are good at speaking, and that is where your calling is. You could be a good speaker. The thing is to look for what you like and the areas you have skills. Have some people mentioned to you that you have certain abilities? What talents do you have?
5. What job would you do even if you weren't paid?

6. Look for people who do what you like and analyze if you would like that for yourself. What would you like to do? What arouses interest in you? What is calling your attention?
7. What gives meaning to your life?
8. What do you want to read and learn?
9. Does that topic motivate you?
10. What do you think are your strengths?
11. What do you think are your weaknesses?
12. It is vital to choose something you are passionate about that you can do for a long time without getting bored and do it well and naturally.
13. Do you feel alive when you do it? Does it give you peace and stability?
14. What does your heart tell you?

REDEFINE YOUR LIFE

Think about how you want your life to be, who you want to be, where you want to live, what you want your love life to be like, your religion, your weight, your social life, where you want to work and what exercise you like best.

Free yourself from all blocks and limiting beliefs so that you can achieve it.

You should ask yourself all this to establish a life plan and achieve your purpose.

We don't just come as moms. There's always a call for something more.

Prayer:

Beloved Jesus Christ and my beloved Saint Germain, you can see what is the best step for me to take. I need to hear, feel and clearly see this information. I need faith, courage and enthusiasm. Thank you. I know that it is so and so it will be.

Affirmation:

Everything comes into my life with total ease, joy and glory.

FAILURE

What happens within our life plan process?

You may believe you failed, but let me tell you something: failure has a series of negative meanings that do not exist. The true meaning is that whenever we try something that does not turn out as we want, we get closer to the real action because finding the answer or solution will be easier. If you fail, it does not mean you are useless, but you have to find another way to achieve it. Many people have failed.

However, they always continued being persistent, which is how they reached their goals. If you fail, analyze where you went wrong, restructure everything and get back into action.

How many times did you fall when you started walking and... Did you finally make it?

Jean-Paul Marat said: *"There is no such thing as a failure, except when we stop trying."*

And Charles Dickens wrote: *"Every failure teaches a man something he needs to learn."*

And what about Disney, JK Rowling, Henry Ford and Thomas Edison, among many others? They all failed many times before achieving success.

OBSTACLES

When I understood that it was time to take responsibility for my own life, to stop blaming everyone and stop playing the victim, I managed to solve some of the obstacles and walk toward the well-being of my existence and reason for life.

You will face many obstacles in life, but you can overcome them if you have a positive attitude. Just change your perspective of seeing things. Obstacles are an opportunity to grow. The greater the obstacle, the greater the reward.

And be grateful. The most important thing is to remember that you cannot control what happens to you, but you can choose how to react to the situation.

DAILY ROUTINE

Have a daily routine to facilitate your growth. For example:

- The first recommendation is to meditate every morning for twenty minutes. Pray and surround yourself with angels. As if you were watching a movie, visualize what your day will be like.
- When getting out of bed, first sit up and wait a few minutes before standing up.
- Smile and feel happy. Try to open your heart 360 degrees intentionally. Start with an affirmation. The one that serves you the most, such as: "Everything comes into my life with total ease, joy and glory."

Repeat this daily:

"I am an infinite and perfect being. My essence is God's pure and perfect love. Unconditional love is expressed in me in everything I am and what I do. Every human being is my brother, united to me by eternal ties. I feel a deep love and respect for life, humanity and the Earth, our home. I am aware that every human being's desires are the expressions of God's love and that we are all on the same path back to him.

The truth of the Universal Mind dwells in the center of my being. I find in the silence of my interior that I am infinite peace, I am perfect happiness, I am unconditional love, I am abundance. I lack nothing and do not have to do anything to deserve love because I am love. That is my essence and all the power of creation resides in me. Health, abundance and prosperity are my inheritance as a daughter of the Universe, and I manifest them as gratitude to God's will that I will be all my truth.

I will integrate into my being only the positive and the good. I choose to learn and grow through love. I deny entry to any thought or belief that does not come from love and truth. I know that the idea of separation is an illusion, and I reject it. I surrender my doubts, with fusions and fears to the Universal Mind, putting my problems in the hands of God, trusting that the answers

and solutions will come to me at the right time and in a perfect way. I rest assured in the infinite and perfect love of God."

Recommendations for a day:

1. Be grateful for what you have.
2. Exercise.
3. Try self-care; bathe, dress and comb your hair, to begin with. Sprinkle holy water on you.
4. While you get ready, look in the mirror and tell yourself pure, beautiful things.
5. Eat breakfast. Remember to include proteins; it is important. They can be nuts if you're not that hungry or have no spare time. Have a snack and drink water.
6. Dis-stress: Do a shamanic breathing exercise or relax your body.
7. Work.
8. Eat.
9. Meditate for 20 minutes.
10. Repeat an affirmation.
11. Have afternoon snacks.
12. Write what bothered you during the day or your concerns.
13. Do a sweeping shamanic exercise if you have problems with someone.
14. Get out into nature for 20 minutes or hug a tree. Try not to think about anything.
15. Learn something.
16. Have a light dinner.
17. Cuddle up.
18. Repeat the affirmation.
19. Turn off your cell phone or reduce its activity.
20. And if something doesn't work out for you, forgive yourself and hug yourself. It is normal to be wrong.
21. And don't forget to sleep early.
22. Discipline and perseverance will be your best allies to achieve a healthier life and a better you.



CONCLUSION

Congratulations! You finished reading this book.

My dear reader, I know that life is not easy. Still, if you are accompanied by beings like angels, teachers and elementals, in addition to valuing yourself, using the techniques mentioned above, balancing your chakras, eating healthily and knowing how to interact with positive people, I assure you your life will be much better.

We are talking about simple exercises. The key is discipline!

By applying everything mentioned in this book, my life began to improve remarkably. I felt more positive, motivated, and energetic, controlling all negative emotions and feeling more self-confident. And I'm pretty sure this book will do the same with you.

You have the potential to accomplish great things and you have the power to heal yourself and those around you.

We all have things to heal or change. Everybody lives in a similar situation, so don't feel bad and start practicing. Changes will happen faster than you expect.

You will begin to see that everything works out better for you and that more beautiful people approach you. I invite you to walk together to be better.

Self-observe your thoughts, attitudes, emotions and your body. Meditate where the fault is, how you can improve and what you need to change or transform. Learn from the past to make changes in the present and harvest for the future.

I suggest keeping this book on hand so you can consult it immediately and find the proper technique to solve any issue or doubt.

Most importantly, you should feel better about yourself every day and be a better person. Your health and well-being do not depend anymore on anyone but you.

Congratulations again!

I send you a big hug,

Haydee

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MY DEEPEST THANKS GO TO...

VICTOR GARDUÑO, SONIA SARABIA, DIRSE TOVAR,
SILVIA LOPEZ, JILL CONNORS,
VICKY LOZANO, ADRIAN PLIEGO..

AND MY DAUGHTERS,
ANA SOFÍA AND CAROLINA PÉREZ.
AS WELL AS FOR ALL MY TEACHERS.

THANK YOU FOR SUPPORTING AND GUIDING ME WITH THE
WRITING OF THIS BOOK.

In a very simple and practical way, we will establish different ideas to change negative thoughts; learn to feel and let go strong emotions such as: anger, sadness, guilt, resentment, hate and victimism.

We will also explore topics about illumination, karma, angels, dark energies, Feng-shui, astrology, breathing techniques and meditation; we will take a trip throughout the 7 chakras including the learning of multiple spells and prayers.

All these tools don't only help to comprehend different areas of life, like: forgiveness, ego, self-esteem, single life, relationships, children, divorce, communication, listening skills, manners, nutrition, work, money, death, but also when applying this knowledge they can integrate with more harmony and wisdom.



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She's a quantum healer; studied business administration, High business direction, conscious separation, astrology, Kabbalah, Feng-shui, energy healing, metaphysics, Egyptology and various courses focused on personal development and support in the growing of others.

