


WHERE
ARE YOU,

Joy?

*Guide to find healing and fulfillment in the midst
of disappointments*

Happiness happens to us. Even though we may seek it, desire it and pursue it, feeling happiness is not a choice we make. Joy, on the other hand, is a choice purposefully made. Joy is an attitude of the heart and spirit, present inside of us as an untapped reservoir of potential.



This powerful guide was designed with love to bring awakening and authentic joy into your life. No matter where you are today, life can surprise you with change and unexpected struggles. You will learn ways to achieve happiness, minimize suffering, drop the unnecessary drama, and dig as deep as needed to heal your inner child and start a journey of true love and compassion.

The tools and practices included here will empower you to remove blocks and shift your emotions leading you to authentic healing. You will recognize the power of positive habits and develop a unique ability to let go of any fear, frustration, anxiety, sadness or depression.

By the time you are done with this guide, you will understand why the world is in so much pain and practice unlimited kindness. I invite you to commit yourself to a journey of true healing to relate better with others,

practice never ending forgiveness and experience everlasting joy.

You have the ability to accept your own reality without blaming anyone, acknowledge yourself as a force of love and recognize the power you have to redirect your emotions.

You will master practical ways to get out of hard situations and remove old patterns to prove to yourself that no matter what comes your way, you will handle it with grace and love.

You are going to work to bring awareness to the aspects of your life that need a new healthy approach so you can let go and allow your body to rest and heal.

You will learn how to balance life and invite conscious healing to minimize pain as much as possible and detox your brain from toxic habits and trauma.

And for the rest of your life, you will be able to give yourself grace for everything you have been enduring until now.

There is a unique light within you that will shine brighter enlightening the people around you. Remember discernment is a practice. You will uncover a new reality becoming aware of how trauma and pain affect you, and make wiser choices about what we can accept and give you the tools to avoid toxic people and situations.

Get excited and be ready to create an extraordinary life!

Allow yourself to receive and experience healing and love. This is your journey.

Journey to healing and peace

The purpose of this reading is to learn tools and create new habits that require commitment and consistency from you. Each section includes links to resources with guided breathwork and meditation to listen at your convenience. Ideally, you complete one section a day and repeat as much as needed for a profound change of heart and inner healing.

1. Someone is lying
2. Who is blaming you?
3. Trade your filters
4. Eyes of love
5. Why are you afraid?
6. Can you admit self-sabotage?
7. Where is your pain?

SOMEONE IS *lying*

You are responsible for the way you act and react including the people you allow in your circle, for the things you read, for the music you listen to, the clothes you wear, for the person you marry, the places you visit, the movies you watch, the job you perform, and many times the problems and struggles you allow.

This is your bubble and you are the sole creator of your life, no matter what your childhood looked like and the pain you had to endure in the past.

From this point forward, all the wisdom that you gain will remind you that you hold the power and 100% responsibility for designing and reinventing your life.

Can you look around and see real joy and fulfillment or struggle and pain?

This is a good way to analyze yourself and see the filters that dictate your life. The way you see the world determines the way you experience life.

My reality today is different than yours. And tomorrow can be the same. Why? We move like waves in this always changing world, full of emotions, multiple events, unexpected sickness and life situations. We are never the same. We grow and we expand and we learn.

I don't know about you, but I see people all over needing healing and spiritual awakening, friends with anxiety and depression, broken families, overwhelmed and busy parents, drivers rushing and frustrated with traffic, kids growing up addicted to social media and video games.

Somehow society managed to demand more and more from us within a day, rushing to the next task, answering emails, caring for children and elderly parents, keeping up with demanding jobs and house maintenance, exhausted and full of worries missing the joy of the present.

I see a different reality behind social media pictures. I can see behind smiles and filters. I see women feeling lonely, insecure, offended, unsatisfied with their appearance, unfulfilled, looking for more, some tired of dating, complaining about not having help or support, having unrealistic expectations and staying in bad relationships.

I see men feeling the same, unfulfilled, frustrated, overwhelmed and being pressured to perform and deliver and help and support, but also lonely, afraid, confused and living a life totally different from the one they dreamed about. Many are just waiting for retirement to finally live and rest but missing out the gift of today.

I see many friends and coworkers married and cheating, addicted to porn, drugs, gambling, while others are single and alone, taking refuge in alcohol, smoking, work, sports and faking they have it all, when in reality they crave real connection and true companionship.

I see single, widowed and divorced women who feel like a burden and a failure. I see kids of divorced parents who struggle with blended families without a sense of belonging, victims of parents' bad decisions and toxic interactions.

If you find yourself trapped in any of these situations, be brave enough to change your course. If we can change our minds, we can change our lives.

What do you see?

Analyze your environment, friendships, family, coworkers, neighbors. Is there something you can recognize they deal with?

Do you have a friend unhappily married? Do you know someone taking pills for depression? Do you know what it means to live with an alcoholic? Do you know someone that was fired or laid off? Do you ever go to bed crying, confused, or frustrated?

Do you know someone missing a loved one because of death or having family far away? Do you know a friend suffering from a disease who is dealing with major health issues? Because while I see this reality, when I open my social media, I find a different reality that can hide very well the real pain, fears and lack of contentment.

I see successful men and women coming home to a dog because they can't handle a stable relationship and using dating sites for temporary pleasure. I see single parents raising kids alone and wishing someone was there to make them chicken soup when they are sick and weak. I see friends over 40 with no kids, afraid of being too old to conceive. I see couples unable to bring kids to the world and deeply depressed due to infertility issues.

Remember, all humans are carrying their own unresolved drama. But we don't see it. We rush to judge when the world is begging for empathy and kindness.

Your goal over the next few days is to always be kind no matter how bad you want to judge and blame. Be a force of unconditional love. Train



yourself to see beyond anger and be the source of healing and compassion in your circle. We all have some pain to deal with.

No matter what you see and experience in your world, our goal together is to recognize we live in a troubled world and accept it with love. There are days that things will go smooth and pain free and days full of challenges and disappointment. For the hard days we are going to identify the areas where you have control and recognize when we must let go and walk away. That is all we can change, the power of act or let go. To acknowledge your unique power, you must carry your daily cross with grace and wisely recognize the ability you have to transform the current reality with a new perception. We are constantly reminded by unexpected life events that we must adapt to change and make adjustments to eliminate suffering and minimize frustration. For that, you need to do a quick inventory and grab the necessary tools to a peaceful life with more gratitude and less regrets.

Think



The first step is to identify your current habits without guilt or shame. What's the first thing you do in the morning? Rush to work? Brush your teeth? Open your social apps and check the latest posts? Make breakfast?

What's your daily routine? This is key to create a strong foundation for the way we start our day. Do you pray? Meditate? Exercise? Drink coffee?

No matter what you do, you must allow yourself to be still and improve your awareness learning new routines and start nurturing your soul with new purposely created habits to enable real transformation.

You can start by planning and adding reminders to your calendar, make space for new activities and start this journey of healing and newfound love for yourself.

- 1 Try to stretch often, jump if you can, clap and dance, move your body, walk outside or practice exercises that trigger a positive feeling in your body. Give your mind and body a signal that a day full of good energy is about to start.
- 2 Keep good hygiene. As soon as you wake up, brush your teeth and wash your face really well with cold water. Enjoy long showers, baths or find a hot tub and jacuzzi to relax often.
- 3 Keep positive reminders around you. Grab post-it notes or paper and write all the things you want for yourself and stick them in your mirror, closet or window and read them daily. Think of the many qualities you have and the ones you want people to see in you. Here are a few affirmations I came up with and read every morning: I am happy, I am sweet, I am an amazing wife, I am a great mom, I am successful, I am loving, I am giving, I am prosperous, I am healthy, I am fit, I am blessed, I am rich, I am a perfect creation.
- 4 Create a quick morning routine: coffee, tea, water with lemon or fresh mint, green juice, a happy song, meditate, pray in the car, do yoga. Now, let's be real. We have to create the habit and repeat this ritual for at least 21 days to actually see real change. It takes work

to achieve excellence. To prepare for this time to honor your mind and body, buy yourself your favorite tea and make it a sacred time: smell the leaves, add fresh mint or cinnamon, pick your favorite cup, sip it with intention, and make your small tasks a holy moment of self-love, even if you only have time to squeeze a lime in a cup of water. Do that. Self-care starts the second you open your eyes.

5 Make a TO-DO list or picture your day and week from beginning to end in advance. Help your memory and write reminders. Add tasks to your phone calendar. Remove from your day any toxic people and events that bring you anxiety. Don't be afraid to readjust plans and move things around to avoid overwhelming yourself. Disappointing people sometimes is needed to take care of you and preserve sanity. Avoid committing to more than you can handle.

6 Remove yourself from social media posts and people that make you melancholic, sad, angry, or that generate jealousy or envy, and even consider removing people from the past that don't serve you a purpose.

7 Write clear attainable goals and plan your future with faith and excitement and make sure your life is all about achieving your dreams: get a new job, go to college, buy a car, lose weight, find your soulmate, buy a property, start a business, travel overseas, visit family and friends, go to the spa, run a marathon, change your job, take a class, save money for retirement, plant flowers, and even go shopping and upgrade your wardrobe or have a date night with your favorite person.

During the day, make it intentional to be joyful, play music that makes you smile and brings positive thoughts, be fun, laugh, find your favorite singer, explore new playlists, watch a comedy show, find your favorite radio station from your hometown online and enjoy feeling home. You can search online for relaxing waves sound and deep healing ancient frequency videos, try classical music, maybe try my favorites: Frank Sinatra, Jack Johnson, Nora Jones, Christian songs or upbeat Latin music to energize my workout.

You have to believe that the universe will bless you with what you want. This is a great formula to remember:

Dream it + Plan for it + Work for it + Visualize it = Miracles.

You need a strategy with steps and determination. The question is: How bad do you want it?

The key is to let go of fears and doubts, then success will show up and life gets to be fun and easy. Make yourself the love of your life and extend that endless love to your world. Always remember to take care of yourself, choosing wisely the people in your life, respecting your own space, knowing that sometimes you must close the door and say no. If you put in order your internal world, you will experience harmony and always have the best attitude to fight battles.



You have the power to drop the drama and let go. You need to accept and declare constantly that you are truly loved and approved. You have the courage needed to conquer your dreams, just believe how strong you are and pray daily for wisdom and determination.

WHO IS *blaming you?*

You will heal yourself during this amazing journey and stop blaming you or others for the past. Just know you did the best you could and learned the lesson, and from here on out, you will always choose compassion and kindness over hate and blame.

When you assume control and become responsible for your emotions, feelings and decisions, life circumstances start to align to your new vision and you feel empowered in your life.



Do not let the ego govern
you with guilt and regrets

Open your heart to find the truth. There is no need to hide our darkness. Expose yourself and be vulnerable to be able to experience new avenues of thought. Are you able to give away forgiveness and experience freedom?

I find most people struggle with relationships due to expectations and lack of clear communication. What is stopping you from having great relationships?

Find it. Accept it. Change it.

How?

Let's begin to ask for enlightenment, to be bold enough to accept responsibility for our actions.

We need a lot of help to modify a behavior and become a new creation. For that we will elevate a prayer and reach out to our creator for help.

What kind of God do you believe in? Now give your God all your insecurities and fears and pray for guidance.

Pray

"Divine Power", please tell me what to do. (I suggest using a box for all prayers or a journal to communicate often with God)



STOP

Find time to write your own prayers, dreams, and deep desires of your heart.

Ask the higher power you believe in to show you what areas need healing and recognize that your God is a unique experience of supreme love. Use that love to stop blaming you for past mistakes and stop holding others accountable for your life. It's all about the present and the infinite possibilities the future can offer if you surrender.

The miracle will show up when you truly forgive yourself and others and own your reactions and responses. Just take the first step... You are NOT alone! You always have someone to forgive.

Allow to express yourself and forgive with compassion and kindness, don't allow a bit of guilt or bitter sit inside you. This is deep work. When we are lost, it can take a while to realize that we are lost indeed.

The problem we often have is that we worry too much, we get emotional and offended, and we create a reality where there is someone to blame and accuse for hurting us and leaving us frustrated with our own desires and fears. We all have a battle to fight against our mind, emotions, and insecurities; every feeling that we allow to bring us down gets the power to destroy us and our relationships.

You are going to learn tools to courageously remove the pain and allow the divine to cleanse your mind and heart.



STOP

Write down the name of people that have hurt you in the past so that you can forgive them and send them light and love (you are welcome to call, text, or approach and forgive the person, even if they don't know what they did or said that hurt you). You can also just visualize the act of giving freely the forgiveness we all deserve. The people you need to forgive had a role in your life to purposely teach you unconditional love so you can understand the meaning of life is discovered in the experience.

I remember the day I was able to truly forgive someone, the pain I had in my stomach for months went away for good. That lack of forgiveness was making me sick. I recall coughing and crying and feeling the pain and anger going away. It was relieving to let go and walk free from resentment. I invite you to research more about ways to truly forgive if you are dealing with a lack of forgiveness.

Go to the forgiveness prayer page scanning this QR code:



TRADE YOUR *filters*

Change the way you see yourself and develop never ending compassion.

You can train your body and mind to cultivate love and create new routines and patterns. If you have truly decided to generate a new habit and change behaviors that are toxic and causing you pain, please put 100% into this task. All of you need to be invested.

You need to shift from disappointed to "appointed". You are a perfect creation and you must believe you are the predilect child.

Remember, the creator of this universe appointed you to occupy the space on earth at this very unique time with your specific talents and for a very good reason. Your existence is not a coincidence.

When you really get to appreciate the gift of life, you get to enjoy the present and drop the labels, filters learned from parents and caregivers. Good and bad. We are made of experiences and lessons and imitate patterns and models from society. But with awakening comes transformation and here the biggest blessing is when you kill the ego and experience freedom. You will find yourself able to create love and affinity with the people in your life, avoiding improper judgements.



STOP

You need to make an honest list of the filters and known behaviors you can acknowledge that are toxic to you and the people around you. Anything that bothers you in others must likely show you areas in yourself that need some work. For example, controlling, self-centered, judgmental, manipulative or having difficulty managing anger.

Now you should have a list with few toxic behaviors or things you acknowledge that affect your relationships or habits like swearing, smoking, biting your fingernails or eating too much fast food. Anything that comes to your mind will work for this exercise, like lack of patience. Think of areas of confrontation from the past or things you agree that can improve.

This journey will give you the power to heal and protect your heart when you feel the world is conspiring against you. Keep in mind that no matter what the world is constantly demanding from you, there is no audience to please but yourself.

Remember, in life you must learn the art of balancing and blocking negative energy and toxic interactions. You can always decide to walk

away with love and compassion and shift the attention to simple things that bring joy and pleasure, like planning a vacation, attending a concert, visiting a good friend, going to a botanical garden and reading a book. We can develop a new love for nature and find peace as we walk outside and enjoy the sunset. As we start to trade the old with new habits, I recommend exploring more options and being adventurous, to let go of the old, you must find a more fulfilling activity, experiencing little miracles and stimulating our senses.



Stimulate your senses

Your brain will thank you for smelling and stimulating your senses. My daily routine includes applying aromatic oils to stimulate better breathing and bring relaxation. Lavender helps calm and support overall well-being. I love Rosemary oil to promote sharp thinking and staying awake. I apply a few drops of orange oil to my daughter and she immediately gets a feeling of contentment and joy. I recently added lemongrass to my collection

and it fills my room with fresh and invigorating smells every time I walk in. Dare to explore and play with your senses. Make it a ritual, find your way to enjoy smells even if you just use a freshener. Before going to bed, I put a small towel under hot running water and add peppermint oil to refresh my feet. Leaves me relaxed with a soft nice smell to soothe me and bring calmness.



Never stop learning

There are endless ideas to support a new journey or design a life full of tiny miracles. Sign up for a class: piano, tennis, dancing, cycling, baking, learning a new language. The structure of a class gives you consistency and group activities will help you stay committed. I enjoy aerobics, Zumba, belly dancing, Bikram yoga, road cycling and spinning. Find your bliss. Look by zip code, ask friends for recommendations, become a member of a gym or health club, find painting classes, go to a shooting range, and even dare to teach

your own class with the skills you have. Depending on your physical abilities, try new sports like parasailing and surfing to get some adrenaline and excitement in your life. Meet new people, get out of your bubble! Explore all the options your town has to offer: rock climbing, archery, Pilates, sign up for a 5K, go swimming, kayaking, take golf lessons, paint a canvas, the options are endless. Which one did you pick? When can you start? Can you afford it? Is there someone that can join you? Book clubs and prayer groups are also great for networking and meeting new friends.



You have fun, now you rest

These ideas are for down and free time. Don't overcommit or become too busy, finding balance is key. You will see the impact of self-care and investing in yourself, stay motivated and connected with people filled with joy, be flexible and adjust your schedule as needed.

You need more than commitment and purpose, without planning and organization you can easily I use a large monthly calendar to plan my day, and carry my agenda with me at all times, plan your week ahead and assign time for all the commitments and activities, include as much as you can to manage your time wisely, include things you can do with extra time as well; reading time, massage, gym, yoga, grocery shop and do life around this. Time management and organization are keys to success. Mark your calendar and use your phone to set reminders for appointments. Depending on your style, you can be more granular and add daily routines such as preparing meals, shower, lunch break, meditation time, or set a monthly reminder to do your nails, wash your car or visit a friend. I realized the importance of consistency and having structure and a cadence to all we do. I started a cute idea with my girlfriend: every Wednesday we meet at 6 pm and we share a good meal and enjoy each other. The key is to make commitments and create a space to spend time with the people we love. We need positive inspiring people in our life.

What routines can you create to fill you with joy? Establishing a more balanced and healthy routine might mean doing the same thing at the same time every day.



Get up. Find a mirror. Stare into your eyes. Look really closely and see what you find there.

Stay there as long as you need to.

Scary. Amazing. Awakening. Revealing.

Right?

Did you actually find that spark of magic? Mirror work really works! The goal is to see inside and admire the beautiful creation that you are.

If you look at yourself every single day, eventually you will fall in love with what you see: YOU.

Next time, say: "YOUR NAME" I LOVE YOU!

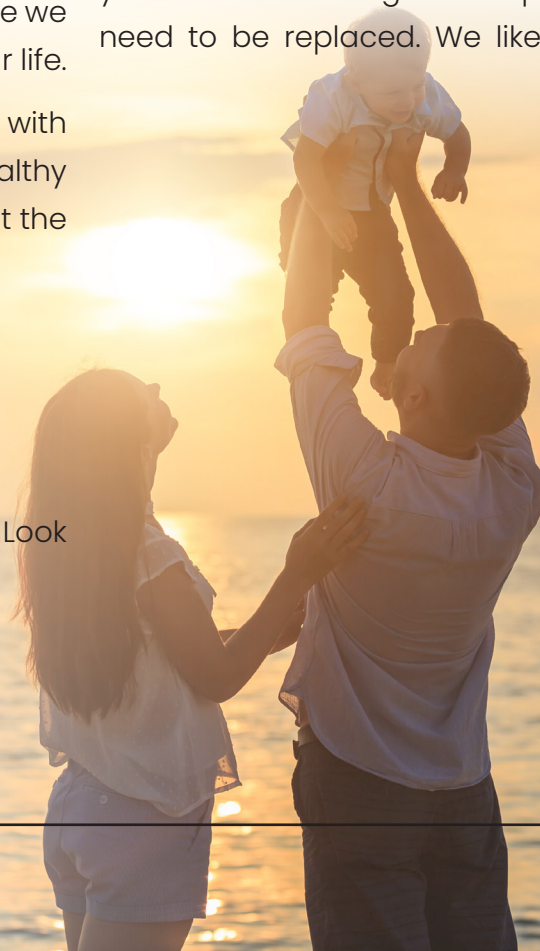
Add this beautiful practice to your life.

Fill the room with love! You are LOVED.

There is no room to lie or to give up. Love is the cure and the goal is to heal. You need to pay attention to your behaviors and recognize the true impact of your surroundings, but first the love must come from you.

Surrender. Breath. There is nothing wrong. You are whole and complete.

You can open up now and create a space for growth and change. What is it that you do that annoys others? What is it that others do to annoy you? Start revealing and exploring what filters need to be replaced. We like filters that make



us look good. The need to impress others will only fulfill you for a while and will absolutely make you feel good, but you have to work really hard at pretending and worrying about appearance, status, lifestyle and success. However, when you come to realize that real joy is far from impressing others, you start a journey of love and contentment. You need to think back and see what events in your early childhood and all the lies you keep believing from caregivers and society. Pull those things out that hurt you in the past, those lies that made you insecure today.

Many times you can find a connection between toxic behaviors and situations that hurt you in the past. You will come to realize you are believing lies and honoring standards that keep you enslaved. You need to get rid of the lies and hurtful memories that made you insecure today and make you emotionally dependent. You are a perfect creation and you need to believe it.

There is no space to judge, no time for regrets. Now you can easily speculate on what you can actually take responsibility for and make adjustments. The second you make room to positively impact your own life with self-compassion and start giving that same compassion to others, your world will never be the same. You start the process now and slowly kill that ego that robs your peace and confidence.



Be open and communicate clearly

Recognize that most issues come from lack of communication and unmet expectations. Many behaviors that can be adjusted, while others stay with you forever and are the source of your misery and frustration. You can improve many areas of your life realizing you don't always communicate well and that this problem can just be an unfilled expectation or undelivered communication.

Talk to people. Be clear with your intentions. Express yourself with kindness. Do not lose someone because there is a lack of communication. Be compassionate. They also have unfulfilled expectations.

You can now be brave enough to make a commitment to take ownership and stop blaming others when you get to say what actually upsets you. No one wants to hurt you unless you allow them to. Hold the power you have to let go of

anxiety and frustration, to take your peace of mind when you are open to recognize what's missing that makes you whole. Mind's powerful and you can decide if others can get to you or not. Stop blaming. Start opening yourself to love and communicate your expectations.

How can we restore to wholeness?

Keep track of the negative behaviors present in your relationships and any current addictions that you use to escape reality. You are going to find ways to replace them with positive and uplifting activities and create new patterns. If you know refined sugar is very toxic for your health, you can replace it with stevia. Period. This exercise is easy. Just write the first thing that comes to your mind. In many cases, you can just replace it with LOVE.



STOP

Make a list of 3-5 things you are committed to change about your personality or toxic behaviors that are affecting your life and those around you (For example: extreme jealousy, smoking, controlling, judgemental, complaining often, gossiping, being extra dramatic or lacking empathy)

The key to success here is that you are consistent. No need to punish yourself. You work with this list, you meditate, you water your plants, you read, you walk, you breathe deeply, you stretch, you are present to the way life looks like today and

accept it and know with certainty that this too shall pass. You develop awareness with this exercise, and when you turn on the light, the darkness is gone!

YOU ARE *Light*

The most important task during this process is to connect with the DIVINE. That's all you need to restore you to wholeness. The interesting fact is that the process looks different for everyone.

For a Christian, this means follow Jesus and declare He is the savior.

For a Jew, this means God is the ultimate cause of all existence.

For someone spiritual, this could be to connect to the universe and having spiritual experiences.

For an atheist, this could look like connecting with the power inside you.

For everyone, this should mean freedom and peace. Drop the labels now and walk ahead free of stigmas, free of preconceptions, clean and new, open to receive, exactly the way you arrived to this world.

You must become an empty vessel to wisely choose your new life and fill it with goodness.

"The search for meaning is one of the most important things we do as humans"

You need a reason to wake up and get up. All humans at some point seek to be fulfilled and need a purpose. The whole process must be filled

with love in every direction. We all need love... To be loved and to give love.

To modify toxic behaviors and transform our lives, you must change your current filters, analyze your list again and again, see what behaviors are actually old patterns passed down from past generations, see the ones that are temporary due to current situations and stress from responsibilities and commitments. Find the ones that keep you hostage due to religion, traditions, rules and beliefs. Understand the ones you can easily drop overnight and the ones that need professional help like addictions and serious conditions.

If you need help, just ask yourself: "What troubles me?" Go ahead. Don't be afraid to identify your weaknesses, but be kind.

Then you are going to repent, apologize and take responsibility. There is no need to judge or blame. Just seek for that place inside you to welcome the divine.

The secret is to find how you best connect to the divine. How do you talk to your God? How do you feel loved?

First, you need to ask and pray and seek wisdom.

Are you willing to do what it takes?

Are you ready to experience freedom and set others free?

Are you aware of the boundaries you need to establish?

To move on and succeed at this task, we need POWER. Everyone needs power.

Power to overcome temptation.

Power to do what's right.

Power to say what's right.

To love people who feel like enemies.

To forgive who caused me hurt.

To overcome addiction.

To face our battles.

To win the battle of the mind.

You can open a safe space to identify your weaknesses. You need to surrender.

Surrender = submit = cease resistance

After taking an honest look at the role you play in your own suffering, you can start the discovery process and recognize the divine power at your disposition is sufficient to overcome any situation.



THE POWER OF 24/7

Try to apply this rule to your life. Balance your life and analyze the way you spend your day.

8 x 3 = 24 hours

8 hours of work: use this time to be productive, generate income or housework if you stay at home.

8 hours of fun: quality time with family and friends, hobbies, read, watch movies, play, exercise, volunteer.

8 hours of rest: time to sleep, recharge and relax.



EYES OF *love*



To be able to heal we must dig deep into our traumas and see if there is anything in our childhood and early adulthood that is dictating who you are today.

No matter what journey you are walking right now and what challenges you are facing, there is a foundation of how you handle life that determines how successful you are at overcoming obstacles. The only thing we know for sure is that in this life we will face trouble, at some point, something will shake you up, your spouse can become ill, your partner could cheat on you, you could face fertility issues, your finances could be affected, you can lose a loved one, you can get divorced, have disagreements with family, become bored at life and work, experience lack of sex, deal with rebellious kids, deal with depression and anxiety, be stressed with home projects, be discouraged or agitated, have lack of sleep, feel hopeless and helpless, be involved in legal cases, become addicted to porn, drugs or alcohol, be frustrated with your appearance. The list is endless but only you can pick from this list what resonates with your reality and decide to handle life curves with love and power.

The power will come from your new knowledge and for this you are going to make an inventory of every event that comes to your mind as traumatizing if you look back at your childhood.

The goal is to heal from trauma bonds and identify the attachments you created with your parents or caregivers, from there you will recognize you are born entirely dependent on adults who ideally meet your physical and emotional needs. If your needs were met, you have a sense of security. However, if your needs were not met, you have insecure attachments that shape your life and relationships and easily become emotionally dependent. Can you identify now your own attachments based on the dynamics you learned as a child?



STOP

Take time to digest this discovery and safely dig into your brain and realize we repeat the same dynamics we experienced in childhood with a parent through a romantic partner or close friend. The trauma bond is the betrayal of one's self in order to receive love. We are in desperate need of attention in order to receive validation. If you face chaos, lack of safety, codependency, abandonment, self-betrayal, lack of emotional connection and unpredictable behaviors, you will probably engage in trauma bonds.

Trauma bonds can be an incessant focus on another person with fear of abandonment, harmful behavior, a feeling of chronic self-doubt, denying your own reality, intense focus on sexual connection over authentic connection, emotionally addictive and attach to someone, even red flags will feel like attraction, because we learned love meant lack of safety and predictability.

How can we heal from trauma and past experiences?

Be proud of your recent discovery and explore yourself with love and compassion. You are going to continue this journey understanding the first step is to connect with the divine and get rid of your fears. You are going to work towards healing from past hurts and experiences where you decided to believe a lie about yourself. You probably recognize that no matter where you go, you allow self-inflicted pain with your lack of confidence. For example, you believe lies like this and act around people with these labels: I am not worthy, I am ugly, I am not loved, I am a mess, I am short, I am overweight, I am poor, I am afraid, I am old, I am antisocial, I am lonely, I am divorced, I am single. All these labels = I am not good enough.

First, understanding you are working with a child now, the next logical step is to love and be kind to yourself, you have to do some reparenting of your inner child. To accomplish this, you are going to start creating clear boundaries, understanding your needs and finding the safest way to meet them. Try as much as you can to have self-autonomy and interdependence, finding supportive partners and friends that align with your highest self and values. Recognize your self-worth staying away from hurtful situations and purposely escaping the cycles of ancestral trauma.

To experience real evolution and transform, you have to be ready to ride this roller coaster of powerful emotional states and become the

master of your emotions. At times, you will have this need to go back to old patterns and vices, we become emotionally addictive to cycles that feel like home, and to get healing you have to work with your inner child and constantly repeat how much you are sorry for the situations you had to face, to forgive yourself for the times you were rejected and broken, exposed to drama and hurts. Always remind your inner child of how much you are loved and be proud of how brave and courageous you are to be here in this moment willing to experience healing.

There are several religions and practices that can help you liberate and experience physical relief from pain, and that is ultimately up to you. For some, liberation can happen with spirits or negative energy leaving your body. For others, converting or adopting a new set of beliefs can reset and liberate you from the past.

The key is to find your own way to use real love to heal real pain. From now on, you can't hide from the past, you can't go on with what you know without seeking healing that works for you, for your beliefs and find the help needed to achieve this. Many people during this process start practicing love rituals, meditation, yoga, or join prayer groups and begin a spiritual journey that includes personal daily worship, uplifting music, professional counseling, and therapy to work on trauma and addictions.

I invite you to try a few new things and enjoy the journey, and whatever feels right, keep doing it. Be consistent. Don't give up. Invest in yourself and make it part of your daily life. Remember your goal now is to experience joy and overcome any negative feelings.

Remember to ask yourself 3 questions when you feel anxious and dealing with trouble: Do I have a support system and have meaningful relationships? Do I live into the grace of purpose? Am I present to the gift of today?

If you answer no to any of these questions, there is the reason for your depression or frustration.

1. You need people
2. You need purpose
3. You need to be present

Pray

I ask the divine within me to show me the way to healing, to bring people and teachers to support my journey and to experience the uttermost love in all I do to heal myself.



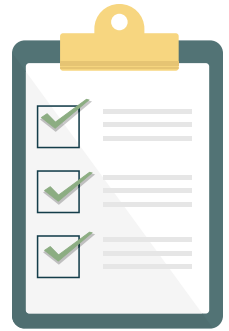
WHAT ARE YOU *afraid of?*



Fears keep you unable to move. Many are inherited culturally, others learned in childhood, and most are created to keep us imprisoned inside our minds. We get so used to them that they become a part of us, and we have a hard time detaching fears from our identity. We become one with our fears.



STOP



Make a list of your known fears. Try to identify all fears and negative emotions that you experience often.

Fears are very low energy vibrations that take over your thoughts, they dominate your emotions and senses. Do you know that you are the creator of your own reality based on your beliefs? Your mind is so powerful that it can create and anticipate situations that make you fearful, even when it is not the reality. You actually accelerate the manifestation of your own fears since you create what you feel with more intensity. You are probably afraid to get sick, to get old, to lose a loved one, to get robbed, to have lack of money, even afraid to be successful and to love others.

Each fear is the reaction that seems real to you and translates into a lifestyle where you are constantly overreacting, worried, fighting and feeling threatened. Our daily life is full of guilt and regrets from the past robbing us the gift of today. This is the ego. It takes over, creates limitations and filters and allows our beliefs and fears to lead us.

Ego can't live in the present. It was created to take over and to generate thinking and analyzing from a set of beliefs that are part of our own consciousness, limiting our freedom to experiment. We perceive reality like a constant threat that keeps you anxious, unsecured and worried. Now, you will teach this part of your mind that you can expand and grow without feeling threatened and fearful.



STOP

Talk to your inner child and identify the source of your fears. To become a healthy adult you have to conquer your own fears. The fear of getting sick causes you to be sick. The fear of lack causes more lack. The fear of success fills you with limitations leaving you stuck and unable to move.

The biggest fear is to look inside yourself because once you do it, you'll realize everything can be changed.

If you stop feeding the negative bucket, accept your fears, and thank them for the lesson, you can stop allowing them to dictate you. Their mission is to trick you into believing that you are not worthy. Fears are messengers to bring you back to love and higher vibrations, if you are willing to open up and change.

The point of focus is to change the beliefs that don't align with your journey and purpose. Be open to feel less fear, and feel more love instead.



Connect with your divine power, starting today you are committed to practice this daily. Eventually it will get easier to stop being afraid, grab the power and create the life you want.

Pray

Divine power, today I'm in the middle of this uncertainty. I accept it and thank you for it.

I know this situation doesn't allow me to clearly see. It was designed for my perfect well-being.

I liberate myself from all my fears because all is well and under control.

Divine power, I give you all my fears. Help me accept them and let them go.

Today, I cleanse myself of all the memories that bring me back to these situations.

Nothing bad can happen.

I am the love of my life.

I am prosperous.

I let go of the need to speak negatively.

I am perfectly healthy.

Divine power, clean in me anything that is blocking me and not allowing me to see myself as a being full of light.

There is no more emptiness.

Today I face my fears, I see them and embrace them with love and give them to the divine power.

I choose to make my life the best one and to be truly happy.

I thank you for this insecurity, since it can remind me of how free I am, and that I own my life.

I ask for justice and guidance in this situation.

I allow my inner child to be guided.

Every situation is an opportunity to learn and grow.

I have all the tools to create with the divine power a wonderful future.

I know I can only grow with no judgement and full acceptance, and then accept the needed actions from me to my well-being.

I become fully responsible for my life.

Divine power, clean in me all the insecurities that brought me here today.

Your timing is perfect and never wrong.

I delete past emotions that still hurt me today.

There is no resistance, no judgement, and now I can see the path I must follow.

I let go.

I trust.

I let go.

I trust.

Life is ready to satisfy all of my needs.

I am at peace.

No matter what happens, I am at peace.

I let go of any anxiety and I accept with love the process of change.

I let go of the need to be afraid.

Decisions come to me with ease.

I create peace in my life and in my mind.

This situation is showing me how free I am to choose.

I have faith.

I have faith.

I let go of the need to be right.

I choose only the best for me and my life.

I let go of the need to be dominated by my ego.

I bless my fears.

I love my fears.

I let go of my fears.

I am thankful for these situations.

I stop resisting.

I let go of these situations.

I keep my energy elevated to attract the best in my life.

I am in a complete state of acceptance. No judgement.

I have love.

I am protected.

I live in a safe and protected world.

I deserve the best.

I trust nothing can upset me unless I allow it.

I let go of the need for answers.

I let go of controlling everything.

The divine blesses my spiritual growth.

I feel peace with the decisions I make.

I have protection today and always.

I accept the changes in my life.

I realize that all is well.

My abundance of goodness is unlimited.

Divine power, I give you all my worries because I know you will solve them all.

I only allow peace, love and security in all I do.

My energy and good vibrations manifest outside and I choose to vibrate high.

There are no problems, only opportunities to learn.

Every day I react better before any situation.

I am light and a perfect creation.

Everything I face is perfect and needed for my evolution and growth.

I accept peace in my life.

Today, I let go of the past.

100% responsibility.

I trust in God and the power of healing.

Divine power: I allow you inside and let you heal me.

I delete all the memories that caused me pain.

I am committed to love myself.

Now, you MUST repeat this daily. The only way to bring change and see new light shine into your life is to act coherently with these affirmations.

Be free and fearless.

For family

For life

For love

I invite you to listen to the guided meditation below to allow yourself to connect with your divine power and allow God to heal you.



WHERE IS YOUR *pain?*

“Overcome how sick being unhappy can make you inside and out”

“You are what you eat” and I have to say what YOU think! How many times we hold anger and pain and hurt ourselves just with the thoughts and emotions we allow in our mind. The body is full of energy and all we are feeding ourselves becomes our health and reflects our state of happiness. If you have localized pain and discomfort, please do some research. There is a cause and a source you can identify for all sickness and pains. For example, your liver will suffer from lack of forgiveness. Your stomach will probably be upset and sensible if you are angry and emotional about situations out of your control. There is a lot to learn here. But for now, please start connecting with your body, take time to breath, inhale, exhale, go deep into your lungs, picture a big balloon inside that you are trying to fill up with every breath, then feel how all the oxygen gets to your blood and heals you instantly. Do this for at least 2 minutes.

Inhale – Hold – Exhale.

During the day, I try to stretch myself, I picture my arms trying to touch the sky and I hear my body and back cracking, allowing air and energy to enter and recharge me. Try that “one day at a time” and stretch as much as you can in every direction while you breathe deeper and deeper.



STOP

You have to find the source of your pain and sickness, dig into your past and family genetics to identify the root of any issue bothering you physically.

Most adults with diseases and illnesses created this unconsciously. There are tons of cases with people with lungs that look dark and contaminated and never smoked a cigar.

Do you know anyone suffering from cancer or chronic illnesses that you can clearly see why and how they ended up sick? They were most likely unable to express emotions, to share their feelings and kept it inside for a long time until they got sick.

Now your job here is to heal yourself, to invite the creator into your body and ask for healing while you remain aware and assume responsibility for the self-harm you've created. You forgive yourself for allowing that toxic emotion to enter your sacred body and let go.

How?

We must create a routine for you, what works for you, could not work for others.

Explore yourself, what brings you joy? Music? Quiet time? Nature? Adventure? We need to find mindfulness strategies to be present and be focused while we seek healing: meditation, go for a run, reading time, singing, playing instruments, lighting candles, taking a bath, walk barefoot and feel the grass, plant flowers, go swimming.

Do that.

Seek Healing

Don't deny the pain of yourself or others.

The key is no matter where you are, you find a way to stay joyful. If you are having issues in your marriage, find reasons to be thankful and know that you have choices. To stay, to leave, to rebuild the relationship, to forgive, to seek help, to forgive, to start again. To help yourself, always picture different scenarios, see the one that brings you the most peace, the less anxiety and go 100% with that. You can't stay in places dreaming to run away or leave and live in regret. It will slowly kill you and rob your tranquility.

If you're dealing with illness and the death of a loved one, you probably feel powerless. There are many situations where we feel we have no control and there is when you are going to find your POWER.

Power to start a new job, to move, to meet new friends, to commit to learn a new skill. Power to connect with your divine strength and allow that loving energy to be your partner and best friend and find new ways to occupy your mind with



connecting to your essence, find beauty in all you see, even in taking pictures of flowers, rivers, sunrises, develop a deeper love for animals and humanity.

Being dissatisfied is not normal, being upset, underperforming, being bored and in despair will take a toll on you. We have come to accept it the way it is. But it is not. The full expression of being human comes alive when you remove all constraints and barriers and dare to see things with a new lens.

And YOU can create the opportunity to do it and have anything and everything you dream of.

Don't resist discomfort. I implore you to dismiss any negative thoughts of who you are.

You are enough.

Strong enough.

I want you to love who you are.

I want you to grow.

You are perfect.

You are perfect with curves and physical imperfections.

You are not a crooked tree. Nature is not straight. A tree is not straight.

You are an amazing creation.

What we are doing here is expanding your knowledge and bringing awareness to life.

And the result of this is: HEALING.

You'll never be the same.

Today tell yourself:

I am enough

I am enough

I am enough

There is nothing wrong with you, emotional

intelligence really works and here we are removing old patterns we acquired but don't consume yourself with worry.

Pushing constantly is a scary place.

There is no room for contentment.

You can never be happy with who you are if you're thriving 24/7.

Be soft. Be kind. Grow and heal.

Grow with kindness.

Don't exhaust yourself in the process.



STOP

First, find an area where you're not finding satisfaction. And know you are responsible for your dissatisfaction. Now you can stand and create value and you can change that by choice. Look at your life and identify some areas where you experience dissatisfaction.

Can you see the circumstances? Can you see the impact? How are you limiting yourself?

Are you free to be and act in this area?

To be free to act in this area, you have to take responsibility and think of all the possible new ways of acting that are possible?

You're NOT what's going on with you

During our lifetime, we will face many storms and many times they come back to show us that we have more to learn and overcome and to master ups and downs with grace because at the end nothing, nor the good, nor the bad, nor the sun, nor the rain stays forever. No sadness, no joy, not even day and night look the same, but we all manage to navigate the boat during the storm, but from now on we do it with grace and gratitude. We must stop hurting us and others

and be a force of love and forgiveness.



STOP

Can you find your current storms?

Are you dealing with infidelity?

Having trouble conceiving?

Sick?

Struggling financially?

Lost a loved one?

Dealing with divorce issues?

Are your relationships broken? With parents?
Children? Friends?

Lack of sex or boredom?

Depressed and sad?

Handling multiple projects? Deadlines?

Anxious? Fearful?

Overwhelmed with the pressure of life and
performing?

Discouraged and helpless?

Dealing with alcohol, drugs, addictions?

Broke? Jobless?



What's truly missing to make
you whole?

How can we restore you to
wholeness?

Are you still searching for
meaning?

You're not ALONE.

First, acknowledge we were created to love and be loved and we can focus on these 3 basic needs and practices as a way of life:

1. Abide in God

2. Gather & Belong

3. Serve & Give

Trust that your creator will be always present in your life. Take refuge in the divine power. Don't become isolated, we must gather together and connect with friends with purpose and positive influence. During this time we must belong to groups of people that inspire you and lift you up and motivate you.

Once you accept that the divine dwells in you, we can do anything to change our reality and perception.

You are going to pray for wisdom and seek freedom with the power you have to do what's right, to love people who feel like enemies, to forgive who caused you hurt, to overcome addictions, to face your battles, to win the battle of the mind.

But how is this going to happen?

You must start always working with yourself, your identity, your weaknesses and surrender.

Recognizing the divine power is sufficient to overcome any situation. This should feel like an incredible journey and never like an overwhelming task.

Identify the behaviors you constantly repeat and how you react to these situations creating unhealthy patterns. There is nothing normal about smoking a pack of cigarettes a day, biting your nails all the time or suffering from anxiety.

The only way to improve the quality of your life and get everlasting joy is changing the attitude towards your issues and addictions. Once you identify your emotional and mental state in front of this behavior, you can tell yourself: I am sorry. I truly regret allowing suffering (anger, fear, resentment, jealousy) in my past and the pain that this created for me and others. Please forgive me for not letting go until now. I love and appreciate the lesson. Now I am free.

The next task is to accept this: I AM the source of the way this is operating, there is no one to blame. You need to pause, relax, think how this started and rewire with all the knowledge you have no to recreate your life. You are designing a new space where you can replace the drama and frustration with love and peace. You have to try hard, be very disciplined, and more committed. You won't change at the heart level if you give up and don't handle the root of the problem. You'll keep fighting the same battles, over and over again, and not see any real transformation until you genuinely forgive and allow the divine to change your core identity.

Everyone has a past but now you are creating a new identity changing your heart from within. You have permission to let it in the back. The past mistakes don't define you any longer.

SAY: I'm not going back. I release myself. I am a new creation.

You are born with what you need to lead with love. Grasp the idea and hold the power of a never-ending love within you. Let go of the small thinking. The road ahead is unknown but you have it all to go through.

Never give up healing.

When you go to the source you never feel alone.



CAN YOU ADMIT *self-sabotaging?*

We often suffer and create self-inflicting pain and become addictive to conflict. Now you can release your victim story and allow something extraordinary to happen in your life.

Once you recognize the power of controlling your own emotions, you can train yourself to stop the sabotage and be over with self-judgement. We are hard on people but also hard on ourselves. The goal is to build a new identity based on confidence and a new sense of spirituality.

Can you make it a goal to start living without judging yourself?

Noticing and becoming aware give you endless choices. You can see now. You are not blind anymore. You start realizing by now that you create your own suffering and allow hurt and deception as much as you give people permission to abuse you.

You have to find the glue to put yourself together and fix your issues. Once you do this, you can set new boundaries, new habits, and a new way of being. Patterns are just habits that are formed by behaviors that are made from thoughts. Your job is to replace your thoughts with positive thinking as you visualize an amazing life ahead .

You must desire to heal with your all. It takes work and the process can be long but nonetheless a beautiful transformation that will eliminate the poison that destroys you inside. Find the one

thing you can become passionate about and give your energy to that.

To love yourself is to love what you do and love who you are when you are in the “doing”. Find your favorite thing to do and take yourself to that place of joy.

Separate from the *world*

The quest for real joy is possible when we stop measuring happiness and adopting standards from society. Fulfilling expectations can leave you empty and exhausted, instead, choose to walk the journey detaching yourself from the imaginary world that only exists in your mind.

Acknowledge that the physical world is there but the reality of this world is only created within the mind. You can start replacing old beliefs and taking full responsibility for your world. By adjusting and adapting to new realities without guilt and regrets you can achieve joy and peace.

Mediation can be helpful and a beautiful practice to add in your life. Breathing exercises and visualizing healing is a powerful tool to bring inner healing and peace. Something different must occur for your mind and body to align and understand you are embarking into a journey of joy and harmony.

Realize the cost of guilt is too high – You can't afford to walk with guilt. You must let go. Breathe. Let go of pain and all the lies that this world and religions bring to our hearts making us feel guilty and undeserving of grace. Recognize this power within yourself to forgive and drop all the self-inflicted pain from the past.

Leave room for a new day of true love for humankind. To be thankful and appreciate all the blessings and truly let go of pain and guilt. The salvation is within you when you surrender to your creator and realize peace is created intentionally by this space of gratitude, forgiveness, courage and determination. You can only achieve this when you stop blaming yourself and others and accept life as a gift.

You are capable and qualified to take control of your decisions without making others the source of your drama. You are enough. You are prepared to master a state of joy and plenitude. Listen to your intuition. Connect with the highest form of love. Make the move! Take the risk! Believe in yourself. Accept by faith today that you have the confidence to be victorious over any challenge.

Creating well-being

Recognize you are upset because of the way you live life. Then welcome the circumstances

and upsets to teach you to elevate yourself to a level of contentment and joy created by you, intentionally design a life full of purpose and believe you've been chosen to share this light with the world.

Now you are empathetic, receptive and available... and that makes you whole and complete. The road to fulfillment starts with the certainty that you are perfect just the way you are. Nothing is good. Nothing is bad. There is no tolerance for judgement. There is no love in rejection. Love consists in this: living with kindness and practicing tolerance, as we recognize everyone is dealing with pain. Your new gift is looking at life through new eyes.

You are not the problem. The entire world is suffering. The current mental health crisis can be cured with the power of love, inner healing, forgiveness and strength to overcome disagreements. You just believe this and you go to the world and show goodness and be compassionate. I promise you'll never be the same.

Today you commit to let go of overthinking and living in the past. Remember: there is nothing wrong with you. Open the door. Let joy come in and stay. When you truly accept the gift of hope, you start having a genuine experience of life, you become loyal to yourself and feel compassion for others. Realign your desires and expectations to make space for something marvelously good in your life. Expect the divine power to show up and take you to amazing places.

This is the time to have the life you dreamed of. Get up. Don't play small. This is YOUR time.

Create your own mantra

You are going to find a way to cure your addiction to drama and conflict. You will complete days of purposeful prayer and meditation. You will take time to love yourself more. You will master the art of extreme self-care. Open to the idea that you have all you need at your reach. You can also create a practical way to go back to a peaceful place in your mind when things get out of control:

Repeat these affirmations as often as needed:

I am complete

I am powerful

I am loved

I am light

I am worthy

I am in control

Remember, the world never delivers on its promises. People will always fail you. You will fail others too. However, you have the ability to let go of unreasonable expectations and stop being so hard on others and yourself.

God knows what you need. But the world wants you to believe you need “things” to be happy.

Make more money and you’ll be happier, get a bigger house and you’ll feel satisfied, buy fancier clothes and people will admire you – the materialist’s mantra. But there is always a bigger house, someone making more money and a new style that makes your expensive wardrobe obsolete. Pursue things that deliver: take care of each other, love one another and believe in God. These are things that deliver, and that’s a promise.

You know that God is with you. And you know that during every season of your life

The fact is we can’t never prepare for what comes our way. There is no way to know ahead of time. We deal with people walking away after we love them and no one can ever warn us not to do it. We can’t prepare for life curves and disappointments. Only God knows what’s ahead and He can laugh at our plans.

What are you carrying inside? That no one can’t see

You always have plenty of something. What do you have? There is living water within you. You will find out what you thought you already saw and then you’ll see what God put inside of you.

Then we can transform lives with our light and gifts and talents. We have special abilities within us to serve the world and serve others. Find the bliss. Share the knowledge.

Remember:

You are enough today for today

You are enough right now for right now

No matter what you do, enjoy every minute of it.



WHY DID I WRITE *this?*

I deeply care for humanity. I have a deep sense of purpose and I get a lot of satisfaction when I help others. My journey took me here today to a place of wisdom after several years of struggle and rejection. Then, one day during my awakening, I realized many of my close friends and people around me were experiencing the same struggles I survived years ago. I wish I had a pill to give them and cure their pain and dissipate their sorrow. But no matter what I learned and how bad I wanted them to heal and understand the sunrise was coming, they all had to cry and suffer and go through the pain of divorce, infidelity, sickness, cancer, single parenting, dating, physical abuse, domestic violence and the ups and downs of life.

One day I sat in front of my computer and started typing everything I was learning from mediation, praying, classes and reading the bible and books about self-help and emotional intelligence. I started my own journey of salvation and redemption and I was acquiring tools to survive trauma, and learn how to heal and grow.

My situation seemed to get worse internally when I dealt with depression and lost my job due to the COVID-19 pandemic. I lost my identity, my foundation, the high paying job I silently brag about and supported several family members that needed me to eat and pay the bills. I could not afford to lose my income with a non-profit

organization feeding hundreds of kids in extreme poverty. I felt the burden of having relationships with lack of intimacy and performing tasks to achieve results but losing the joy of being present. I had to deliver, and I did.

However, I was missing out. I stopped noticing the flowers and the sunset, I had to rush and I lost the most precious gift: today.

The key to understand why I wrote this is to first acknowledge this is not a book but a compilation of several sources that allowed me to be reborn again and again while the world, society and life try to kill me slowly molding me to high standards and multiple demands as a mother, wife, professional, provider and friend. I am the friend everyone calls because apparently, I know all the answers. I had to stay calm and strong, be fierce and bold, but kind and sweet and I was not present anymore. I faked it all. I forgot to smile.

But I didn't stop seeking wisdom and healing, if my stress gave me stomach pain, I researched about foods to eat to heal, attended yoga sessions for healing, pray day and night, dedicated my first hour to meditate, bought a tea to calm the pain, got therapeutic massage to work on my pain, paid for guided breathing classes. I was determined to treat the source and the symptoms and to find a way to stop the pain from coming back. I avidly

searched in all the places that promised healing until I realized I had to heal my inner child before caring for the adult I am today. I knew exploring and digging was needed and I was committed to create my happiness and bring restoration. I was strong enough to keep moving while being curious and adventurous and hiding my misery at the same time.

Curiosity took me to healing sessions, boldness was the key to my renewal, sadness and frustration took me to wholeness and inner healing. And what I learned, will never go away, will stay with me forever. And in this journey, I want to invite you to be open, bold and wild to try new things, to look silly, to practice rituals, to wash your feet clean and create your own path to healing. Even though I don't have a pill for you to take, I have love and acquired wisdom to make your pain go away faster, to accept life and people without blaming and judging. To ride free of anger and guilt, and pass the wisdom to others dealing with stress, pain and suffering.

I dedicate this next 30 pages to you, my friend, my neighbor, the moms of kids attending school with my children, to my exes, my grandma, the waiter that lost a job, the angry driver that got upset at the stop sign, the grieving mom that lost a child, the wife that woke up with no husband, the single parent, the busy entrepreneur, the woman trying to conceive, the coworker tired of dating, the family that just moved into town, the lady getting chemotherapy, the successful man, the couple thinking about divorce, the friend dealing with a toxic partner, the nurse working overtime, the orphan, the parents with special needs child, the girlfriend waiting for the engagement ring, the retired, the one starting all over again, the addict,

the widow, the ill, the perfect family, the lonely, the survivor.

I believe your journey will bring more wisdom to others too, it takes consistency and faith but will lead you to a brighter future and affect everyone around you. The promise is not to eliminate pain itself but to cure the wound with love and honor the healing process as the way to peace and everlasting joy. I know you have the capacity to love and forgive and unlimited possibilities to fulfill your dreams and goals. I am with you. You are not alone.

I am not worried you can do this. I am worried if you WILL do it.

Love,

Maria A.

In this powerful guide you will find practices and reflections to stop pretending you have it all together, and allow yourself to surrender to what life is telling you but you are too afraid to listen.

Recognize all the lies society, religion and social media keep bombarding you with and stop faking you are happy.

Why is social media overflowing with positive quotes and millions of public figures are constantly sharing “expert” knowledge when the rate of divorce, unemployment, suicide and depression keep going up?

How to recognize that your biggest fears are actually keys to open a new future, even when you feel lonely, afraid and emotionally dependent?

Discover the peace generated after you drop all the unnecessary drama and actually execute a plan to become the best version of yourself, and fall in love with the magic of life, experiencing true peace and fulfillment.

Recognize the power of self-control and determination, and develop never ending kindness while forgiving your parents, spouse, friends and family and letting go of anger and upsets.

Stop pretending and struggling alone when you are actually tired, depressed and frustrated. Get rid of filters that hide your reality to embrace your ability to grow and succeed in the middle of confusion and disagreements.

Dare to be the one helping others encounter this magic by practicing and enrolling in the new system of real joy discovering genuine inner healing.

Find time to drop into stillness and create an atmosphere of joy, peace and love for you and your surroundings.

See what you have in your own house before you quit, understanding you are not alone and accepting that everyone is dealing with pain and insecurities.

You can experience big miracles when you find out what you have in you and how much you can do with the power of God.