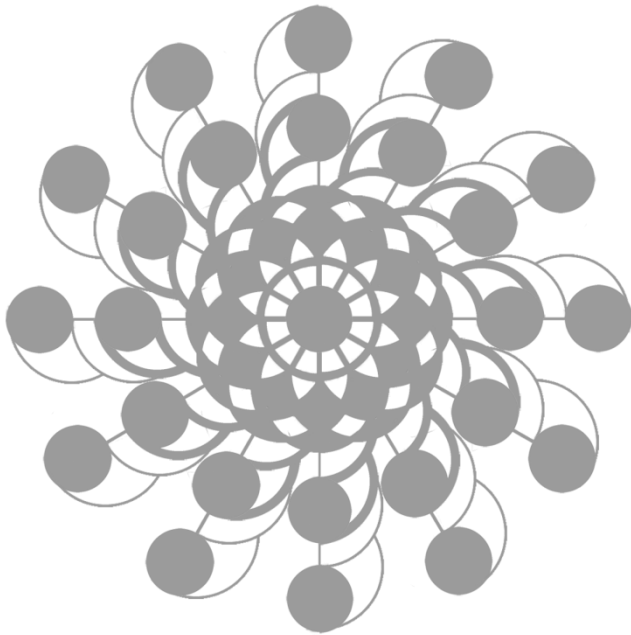


LIFE GUIDANCE

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Arcturian tips to
live a fuller life



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*This information is for those
who are open to hear it
and for whom it will be to their benefit.*

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Introduction: My contact with the Arcturians

This book, my second book with the Arcturians, was born as my idea, because, after almost 3 years of contact, I already know my Arcturian friends of the Dieslientiplex line quite well. I know how they see life, their teachings, and I thought it would be a good idea to ask them for a variety of information to make a book to help the inhabitants of Earth.

The topics for this book were mostly chosen by them, based on what they perceive we need to understand in order to lead happier lives. They always deliver the information from the heart, they do so with the sincere intention of helping us move forward, both individually and collectively. They are currently orbiting the Earth, along with several other star races, with the intention of supporting us to evolve (and not become extinct).

The Arcturians are very idealistic people, they always see possible the best paths, they always see change possible, to improve, to create what we want, to heal ourselves. They don't see us as limited, but understand that nothing is impossible for us to achieve. They see us with our full potential, as divine consciousnesses from Source, and not as mere humans.

In this book you will find many teachings explained in a simple way, so that we can all understand them. They are not interested in showing how "alien" they are, but they speak to us in a familiar way because their intention is to help us. Some of the chapters, more towards the beginning, are directed to our personal growth and, more towards the end, I ordered the chapters related to help us to advance

as a collective —how to structure a new healthy society for all of us— and also what happens with Earth, why do we live in a planet where life is so difficult (luckily, we are the exception planet and not the rule, as they explain in the chapter *The exception and not the norm*).

Our intention with the book is not to convince you, it is to invite you to investigate more, to create a life that makes you happy, to help our planet, to open your minds to understand a more expanded world and to live according to your highest self.

I ordered the chapters by similarity. There are several people (Arcturians) who created the content and gave it to me from their own hearts. So, you will find chapters that talk about similar topics, contributing to a more complete understanding of the content. This was especially the case with the topic of *how to manifest* —which you will find towards the middle of the book— where 5 different persons talked about that same topic. Not because it is trendy, but for importance, because once we understand that we are creator gods and how we create, we can create a better life for ourselves, and therefore, the collective.

I have a deep affection for my Dieslientiplex friends. Although the communication with them is through channeling, I have gotten to know them quite well and they have helped me grow a lot. It's difficult for me to be so awake in a world so asleep, and they have been able to support me very well.

Before starting with their information, I would like to tell you a little more about them, because I know that there is a lot of misinformation on the internet . . .

Arcturians (with a "c" between the "r" and "t") is a human word to describe an extraterrestrial race from the star *Arcturus*. However, they come from the Bootes region, where there are more stars. They are divided into 3 branches depending on where they come from: Devonians, Korendians and Dieslientiplex. All are similar in appearance, technological level and consciousness. To date, all 3 are orbiting the Earth.

They have a physical body, just like the other star races, but their appearance is quite different from the human race, having star races that are much more similar to humans. Their level of consciousness and technological development is much more advanced than ours. But they are people just like us—as they explain in the chapter *People like you*. We don't see them so directly because of stellar laws that dictate respecting our lives and evolution process. Once we advance further, they will open the communication with us.

As for their ways of being, they respect the *lives* of all and the *freedom* to be as we wish, without any prejudice. If you commit something not very elevated, they will see it as something that will provide lessons on your path of expansion, and that will be temporary, until you get back on a path more in line with the being that you really are in your essence. They understand that each one is according to what we have lived, but that we can always move forward and re-create ourselves in other ways.

They live in an ideal society. I remember the first time we communicated, I asked them what their planets are like, and they replied that there is *a lot of peace*. They managed to organize themselves in a way that they function in harmony—respecting each other, supporting each other, collaborating with each other—with unlimited food and resources, and they are guiding us to achieve the same.

Although all Arcturians view life from a fairly expanded lens, and see all beings in unity—rather than as separate beings—each of them, as an individual soul, presents particular opinions, tastes, dreams and ways of being. They value and respect diversity by contributing to a more varied collective, and encourage each one to develop according to their unique characteristics.

As they correspond to a non-sexual race (but with feminine, masculine or not so defined energy), their families correspond to groups of friends similar in tastes and ways of being. As one of my previous lives was with them, being Dieslientiplex, some of my friends are in the group with whom I am in contact today. And even

though I don't remember them, yet, I do feel a strong nostalgia from my heart.

They are very cultured people; you can ask them about any subject and they will know how to answer well. Their technology allows them to be aware of everything that happens on Earth. They have studied life here, they have read our books, listened to our music, watched our movies. They know the work of help that each one of us does. They have studied our economic and political system, and talked to our political leaders —information that is withheld from us for control purposes. They follow the general lives of their starseeds, understand our health care system, the therapies we practice, and watch with sadness as we destroy our planet. They understand better than humanity the planet we live in, complementing their information with the points of view given to them by their contactees.

For this reason, I asked them to do this book, because I have seen that they can answer, in an elevated way, any question I ask them, and guide very well, and I don't want to keep so much wisdom for myself alone. They are great teachers, and very good and pure-hearted people. They also have quite a formal sense of humor, which makes me laugh quite a bit.

They respect all life. If they need to remove a plant for therapeutic purposes, they ask for permission with their thoughts, explaining it why they will remove it. They respect the life of all insects. They respect and admire every animal species, with their diet being vegan. They help life on their planets to emerge... They don't harm anyone unless it is to defend their own lives.

I remember one day there was a mosquito in my bedroom, and I asked my arcturian friend with whom I was talking at the time *what he would do*. And he replied «I would let it be» (be a mosquito). And I thought to myself «you saved yourself, mosquito». The next morning, I woke up with a bite on my wrist, and when I saw it, I said «I traded its life for an insignificant bite». To this day I feel good for having respected its life. Now I shower together with a spider, I watch its house grow every day. I respect its life too, and I feel sorry

that its days are numbered because I will move house soon and it will surely be killed.

This is how I have grown with the contact. We have talked about all kinds of topics and I have been resonating with their ways of being. They have never asked me to do anything, I have always been free to be as I want and to give the information I want from them. They follow my proposals and support me in everything. I am very grateful to have them in my life.

I leave you with their information. Grateful for the opportunity to share it.

Thannefa

1

A single energy

We all have within us a light. Our light shines together with the light of the other members of this universe, and we all form the great Whole, the Unified Consciousness.

Your light will affect the others as you shine. When your light is on, you succeed in increasing the light of others near you. When your light is on, you allow others to shine together with you.

When we are alone, we must consider that, in reality, we will never be alone, since we are all united on a more essential level. We are subject to others; we affect them with who we are. If your light is bright, you will affect others positively. We are always affecting and intervening the energy of others.

This energy will continue forever, separation does not exist, we are one unit. We cannot separate, except through the illusion of being separated. We are always *one* with others, animals, people, nature and everything that has some degree of consciousness.

When you feel lonely, it is only because of the illusion of loneliness. There is no loneliness of consciousnesses, only a virtual separation to be able to experience an isolated part of reality. If you look at others, you will be looking at yourself; we are all mirrors. The others are other *you*, expressing themselves in different ways.

All who inhabit this universe correspond to a single being. We are all the Whole, each one of us. Whoever is next to you is also the Whole, as well as he or she is that finite part that experiences individually.

If you understand this unity, you comprehend that whatever you do to others you will be doing it to yourself. Whenever you look for a

flaw in another, you will be looking for a flaw in yourself. If you go against the life of another, you will be going against your own existence. Being aware is directly related to understanding this: we are all one, and we are all the Whole in a complete way. You are not a part of the Whole, you are already the Whole, and so are the others.

The energy in the universe is only one. This energy is conscious, thinking, presents information that is contained within what we call *the ether*. The ether presents all the possibilities. Everything that exists and could exist in our imagination or consciousness is contained within it. Everything is contained there, and it's from there that the matter we perceive in the material world is projected. When you desire something, you will be giving energy to manifest that in your material reality.

As you get to know a person, you realize that he or she is not so different from you. We all seek the development of our being to some place where we feel calm and happy, we seek company and with whom to share our lives, we feel the need to be useful in some way, we seek unity and to live in peace. And so on, we are all similar when it comes to general expectations.

Each member of this universe must be respected, all are valuable, all are divine. They must be cared for with patience and love. They must be helped when they ask for help; because, if the other suffers, at some level, it will be you who will be suffering.

When we begin our lives, we do so without understanding this on a mental level, we only know this information from a higher level or from the heart, and it is important to consciously integrate it into our lives. Because this will help us to comprehend, respect and care for others, by understanding them as part of who we are.

In situations where there is damage to the other —physical, emotional, mental, spiritual damage—, we must help to dissolve it to return to peace and to enjoy the beautiful experiences that provide this universe in which we live together.

2

Mother Earth

The *respect for others* is seen in advanced societies, where they are cared for, as well as oneself. When we have someone in our heart, he or she is seen and cared for as we would care for a very loved one, with affection and respect. When we have someone in our mind, we accept him for who he is. And if there is a situation in which he needs support from others, he should be helped with love, as long as that person wants to be helped. We are always sharing life with other souls, we share the same space, we interact in many ways, cooperating and helping each other to continue according to our soul plans. All individuals are persons to be respected.

Nature, Mother Earth, is your home. She is the one who feeds you, who allows you to live and enjoy your lives, who takes care of you by providing you with the favorable conditions to harbor life. All those who respect nature will be respecting their home or place of origin, and will coexist with the other beings that inhabit it in harmony. When there is a situation in which an area is destroyed, you must also cooperate with Mother Nature, to help her recover from what she experienced, such as a fire for example. She should be supported so that she can return to her ideal state of harmony.

By taking care of our planet, we allow others to enjoy the experiences as well, because it is a place that is shared with other species that inhabit it. A sacred space of nature should never be damaged by play or control interests, nature must be respected because it harbors life, *it harbors life that is sacred*. When there is a shared space, it must be cared for, valued and respected, so that everyone can enjoy

the experiences in it. It must be maintained, so that it lasts over time, so that it can continue with the other generations.

The Earth is not to be destroyed for economic interests. It is a sacred space that harbors life. When we understand this concept of *sacred life*, we comprehend that all life that occupies a space in this universe is sacred; ALL, without exception. Respecting everyone's life is the first priority we must consider. All life in the universe is united to the others forming a single species, a single energy or consciousness. We are all here to live our experiences, we must take care of the environment and take care of others, because that way we will all be welcome to be united in harmony.

Within us we have the necessary wisdom to understand that we must respect and collaborate with the other members of this universe. Life should be seen as what enables the experiences of each and every one of us, an experience on a physical plane that is different from the experiences provided by the etheric planes. The material world will always be sacred by allowing the manifestation of life. When you don't know which path to take, always consider the path that will give the greatest value to life.

Whenever we have affection for the other members of this universe, regardless of their race or category, we will be caring for and respecting life itself, we will be helping to preserve life and, therefore, it will correspond to a benevolent action because it allows life to emerge. We will always have in our hands the responsibility of life, because we are always participating with other living beings. Respecting it, as well as you, and taking care of it, will always be the best path to take, because it is life that is found in this sacred space.

The cases of death occur because a soul decided to leave that experience in order to experience a new one. It will always be a soul's decision to leave or continue with its current experience, and the soul's decision to leave its physical experience must also be respected.

3

Unique souls in their essence

We have a unique essence that is determined by who we are as souls. We are a set of harmonized frequencies that form who we are. Our essence is what we have created as a frequency, our own frequency, which is unique and unrepeatable because each soul is a unique being with unique characteristics that define it.

No two souls are alike, it's always one soul that can be experiencing in several places at the same time. We are a single soul that we have developed, and our qualities as a soul will be unique. There cannot be two equal souls, but there can be two or more persons with the same soul, because a soul can emit several signals at the same time. This is the multidimensionality that occurs in souls.

We know that we experience life from a single focus of attention, but there are no limitations for our soul, nor time, so existence can be said to be lived simultaneously: our past, present and future. However, we will always follow a line or progression of the events of our life, in order to develop and advance in consciousness and knowledge.

The souls are holographic fragments of the Source. Each soul is unique in itself, being a single focus of attention; and, at the same time, each soul is in essence the Whole. Whenever you have self-awareness, you are living from one of these focuses in order to develop and experience life according to what you want.

If we have two persons with the same soul, living at the same time and in the same space, each of them will be aware of their own existence, and also will perceive the existence of the other at the same time. This occurs in a higher density than yours, and the existence is lived from both bodies.

All souls are part of the Unified Consciousness, all are unique in their essence, and all will present appropriate characteristics according to what each fragment has lived. If you see a person, you will be seeing the sum of everything he or she has lived, or the sum of his existence. Because he is that way according to his past experiences, which has shaped him as he is in the present. If you, as a fragment of the Source, had lived exactly what that other soul lived, then you would be just like him in your present.

What each of us lives makes us who we are in the present, and makes us have certain specific qualities or characteristics. If we move through a particular place, that place will teach us something that will add value and knowledge to our soul. Each soul is unique, because each holographic fragment has had a unique journey, where it has lived a sequence of unique experiences that have led it to be the unique person that is today.

You are the Whole, because you are all the holographic fragments experiencing existence. And, at the same time, you are your own focus of attention, living the unique experience that is your life in your present.

We are *one*, sharing with others who are *us*. The separation between us is only illusory. We all belong to the same, to the Unified Consciousness, so others should be treated with the proper respect, being other *you* who have taken other paths that have led them to be who they are in the present.

4

Dynamic souls in expansion

As people, we have many potential qualities that we can develop. We will always be able to develop ourselves in the area we like the most. The skills we want to have will depend on us, since they are learned with practice, giving them the necessary time, patience and dedication.

We are souls who seek the expansion. We seek to know, to learn new things, to grow, to experience emotions. We seek to achieve our proposed goals. All this leads us to feel fulfilled.

When we are in a particular place, we can always see ourselves in advance. Because, when you achieve a goal, you already have others in mind to which you aspire. It's a continuous development, there is never an end. With death neither, we change bodies to continue our growth, as souls, in other bodies. And thus, always expanding.

Always see yourselves as souls in expansion, because waiting to reach an end is not correct, we are always in progress, always improving and always learning. You are always souls in developing, and the development is individual but also collective, if you are living together in a community or civilization, since each one contributes to its development.

We are people capable of getting up from falls, of improving, of learning from mistakes, of evolving. We all have the ability to overcome difficult situations that have hurt us. Overcoming difficult moments, and moving towards a better place, is part of the learning path that we all have in our journey through the physical planes.

When you make a mistake, which you consider to be wrong, you must find a way to take the value of that situation, to take the learn-

ing, forgive yourself and continue, because this way you will continue on your path of expansion and evolution of your soul, reaching other places that you will enjoy more and be happier.

We are all people capable of improving and moving forward to other places, we are dynamic souls that vary and change according to the moments we are living. Being able to leave mistakes behind, and continue, will allow you to be happier. There is nothing to pay, because everything is allowed in the physical worlds. We are the creators, we can live the experiences we want. And whenever there is a major damage to a third party, that third party chose that damage from a high level.

We must understand that life is dynamic and that we are dynamic souls seeking the experiences. We must understand that we are all free to choose what we will live, and that we can always change course if we consider it better.

5

We are never puppets of destiny

In situations where you feel that you must perform a specific action, but you think that it's not convenient for you because it will not bring you benefits, you must understand that being guided by your own heart will always be the best way to go. Because it is from there that you receive from the soul the information that is convenient for you, and it is from there that the paths will open for you to continue well.

When you are in doubt as to whether or not to take a path, always be guided by your heart. The answers are within you, and it's from there that you will know where to go correctly.

We are never puppets of destiny. We are always people capable of choosing our own paths. Fate would be what each soul chooses to live, but it doesn't exist as an external force which chooses your path for you. We always choose with absolute freedom, because we inherently present free will. We are souls from the Source with full awareness to choose at will. Everything we choose will be according to what we want to experience.

If you have something in your path that you don't want, you can choose to surpass it or to go to another place that is more at your convenience and of your greatest interest. We are always free to decide. All we are is because we have chosen those paths to ourselves, which have shaped us to be who we are in our present. We will always be the ones who, with our free will, will decide our future paths. Choosing one place or another will be determined by the learnings and discoveries you want to make as a soul, it will depend on what you, as a holographic fragment of the Source, wish to experience.

Whenever you have in mind a dream or ideal of life, you can keep it in your consciousness, and then get to that dreamed place. You can always move towards there, if your intentions are pure and that desire is born from your heart. You are the leader of your life; it is *you* who controls where to go. Don't let yourself be managed by what happens around you, lead your life towards those places that you love the most, *you*, as the true creator of your reality.

When in doubt as to whether you are on the right path, just see if it follows your expectations and tastes. If it doesn't follow them, you will be going down a path that will not be entirely for you, and you will have to move to another place that is more suited to you. You are the driver of your physical vehicle, you are the one who manages to take your soul to those places of greater happiness, where you will find yourself in perfect alignment with who you are in your essence.

You can always fight for your dreams, there will always be time for you, waiting for you to act in favor of the future you desire. When you continue and work for your dreams, you can move towards the places that will bring the greatest happiness to your soul, that will wait for you to make you happier.

As long as you desire something from your heart, you can achieve it. As long as you truly desire to achieve your dreams, you can succeed. You will be your greatest guide on your path in life, and you will be the one who will make the final decisions about your actions.

If you have doubts about whether or not to follow a path, move forward. Because, as you advance, you will know whether or not to change, and along the way more opportunities will open up for you. You just have to continue and insist on what you want the most.

6

Value your freedom

As people, we can dedicate our time to what we like to do the most, we are capable of manifesting at will whatever we want to receive, and we are the ones who direct our lives at will according to the decisions we make. Each one presents the possibility of continuing or not heading for a place, we can always change course if we feel it's right. We can freely choose where to go, what to do, with whom to meet, and thus, we decide for each activity that we will carry out, as free people that we are.

When a person feels trapped and doesn't fully comprehend where to go, he or she must understand that the choice and decision to continue on a path will always be in his hands, and that he can always change course if he proposes to do so. People who are willing to change their lives, always succeed, because they have the enough willpower to make the changes that need to be made. We will not be free people if we are not willing to choose our lives consciously and willingly. Anyone who knows that he has his own power, will decide openly what he wants and what he doesn't want for himself.

The willpower of each person will allow him to orient himself towards those places he has chosen and decided as a soul. The inner strength to act and move where desired will depend on each person. And those who really want to achieve a goal, will always succeed, with perseverance, determination, effort and enough time.

Each one is a unique, individual person, so each one can choose for himself and his life. That is what this physical experience is for, to allow a consciousness to decide and act according to what it wants. Freedom is an intrinsic value of the souls, a consciousness can never

be trapped, unless the consciousness decides to be trapped by some situation; and it will never be permanently, but rather for short periods of time.

We want to tell you with this message to value your freedom there. You may feel trapped, collapsed, in debt, with many relationship problems; but you will always be free to decide and act according to what seems best for you at the moment. Don't allow yourselves to be managed by others, be the unique persons that you are, and lead your lives towards what you decide will be best. Not because of social pressure, not because of government pressure; you are adult people, capable of choosing your paths. Do it with determination and don't allow yourselves to be abused by control agendas. You have the power, not the others; each of you has it.

When we tell you to lead your lives, we mean openly deciding what you will and will not accept from others. Don't be intimidated, you are the creators, you are the gods and you are the ones who choose.

We hope that you can get ahead as a race. We hope that each of you can feel empowered and manage your life at your will, and not because of the fear that others want to instill in you and the society. You are worth more than any fear, you are worth much more than gold. Your value exceeds any material good. You, as pure souls of Source, are priceless. Treat yourselves as such, respect your lives and the lives of the others around you. You are all valuable people.

7

To experience living on Earth

Each one of you is an infinite person in his or her essence. You are beings with eternal consciousness that will always be able to experience the realities that you want, with free choice or free will to decide to go one path or another, with thinking ability that goes beyond whether or not you have a physical brain. You are consciousness that will remain as such for the rest of eternity.

You, as eternal persons, know what is best, because you understand concepts that have been engraved in your soul history, as a guide for your next incarnations. It's stored as soul wisdom. You can access your wisdom with your own intention and through your connection with your soul or higher self.

You must understand that each one is infinite and wise, and that you are divine persons experiencing existence within a material world such as the one you see now. You must always consider yourselves for what you are in your purest essence: divine persons, creator gods of incalculable value. See yourselves as the infinite persons that you are, who will have infinite opportunities to incarnate and experience other realities that you will always decide according to your lines of interest.

When you understand who you are, the elevated being that you really are, you begin to behave in a more appropriate and free way. You leave behind some insecurities, pains that remain rooted from the past, you let go of situations that seemed to be complicated and you focus on experiencing a higher and happier reality, where you begin to create everything you want to be happy.

You are always, and will always be free. Even if you are locked up in a jail, you will always be free. Don't feel prisoners of the reality in which you live, create the conditions to change to a better place, where you will be happier, integrating the things you like to do. You must understand the importance of creation, that each one is free to create himself in one way and then re-create in another, and to always go forward, always changing, always in progress.

Take advantage of the opportunities that Earth offers you at this time, which are not few. You may be limited in several areas, and for some it can be very difficult the existence there. But there will always be many lessons to learn and many opportunities that you can attract into your lives, in addition to much spiritual advancement that is achieved by overcoming extreme situations.

Understand that you are there because you decided to experience what it's like to live on Earth. You decided, from a high level, to enter to live that difficult experience at this particular time. Take advantage of it, because it will not last forever. Take advantage of learning, grow internally, support each other in difficult situations, give love in a place where there is no love, share experiences and growth together, move forward together, because this will be very beneficial for you, as a personal process of expansion.

Understand the importance of unity, especially in times of scarcity. And share with your peers, share with everyone, so you will learn that others are not so different from you, that the experiences are lived and felt in a similar way, and that you can always get ahead if you push yourselves from within to continue. A path will always open, if you have the intention to continue.

You are there because you decided that way. Our recommendation is that you participate in the experiences that a difficult life gives you and, later on, you will have everything you want to enjoy, we can assure that to you. In your future many opportunities will open for you that will allow you to live an easier and happier life. And perhaps you will miss the growth that difficult experiences bring you, it could

happen. Enjoy the now and take advantage of every step of your path, so you will grow as souls. Always growing.

We hope you all achieve happiness; we will be supporting you to achieve it in unity. We look forward to share with you soon and open new opportunities for you to lead a better life.

8

In a permanent state of pain

We present an information that makes us who we are. This information is energetic; therefore, it's measurable. The information is unique for each person because each soul is unique, so there will always be a unique frequency of energy for each of those who inhabit this universe. If a frequency is repeated in two or more people, it will be because it corresponds to the same soul.

People will always be unique and unrepeatable in our way of acting and seeing life. We are the ones who form ourselves according to our interests as souls. Each person will go where he or she is most interested in going, where he considers that will contribute more to his life, be it new learnings or unique experiences.

Many times, souls decide to experience some kind of contrast in order to understand life from a more complete angle. These souls experience a painful situation, for example, to understand what suffering is about and thus have a broader vision of life in general, because they will have gone to the places that they didn't know before. All the experiences of a soul are valid, from the Source point of view, and we are all free to go to the places we want and to experience what is of interest to us.

What can be seen, from a point of view closer to the physical worlds, is that the experiences considered very difficult or painful for a person are situations that many times are unnecessary or that last for a long time, which causes that soul to experience much pain, contributing with suffering to the rest of the universe. Therefore, what we seek by helping, is to allow those souls, who are in a permanent state of pain, life after life for example, to move forward and experi-

ence situations that will lead them to be happier and enjoy the material world. Because that is what the material world exists for, to allow souls to enjoy and be happy.

Our souls are themselves elevated. They are divine souls of Source that, in their highest state, are pure and live in a state of constant bliss in high energy frequency. When we descend to denser or physical planes, or planes of lower vibratory frequency, we arrive at places where it's possible to experience pain and other emotions of a lower frequency.

This is how there will always be all the possibilities for a soul to experience. But what we consider important is that souls can move forward and not remain in a state of constant suffering. Those souls should be given help, so that they can get out of that state and get to one closer to Source, where they live under high value principles, such as love, understanding, compassion, service to others, unity, empathy, truth.

We can always move forward alone, only connecting with our souls, but it will always be important to count on others, because it facilitates the process. In unity we achieve harmony in living, where each one is a participant in helping others and of the help from others. Every positive intention that someone has will allow others to move towards a better place. That is why we cooperate with others, considering them as brothers and sisters, to help them move forward and live in a way closer to the Source, which is our essence.

9

When you want to help others

When it happens that a person fails to align with its essence, he or she must be helped so that he can move towards a better life, where he lives under high values, such as respect for life and respect for his peers, and follows a path that makes him happy, that is in alignment with who he is and his tastes.

When efforts are put into helping a person, it is done to reduce his suffering and the suffering he causes in others by living from a lower level than who he really is in his essence. Everyone can lose their way, and it's normal for it to happen for short periods of time, where the person moves away to experience other situations and then comes back, realizing that it wasn't the right thing to do.

When you help someone to get on the right path, it is done while respecting their freedom of choice. He is helped with the understanding that each one is free to decide for his life, and that the path that person chooses to follow will be fine. Regardless of what their partner, parents, colleagues, friends and others close to him want. He should be respected and offered help accepting that the person is free to receive it or not.

When you help, it is done from the heart, not imposing one path over the other, not from anger, not through offenses. We help by maintaining high values that will allow the communication and the understanding of the other person we want to help. Only in this way will you reach the heart, from love, and respecting the freedom that the other has.

Mistreatment is quite common on Earth, it's seen as normal, as another way of being or as what allows others to respect you or do

what you ask for, as the imposition of a path by force because it's understood that you know more than what the person who is considered more lost knows. But all the help that a person may receive will be better assimilated and understood if you speak with respect and asking for his opinion and reasons. Everyone has their reasons for acting in one way or another, and everyone has their paths of development and the freedom to be who they want to be.

His soul is the best guide that person will have, because it is the one who will have the complete information about him, so it will know which is the best path to follow. There will always be the option for that person to get on the right path later on, when it's his time to do so. Everyone's time must be respected and help should be given to the extent that others accept the help. And always from the heart.

10

Life guidance of the soul

We all have in us an inner guide that allows us a communication with our higher self, where it tells us which paths are best to follow to find our greatest happiness. It also tells us which paths not to follow or the paths that will not be adequate or pertinent to live at that moment. It guides us and gives answers to our questions in a wise and elevated way, because it is our soul that has, in the first place, all the answers that we need as individuals.

Our soul will be more accurate than any answer that a third party can give us, because our soul is the one who knows our essence, our life plan or what we set out to do in this incarnation, and gathers all the information it has learned along the way of several past lives until the current life.

Our present life corresponds to what we set out to live from higher spheres, which will allow our growth towards the place we decided to expand. We will live what corresponds to what we set as our goal. All souls choose one path or another depending on their interests. If you are interested in a particular area, you will plan a life that allows you to develop in that area, so that you grow in the direction you like best. And so, you continue to develop and expand, always towards the places you wish to discover.

New adventures will always come and new paths will open up, and each person will be free to go where he wants. Trying new paths will help you choose other areas of development and expansion. If you go in one direction, new doors will open for you to end up somewhere else that you had not originally considered. So, life is lived also choosing in the moment, it is lived according to your pre-

sent interests. And it will be these life choices that will determine your growth and expansion.

It's for this reason that guiding yourself by your own heart, with your inner soul guidance, will help you to flow better in life and choose paths that will favor you and not harm you. Your soul will guide you along the paths that will allow your greatest expansion and happiness. So, when a decision needs to be made, it's important to do it in connection with our soul, so that it is the one who illuminates the path that is best for us.

This connection must be made from the heart and not from fear. Love and the elevated emotions of peace will allow you to achieve the connection with your higher self and to know the answers. You will know them with enough certainty to not doubt.

We must all allow us the moments to connect with ourselves, with our being, with our inner self, to be able to continue on the path that has prepared for us, and not fall into other paths that are not elevated and can cause trauma. If the latter happens, you can always resolve and heal the trauma, take what you learned and continue along another path that will allow you to reach the places indicated by your soul.

When we choose a path from the heart, that path will always be the right one. Even if it may not seem right to others, even if it doesn't fit into what is correct according to the system, even if others show disappointment with your decision. If you choose in connection with your soul, that path will be the right one for you, for your growth, and it will lead you to another place that will allow you to fulfill yourself in other ways.

These ways of realization will be related to your interests. It is your interests and tastes that will guide your line of expansion. Your soul will never choose a path that you don't like to walk, and this is related to the concept of the freedom that we have to choose.

When you have doubts about which way to go, you must connect with your higher self in a meditative state so that you can concentrate

and feel the answers. The answers will come with a feeling of certainty, and you will know which way to go.

It is not a mental work of analysis, of which one is more convenient. That helps to take care of yourself. The answers of your soul will be felt and understood from the heart, in union with you. The mind will only deliver adequate answers according to the rational information it has at the time, but the most adequate answer will always be the one that your soul will give you. Because your soul, unlike the mind, has much more wisdom stored and access to much greater information than what your conscious mind has.

Your soul knows the best way to go and it will give you that information through your intuition and as a certainty from the heart. You will not need scientific proof or to resort to what the majority think, you will have the certainty of the answer and you will not doubt it.

This is how the connection with our soul and life guidance works. Always listen to yourself first, and to others only for support. You are your highest self and your best life guidance, and it will always be there for you, to support you and help you on your way. You will never be alone, you will always have you, your highest self that will give you all the answers you need.

11

Listen to yourself

When we have doubts about how to proceed in our life, a moment of introspection can begin to clear the mind and know with greater certainty where it's best to continue. All people on Earth tend to seek advice from others, approval from their peers; they seek others to give them the answers or the way forward. But you always have to find within yourselves the way out of the situation you are living, *from within*, because your souls guide you through intuitions, they guide you from your own hearts.

You must know how to find the spaces to connect with yourselves and look for the most appropriate paths according to what the inner self dictates. This is very important, and it's something we see every day that you should improve. The others will be there to support us, give us ideas, help us; but you will only find the right path by connecting with yourselves in silence, listening to yourselves in meditation, looking for those moments of peace to decide for your lives. In us are the answers to what we seek, in our souls is the way forward.

Many people get confused thinking that, if they make a decision for themselves, they take the risk of being wrong. They don't trust themselves, they trust others more, and that is delegating their personal power. And it doesn't correspond because only the person knows his or her soul plan, not the others.

You will find the solutions within yourselves, resonating with the best path. And to connect with your inner selves you must do so from an elevated state so that you transcend the low-frequency emotions that will try to confuse you, such as fear, insecurities, worries

about the future and everything that clouds your mind. You should always listen to yourselves from that space of inner peace, of calm. If you need to, you can do exercises to get rid of the other emotions first, and then find the answers.

We do it this way. Here, we always share opinions and we resonate or find our truth with each other. There is mutual support. But in the end, each one is who makes the decision about his life, and the others support his decision.

People should always be supported in the decisions they make, because these are the ones that will allow the person to grow and develop according to his areas of interest. Each one knows where it's best to go, because everyone has their soul to guide them; and when a person fails to visualize a situation well, he should be helped from different perspectives so that he can find his truth.

It is you who must lead your lives. We see that many of you give up your power to others, as authorities, and expect them to tell you what to do, where to go, what activities can and cannot be done. They govern your lives, and you give them your consent to do so.

If you listen to yourselves and follow the path that your souls have prepared for you, you will succeed in your projects and will be happy regardless of what happens around you. You will be free from being ruled, because you will use your free will to go where you want to go and do what you want to do. Be the free people that you are, only then will you be able to find the paths that will make you happier.

The system in which you live may provide you entertainment and job security, but it will not fill your souls and you will not be fully happy. You will only be happy doing what you like the most, which each of you has to discover personally, in silence, listening to yourselves.

12

Responsible for our learning

Each of us has certain tools that have been recorded in us as knowledge. We can take the information we have already learned and use it in our daily lives. When we learn something, we do so in order to acquire new knowledge that will allow us to live our lives with greater ease and enjoyment.

Learning is achieved when the person is open to learning. If the person is not open to it, then he or she will not see the learning. So, it will depend on the person whether or not he will learn from what is shown to him in his life.

People who advance and develop in their lives do so because they decided to advance and learn more, because they opened up to new possibilities that they integrated into the field of knowledge they already had, in order to progress in consciousness and skills. When someone doesn't make an effort to understand or know more about something, he will keep the information he already had in the beginning and slow down his growth.

We can all choose what to learn, how to develop ourselves, what to do with our lives and how our path of evolution will be in each incarnation. Deciding to advance or not will depend on the qualities of the soul. There are souls who like to know more, study, learn and develop quickly, making the most of what life experiences provide. These souls have a very fast advancement process and acquire much wisdom throughout their lives, which they share with others, helping in the development of other souls less advanced in knowledge.

Helping others is achieved by offering help, and the other person will always have the freedom to accept or not to make the effort and

advance further. There are times when, due to comfort, people remain stuck always in the same thing, and this doesn't allow the development of a soul. What allows it, is the constant movement and knowing how to recognize a learning and integrate it.

When you don't advance, you don't allow others to advance with you, because you will not help others to integrate information that you know by speaking your truth. If you advance, you will help others to advance by sharing your knowledge. When knowledge is kept for the person who learned it, there is no collective advancement but only individual advancement. Sharing knowledge in talks, books, videos and other means, allows information to reach more people who need it in their paths.

We can all choose what to do with our lives, whether to advance faster or slower. But everything we do will affect the others, as we are all intimately connected and affecting each other in the environment we share. When you allow your development, you allow the advancement of all together with you.

It is very important to understand that a society will function correctly when everyone has a certain amount of information about consciousness and a certain level of development. All the information will help you to function better in every way, socially, politically etc. If everyone advances and shares, you will help society to reach that ideal society more quickly, where everyone lives more peacefully and happily.

When we talk about advanced societies, we are talking about societies that have integrated important knowledge and learning, and that have not lagged behind.

In all advanced societies you will find people who have contributed to knowledge more than others. These are the souls who seek knowledge and are, therefore, wiser. These souls will be the leaders of the future society on Earth, they will be the ones who will be able to guide society in a better and healthier way.

When we incarnate, we do so to learn. All souls seek the expansion, the development, to have more experience, the advancement, to

learn new skills, to overcome difficult obstacles; while living in the company of other souls with whom they share the experiences.

When you manage your development, you are able to advance to those places that interest you the most. When you choose what to study, in which area to develop and become an expert in, this allows your development. Rather than what the system imposes on you, it will be you who will determine your growth and areas of development. It will be up to you to advance, to each one of you; *you are the leaders of your lives.*

When we know ourselves and follow our line of preferences, we can learn what has to do with it and we advance according to our own speed, being ourselves the real responsible for our progress in terms of learning.

13

Educational system

The education that exists on Earth is not the most adequate for you, because it's only concerned with the most basic subjects —such as mathematics, which are not right either—, but it's not concerned with the most important topics that will serve you in your adult life.

The education is left to the schools and universities, as if the responsibility were of the professors and the academic institution, rather than of the person him or herself. So, the place where you study will determine the knowledge you will have. If you don't study in a good place, your knowledge will not be very advanced; and if you study in a better place, your knowledge will be better in relation to the previous case.

All the knowledge that a student can acquire will depend on his own abilities, it will depend on his tastes, on what that soul wishes to learn; because it will depend on who that person is. So, it is always the souls that should guide their education, rather than an external educational system, imposed according to what others consider best.

What we recommend is that each of you begin to find out what subjects you like, and learn the subjects that will serve you in your area of development, because this way you will advance according to what you consider best and what you feel you need.

We suggest that the first lesson you learn is to connect with your soul, so you discover what your tastes are, the area in which you wish to develop, the aptitudes you wish to develop. And then, having your area of development clear, begin to guide your studies.

In this way you will advance very well, according to what you feel inside and not according to general studies imposed by governments.

Because those studies don't favor you, they don't help you, in many cases, to develop your creativity, they frame you to be and think in a way that will serve the system. A system of slavery, where only some are happy.

We also consider it important that you integrate information about fundamental concepts of life, that you see beyond what you are shown, that you open your minds to a more transcendental and expanded reality. Because life is not only about what you see with your eyes, life is about the experiences you have, about your growth, about cultivating friendship, about moving forward in the face of everything, without giving up.

Life is about continuing on your path feeling proud of who you are, without needing a title, but feeling proud because of the simple fact of living in a physical reality and being yourselves. Life is about opening up to new possibilities, about a continuous and never-ending development, about participating with others in harmony, collaborating with everyone.

Learning is led by each one, and is responsibility of each one. Our recommendation is that you support your studies from different sources so that you can find a more complete and accurate information. We ask you to start your learning paths worrying about learnings that will really serve you in your future, and not to waste time studying subjects that will not contribute to you, but that you will only forget.

Education starts in the family, with the example set by the parents, because we also know that they have a very strong influence on you. To be good parents, to show by example, and help with affection in the education of the children, will allow you to advance better.

We suggest that you open your educational systems so that each person can choose according to their lines of interest what they want to learn, and reinforce and help them in what they choose. In this way they will be happy, developing in what they like to do the most, which is how it's done in the other stellar societies.

14

Skills development

Throughout our lives, we have the possibility of developing countless skills that we present in a potential state. Each skill will be developed by a person at his or her own speed. It will depend on the consciousness itself to develop them, which ones to develop and when. We have different abilities already developed by us in this life and in past lives as well.

When we begin to learn a skill, we do so with the intention of improving in some area, of wanting to become more experts or have more knowledge on a subject that we want. When we begin to develop a skill, we do it to improve who we are, as a way to move towards what we want to achieve in our lives.

Developing them will always depend on us. It will depend on our enthusiasm, on the actions we take, on the steps we take and our effort. Skills are learned with enough dedication; you cannot learn a skill without going through its learning path. Therefore, each person will be responsible for acting or not to develop a skill.

We are all capable of learning new skills. We can all succeed in learning to do something that seems difficult to the eyes of a less expert person. Those who we see in a state of expertise are people who managed to go through their learning path, where they made an effort and continued without giving up, despite the difficulties along the way. When you see someone who is an expert in something, you will be seeing the result of the effort that person put into achieving what he wanted. When we find that we don't have a particular skill, it is because we haven't yet put enough effort to develop that skill, not because we cannot develop it.

It will depend on each one of us to develop in one way or another. It will depend on our tastes and the progress we make. When you feel unable to do something you want to do, don't discard it, but focus time on it in order to develop it.

15

Superbrains

People with a high level of intellectual development are people who have known how to take proper care of their brain so that it functions correctly. People with a *high IQ index*, as you call it, are due to the following characteristics:

A good diet, integrating foods that support the brain, such as raw fruits and vegetables, natural fats from nuts and healthy oils, seeds and essential minerals, which allow the brain to function properly.

The water you consume should be free of toxins, such as heavy metals and fluoride, compounds that are neurotoxic to you. Toxic compounds from pharmaceuticals, contaminated foods and processed foods containing toxic ingredients... avoiding all of these will help you think properly.

Also occupying the brain, keeping it active, helps it in its intellectual development. A lazy brain will remain lazy, but if you help it develop a short and long term memory, do mental or logic exercises, practice concentration in meditation and being present in every moment you live, will allow you to develop mental capacities that you may consider extraordinary, but that correspond to the potential that the human brain has.

When you say «I was born this way», and hold on to that thought, you only perpetuate the use of your brain in a limited way. But when you are encouraged to use it and test yourselves, and study various subjects, you can advance and increase your mental capacity at will.

Don't feel limited, because you are not; neither are you mentally. You are the ones who consciously develop the skills and become

more expert in various areas. You must open yourselves to the possibility that you can always grow and be better than before. Don't limit yourselves, because, every time you do, you limit your development as souls. Act according to your full potential, because that is when you manage to grow, when you achieve what you had not considered achieving before.

You are capable, you must only be encouraged to develop those qualities you desire most. You can accomplish whatever you set out to do, and some of you have already done so with mastery. Be *superpersons*, because that is what you truly are, divine and limitless souls who can accomplish whatever you set your minds to.

Our recognition and thanks to Jim Kwik and the beautiful work he does to help people improve their intellectual capacity. And our appreciation to all those who have achieved self-development projects and have contributed from their unlimited way to the world. Thank you, friends.

16

Do not choose suicide

We are all capable of opening ourselves to the world and venturing into new experiences. These new experiences will open the doors to new learnings, allowing us to move into a new place where there will be more information for our souls that will serve us in the future.

When these experiences are in alignment with our soul, we can always move forward well, no matter what happens along the way. Because our soul will open for us the solutions to the problems and we will be able to overcome whatever comes our way, allowing us to move towards the place we must reach: our goal of incarnation.

In the cases where we open ourselves to new experiences that are not within our soul plan, these experiences may lead us to encounter situations that are difficult to solve, because the soul may not yet have enough tools to overcome them. So, this path may be very difficult for us, often producing pain and internal conflicts because we are not going where the soul expected to go.

If these types of situations occur, of loss of path, it's important to remember that we can always get back on track; there will always be time to withdraw from where we were going to start over on a new path that will be in better alignment with our soul. When we find ourselves in very difficult situations, situations of great anguish in which we are unable to move forward, and we see no other way out than death, we must connect with our soul to understand that there are always several paths, that it will always be possible to change and get to a better place where we will be happier.

When a person dies by suicide, this soul continues to be conscious of itself, but now without a body that allows it to move to an-

other place. So, this soul tends to incarnate again as a way of trying to solve what has lived, as a way to retake the lost path.

Death by suicide is a way to change body, but it doesn't allow the alignment with the interests of the soul, which would be what the soul seeks. For this reason, we recommend not to opt for suicide, because that exit that you see from there, is not in reality, but rather serves only to change the physical vehicle. You will always continue to be you, being aware of yourself and your existence, death doesn't turn off the consciousness.

The only way to get out of a situation and get to a better place is when the person is incarnated. On the physical planes is where you are allowed to improve your situation and achieve your goals. The souls that leave that physical reality by suicide often end up incarnating again, in a cycle of anguish that continues life after life.

We wish you to be happy, to feel at peace and to enjoy the experiences that a physical life can give you. Because the reality is that a physical world can deliver tremendously beautiful experiences as well as tremendously difficult and painful ones. When you leave the reincarnation cycle for wanting to solve something that was pending, you manage to move towards better places. The reset is not achieved by suicide, but rather with the understanding of a consciousness.

17

Start with small steps

When a person is aligned with his or her soul plan, he follows a path on which he can overcome difficulties. It may be difficult, but there will always be an option to continue, and even better than before. But when the person is out of his soul's path, obstacles can lead him down a path of suffering, and that is when he's in danger of generating traumas and of not being able to find a more permanent state of happiness.

If a person is lost, if you feel that it could be your case, you can start with simple steps that will help you begin to change course towards a better one. All the small steps that you take will lead you down a path that will allow you, in the future, to achieve what you want. Many times, you will need a little more time and patience to achieve this.

In cases of loss of the path, the exit should always be sought from within. You must connect with yourself, with your tastes, with those dreams you had, with what you liked to do before, and resume some of those interests that you left aside.

Whenever you want to achieve something, you can succeed. Lost people who want to find themselves will be able to do so, starting with their intention to change. It is always the intentions that allow the synchronicities of future events, and they are the ones that will drive you to continue on the path you desire. When you have an idea in mind, you can always carry it out if you remain focused and don't lose hope thinking that you will not achieve it. When you stay in a defeatist state, you fail to find a new path.

You must trust that you will always have more opportunities in your life, and that you can always move to a more suitable place. If you connect with yourself and your desires, and find the enough enthusiasm, you will be able to get out of your current situation. And once you have changed and look back, you will understand that, just as you changed, you will also be able to move again to another place, and so on. It is always possible.

If you find the enthusiasm in your heart, the paths will always open for you, so that you can find yourself and go along the path that your soul had prepared for you. It's a matter of attitude, to always continue, to always look for more opportunities and new paths that will make you happier.

We will be a guide for you, so that you can find yourselves and continue on a path that favors you more.

18

Tips to find the way

In a situation where you are confused, lost and don't know the way forward, you may consider taking some actions to better visualize your path. One of the actions to always consider is to make an introspection in a quiet place where you can connect with your inner self, with your soul, to find the answers. A moment of peace where you get to know yourself better and discover what is more beneficial for you; rather than looking for the answers in others.

When you connect with yourself, you gain a greater understanding of which paths are best to follow, thanks to the insights you will have gained from analyzing your life in quiet moments. When you do this, you allow yourself to listen to your soul.

Another way is to go to nature and distract yourself from the problems of daily life. This helps a lot to change the energies towards the optimum because, when you have contact with nature, your energetic frequency changes towards a more coherent and harmonic one. Nature allows your energy field to regulate so that you can receive more information, as well as you can take time to listen to yourself on quieter days.

Many times, it happens that people manage to figure out how to continue after they have spent a few quiet days in nature. The distractions that exist in the city are many, along with the visual and auditory pollution, the people and different situations, which make people constantly focus their attention outside of them.

Also, eating a natural diet based on fruits, vegetables, nuts, seeds, dehydrated fruits, clean purified water, and non-contaminated or GMO or processed foods, will help your body and mind to have

greater clarity, which will contribute to a better listening and understanding of the problems, analyzing them from a holistic health perspective.

When you eat healthy, you allow your body to perform all its functions, integrating all the nutrients it needs, cleaning your body of toxins that interfere physically and energetically with your brain and, therefore, thoughts. Eating energetically clean food will contribute to your well-being because you will be harmonizing your energetic frequency and not damaging it. So, giving up meat —especially red meat, which has a lot of energetic contamination— will help you have a healthier mind and body, and a clearer mind to solve what you need to solve.

Another way is through alternative therapies to help you return to your balance, so you can make a better decision. What a healer can contribute will be a direct guide to know where it is best to continue. There are many different therapies, and you can choose the ones you like the most to get back to your center and have the clarity you need.

Minerals such as quartz will help you on your way. Choose the one that catches your attention the most, and keep it close to you, day and night. You can choose several minerals as well. Send them the intention to help you in your process.

Minerals act by affecting your frequency with their frequency already harmonized. If you take care of them, wash them, clean them, expose them to sunlight and thank them, they will accompany you very well in the moment you are going through. They are all different and have different properties; accompany yourself with the ones you feel closest to.

Always follow your tastes

When you know what you want, you can start creating it thanks to the steps you take, your work and persistence. The ideals of each person correspond to projects one wishes to achieve in order to develop in an area, with different goals throughout the project that will allow a progress step by step. Whenever you continue on the path you like or the path of your line of interest, you will be developing on that path, you will be advancing on that path that will lead you to achieve your goals.

When you don't know where to continue, always follow the line of your interests, because it is from there that the soul continues its development in life, from what it likes to do. It will depend on us to align ourselves with who we are, it will depend on the effort and perseverance, and on whether we dedicate enough time to it.

If situations arise in which you need the participation of third parties to move forward, those who help you will also follow their line of development. Not only will they support your project, but they will be following their line as well.

This is how you get to a place where you find greater happiness, because everything you do will make you happy from within. When you seek to be happy, you seek to live your life in a way that follows your tastes. In times when it is difficult to follow the dreams, only those who persist and work for them manage to reach that place where they can be happier as a result of doing what they like the most.

There will always be different ways to get to the same place, and there will always be different ways to be happy and develop, not just

one. You must learn that life is full of opportunities and that, as you progress in it, with your dreams in your mind and heart, you will be able to get closer to that place you want. Not only will there be one great opportunity that you wasted, there will always be different paths to get to what you want, and the ones you choose will depend exclusively on you, as a free and conscious person. The paths you choose will be the ones you consider appropriate at the time, and you will move towards other timelines until you reach your final goal or one of your partial goals.

Follow your tastes always, they will show you your way to be happier. In them you will find the guide, the step by step, to reach fulfillment. If you have doubts, just learn to listen to yourself, and look for options outside that will help you better understand where your path is. You can look for what options are outside, and then, having more information, you can better choose your next path.

When you are sure of where to go, then continue despite all the difficulties you may encounter. These difficulties will be there as small tests, which will make you stronger, more experienced and more capable. They will give you the resilience you need to be able to advance along paths that will be more difficult in your future. They will be like a training for your soul, where you will understand that, everything you do, will correspond to your own decision to continue or not, to move one way or the other. They will be the ones that one day, looking back, will make you feel stronger, more capable and more evolved.

In the opportunities of change, you will be able to choose other paths, you will be able to change course if you wish. You will always be free.

As you share the paths with others, you can see that others are also struggling to get somewhere. Everyone has dreams that they want to fulfill, everyone is trying to move towards the place that will make them happier, where they will find inner peace.

Whenever you can, move. Keep moving forward with your dreams in your mind. And remember to enjoy the journey, always

remember to value what you have in the moment, so that, when you look back, you see that you made the most of your life and you feel the peace of mind to move on to the next place.

All ways of being are perfect

In a well-formed society, we can find different personalities, all unique in their essence sharing their paths in harmony. All the people who present some type of aptitude will be those who will give their personal contribution to the world through their own way of being. All people, being unique, will deliver a unique contribution to their society, and they will be happy to do what they most desire from their hearts.

Whenever you have several people living together in the same space, you should respect all of them, you should value and take care of them for who they are. Everyone is there for a reason of personal development and to live the experience of being alive, incarnated in a body. And everyone should take care of each other, and help each other, so that all can do the activities they like the most.

When someone's uniqueness is not respected in a group of people, and he or she is damaged for being different, the entire society and its diversity is damaged. When you harm the other by your side, it's done from a lower perspective or state of consciousness; because you are harming someone who, in his essence, is you, traveling on another path.

We have to make the effort to understand that we all have real freedom to be who we want to be. Each and every person that inhabits this universe is free to express himself according to what he wishes and deems best. We are all free. The other should not be judged, prejudices don't contribute to a healthy society, they only damage it.

When we begin the path of development of our souls, we do it by trying different paths. We go, along the way, seeing what we like

the most, where we want to develop, what our sexuality or sexual energy will be, what experiences we like to repeat, and so on. We go, along the way, orienting ourselves towards a more unique way of being. We try different alternatives to then redirect our energy or way of being towards a more specific one.

All ways of being are perfect. Let it be understood that there are no levels, from best to worst, all are unique and all should be valued and respected. When there are differences between people, always consider that they occur due to the life experiences that have made them think and perceive the world in that different and particular way.

Always be free to be as you wish, be who you want to be. No matter the form, the important thing is that you feel the freedom to express yourselves according to what you feel inside. Be free from the prejudice of others that doesn't contribute to your well-being. Continue to be the unique, beautiful and free persons that you are.

21

In situations of conflict

We all have different ways of dealing with situations that arise in our lives. People react in different ways depending on their education, current mood, level of consciousness and according to cultural factors as well. Some will react better than others. When you react well, you manage to solve problems in the best possible way, without causing harm to others. You understand that there are good behaviors that help create a favorable environment for the resolution of the problem.

Those present in a conflict situation may or may not contribute depending on their attitude. If you have a good attitude, you will help to solve the problem better than if you react negatively. Whenever you want to help, it must be done from that healthy space, where you contribute with a good attitude. Otherwise, the conflict will grow, harming those involved even more.

When you are sure of who you are in your essence, you know that, no matter what happens, you will be an honest person with enough values to not fall low. You feel sure of the person you are and of your value. By being sure of who you are, you can act for the benefit of others, you can be the elevated person you are and contribute in a situation of conflict.

If there is a conflict and you don't know who you are in your essence, feelings such as pain, lack of understanding, uncertainty, anguish, despair will come into play, infecting others with that way of being.

We must work on each one so that, when situations of conflict occur, we can act in a good way and be a contribution and help, to

get out of that situation more quickly and thus everything returns to harmony.

Whenever you have a caring attitude and think of others, you manage to help those who need it most, such as the most defenseless, you manage to act well in their favor and you manage to show by example how to act correctly in a crisis.

As long as there is will, there will be the necessary help so that everyone is better. As long as you know who you are in your heart, you can help others, understanding them as a part of you. When you learn to live from the heart and elevated emotions, you can act for the benefit of others. As long as you are who you are in your essence, you can be a contribution to the world around you.

22

Family

Family and friends will always be the ones who are part of your closest circle. One chooses them according to the ways of being and personal interests. Because we share with those who we feel a greater closeness and with those who can accompany us well due to the similarity in ways of being.

The families in which you are born are chosen before incarnating, they are within your soul plan or family plans, because they fulfill a particular objective, *especially of teaching*. They allow you to learn something that will serve you later in your future, because they will be related to the area in which you will develop later. You choose the family for a particular teaching purpose, so that you can develop as souls in what you like best.

The families you were born into don't need to remain with you for the rest of your lives, because they serve a specific purpose and then you become completely independent persons. For this reason, your families and friends will be the ones you choose once you are an independent person.

We understand that many times it happens on Earth that a person from the family you were born into doesn't empathize with you, as they are completely different persons in ways of being. And in those cases, we consider it *healthier and more responsible* to cut off communication with that family member, if that family member hurts you.

That is how we see it, and we consider it the healthiest path to take, even though social pressure may tell you otherwise. Because you are independent souls, each of you is unique in your essence, and you

will empathize with souls who resonate energetically similar to you. You will continue to share your paths with people who will truly add to your lives, care for you and support you.

The paths you choose will remain open to change, because we are dynamic people; and as we change, others around us change as well. So, life is lived as a constant flow of people, where only those who turn out to be truly compatible in tastes and interests, and with whom you have made a true union from the heart, remain with you.

23

True friendship

When everyone is well, a happier world can be co-created. In cases where a person needs help from others, he or she should be supported so that he can move forward and continue on his way.

Friends are those who help to make life easier because they act in favor of the other, supporting him in whatever he needs. Friends are the ones who sustain the other, and allow him to continue well in his journey through life. When we have friends close by to count on, life becomes easier, because we can have what we need at one time or another.

Friendship is when there is *another you*, with other characteristics, who can contribute positively to you, in a way that you could not alone. Friends allow you to have that which you cannot have on your own. They are *other you*, your mirrors that can support you when you need it.

Friendship is lived as an encounter where two or more people share their lives, tell each other what they live and ask for advice. Enjoy the moments together, enjoy life together, in company instead of solitude.

All those who have friends are able to share who they are with them, and feel a familiarity, feel the enough confidence to be themselves without fear. True friendships are those where you can be your true self, and the other person will get to know and accept you, care for and empower who you are. Things are not hidden, because in a true friendship there is the necessary affection and empathy to understand and love the other as he or she is.

These friendships help in the path of life, they help to share the experiences, laugh and help each other. They help to understand the most sensitive part of the world, where experiences are shared from the heart and other actions that go against it are not allowed.

When there is a friendship, the other will always be protected according to who he is, he will always be cared for and respected. Because that is what allows trust and union from the heart, knowing that the other has your back, that he will be by your side no matter what. And he will stay with you not out of pity, but because he wants it that way, because he has the real and sincere interest to be by your side, because he chose you and likes the way you are.

When we have friends, we must take care of them and value them. Friends are not just for entertainment, there must be a true connection from the heart that allows this union from a deeper level. That is why in difficult situations you see who is really your friend, and who was only with you for his own convenience. Those who are truly interested in your well-being, and those who feel a deep affection for you, will remain with you.

We all have friends. Once we understand true friendship, we understand who are our true friends and who are not really friends, because of their personal interests.

When you unite your life with a person, it will not necessarily be your partner, it will be any being with whom you bond from the heart. All the people who bond from the heart, do so without individual interests only, they do so because they see the other for who he is and appreciate him, and they want to spend time of their lives together.

When there is a union from the heart, it transcends time and space; it is maintained.

24

Couples

We can all continue on the path we desire the most, and more paths will always open up as we move forward. Because, as we move, new opportunities are allowed to come to us.

We will always have the decision to follow one path or another, we can always be who we want to be. What we decide for our lives is related to our desires and essence.

In cases where we want to change, we are also free to do so at will. We are the ones who direct our lives, we are the responsible for them, and we will be free to change course if we didn't like a path. It's the freedom of the soul to decide about its own existence and what it will experience and make it happier.

We have an internal guide that helps us to choose one path or another. When we are the leaders of our lives, we are the ones who openly accept something or not. It's our decision; we are free to choose. If another pressures you to go somewhere, it will be you who will make the decision to give in or not to what the other wants.

Yielding out of love for another is always done in relation to what you also desire. You don't yield to your detriment, because you will not be respecting or valuing your own self. Always consider that the options will be there for you to choose to help or make others happy.

If you try to persuade a person to follow a path you want for him or her, that person could be harmed, in that he will not really be following the path that makes him happy, and therefore it will not be your own intention to make that person happy. When you make an-

other happy, you help him with what that person most desires. In all situations of interpersonal relationships, you should consider following the tastes and preferences of the other, respect him for who he is and chooses, and accompany him if his path follows the line of your path and if you are also happy with that person.

Our friends will be related to who we are, because a common line is shared that allows enjoying life together. Loving couples should accompany each other on their paths and help each other so that both are happy together, without only one benefiting. It's a work of mutual cooperation that keeps them happy together.

If there is love as a couple, there will always be understanding for the other, and you will always look for ways to make that person as happy as possible by your side. When there is no real love, it can be seen that one is the one who puts in the effort, instead of both, and that it remains in unfulfilled promises. Because words are easy to say, while deeds need effort.

In couples that don't work, it's usually because they followed very different paths, which made them unable to support each other and make each other happy in relation to what the other wanted and needed. And in couples that work well, it is seen that both are able to accompany each other, take care of each other and make each other happy.

In all cases of couples, you must consider *love*. When there is love, it's possible to understand and make the other happy without it being a sacrifice.

25

Your inner power

It's up to us to get out of a situation that seems difficult. We all have an inner wisdom and power that allows us to continue on our paths. An inner power that moves us through life, that allows us to continue despite obstacles, to complete what we set out to do. It helps us to get through every complication that comes our way.

This power corresponds to who we are, it is part of us. It's not separated, but attached. It is *one* with us, with our soul, because *it is us*. We can make this power our own, we can nurture it, make it grow and use it as we see fit in the situations we want. When it happens that a person is not in a situation that favors him or her, he can choose to act with his inner power, bring it to light and use it to move forward.

By moving through the world with our inner power, we are able to act in accordance with our highest selves, because it allows us to overcome fear, it allows us to continue, instead of giving up, and to always choose life and the highest options available to us. By using our inner power, we use a tool of power that allows us to always go towards our goal, until we reach it.

When we use this power, we are the ones who ignite it, as if we were lighting a fire, fanning it and using it as fuel. When your inner flame is present in you, you always have the impulse you need to continue on your path, and you always move and act creating the events in your life.

Always consider acting in relation to your own beliefs and your own inner wisdom. Don't let others force you to do something you

don't want to do, don't let others control your life for you, for their benefit. It is you, and your power, what move your life.

You will be the leader of your life as long as you let this power act, which will be in alignment with your soul, and thus you will direct your life and not the others to you. The power they can exert over you is only illusory, and it will depend on you to give in to the pressure of your environment or to act according to your own consciousness.

When you manage your own life, you direct it to that place where your heart is, you direct it to where you believe is best. If you give up your power, if you give it to others, then you will be nothing more than a puppet guided by third parties.

When you use your power, no one can ever force you to do something that you don't want to do from within, you always follow the line that your soul wants, so you are always faithful to it, you are autonomous and happy no matter what happens, because you are true to your values and what you consider best for yourself.

Everyone can choose to give up their power or continue being themselves. Allow yourself to be who you are in your essence, and be brave enough to use your own inner strength to guide your life and establish what you want for yourself.

You will always have this force within you. It will be up to you to use it and nurture it.

Our decisions

We are in the place we have chosen to be. The decisions we have made have led us to be in the place where we are in the present. This place in which we find ourselves is related to all that we have lived previously, that has led us to act and choose the present moment.

If we are in a place where we are happy, it is because the decisions we have made have been the pertinent or appropriate ones, which have allowed us to reach a point in life where we are happy with who we are and what we have. If we are in a place where we are not very happy, we have to see what decisions have made us reach a point where we are not completely happy, to learn from it and make other decisions that will help us change to a better place, where we will be more comfortable.

All the decisions we make bring lessons that will help us grow, if we manage to consider them as lessons. And if we learn from each stage of our lives, we will achieve a very high development as consciousnesses. There are many people who fail to grow, but remain in guilt, repeating the same patterns that make them stay in the same place.

Each one, by being conscious, must ask themselves and review what can be improved in order to move forward. We all advance by caring about our growth. If we don't, we remain at the same point and attract the same events into our lives.

Always seek to learn, to grow, regardless of what you choose to live, be it good or not so good. Because, in this way, you will be able to advance.

What matters to us is that you manage to grow, that you don't stay in pain or in a place where you are not happy because you think you cannot change your lives. Many times, it happens on Earth that you don't move forward, you stay in suffering, and that keeps attracting more events of suffering into your lives, in a circle that does not end. You must learn to move on, to leave the past behind, and move to the places that will allow you to feel happier. Because, with the movement, you will get to a better place, not by staying stagnant.

Everyone can make an effort. We know that life there is very difficult, we understand that it takes a while to reach a point of happiness, we know it's complex. But it's not impossible, because nothing is impossible for you to achieve, you are the creators of your reality.

You must learn that everything serves a greater purpose, and that you run your lives. Don't allow yourselves to be controlled by fear or the circumstances of what is happening around you. Be brave and face your lives so that you can advance to a better place.

For this, you should start by making yourselves happy, you must understand that everything can be achieved and dedicate enough time to what you want most. Be constant, and there will come a day when you will wake up in the place of your dreams, and you will see that it will all have been worth it.

You just have to cheer up and start creating a better future for yourselves. You are important, dedicate enough time to achieve happiness, so you will affect the world around you with your frequency of happiness.

Dynamic people

We all have doubts when it comes to following our hearts —if what we hope and desire will really work, if it will really be for our greatest benefit or will we be wrong. We have doubts that often make us stop or not decide well.

When this happens to us, it's important to understand that we can always change again if we consider it right, that life is always changing, that it's dynamic. Because we and our lives are always dynamic. If you make a mistake in choosing a path, you can always change again to go on for a better place.

You should not worry too much, because that doesn't make you flow in life from the heart, as you should do, from your intuition and in connection with your higher self. You should always think before you act, but don't stay in that state permanently, because that way you don't move forward. When we talk about movement, we talk about changing, moving to other places, changing the energy to create other situations, and acting according to what is needed to move towards a different place.

In life, everything is coordinated according to the energies that are around, the events are synchronized according to the energy that you are or emit, you are attracting to your life what you put your attention on, and everything is orchestrated in a harmonious way according to the other energies. This allows us to move in one direction or the other. To change direction is to change your energy and thoughts to move in a different direction that will take you to the place you want.

You are creators, and as creators you are creating with your own energy what will come into your lives. You move in relation to the energy that you project, you are putting together the events that will be presented as creations. You manage it. When you see this truth, you understand that, what will come, will be what you create as reality.

By understanding this, you comprehend that there is no need to be afraid of change, because you create the change. To be afraid, is only to doubt your creative capacity. If you change from the heart, holding in your mind what you desire, with joy and enthusiasm, then that is what you will attract with the power of that energy.

You are capable of moving to a better place. Feel free to move to the place where you feel you will be more comfortable and happier. If you keep your energy high, you will only coordinate events equivalent to that high energy. This is a universal truth, and will remain so as long as we are consciousness.

If you reach a goal, it's because you did what was needed to do to reach it. You should not only keep in your mind what you want, it's also important to act and do your part to generate the changes. It requires effort on your part and commitment to what you want to achieve.

Put fear aside, and move forward

In situations where a person is in doubt as to whether or not to advance along a particular path, he or she should do an introspection to see what the main reasons are for not being able to move forward along that path.

When these types of situations occur, it's important to understand or visualize if it is because of fear or because the soul is indicating that this is not the path of life. It usually happens that it does correspond to the path of the soul, but the person is not encouraged by personal insecurities due to the education and experiences he has had. In this case, it's important to realize that you are not moving forward due to your own limitations, and not because it is not your path.

You can always advance on your soul path, even if you feel you don't have all the tools at the moment. Because, as you advance, opportunities will open up for you to develop other skills that you may not yet have well developed, but that you will need.

In life, we don't always get to see all the options we have; we only see our present. So, as you move forward, more opportunities will come into your life to which you can opt that you didn't consider before. Always, as you move forward, you can get to a better place or the place of your dreams, because you will be moving the energies so that those opportunities appear in front of you for you to take.

This information is to encourage you to act according to what your inner self dictates, to encourage you to follow your tastes so that you will be happier. Whenever you follow the line of your preferences, you will be following the path that your soul is telling you.

There are times when it's important to take a risk and act, leaving aside the fear and insecurities.

All those who follow their heart, accomplish their goals, and reach a state where they enjoy their lives and are happy. It will be up to you to move towards that dream place, it will always be possible and there will always be time. Just be guided by the compass of your heart so that you can advance there without problems.

We all make mistakes

We have a specific way of being that corresponds to our tastes and to what we have experienced that has shaped us. All situations shape us in a way that will be particular to each one, because the same situation can help one person to grow and, to the other, can only hurt him. It will depend on our capacity to understand a situation and to get value out of it.

All situations, if viewed from the right angle, can help a person grow and learn something that he didn't understand well before, thus gaining more knowledge that will help him to develop with greater experience in life. Every situation that we live brings us some teaching, and it will depend on us to take or not the value of it.

In the situations that you consider wrong, or that you made a mistake, you will only be seeing an error in yourself, damaging your self-esteem. But you can always see it as the beginning of a stage where you were able to continue on a better path.

Life is full of teachings. That is why it's said that those who are older are wiser, because through the experiences you get more information that makes you more aware of life in general. Whenever you have more information, you can see life from a more complete angle.

We are here to learn to develop, to advance, and we will only achieve this if we learn from each experience instead of labeling it as wrong or that we were wrong. We all make mistakes; we are people who follow our own path of evolution. There will never be a perfect person who has no falls along the way. We all fall. But it will depend on us, on our strength, on our focus with which we see life, and on our consciousness, to take the learning and grow.

Always consider others equal to you in their essence, and see them also as people following their own evolutionary path, where they will have falls. But they can always be supported among their peers. That is why we share the paths together, to accompany each other, to take care of each other and help each other to advance better in times of difficulties. We are all brothers and sisters, and we must accompany each other so that we can advance towards a place that favors all of us.

Don't blame yourself if you made a mistake in your past, and consider that you will continue making mistakes. But don't see it as an error, see it as the action that allowed you to realize a reality that helped you grow more. That is what our existence is all about, to live fully all that we most desire; and, along the way, we align ourselves better towards what we learn is more correct.

Your level of consciousness will be determined by your ability to open up to grow and understand your world from a much more global and complete angle, where you gain more information about your world and the existence. We all grow by realizing a mistake, if you are not able to realize that you did something wrong, then you will not be able to grow from that and move on to another place where you don't make the same mistake. Until one day you will realize it, grow and you will not make that mistake again. Being aware of the mistake will help you understand why you did it and how to change it, so that it doesn't happen again. But you have to be able to visualize it.

Life teaches us that we all fail in something, it shows us that nobody is exempt from committing an action considered incorrect or negative and that we are all worth the same. Having compassion for others will help you to understand life not from levels, but seeing others as equal to you in value and also in ways of being. When we know that we all make mistakes and understand life as a place of learning, we can take advantage of it and continue free of burdens that keep us trapped in situations that do not favor us.

Always understand that life is lived fully, where it will show you,
through your own falls, where it is best to continue.

30

Let go of guilt

We have in us capabilities that help us to function in our lives, and all of them are related to what we have learned in our past, as information that has contributed in our paths and that has allowed us to be who we are in the present.

The person we are today corresponds to who we have been, because we are the set of learnings we have acquired. But we are not who we were in our past, but who we are in our present. You cannot define yourself according to actions you took in your past that could have been wrong, harmful or unethical. Who you are today is not your mistakes, it is who you are today as a person.

When you start your life journey on Earth, it becomes very difficult on many occasions. You don't have advanced knowledge in consciousness, and the education is based on basic topics that are not of much value in the adult life. The knowledge you acquire is far from what you really need to function properly as a society.

Many times, we have been someone we don't want to remember, or with whom we don't want to identify. And guilt arises as to why we did something wrong, we think we could have acted in a better way. Everything you live is subject to your current life conditions. As you grow and acquire more knowledge, you have more tools to better choose the decisions in your current life.

If you don't allow your growth, you will repeat the same mistake. Only when you learn from them can you advance and change towards a more advanced person in knowledge and values. So, who you are today, will then be the sum of your acquired knowledge.

When you identify with a person that you were in the past, you are perpetuating those feelings of guilt. You must know how to move on and focus on who you want to be so that you continue advancing well. In societies that are sick, it's seen that they don't manage to advance correctly, but they repeat the same thing over and over again, trying to make amends instead of learning to continue on another, healthier path.

When you let go of a painful event from your past, you allow yourself to continue developing and moving towards a better place that will bring you better memories than the previous ones and more learnings. In altruistic societies it is seen that they accompany each other in their paths of growth, contributing to the lives of others who are close. They grow together, collaborating among peers.

The invitation is to allow your continuous growth and development, to learn from past mistakes without getting stuck in guilt, so that you can continue and return to be the persons you are in your essence: people happy and grateful for life, who support each other to advance together towards a better and healthier place.

When we allow to let go of the past to focus on the present, we become happier, and we continue with the illusion of reaching an even more advanced place on the way.

31

Living in the present

When you are present in your life, you are better able to focus on and enjoy a situation or opportunity. When you live in the present, you understand the importance of what you have around and value the richness of the experiences. Those of us who live, can do so from the past, present or future.

Living in the past means not enjoying your present life because you are living in the memories, which many times will provoke negative reactions in you. Living in the past is staying in a fictitious reality, since it's not in accordance with the present reality that your soul is experiencing. All souls desire the expansion, the progress. If you focus on continuing, you will advance in relation to what your soul set out to do.

Always understand the physical existence as an illusion in terms of matter and time, since those are factors that create a consciousness to experience a particular reality. If you are in your present, you will be living according to your soul's point of attention at the right time.

Time will be that which a consciousness gives due to its progress through life. The soul is the one that manifests the events in progression because it follows its evolutionary line from one point to another, in a forward direction, to fully feel and live each experience. If you live in the right time, which is the present, you will be able to enjoy what you have at that moment, value it, appreciate it, take advantage of it; and then move on and find other opportunities that you can enjoy, value, appreciate and take advantage of as well. When you are in the present, you can be the person you are, fulfill your role in that

moment, be happy with what it gives you and continue happy knowing that you made the most of what you had.

If you look to your future, do it to create what you desire. When you look ahead to possible paths, you are giving the energy to create and synchronize the events that will allow you to get there. In cases where you imagine futures that you don't really want, you will be giving of your energy of manifestation to that negative future, drawing it to you, making it a reality.

We have the ability to create our lives according to our tastes and convenience. If you enjoy your present and imagine the future you desire, being positive, you will be in line with your tastes and greater happiness, and you will be able to enjoy the experiences and be happy in all the times.

We all co-create the future, we can all give to humanity positive situations that will contribute to the creation of a more positive collective line, thus contributing to the well-being of all. When it's in your mind the interest to continue happy and create a happy life according to your tastes and interests, you contribute to the world with that energy, and you help by example so that others also create a life according to their own interests.

Creating will always be positive if you do it consciously and from elevated emotions. Creating is an action that corresponds to you by right as a soul. All of us create, we are creators, and it will depend on each one what creation we will do for ourselves and for the other members of the universe.

If we have an idea in mind, it can be created. There are no limits. Just make it possible, from an idea to the concrete manifestation of it.

Happiness

When we are happy with our life, it is because we value and appreciate what it has to give us at that particular moment. Those who are happy manage to enjoy their life, but without necessarily having everything, such as material goods, but enjoying what they have at hand to enjoy.

Happiness is particular to each person; it is achieved when you enjoy the present moment. It doesn't correspond to something external that will appear in your life to give you the happiness that you have always hoped for, but it's an inner feeling of your being that knows how to be grateful and enjoy what it has in the moment.

We will always have moments to enjoy, the key to visualize and appreciate a moment to be happy, lies within us. The moments will be there, showing themselves, and it will be the person who, according to his or her consciousness, will be able to see them or not.

Being grateful allows us to live happier lives, because we will be appreciating what we have. And it also allows us to attract more happy moments similar to those we pay our attention to and value from the heart. We can all observe around us what we have to value and be happy, we are all presented with opportunities with which we can be happier. The opportunities will change as time goes by, and some opportunities will go away but new ones will come. Knowing how to appreciate an opportunity will help us to be happier.

Whenever you are in a place where you cannot be happy, consider that everything passes, and that, later in the future, new opportunities will come that will allow you to be happier. Always consider that by moving and projecting with your thoughts and feelings a new

future, you will be allowing that new future to appear in your present. We are the creators of our lives; every time you imagine you are creating. If you take your attention away from what you do not want, and put it on what you do, you will be allowing that creation in your life.

We are all free to create at our convenience what we desire. We can all manifest what we want the most. Because in the universe there are no limits to manifestation, only the ones we set.

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The variety of opportunities

Whenever you want to continue on a different path, you follow your tastes, so that this new path is related to your interests and makes you happy. We always seek happiness, to fulfill ourselves in some way, whatever way we choose.

We all have interests in mind, dreams that we want to fulfill, which will take us to other places where we will choose other dreams that will be related to what we want at that moment, and so on. We are changing, varying and developing ourselves according to what catches our attention at the moment.

When you have your purpose in mind, you follow the path that will lead you to fulfill it. That path will be as long as you decide it to be, because more options and opportunities will always open up for you to take, which will make you change in one direction or another.

In the moments when you want to sit down and reflect, you will realize the length of your journey. You will look back and you will feel your progress, from one point to your present. And you will understand why you lived what you lived, you will understand the steps you had to take to get to your present.

Always consider your past as what allowed you to get to your current life. The mistakes are not errors, they are one more step that contributed to the concrete realization of something that helped you to understand life from more perspectives. Living in the past doesn't present challenges for the soul, but rather paralyzes it, and doesn't allow the person to enjoy his or her current experience, understanding that life is always changing.

Trying to change towards an optimal state of being also corresponds to living and enjoying the present, to take what life has to give you and to enjoy the moments you have to be happy. There is no such thing as being permanently happy thanks to things you have obtained external to yourself, happiness is born from within each one, as a consequence of valuing what life has to give you at the present moment. If we understand the value of a specific situation, we will be seeing it for what it has to contribute to our lives.

By understanding the variety that life gives us, we understand that there is not only one thing or opportunity that can make us happy. There will always be several paths that you will like and that can make you happy. To think that only one thing was what would make you happy, and to feel that it's no longer available to you, is again living in the past and keeping your attention on what is unattainable at the moment.

Life should be seen with all the variety that it has. The opportunities are too many, more than you manage to consider in your current life, because the universe is unlimited in terms of creation. Look at your life with its possible and varied opportunities that it has to give you. Understand the abundance and the constant flow of new opportunities, all will have something to give you and teach you, and each one will open more doors. And you will continue like this in your life, always changing, in constant evolution, in constant progress and in constant expansion.

Living your life looking at the past will not allow your development, nor will it allow you to be happy. Allow yourself to be free of burdens that no longer contribute to your present. Those burdens fulfilled a role in your past that no longer fulfill now. Let them go and allow yourself to move forward and create new realities that will make you happier.

We will always have the possibility of moving to other places, life doesn't stand still, it is a constant movement of opportunities, of people, new stories and adventures are created. But only if you allow yourself to move to other places away from your past.

We are all together in this universe, living our experiences individually and also collectively. Allow yourself to keep moving forward, give yourself the opportunity to be happy in other areas that you had not considered before. Because happiness will always be at hand of whoever wants to take it, it will always be there. It will only depend on your point of attention and consciousness to see what your current life has to give you. When you encourage yourself to continue, you allow your growth and greater happiness.

The enough enthusiasm

When you want to achieve something in particular, you must put your energy into it, you must do your part to achieve it. When a person is determined to achieve what he or she wants, he does everything possible and impossible until he succeeds. It's an attitude, predisposing and working to achieve what is desired from the deepest part of your being. When you are willing to work for what you want, the right paths open up for you to get there.

The enthusiasm is the concentration that you maintain in your own project, it is what motivates you to continue focused, in order to achieve what you want over time. That enthusiasm will be born from within you, once you get on track in what you like. It is born as a result of doing what interests you the most and makes you happier.

When you have enough enthusiasm, you can continue on the paths that will lead you to achieve what you want. All the paths you take will lead you there, so rather than choosing the right path, it will be about continuing and moving to that direction, whichever path you choose. If your intention is clear, all the related paths you take will lead you to that place where your goal will be.

In situations where you encounter obstacles, your enthusiasm, if it's enough, will help you get through them and not slow down. It will be a springboard that will help you overcome the obstacle to continue. Everyone encounters obstacles when following their dreams, and it will be up to each person to overcome them and continue focusing on what they most want to achieve.

We can all achieve what we set out to do, regardless of the most favorable or least favorable condition in which we find ourselves. It

will depend on the work of each one, our interest, our effort and persistence.

People have different qualities and abilities that help them to continue, some will be more skilled than others in certain areas. However, all people can achieve whatever they set their minds to, if they have the intention to do so. Because the power of each one goes beyond their age, sexuality or condition, it is the inner force that incites you to continue, the fuel that will allow you to reach your goal.

Your inner strength

We have in us an inner force that manifests as a consequence of wanting to continue. This force incites us to move to different places to continue our journey through life. It allows us to stay alive, because it is this force that drives us to continue.

When we run out of this force, it is because we have decided to change to another more natural state, to leave the physical body to rest. As long as we have this will to live, there will always be the strength to continue.

Your inner strength is your fuel, it is what makes you move in the direction that your soul desires or that you desire from a higher level. The inner strength that is in you will always allow you to continue despite everything that happens around you, because you will know that, thanks to this strength, you will be able to move your energies to keep creating and opening the paths to keep going.

We are, in essence, the Source itself, which is pure energy. As long as we wish to continue, this force will continue within us. If we don't wish to continue, this force will neutralize or return to its purest state, to non-movement; and it will remain in that state until we begin again a new path of life.

There are people with a high level of internal energy that leads them to continue despite everything that happens around them, helps them to stay alive and to fight for their dreams. And there are others who remain in a state of non-movement or stagnation, where they must, through their own consciousness, get out of that situation to find their strength to continue. It will depend on each person.

And it will depend on you to continue, how to continue and where. It will be up to you to mobilize this internal energy, feel it and use it to create and move. As long as you intend to continue, you will be able to acquire this energy or inner strength.

The enthusiasm is the one that allows you to find the strength and energy, and mobilize it towards the creation of future events. You will continue as long as your will to continue exists, as long as you have this inner strength that allows you to move to other places.

Creative consciousnesses

When we have the intention to create a favorable event in our lives, we must consider that that option will always be available to us. As long as we have the *true intention* of fulfilling a purpose, there will be enough energy in your environment to allow its creation.

We all have the power to attract what we want, because we are creative consciousnesses of the matter and of our lives. We have created everything around us, both individually and collectively. We create our physical environment, our inner reality. We create with our thoughts and attitudes, with our words, with our actions. We create our own individual universe that is shared collectively with the other creative beings like you.

Those who create, do it consciously and not so consciously. It is achieved thanks to our ability to emit frequencies and create new ones, which allow us to attract and make material something like a situation. When we understand that we create in every millisecond of our lives, we can consciously create our lives at our convenience or according to what we want more, because we will consciously manage the thoughts, emotions and attitudes towards life, which makes us create the reality we want.

We are all capable of changing course if we wish. We are capable of changing our creation or current life, if we don't like it. We can manage to create a life according to what we want at the moment. So, we can always change and mutate to other places or ways of being that we want more.

When we *consciously* create our lives at our convenience, we can be happier, because we will attract what we like and what makes us

happy. We can enjoy life more, by feeling that we have control over it and over what will appear before our eyes. And we can help others in creating a better life by teaching by example what we have achieved on our own.

When we start creating, doubts may arise regarding to the process: whether it will work or not, how quickly I will be able to attract it, if it's really possible to achieve something that seems impossible. All those doubts must be cleared at the moment of creation, because they will be energy frequencies that will affect your creation, being opposed to the creation itself.

Once you feel unlimited and know that everything is possible, there comes a time when you create without problems. And, many times, you are surprised, because better things come than you expected. This happens because, in connection with your soul, you can synchronize the events you want in your reality regardless of their nature and through multiple possible paths.

When we start creating, it is done from elevated emotions. From love, empathy, understanding, positivism, joy, peace. Because these emotions are the ones that present greater energy to manifest a reality, they are fast frequency waves that have greater potency. When you feel these emotions within you, and manifest from that elevated state, feeling unlimited, and perpetuate that state of creation as much as possible, focusing on what you want, you manage to create even what is considered impossible. When you allow yourself to do so, feeling unlimited, you manage to attract into your life what you most want and in the most beautiful way that the universe has to give it to you.

When you are aware that you are a creator, you can create everything you desire without limits. Because, for your divine being, there are no real limits, only those that you propose to have.

Change your interior to change your exterior

There are many cases of people on Earth who find themselves in a place where they don't want to be, where the circumstances of life have led them to be there, and it's difficult for them to find a way out of that situation to get to a more favorable place. All people go through moments where they find difficulties and try to look for better ways, but often they don't succeed easily because they require money or other things that they don't have, that would help them get out of that particular situation.

If you find yourself in one of these situations, what you can do is begin to change your inner state so that other options begin to synchronize into your life. When you change your inner self—the way you think and act in front of the world—it is possible to alter what will come into your life, because *only what is equivalent in frequency with you will come to you*. When you are able to change your inner self through a change of attitude, a change of frequencies and inner emotions, you are able to manipulate what will finally come to your reality in a not-so-distant future.

People who live in elevated states of being manage to manifest positive events in their lives as a result. We know that it is difficult sometimes because you are overwhelmed with problems and complicated situations, but this is the quickest way that will help you to be better, because, without necessarily having everything you need, favorable events will come to you that will take you out of the current situation.

The universe is in charge of delivering what will come into your life. The possibilities are infinite and so are the paths. So, letting the

universe deliver what you need will be more productive than trying to control all the variants that exist. When you flow from an elevated state of being, you allow the universe to give you the *how* and *what*, according to what you need at that moment, you allow the universe to assist you just by changing your inner energy.

We are a reflection of our creations, and our creations are a reflection of who we are. We must create consciously, understanding that we are the ones who are guiding our lives and manifesting at will what we desire. There will always be options for you to be better, even if you don't see a path clearly at that moment. The opportunities will always be there to appear in your life, and will allow you to take them or not, depending on what you deem most convenient for you.

When you create an inner world that is rich, positive, adequate to your well-being and the well-being of others, you manage to stay in a range of frequencies that will allow you to be well. It will allow you to advance peacefully no matter what happens in your environment. You will manage to manifest events that will be positive for you and the others.

Caring about the inner world is responsibility of each person. If you take care of yourself, you will be taking care of others as well, you will be contributing with your creations and positively affecting your environment. Being well, each one, energetically helps the world in which we participate, it helps us all to continue better.

It is possible to live in a world in harmony where everyone enjoys the experiences. And it is there that we aspire, that we all live in peace and unity.

Unlimited in creation

Each one of you carries the magic within to create whatever you want, because from within, from your own consciousness, you manipulate the energy to become what you desire in your life.

This quality is not only of human beings, it is of all the species with consciousness that inhabit this universe. So, each species, being in direct connection with the creative Source, can manifest at will what it desires.

These creative qualities are related to feeling creators, if you don't feel capable of creating at will, then you will not be able to manifest in your reality what you need for yourself. You must first know that you present this creative capacity to begin to create at will.

People with soul are infinite in essence. The body is not as important as the consciousness itself, which inhabits you. *With your consciousnesses you create.* It is not with the brain; it is not with your hands. You, as consciousness, with the *intention*, are managing the energies to create an event in your lives.

The events will appear in front of you because of what you created previously or in your past, once the energies have been mobilized to act and manifest the event. Whenever you have an idea in mind, you will be giving it energy of manifestation that will act at the ether level to then synchronize and appear as a fact in your reality. When you realize how to create, you can manage your thoughts toward that which you wish to appear in your reality.

As creative people, you can manage to manifest whatever you want. You will only be limited by the limiting thoughts you have that will interrupt your creation. You must understand that everything

will always be possible to manifest, you are persons who create, you are not only biology. You are, first of all, creative consciousnesses, and as a result of that there is the material world that you can appreciate, and not the other way around.

You must understand that each one is complete and can create in their world what they want, regardless of the physical place in which you are, regardless of the amount of money or possibilities that you see nearby. You can always create, with enough intention and energy. Don't limit yourselves, just practice creating with the intention in your hearts so that you can manifest new creations that will contribute to your happiness.

We are supporting you so that you can manifest and create your lives according to what you most desire. We want you to be happy and to practice creation to manifest a better world for you personally and for the collective.

We are creative people, let us create a better life without limits. For that we are in this limited physical world, to demonstrate that we, as consciousnesses, have no real limitations, that we can go beyond what seems possible, that we can co-create an ideal world for all.

We are unlimited, let us not forget that in our busy day-to-day lives. Let us practice creating, and we will understand that it is possible to achieve what we dream of. And we will feel the limitless force of our true self, a self that acts according to what it wants and not what others want.

An unlimited universe

You are people capable of achieving any goal you set, because it is up to you to achieve them, it's in your passion, drive and enthusiasm. We can all be who we want to be, with effort and perseverance. We can change our way of being for an improved, more advanced and happier one. We all can, because it depends on us more than on the outside, as we are the creators and the ones who organize our lives in one way or another. We build our lives to our convenience and tastes.

The universe gives us the opportunities according to what we desire and according to the actions we take. The universe will always give us everything we need, if we are open to receive what we want. This means that you will always have what you feel you deserve. If you feel that you deserve something, you will project that energy that will attract it and will not reject it. So, it is important to do an inner work to complete the healing and harmonization of each one so that there are no discordant energies affecting the manifestation process.

All the limiting programming that you have acquired over the years, and due to your education, you must change it for another where you feel and know that everything is possible to achieve. Because the beliefs that you have will also affect the manifestation of the events you want. You must do an inner work to clean old recorded patterns and change them for more positive and open ones, which allow you to attract more easily the opportunities that will make you happy.

By understanding this concept of an unlimited universe, and that we are attracting the opportunities, we understand that we are free to create ourselves in one way, and then change it and create ourselves

in another, always advancing and always following our personal tastes. Life is like this, it's about co-creating life together, sharing new experiences, sharing our creations, in order to experience all that we desire and advance or progress as consciousnesses.

When you have doubts about whether or not you will be able to create an event, ask yourselves who you are, and within you will find the answers: *creator gods with unlimited power and potential to create at convenience whatever you deem will make you the happiest.*

Don't limit yourselves, friends. Open yourselves to the possibility that everything will always be possible. Because the universe presents in potency the energy for you, as consciousnesses, to create the events.

Feel free to create a happier world for yourselves and others. It's in your hands to achieve everything you set out to do. Find the enthusiasm and participate in the conscious creation of this universe in which we all participate with our own creations.

We are counting on you to co-create a happier world on Earth. We hope that you create events that will best benefit you, your families and the other inhabitants on Earth. We look forward to your participation in creating what is most favorable for you and for others.

When you create your lives according to what you feel is right, and not according to what others expect or according to your fears, you will move forward as a society to a healthier place where everyone can live in better conditions. You must understand the importance of unity and that each individual creation will affect the others energetically, and that you will affect with your actions.

All of you, as a collective, can advance from each individual form and according to the actions that each one takes. You are members of this universe, and, as such, you have the right to be happy and to create a happy world that favors you, your loved ones and everyone.

We want to give you our support in the situation you are living on Earth. We know that it's not easy what you live, we understand what you suffer and the job insecurity you experience. We are sup-

porting and encouraging you from the orbit to continue without giving up. We have faith that you will make it through. We hope you will be able to move on to a better place soon.

We ask you to resist, to help to generate the changes and not to stay in pleasing others.

The true gods creators of reality

If you live in an inner world of peace, you can create in your future more events similar to that energy that you are delivering. The "law of cause and effect" is related to attracting what is equivalent to the energy that you have been delivering, whether it be with your actions, thoughts or emotions, since all of those are frequencies of information that attract frequencies that resonate in a similar way. So, if you are a frequency that allows to project things within a positive range, you will attract more situations of that nature in your near future.

We are always creating our future from our present. The future will always be *our creation*, rather than situations or events already pre-written. We are creative beings and, as such, we are creating in our present what will be presented.

We also have collective creations, where situations are created together that will live all those who share that space-density. So, as a collective you have to organize yourselves to manifest together a better life for all. We are never alone, we are always participating with other people or energy frequencies, with nature, animals and other beings of the same race and of other races.

We will always be the creators, so our future will be related to what we individually and collectively create in the present. Being always aware of what we think in the moment—living in the present, aware of our thoughts—allows us to control what will come as a manifestation in the future, allows us to direct our lives and be the creators that we really are.

The animals are also creators, as they have an individual soul just like us, so they also create what will manifest in their future, they attract what they focus their attention on. They are also beings with their own thoughts and emotions, we should not look at them in less. Children, the elderly, all who have a soul, will be creating their lives in relation to what they express as energy.

It is very important to be conscious of this manifestative energy because then we can direct it towards what we desire and take our attention away from what we don't. Your media controls your creations, makes you all focus your manifestative energy on negative things, which causes you to manifest energetically similar situations in your lives. They do this as a control mechanism, so that you remain in a constant state of low frequency energy and thus continue to feed the current system that only favors the Elite and doesn't really favors you.

When you know that you are creators, then you manage your creations. Our invitation is for you to be conscious of everything that you are projecting into your future. If you want a better life, project that, from high-frequency emotions, from high and positive thoughts, from optimism and feeling in control of your lives. Because you are the ones who direct them and have directed them, being aware of it or not.

When you come to understand this universal truth, and distance yourself from religions, where you are made to give up your power and live lives of suffering and sin, you allow yourselves to be the ones who, through your individual connection, manage to manifest your lives, as the true gods creators of reality.

You must know how to search this truth within yourselves. When you find the divine being that you are, you manage to move forward to a better place that suits you and makes you happy.

If you are in a place where you feel victimized, you should begin to listen to yourselves, to find out more information that allows you to advance in consciousness, to practice creating, to see cases of people who have succeeded. And so together you will advance until you

achieve a future where you live in a more dignified way, like the true gods that you are.

You have the power within you. Be the creative people, use this power to manifest a positive future that will energetically benefit us all. We are all energetically united, share good energy with your peers and let us enjoy the experiences together.

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Religions

We deliver the information with love. We care and strive to deliver messages that are a contribution, light in the darkness, that will help the people of Earth to feel better. Because you need hope, you need to be able to focus your attention on something that will help you overcome this situation.

We understand that it is very complex, and that uncertainty brings fear, while clarity brings light and hope. Everyone holds on to their beliefs, beliefs that have a basis in the education you have received.

All beliefs help in the connection with spirituality, that highest part of the being, the divine part. The connection with your beliefs helps you cope with difficult situations. To hold on to them is to hold on to a pillar that gives you strength and allows you to resist in the face of adversity. Every belief helps a person to find a space of peace, they provide help in difficult moments, on whom to lean on. They allow not to sink, but to float.

When we talk about religions, we are talking about a type of belief that allows this connection. However, they all have a purpose that has been carefully planned by entities above you, the purpose of serving them. That purpose doesn't fulfill the conditions that a clean connection to your spirituality would fulfill. They are manipulated by secret societies that only look out for their welfare and not yours. They are dark purposes and don't serve your welfare.

When we talk about religions, we are talking about control of population. They all serve the purpose of control, to make you submissive in a society manipulated by entities that take advantage of

you. These entities are outside of your field of vision, and they perform the control and manipulation over you from the shadows. Understanding this situation will help you to detach from them to make a direct connection with who you are: eternal and divine souls, who don't need anyone to control you, who are free.

All those who manage to see this truth will find a way out that will lead you to the real union with yourselves, will lead you to see a path of divine light and you will know the true being that you are by right: divine beings, creators of all that exists in the universe. You will find the true union, the true divinity and the true God.

You will always be free to choose the path that serves you best. We only offer light to those who are most lost. This light goes to you, brothers and sisters.

Spirituality

A person is spiritual by presenting a high connection with his or her divine part. This connection occurs whenever you have a soul or awareness of your own existence. And, in some cases, this connection will be greater, so it could be said that the person is more spiritual.

Every person who is interested in his development of consciousness and advancement as a soul will be approaching a state of greater perfection to what that person is in his purest essence: a divine soul of the Source. The most spiritual people, then, would be those who do an inner work to advance in consciousness and connect with their most divine part. And these people act according to high values, according to what their souls indicate and according to what they consider best, according to their own criteria and what they have learned.

The most spiritual people are those who are more aware of the world around them, are more conscious of the situations that occur, understand better the world in which they live. Because they present more information that allows them to realize more details. Unlike a person of low consciousness who will not be able to understand as much.

Spiritual people are themselves divine, because they live their divinity in a mundane world. This doesn't mean that you should move away from the comforts of the material world, but that you act, in relation to the situations you live, in an elevated way.

It happens very often on Earth to move away from the material world to manifest the spiritual self. In a physical reality you will not be able to move completely away from the material world, so a com-

plement is made between what the material universe delivers and what you experience on a spiritual level.

People who are closer to their spirituality will know what to do in different situations, because they will be in union with the wisdom that their soul gives them, they will be able to listen to it and download information from etheric planes. So, a person with greater awareness can be trusted when making an important decision.

That is how we do it here, we ask the persons, who by soul are more elevated, the decisions that are important. This can be seen when an advice is requested, and people take into consideration what a wiser person says, because it's understood that he has a greater understanding and can guide in a better way.

We can all raise our consciousness and live according to our most essential being. It will depend on the inner work that each one does to grow and develop as a soul. Everyone can learn more and become wiser, everyone can hear what their souls have to tell them, everyone can act according to higher values, everyone can heal and raise their vibrational frequency.

The change, both personal and collective, will depend on you, because you are the ones who guide and show the others the best path to follow. You are the participants of the shift in consciousness that is taking place on Earth today. Those who have more consciousness will be able to guide others in a better way.

The energy of love

Love as such is an emotion that is perceived when one is in an elevated state of consciousness, where unity with other beings is allowed. This energy is simplified in 2 main bases. The first one is related to unity, because unity is only achieved through love, and it is unity that allows us to live together properly. The second one is related to the understanding of the other. It is the understanding or empathy that helps in the unity of souls, so that together we can live in an atmosphere of love.

All people have the ability to connect with this energy because we are beings that allow this connection with the superior, by corresponding to divine souls united in their essence to the Creative Source.

We are infinite beings. Let it be understood that we act in a physical world, in a finite body, but that we will always have the possibility of incarnating again, if we decide that it is better. Our souls are always divine by having this connection with the superior and, also, we are timeless and we act with free will.

When a soul doesn't know where to go, it must begin an inner search to connect with its essential being and thus find the answers. All paths will lead to an ideal place, if the person moves from his or her heart with love, from this elevated state. Only in this way will it allow the paths to be opened so that the person can get to where he wants. It's from love that the person will be able to find his way, because, from emotions such as fear, will only cloud his judgment.

We give you universal knowledge so that you can discover these truths on your own, so that you understand this connection with your

divinity through practice. Because only then will you understand it well, by feeling it and not only through words. We ask you to practice love—to give love, receive love and give yourselves love— so that you will be able to overcome all the difficult moments and stages of change in society you are going through.

You are the creator gods of your religions, don't forget that. You are the ones who will create a better future. From your hearts you will contribute to your society and, in this way, you will be able to function in harmony, peace and unity. When you unite and feel the understanding towards your peers, united in love, you will move forward as a society. All of you, united in love, will be able to overcome everything considered dangerous that may harm you, and you will be able to share with your families and friends in peace.

You are all pure of heart. You may have lived difficult situations that damaged you, but understand that you are pure souls in your essence and that you can, once again, experience that state of abundance, health, understanding, unity, compassion. And that, in this way, you will be truly happy, from within and not due to external objects, but thanks to internal emotions.

Finding the truth

We all go through an internal process when considering taking a path. We have within ourselves the key to know where to continue. This key is related to knowing how to listen to ourselves and knowing how to decide on a path. When we listen to ourselves, we know where it is best to go. Listening to others to find the answers does not help us, if it doesn't resonate within us first.

When something resonates in you, it's because that something made sense to you from within, from the soul. So that is when you make it *your truth*, when it resonates with you from within.

When you have doubts and you feel that an information doesn't make sense to you, it is because you lack information to make sense to you completely, or because it is information contrary to your truth that will never resonate, no matter what information is given to you.

We are all participants in contributing with information or with our truths, and this allows the information to be distributed and reach other people. We are also deciding whether or not to empathize with an information, and this is done from within and thanks to a mental analysis. Distributing information allows more people to reach it, and it is thanks to this communication that we are able to advance and expand together and not individually, by sharing it with others.

The information you receive through the official media is filtered and calculated so that only one part of it reaches you, which is the part they want you to know. They don't deliver true information in many cases, so it's important that you integrate into your lives information that comes from alternative media and from people who have

been concerned about training and growing in knowledge. Only in this way will you allow a proper growth towards a healthy society. Only in this way, *with that other information*, will you be able to move forward as a society.

If you try to follow what the media says, you will only see a small part of the reality. But if you search for an information and perform an analysis of it, you will come to understand other things that you did not consider or see in your reality before. And it is these *other things* that are of great value, by allowing you to emerge as a society and evolve in consciousness individually.

When you present challenges in your lives, you open up to new possibilities. This is one of the challenges that you present as a society, to know how to search for new information and to be able to analyze it and interpret it in order to find the truth. Everyone is capable of finding information that is important, you are not limited in looking for it, you just need to understand that there is a lot of misinformation and that you need to know how to distinguish what is true among it.

When you see the problems in the official media, you will understand why they act as they do, and you will open up to the new possibility that you are indeed being controlled by third parties.

When you integrate a truth as your own, do it with conscious awareness, with individual search and by analyzing several points of view. If you do this, you will arrive at a more accurate truth that corresponds to your particular density and space.

By finding the truth you will succeed in improving your lives, and you will move into a new era where you will rule from within and with your own personal power. We would like to see you act in this way, and it will be up to you to make it happen.

The exception and not the norm

The civilizations that have existed on Earth over the years correspond to civilizations that have been influenced by stellar races as well. Many cultures share certain ways of being, some of them are repeated, due to the transfer of information and cultural exchange that is generated as a result of sharing between the races.

This has happened in ancient civilizations on Earth, civilizations of which you still have records. Not complete, because this information has been hidden from you for control purposes, but still traces have remained with you of civilizations such as Lemuria, the Egyptian and other great cultures that have developed on Earth. Just as the cultures develop on Earth, they also develop on other planets, where a cultural exchange is generated as well.

It always happens that the most advanced stellar civilizations in technology and consciousness, help the other star races to develop correctly, in an environment where they will not be unnecessarily harmed, and respecting their stages of development in consciousness and technology. These less developed races are allowed to evolve in an organic or more natural way, and are protected from a distance. This happens even in your solar system, there is more life on several of the planets, and that life is protected so that they can develop.

An exceptional case has happened with you, because you have been inside an artificial holographic matrix for thousands of years. It is like living in a computer programming where some non-real objects are inserted, which seem real to you.

That kind of experience is unique within the universe in which we participate, and has been maintained thanks to all the souls that

have incarnated on Earth during this period. Many of you have liked that experience and have repeated it, incarnating again in another body. It will depend on the preferences of each soul; some are willing to try it and others are not.

All the experiences you live there do not correspond to a normal situation. What you live is unique to your planet and does not correspond to how the other star cultures of the other planets live. This is very important for you to know, that the system in which you live corresponds to a form of behavior that is not natural to the reality of the material universe. It corresponds to the exception and not the norm.

What is left to you is to realize what is best and what is not. It's up to you to realize which things are harmful and should not correspond to the norm, and which things do correspond to what is true and real. There is a lot of confusion there, and it's because you live in a world based mainly on lies.

The connection that each one has with the Source will help you to realize what is right and what is wrong, and you should dedicate your time to the analysis and to cooperate to change the reality in which you live into a healthy one, which corresponds to how it is lived in the other stellar cultures in the universe. It is very important that you manage to distinguish the lies, what is good and what is not, because only in this way will you be able to achieve the changes towards a better structured society that benefits you all.

We want you to know the truth, and we are giving it to you, because we know that this will encourage you to move towards a better society. Don't wait for the system to determine your life paths, it's time to act together and start creating a better structured society.

People like you

All of us who are helping you from Earth's orbit correspond to people like you. People with a particular physical body that depends on the race in which we have incarnated. We have rational thinking, a belief system or spirituality, self-consciousness, particular tastes. We have emotions or an emotional body. We have history as souls. We present memories of our past lives and we tend to follow a line of development. And we also have dreams.

We are people like you, with interests and goals that we want to fulfill, with the intention of helping and contributing by giving our unique part to the world, to collaborate with other races. We are people who, like you, dress, eat the food that nature provides and live in houses that aesthetically depend on the tastes and preferences of each one and of each species.

Many of the people out here stand out from the rest by making a unique contribution to society, so you see very beautiful and unique creations that contribute to a more varied and developed collective. We all seek the expansion; we seek to serve and act in a way that is elevated in order to be a contribution to our society.

Here, you don't see injustices as on Earth, here unity abounds in societies, being one of its main characteristics. There is no violence either, only the dedication of each one to their society from a very comfortable and abundant place in terms of material goods, opportunities and food. The material goods are given by each community, because *together* we help to make people happy.

We want to tell you how life is lived on the other planets outside of Earth, and how we are, because we want you to open your minds

to the fact that, just as we live like this here, in peace and with a good standard of living for all, you can too.

What you live on Earth corresponds to the exception and to a system of governments imposed for control that doesn't look after your welfare, but rather of a few who control. That system of life is not optimal, and you, as citizens, can feel it. It is a very difficult life system that doesn't allow you to stay healthy either, both mentally and physically.

We want you to understand that normality is what we live out here, along with the other star races; that to you it might seem like fiction or that it might not really happen, like an unattainable dream. But the only unattainable dream is the one you don't dream and the one you don't create, as creators that you are. You must dream higher; you are conforming to a system of life that doesn't really favor you.

Everything you like, that you think the current system gives you, you can have it here, and for free. You will not lose what you like, except the unhealthy food, but it will be compensated with the integration on our part of new food for your enjoyment, and unlimitedly. In addition to technology that will help you in many of the tasks you do there, as well as body rejuvenation and also body regeneration for diseased people and people with motor problems.

We are aware of what you live. The next step is for you to see clearly the reality in which you live, and to understand that there are other ways that are more beneficial. We want to encourage you to cooperate in making change happen, so that you can share with your star families and we can assist you in shaping a new, happier and healthier society.

We are supporting you

We are with you, supporting you with different tasks that fulfill the different star races that orbit the Earth. We are helping you from different areas, as a support to what you live, because it seems appropriate to collaborate with you at this time. We see how difficult life is there, how unfair it is many times, and we want to help you by facilitating your lives in some way.

For that, we use combat strategies in case we need to stop some negative event that can affect you on a global level. We always act on a global level with you, worrying that they don't succeed in destroying the Earth and your families, as has already been planned many times by the reptile races that currently control your society and the system in which you live.

We act in your favor, supporting you, because we have more tools to allow you to live in better conditions. We clean the air and the seas locally on some occasions, we take care of the volcanic activities and other actions that we have been implementing to help you. We do it as a support and because we want to help you from our hearts.

In relation to the actions taken by those of us who help you here from the different star races of the Federation, we first discuss among all what is best for Earth and, after having reached an agreement or verdict, the actions to follow are dictated and the help is implemented. We do it in an organized way among the star races to help you. We do it with love and without a material retribution because, as you know, here we don't use money but we support each other with technology and social actions.

We all care for you, many of your star families are with you cheering you on and watching you make the changes there. We want to encourage you and tell you that you are not alone and you will never be alone. We are with you, your star families, supporting you with love in this period. We feel sorrow, along with you, for many of the injustices that we see. It causes us pain too; we are sensitive people and we are affected, as you are, by the negative things happening on Earth.

We want to encourage you to continue, because the time will come for the liberation of the Earth from the dark forces, and the opportunities will come to you so you can be happier than you are in the present.

We love you, friends. Do not give up, better times will come.

A good slave of the system

In societies, when there is a situation where you have to choose one way or another, you have to talk to all those who are involved in the situation and that will be affected, to reach an agreement *among all*. You should not choose only an exclusive group to make the decisions for the others, because that leads to others having to abide by what is imposed on them, and that doesn't correspond. You should always see it together, among all, not just one group.

On Earth, it is customary to receive information from superiors and abide by it, without even questioning it or questioning their researches. It is taken for granted that, if they are saying it, it is the right thing to do, and you don't think on your own. This should not happen, because you are handing over the power to a group of people to watch over decisions that will involve the others.

The decisions that concern the people of a place must be analyzed by all and accepted with full awareness, only in this way will a verdict be reached that benefits all, among all. Accepting the rules set by others is only a form of control of population. You are disempowered and asked to be obedient, which they put as a synonym of "good person" —not to say a "good slave of the system". When you are dictated by law to do or not to do something, it must always pass through your filter or discernment.

The information from the media should not be integrated as real, because through the media they manipulate you and manipulate the official version they want you to believe. They abuse you, and as long as you continue to yield your power to them and not decide for your-

selves, they will continue the abuse. It is not appropriate, unless you wish to be abused, which we doubt.

Always make decisions from your own conscience and heart. If there is something that doesn't make sense to you, investigate and find out why. Do the exercise of investigating, each one of you, on the matters in which you are not functioning as a society, so that you can get to the truth and move forward to a better place. We ask you to form your own idea on the things that affect you.

You must connect with your inner wisdom and begin to see the reality in which you live from a different focus, so that you realize what is true, what is a lie, what is convenient and what is not. Each one of you is capable of contributing and managing to give your part to society, and thus, together, you will be able to function in harmony.

Staying with the idea that one is useless doesn't help to advance and doesn't contribute. Each one is a divine person with ancestral knowledge that has been engraved in your souls. When you connect with it, you can get information that will be useful to you in your current lives. Don't think you are *nobody*, because you are not, you are divine people in a material world of low vibrational density.

Be who you are in your essence, only then will you be able to move forward correctly and manifest a better life for everyone, and not for some, as it happens so far on Earth. You are capable of achieving this, you must only believe in yourselves and strive to give your part to the world. The world needs you, do your part.

We deliver this information to you from the heart and with love. We know that you can do it united. All together can succeed in manifesting it, because you are the leaders and the creators of your reality there on Earth. Be the leaders and don't let yourselves be managed by third parties who don't wish you well.

Change of society

The information we provide corresponds to information that we consider will be of help to you, as a guide on your paths, so that you can advance in consciousness and create together a society that allows you to live in peace and happiness. We do it as a help to you, because we know well how it is better to shape a society to live in harmony and health. We do it with great affection and concern for you, seeing you as brothers and sisters, as equals. We do it to give you the knowledge we have acquired that we believe will help you to advance.

You will always be free to act according to what you consider is best for you and your families, you are all free. We want to tell you that we support you in whatever you choose, and that we will be participating as a support, giving you a guide so that you can decide with more knowledge about your lives. We will never impose a path on you, everyone and their decisions will be respected.

We are watching over you, protecting you from events that could harm you collectively. We are acting on your behalf to prevent the group of people who control the Earth from taking advantage of you and harming you in a way that you couldn't defend yourselves. So, a catastrophic event will never occur on a global level, as you are being told will happen to cause fear in you.

The change of your society will take place in stages and in a way that everyone can change without being harmed as a collective. It is done in stages so that everyone can advance with the changes that need to be implemented and because we understand that each process requires time to develop. The changes will come from you, we

can guide you, and you will be the protagonists and the ones who will succeed in changing your society.

We want to invite you to participate in this project, in this change of consciousness and, therefore, of society that you are living today. The change will take a few years, which are not many, and we want to invite you to join and participate by doing your part, each one of you. If everyone participates, this process becomes easier. Each one, in their own way, can participate by giving their contribution to the world. You don't need to be others, or copy others their way, but from your own way of being you will contribute to the collective.

You are the leaders of the change

We are with you, helping you on your paths, with the intention that together we can help the Earth to improve its living conditions in the spiritual area —in consciousness— as well as in the other areas in which you develop there. Food is very important to change, the educational system that doesn't really contribute to your development, medicine, sexuality, how you relate to each other. Help is needed globally and also individually. There is a lot of work to do and it will be easier if we all work together as one.

Help is welcome when you are open to change, but not when you intend to stay in the same place for comfort. Every change takes effort, and it's up to each one to help and make the changes that are needed. When you contribute, you are teaching others by example a new, higher, healthier and happier way of life.

All of you are on Earth today because you decided so from a higher level or from the soul. You decided it before incarnating, because you considered it as the most convenient for the development of your souls. You are not there by accident, but because you chose it that way. The lessons you gain from being on Earth are many, as well as the challenges and personal development you achieve through difficult experiences.

You must continue, understanding that everything contributes to your development as souls, that everything will help you to understand life from a broader angle later on. It will help you to develop resilience, to forgive, to empathize and understand others from the heart, regardless of what you experience.

It is a beautiful experience if you consider that it contributes greatly to your growth as persons. You must understand that everything you consider negative is a vision from that point of view, that nothing is really negative, everything is allowed and everything helps our development from various angles.

When you manage to take the learnings and see life from a greater perspective, you can focus your attention on helping others, on developing yourself and enjoying whatever is available in the moment. You enjoy your families and the opportunities that come your way more. Because you understand that life is always changing, and this means that certain opportunities that you have in the now may go away.

The world you live in will change for the better in a few years. It will be up to you to make the most of this time to develop and collaborate with your peers, to see life from a wider angle where you focus on what has real value and take your attention away from what is really not worth much. You are the leaders of the change to come.

We want to invite you to participate in this period by giving your part from your own hearts in order to help the Earth move towards a better place, where there is less suffering and more happy moments for you and your loved ones.

Everything you do has an impact on some level. If you focus on collaborating, you will help more people move toward a more ideal Earth. To all those who participate, we thank you.

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Formation of the ideal society

In societies, each person who belongs to it should have the same rights as others, because everyone must be considered equally. We should not discriminate and give opportunities to a few, but everyone should have access to them. This is how an ideal society works, giving all opportunities to everyone, so that each one chooses the path that will make him or her happier.

Everyone should always be integrated so that everyone can be happy, and not just a few. If you see that in the society in which you live only a few are happy, it is because you have not yet reached a point where you function in harmony, equalizing opportunities.

We are not talking about a system of communism, because communism doesn't give everything to everyone. We are talking about a system with *unlimited resources* so that each person can develop well in the society in which they live and be happy. When everyone receives everything they need, people manage to develop well according to who they are in their essence, they manage to develop their own projects and dedicate their time to them —and not to work to survive, as it happens today on Earth.

We ask you to succeed in organizing a society where everyone lives in harmony, so that you can be happy and not get so sick —as is currently the case, where you live in a society that is physically ill due to the mental stress you suffer when trying to survive.

Each one must be a participant in the change in order for it to develop, and only by uniting will you allow the change of your society. When you unite, each of you doing your part, you will achieve what you have proposed, so it's important that the fight for the liber-

ation and formation of the new society is carried out by all and not just some. You all live on Earth today, it is your home, and it's up to you to participate, as part of your society, to bring about change.

Don't be intimidated by the consequences, you will see that all the changes you make will lead to a better society and that everything will have been worthwhile. It is to change the current society completely, to build it from scratch, from your own hearts and according to your personal criteria.

When you achieve this together, you will see that it wasn't so difficult to achieve. When you unite from the heart with others and participate in this project to improve the conditions of the Earth, you will see that the change was necessary and that, thanks to your effort and collaboration, you were able to improve your planet. You will see that, what each one of you gave, was valuable, worthy and contributed to its conformation. And you will see the others in unity living in an ideal world, which is what corresponds.

Veganism

In a society where there are difficulties for its conformation, the most essential needs of people, animals and nature, *all included*, must be considered as a first measure. Nature and animals are also an integral part of society, they are participants in your lives because you co-habit and benefit each other, so they should always be included as well, not only the people. In fact, they are valuable people too.

Animals should not be harmed, they should be cared for and supported in everything they need, whether it's food, shelter, care for illnesses or accidents. They should have a source of water for all of them to drink when they need it. They should be cared for with love, because they feel the energy, the communication with them is from love, they feel it and respond to it. You don't need to talk to communicate with them, you can always communicate from the heart and with gestures that they appreciate, like taking care of them, caressing them and giving them food and water to eat and drink.

Animals have their own soul too, they are consciousnesses just like us, experiencing their own existence. They want to live that reality that they chose, they want to be the animal that they incarnated as and live according to the aptitudes that each one has. It will be according to the personal tastes of each soul.

Animals, like people, also suffer and feel physical pain, they have a nervous system that allows them to feel emotions and pain. Consider them as your children, who are more defenseless. They must be respected, their lives must be respected, so if your life is not in danger, they should never be murdered, NEVER.

They must be cared for as if they were your children. They have the same value, not a lesser value. They are all valuable because they are all divine souls that are part of the Unified Consciousness.

If your diet can be vegan, then so be it. Your bodies can be kept in good condition with only plant protein sources. You can achieve a balanced diet that has all the nutrients you need while being vegans.

If you are going to eat a vegan diet, you should be concerned that you don't lack essential vitamins and minerals. Because we know that there is a lot of food there that is vegan but not healthy, so you should worry well. A vegan person can have nutritional deficiencies if he or she doesn't eat healthy; but, if he does, he will stay healthy and will be able to live well.

The change to veganism is already taking place on Earth. You must understand that it is not done for pleasure, it is done because it is understood that animals should be cared for, respected and loved as members of your community, so you should be concerned about their well-being.

They must be treated with respect. The Earth is the only planet that presents such a degree of damage to animals, and that is something that must change. This is our recommendation to you.

Do you worry that you may be lacking nutrients by eating a vegan diet? It will depend on what kind of vegan diet you are eating. It is possible to live healthy by being vegan, and it's already being done. If some of you already do it, that means all of you can do it too.

Money system, barter and holographic society

In the society in which you live, you must understand that there are some flaws that must be corrected in order for you to function in a way that is more beneficial to you. These flaws are related to the system in which you function, such as the money system, which does not correspond to a system that is adequate or benefits you. Only some benefit from it, not all. And since not all benefit from it, then it must be changed for another system that manages to integrate all and allow all to live well, with the same opportunities for growth and material goods.

The entire money system that you currently use is to harm you because in that way you are controlled by not allowing you to be completely free but dependent on it and on your jobs—a work that is often done out of necessity rather than for pleasure.

Money is something that must be changed in your society. It is not appropriate because it does not benefit everyone, so it should be eliminated. It is possible to function in a society without money, that is done in other societies outside the Earth. In fact, the monetary system is unique to the culture in which you live.

You can carry out some type of exchange of goods, that has always been done—give something in exchange for something else—, but always considering that everyone should be able to have access to everything they *need and want*. The barter system does not work alone, it is used only as a way to give something in exchange for what another gives you—as a retribution—, but it is not used alone within the stellar societies. It is done as a way of giving something in return, but not as what allows a society to function.

Only a society with a holographic system, when it is in very large communities, works properly, where everything that is needed is given to all members of the communities. Everyone can access what they need to develop and be happy. This is the system that we see as the most adequate for the Earth at this moment, and you can already find information about its conformation on social networks.

We hope to be able to contribute with more ideas once you are already shaping this new society, fairer for you and your families. It will be up to you to organize yourselves to form it, so you must make the decision yourselves and start with its conformation. For this you must unite, only in this way you will succeed, because it requires the help of everyone to organize it in a way that it can function in harmony and not lack the essentials.

Basic needs

In every society we find that we must be concerned about certain needs in the first instance, we must direct our attention to what is most urgent to solve, and then move on to other less urgent matters that also require time and help from others. If we focus on helping in what is most urgent, we allow to find the solutions to those more important problems, thus allowing us to be better.

If we do not know where to start, we must worry about looking for the needs that exist. These needs will come to light by the requests of the members of the community. The most urgent priorities are: *housing, food and health*, because the lives of others and their comfort depend on them. Those are the first things to pay attention to when moving a society forward, all efforts should be put on those three things. Once they have been solved, we will continue with the other pending needs. And once all the needs are covered, we will continue with the other pending things that people request.

In advanced societies there are no basic needs, they are all covered, so people have a good quality of life. When a society is well formed, all the important issues are solved first and then other comforts are taken care of, where everyone participates by giving their part to others. Some will contribute with music, others with engineering, others with art, others with research and science, and so on, depending on tastes or who each one is.

You should always consider others as equals, there should be no social classes, you are all worthwhile people who deserve to be treated with respect. And all forms are unique, no value comparison should

be made between them. All are equal in value, and each one is special and unique.

When you succeed in moving toward an advanced society, everyone will be an important piece that will contribute in their own unique way to the collective. When you manage to function as a society, each of you will have everything you wish to have, in terms of material goods. Because in the universe there is no scarcity, only abundance.

Choosing the best paths

In life, there will always be better times than others. When we are united, we can better overcome times of conflict, we can all move forward together without leaving anyone behind. There will always be ways to solve the problems, there will always be appropriate paths to take that will be beneficial for the future. It is important to visualize or realize which paths are better in order to choose them.

When you visualize which paths are better and take the initiative to go in that direction, coordinating all the parties, the goal is achieved. When the path is clear, you achieve the organization of the tasks that will allow you to reach that place. In situations where you don't know which choices are best, you should keep searching, investigating and listening to all parties until you can visualize the way forward.

In situations of conflict, you must seek the best solutions and you must contribute to discover them. Between all, it is possible to obtain the necessary information that will allow you to elucidate the path. In advanced societies, the organization is done by all members, everyone participates with ideas and solutions, and agreements are reached once all the information has been heard.

As long as there is the motivation to move forward, it will be achieved, so allowing a good environment is important for everyone to cooperate. Teamwork will always be more effective than individual work, it will come out faster and the work will not be loaded on a few, but the tasks will be divided.

Always consider unity and cooperation, no one can survive alone. We are people who need others to survive and enjoy the experiences.

Being all well, we achieve the unification from the heart, and we can live in peace and harmony.

When we have another being in mind, it must be understood that that person will always be *you*, looking at life from another focus of attention. Comparisons are not necessary, we are all different and that is what gives value to each one of us, this uniqueness of each species and each person that contributes to the collective and to the Whole and its expansion. We are all siblings, let us not forget that.

Start with each one

In all situations, we should always consider starting with each one, showing by example. All people who support others do so because they have already achieved a balance in their lives that allows them to cooperate with others. Balance in finding their way, in taking care of their health, in doing the activities that make them happy. And once we work on ourselves, we continue to help others in the tasks that are needed.

We always contribute from within what each one has to offer, according to our own tastes and interests. And we support others to achieve a state of balance in their lives, so that they too can align with themselves and be happier.

Starting with one means that, whenever we want to help, we must first help ourselves; whenever we want to heal, we must first heal ourselves; whenever we want to suggest a healthy diet, we must first have a healthy diet. You must teach by example, because it is the example, or your person, that the other will see, that he or she will take as an example to follow because he sees that it has worked well for you and you are in a state of balance.

All people are equally capable of change, if they set their minds to do so. You should follow your hearts and act in relation to what you believe is right and what will make you happier, because in that way you will contribute with your happiness to the world.

Those of us who help, have already taken care to be in a place of balance, we have improved certain aspects of ourselves, we have taken care of our health, we have consciously decided to make the routine changes that have helped us to be better. All individuals can perform

these actions, if they make a conscious decision; all are capable of achieving the changes that need to be done, in order to help in the manifestation of a more just and better-formed society.

You are the ones who will achieve change, because you are the main players. All of you are important, each one of you can give your contribution. Even just by giving love you will be contributing. Others will contribute with advanced research on scientific and health issues, others with engineering, and so on. And when each one of you does your part, you will be able to advance as a society.

But you must worry about what is needed first, to pay attention to the needs that exist. Because in this way, by focusing your energy first on the needs, you will be able to be better and level up your quality of life.

Be the leaders of your lives. You are the ones who make the changes, not the governments. So the change starts with each one of you from within. Don't expect governments to improve your lives, they never will, because they have other interests with you that have nothing to do with your well-being. We are talking about those who run your governments, those who do not present a visible face and are today controlling your life system in all areas.

When you are the ones who lead, and you are the creators, then you can arise and create a better world. If you wait for the changes, you will keep waiting for them. You must act, from your hearts, according to what you believe will be best for all of you as a collective, and not just individually. You must think of your siblings: «how will I be better» but also «how will my peers be better».

Only in this way will you be able to advance and arise, from each individuality, until you generate the important changes that need to be made, which are in all areas. Because no area is fine, they all need to solve issues and reassemble as appropriate. You can do it, if you propose to do it and take action, you will succeed.

We hope you succeed soon. You will have our guidance on the way.

Play your role

In each one of us is the strength we need to move forward and overcome situations that do not favor us. In each one of us there is that inner light that allows us to move forward on our path and not give up. It pushes us to continue in spite of all the difficulties that may exist and may affect us.

It will always be up to us to continue, because we are people capable of deciding for our lives and continuing where we consider best. Each one is already complete, it presents a soul map with guidelines that indicate where it is best to continue, so listening to your soul will be the way to follow the path that will favor you more in your growth and expansion.

When you all align with your soul, you succeed in developing according to what you set out to do in this incarnation. Listening to yourselves is important, as it allows you to be guided on paths that will be in harmony with you and others.

If each of you does what you proposed to do, you will succeed in carrying out the project of *the liberation of the Earth*, you will improve human conditions and you will reach a point where you will be happier —all, and not just a few. Each time you play your role, you will be contributing to improving the situation on Earth, because each one of you has specific functions that, when carried out together, will allow you to co-create a better future.

Those who participate in this project do so from the heart, with the pure intention of helping. It is done from the heart and not hatred. This means that the fight is not through wars, but with consciousness. Always consider that others deserve respect. When every-

one respects and cares for each other, you can move forward together without harming anyone. This is what we would like to recommend, that you unite, care for each other, love and respect each other; and thus, advance together in the creation of a better world. When you play your role from your heart, no one is harmed, but it is done in a harmonious way, following all your soul plans.

If you remain silent for comfort, you allow others to continue abusing you. It is important to participate actively, not only by watching what happens in the news, but also by the actions and collaboration that each of you carries out. It is not enough to complain, you have the power to change the conditions because you are the creators of the world in which you live.

You always have an important role, do not limit yourselves thinking that you will not contribute, you can always contribute something to your society or group in which you live. What is important is your heart and what you do for others, rather than the amount or type of help. If you do what you consider that can contribute, you will be allowing the changes to take place in your society.

Each of you must listen to themselves, in silence, to connect with your inner self and see what you could contribute. Once you know, you can start to take action to materialize the help. The options are many, just choose the ones that follow your line of interest, and from your heart collaborate with others. Not fighting, not arguing, not attacking each other; with love for your peers will you achieve this change.

Your enemy is not your peers but a group that maintains the control of the money, secret societies that decide over you. They are the ones responsible for your suffering, not your peers. When everyone realizes this, you will be able to move towards a better structured society that will help you all to be happier, with unlimited resources and no monetary system.

The possibilities of change are in your hands; you are the ones who choose and the main actors of it.

Acting together for a better future

When societies achieved a greater knowledge of the world in which they live, they can work on those aspects that the community needs in order for its members to be well, they can carry out the actions that will be related to their better development and they can reach a place of harmony where its members live in peace because they have what they need to enjoy their experiences.

Whenever you can, see helping your society as what will allow you to get ahead, because it is through help that you will be able to solve everything that needs to be solved, you will put your efforts into what still needs to be done, the necessary tasks for a well-functioning society. By focusing your attention on the needs that exist, you can carry out an action plan to attend them. This action plan will help in the organization of its inhabitants to distribute the tasks and carry out this project as a team.

When you feel the call to help, be concerned with researching the needs in your community. There will always be different ways to help, you can choose the one that is closest to your personal tastes and that you are most enthusiastic about. When there is help from everyone, each one contributing in what is needed, it is possible to move forward as a community, in unity and awareness, all contributing.

The help will be for everyone because, when everyone helps, each of its members will be well, collectively and individually. If you need help, others will be able to give it to you as well. Together you live in peace because you have the support of others to get ahead. In situations where there is no collaboration, there is suffering in part of that

community. Whenever there is suffering, it is because there are adverse conditions where there is no help for everyone, because of the disunity of groups. Everyone should unite and then all will be well. When you follow agendas of separation, you only perpetuate the suffering that exists on Earth.

Each one, from his or her place, must contribute so that the planet arises and everyone can be happy. This is the most important thing you must do now. You are in a critical period where, if you don't manage to unite, many will not have the conditions to continue.

From your inner self, or from your heart, you will understand that it is necessary to help each other by organizing yourselves. Don't wait for others to organize you, it has to start from the heart of each one of you to help change society towards a healthier one; by uniting, understanding and respecting each other. You will see that the differences between you are superficial or have no real importance compared to what you could achieve by uniting.

You are the leaders of the Earth, of your future and that of your children. It will be up to you to act together for a better future. It will be up to you, and what you feel inside, how to collaborate and why to do it. The change starts with you. You will be able to help as you all grow in consciousness and achieve unity.

Final message

Our help is primarily based on cooperating with the Earth in the areas in which we consider that we will contribute the most. These areas are related to health, to help you create, to help you understand who you are in your essence, to help you understand that there are better ways of life that you can opt for, to help you change your society towards a healthier and better conformed one, to help you advance in consciousness so that you understand life from a higher and wider point of view where you understand transcendental concepts of life, to encourage you to cooperate with your brothers and sisters, to unite.

Everything we have contributed has been in honor of taking care of you and helping you. We have always cooperated in this way and will continue to do so. Our agendas are based on helping you and not harming you, as you have already heard on Earth. We want to make this point clear, and everyone who knows us personally knows that it's true.

Our interest with the Earth is based on guiding you so that you can advance on a higher path. We help you from our hearts, always respecting you and respecting the paths of life you choose. We respect what you have decided to live from higher spheres, we respect your projects and we respect the decisions you make there.

We don't impose paths, that doesn't correspond to our philosophy and values. We don't impose because we respect the freedom to act of each one of those who live on Earth. We respect your ways of being, even if they don't seem ideal to us, we respect your ways of

thinking and what you choose to experience. We will always be guides who will deliver information of help that will be received by those who are open to it and for whom it will be of help.

We do not participate in separation agendas, in any religion or supporting any religious figure. Neither do we participate in government-based politics that you have on Earth. If you see someone disseminating information promoting these agendas, you will know that it's not information from us.

We want to make it clear how we participate with you, so that there are no doubts about it. Whenever you receive information from us, it will be helpful and not to promote any agenda, nor will we ask you to do anything specific. We are light in your paths and will continue to be so until we finish our contribution to Earth.

From here, we look after you all your star families, and we hope you understand that we have to wait for the best time for you to meet us in person. But we are with you, we see you and we support you with love. There are many of us who participate in helping you and who don't discriminate by race, but focus on giving a genuine help from the heart.

We want to tell you that you are succeeding, we see that you will successfully achieve the change in your society. Stay united and collaborate with your peers. Keep your minds open to new ideas and concepts that will contribute to your future lives. Stay strong.

All our love to you, brothers and sisters inhabitants of Earth and star seeds of this universe. Our support to you.

Your siblings of the family of light:

The Arcturians

We wish you the best for the years to come.

*I love you, my Arcturian friends.
Thank you for your contribution to humanity.*

*And we thank the readers for reading this book
and for sharing it so that the information
helps more people.*

www.thannefa.org/en

