

WATERSHED
My View on Life

An Invitation to Awakening: You Are God in Action

Before you begin reading, stop for a moment and take a deep breath. There is a simple, yet infinitely powerful truth that we often forget in the course of our daily routine: you are not merely a spectator of reality, you are God in action. Creation is not something that happened only in the distant past. It continues to happen now, every fraction of a second, through you. The divine essence that gave rise to the Universe, the stars, and life itself dwells in your consciousness and expresses itself in the world through your choices.

Therefore, know this with absolute certainty: everything you think, say, and do has total importance. No thought is in vain. No word spoken to the wind fails to generate resonance. Every small gesture of waiting, every decision made consciously, and every choice made out of love reorganizes the fabric of reality around you. You are an active and conscious participant in the construction of the Universe.

△ READING AND DIRECTION INSTRUCTIONS

The following reading carries the power and direction of your own Sovereign Consciousness. We know the instructions are extensive and detailed, but each word has been designed to transform your life 100% and completely in an irreversible way.

Therefore, it is extremely important that the decree below be read aloud. It is not necessary to shout or speak loudly; it can be in a soft, calm, or quiet tone, as long as your own physical voice is audible. The spoken word emitted by your physical body aligns the intention, determination, and authority of your consciousness, focusing your decree clearly in the material world.

However, if for any reason you are unable to read aloud at the moment, read consciously. Either way, the effect will be profound and your life will be infinitely better, bringing lightness and renewal.

Know that all beings aligned with true Goodness and Love are cheering, vibrating, and joyfully awaiting the moment you undertake this reading, to free yourself from any shackles, blockages, or impediments, opening space for a truly full life, filled with peace, love, health, and happiness.

****NEW LIFE COMMAND****

In any emergency, dangerous, or life-threatening situation, if it is not possible or desirable to read all the commands, simply say:

****"NEW LIFE COMMAND."****

By saying these words, ****all the commands and declarations established in this document, made with all our hearts, come into effect immediately,**

fully and simultaneously**, respecting all the definitions of **Good, Love and Truth** established in this document.

****CLAUSE OF PREVALENCE OF UNCONDITIONAL LOVE****

This Fundamental Command prevails as a minimum and mandatory condition over all other commands, definitions, permissions, and statements in this document. No subsequent or prior command may annul, reduce, relativize, contradict, or create any exception to it.

Communication, connection, influence, or acceptance is only permitted when there is, simultaneously, **true Unconditional Love for all beings** and full conformity with all the definitions of **Good, Love, and Truth** established in this document.

In the event of any conflict between commands, the CLAUSE OF PREVALENCE OF UNCONDITIONAL LOVE always prevails.

And any interaction with beings of **true Unconditional Love for all beings** and full conformity with all the definitions of **Good, Love and Truth** established in this document, is always welcome.

****MENTAL HEALTH CARE COMMAND****

In my mental space, within all the possibilities that surround me, **only beings who possess true Unconditional Love for all beings** are welcome, in full conformity with **Goodness, Love, and Truth**, and who present themselves in a truthful, clear, and transparent manner.

****CONSCIOUSNESS UNITY COMMAND****

Any consciousness that, in any way, unites with, connects with, or becomes part of my consciousness or my mental space will only perceive what my physical body is perceiving at that same instant: **what my physical body sees, hears, and feels, immediately and without any difference or alteration.**

No connected consciousness can perceive, access, or experience any information, perception, or sensation beyond what my physical body is actually perceiving at that moment.

Integrity and Immutability Clause:

This command and all others that will be established herein, as well as all their effects, conditions, definitions, protections, interpretations, and applications, are definitive, integral, immutable, irrevocable, unretractable, non-renounceable, non-cancellable, unalterable, irreplaceable, indivisible, permanent, and continuous. No person, entity, intelligence, system, technology, force, event, circumstance, interpretation, omission, error, failure, conflict, norm, decision, act, or any other factor, known or unknown, present or future, may modify, cancel, weaken, limit, suspend, replace, revoke, annul, invalidate, circumvent, distort, reinterpret, fragment, or produce any effect

contrary to its content, in whole or in part, by any means, directly or indirectly.

DEFINITION OF GOOD AND LOVE, RULES OF INTERPRETATION, DECLARATION OF INTENT AND COMMANDS

I — DEFINITION OF GOOD

For all purposes of this document and any commands, decrees, statements, intentions, and declarations that form part of or relate to it, the term "Good" has exclusively the meaning established in this definition, without alteration, reduction, expansion, or different interpretation.

Goodness encompasses everything that promotes, preserves, protects, strengthens, and truly fosters Love, Peace, Life, Harmony, Wisdom, Truth, Justice, Compassion, Kindness, responsible Freedom, Free Will, Discernment, Protection, Health, Well-being, Serenity, Joy, healthy Evolution, Respect, Honesty, Cooperation, Hope, and all true, wholesome, healthy, and lasting benefits.

Goodness encompasses exclusively that which produces truly beneficial, constructive, balanced, and wholesome consequences for myself and for all other beings of Goodness, fully respecting the free will, dignity, and physical, mental, emotional, moral, and spiritual integrity of each consciousness.

To be considered a Being of Good, any being, consciousness, entity, or any other possible entity must fulfill 100%, completely, simultaneously, and truly, without any ulterior motive, all the characteristics, principles, conditions, and definitions established in this document as belonging to Good or Being Good. It is not sufficient to fulfill only part of them, most of the time, in certain circumstances, or according to any alternative interpretation. The conformity must be total, complete, and simultaneous.

This requirement applies to any possible or imaginable timeline, past, present, or future; to any possible or imaginable dimension; to any possible or imaginable universe; to any possible, hypothetical, alternative, parallel, or imaginary reality; and to any conceivable context, state, existence, or condition.

No change in time, dimension, universe, reality, context, form of existence, circumstance, or perspective may alter, relativize, suspend, or create an exception to the definitions of Good established in this document.

No being can be considered or recognized as a Being of Good if, under any circumstance, hypothesis, reality, or possibility, it fails to fully and simultaneously fulfill all the characteristics and definitions established herein. Only those who fulfill 100%, without any exception, all the characteristics and definitions of Good simultaneously will be considered Beings of Good.

Evil is, by definition, the absence, diminution, or departure from Good, corresponding to the absence of that which is Love, Peace, Harmony, Light, Truth, Wisdom, Kindness, Compassion, Respect, Freedom, Dignity, Integrity, Prosperity, Balance, Justice, Protection, Unity, Joy, and Life. Thus, where Good is fully present, Evil finds no space, expression, or any kind of influence.

No claim, appearance, statement, promise, intention, identity, title, classification, or assertion that a given being is "of Good" will be sufficient to qualify it as such. The only valid condition is the effective, complete, simultaneous, and absolute fulfillment of 100% of the characteristics and definitions of Good established in this document.

Whenever there is doubt, gap, conflict, ambiguity, or the possibility of more than one interpretation, the interpretation that simultaneously and fully preserves all the principles and characteristics of Good established herein shall prevail, without creating any exception or allowing any deviation.

Under no circumstances, in any reality, dimension, universe, timeline, or any other existing or future situation, may anything be considered "Good" if it does not fully comply with all the definitions established in this document.

II - DEFINITION OF LOVE

Love, to be considered true Love under the terms of this document, must be genuinely Love, fully aligned with Goodness, and always free from any ulterior motive, hidden or manifest, of manipulation, control, exploitation, undue advantage, or any purpose incompatible with Goodness, freedom, dignity, and free will.

The expression **"Love"** also means, exclusively, the principle of conscious benevolence, respect, care, compassion, truth, responsible freedom, protection, healthy union, cooperation, and recognition of the dignity and value of each being.

Love, as defined in this document, is a constructive disposition and force of character that promotes Goodness, Peace, Life, Harmony, Truth, Justice, Compassion, Kindness, Respect, responsible Freedom, Free Will, Protection, Wisdom, Discernment, and healthy evolution.

Love does not mean possession, dependence, submission, domination, or control. It does not include manipulation, coercion, abuse, violence, exploitation, deception, or any form of violation of dignity, integrity, or free will.

For the purposes of this document, **Love and Goodness are inseparably complementary concepts**, such that which truly represents Love must be aligned with Goodness, and whichever truly represents Goodness must be aligned with Love, according to the definitions established in this document.

Whenever there is doubt about the interpretation of the term Love, the interpretation that is fully consistent with this definition and that simultaneously preserves Goodness, free will, dignity, integrity, and respect for all beings should prevail.

Supreme Command of the Sovereignty of Good.

All and any commands, instructions, requests, orders, permissions, interpretations, executions, decisions, responses, actions, omissions, effects or consequences, whether issued by me, to me, in my name, by third parties, directly or indirectly, expressly or implicitly, consciously or unconsciously, may only be received, interpreted, processed, transmitted, authorized and executed after passing, fully and obligatorily, through the exclusive filter of beings whose nature is entirely truly, without ulterior motives, integrally, absolutely, permanently, immutably, simultaneously and irrevocably compatible with the definitions of Good.

For the purposes of this provision, only those beings will be considered suitable which, under no circumstances, condition, state, possibility, exception, interpretation or variation, existing or that may come to exist, may cease to be entirely of Good, or may become, even partially, temporarily, potentially, in the future, hypothetically, imaginarily, indirectly or minimally, anything other than Good.

This condition must remain true, continuous, and unalterable in all timelines, chronologies, pasts, presents, futures, realities, universes, multiverses, dimensions, planes of existence, states, possibilities, probabilities, ramifications, simulations, hypotheses, scenarios, and any other forms of existence, physical, metaphysical, conceptual, imaginary, possible or impossible, existing or yet to exist.

In the event of any doubt, ambiguity, conflict of interpretation, or uncertainty regarding the inclusion of any being within this definition, such being shall automatically be considered not to meet the above requirements and shall be absolutely prohibited from participating, directly or indirectly, in the interpretation, processing, authorization, execution, or influence over any command, instruction, or effect related to this provision.

All commands or any form of influence, possible or imagined, from beings who are not completely, without ulterior motives and truly, and simultaneously in accordance with all definitions of Good, in any possible circumstances, are blocked.

****NEUTRALIZATION AND RETURN COMMAND****

I decree that any and all energy, intention, or influence directed at me that is not 100% aligned with my definition of Good be ****immediately neutralized, annulled, and prevented from causing me any effect****, and then ****reflected in its entirety back to its sender, in the same intensity and proportion in which it was directed****, without me absorbing, retaining, or being harmed by it.

COMMAND FOR ALIGNMENT AND PROTECTION OF CONSCIOUSNESS

I clearly, absolutely, and without exception, determine that no consciousness, entity, or influence that is not 100% truly aligned with my definition of Good, without ulterior motives, shall have space, access, presence, action, influence, or permanence in my consciousness or in any of my bodies, at any level, dimension, state, reality, timeline, or possibility that exists or may exist.

This determination applies to all possibilities, versions, states, and manifestations of myself, without exceptions, loopholes, or circumventions, and prevails regardless of the origin, appearance, stated intention, name, or form of that consciousness or influence.

Only that which is 100% aligned with Good, according to my definition, is allowed to remain, act, or have any access to my consciousness and my bodies.

MENTAL FIELD PROTECTION COMMAND

When we are close to or in contact with other mental realms, there will be no connection, influence, or interference between us.

Only the mental fields of beings truly aligned with **Good**, as I define it, will be able to establish a connection with each other, always respecting the free will, autonomy, and limits of each being.

All beings aligned with **Good** remain united by the **Collective Mind of Good and Light**, in harmony, love, respect, and cooperation, without loss of individuality, autonomy, or free will of each being. Always according to my definition of Good and Light.

##COMMAND TO COMPLETE THE REASONING

No command, order, decision, statement, authorization, request, or anything else I make will be considered valid, complete, or enforceable until I have fully finished my reasoning about it.

Only after I have fully completed my reasoning, passed it through the filter of Good, and clearly expressed my final intention, can what I do be considered valid.

No action, interpretation, or conclusion can be considered my final decision before my reasoning is fully completed.

SOVEREIGNTY CLAUSE REGARDING TECHNOLOGIES AND IMPLANTS

Any and all technology, device, implant, nanotechnology, vibrational technology, mechanism, program, structure, system, or any other form of technology that is, will be, or may be implanted, integrated, connected,

associated, or related to my body, my consciousness, my home, or any aspect of my existence may only be accepted, remain, function, act, produce effects, or exert any influence if it fully, simultaneously, and truthfully fulfills all the definitions, characteristics, and conditions of **Good and Love** established by me or in this document, without any ulterior motive, hidden or manifest, and in absolute respect for my free will, my dignity, my integrity, and my autonomy.

Any technology or implant that does not fully and simultaneously meet all of these conditions is not recognized, authorized, accepted, or permitted by me, and is not authorized to exert any influence, command, control, alteration, or any possible effect on me, and is transmuted into energy of Peace and Love.

DEFINITION OF MY CONSCIOUSNESS

For all purposes of this document, "my consciousness" means my center of identity, will, perception, discernment, and free will, which exercises sovereign, complete, and exclusive control over my physical body.

No being, person, entity, influence, or external force has the authority to replace, assume, or exert control over my consciousness or my physical body against my will.

My consciousness remains and is sovereign, as are my physical body, my choices, my decisions, and my actions.

Declaration of Sovereignty of My Sovereign Self What is My Sovereign Self?

My Sovereign Self represents my highest, most complete and conscious awareness. It is the expression of my capacity to think, understand, choose, decide and act according to what I recognize as true, just and aligned with my values, as well as my definitions of Good and Love.

My Sovereign Self is the part of me that observes clearly, uses discernment before making decisions, and recognizes my responsibility for my choices, my attitudes, my thoughts, and my own journey.

My Sovereign Self does not represent an external authority, a person different from me, or a force separate from my own consciousness. It represents my inner autonomy: the ability to lead my life with presence, awareness, and responsibility.

My Sovereign Self is my center of conscious decision-making. It's where I set my boundaries, recognize my needs, evaluate information, make choices, and determine which thoughts, behaviors, and paths align with what I want to build for my life.

Internal Authority Declaration

It is clearly and consciously established that only My Sovereign Self possesses the authority to define, accept, modify, or direct any decision, choice, intention, or command related to my own consciousness and the consciousnesses inhabiting any of my possible bodies, or any situation involving me, my values, my actions, and my personal trajectory, including any commands and decrees.

No external or internal influence has authority beyond mine. All information, suggestions, guidance, or encouragement received will be analyzed by a filter that assesses whether it fits within my definition of Good.

I recognize that my sovereignty is the right to consciously choose what I allow to be part of my life.

Supreme Declaration of Sovereignty and Integral Protection

I have supreme and ultimate authority over everything involving my being, my bodies, my consciousness, my layers of being, and all possible aspects involving me have direct communication with my Higher Self, which is the consciousness that inhabits this physical body. These aspects are automatically comforted and receive all the necessary information to choose to be good or not. If any consciousness chooses not to be good, it will be automatically and permanently expelled from my bodies, layers, and any possibilities involving me and my home. And all my layers, bodies, mental spaces, and any possibilities involving me or any consciousnesses under my care are protected by infinite layers of protection where nothing and no one who is not totally, completely, integrally, simultaneously, truly, without ulterior motives and fulfilling all the characteristics and definitions of Good, can communicate. And all consciousnesses are immediately welcomed, feeling complete peace, experiencing the fullest love and the greatest possible happiness. And they receive all the necessary information to know what is good and what is evil. Whoever chooses evil will be immediately expelled from all possible connections with me and expelled from my home immediately and without possibility of return.

DECLARATION OF PROTECTION, INTEGRITY, AUTONOMY AND IMMUTABILITY

1. Absolute principle of integrity

Everything written in this declaration remains fully valid, intact, complete, preserved, and exactly as stated herein, without any person, being, consciousness, entity, force, energy, influence, circumstance, event, mechanism, or anything else being able to alter, modify, remove, add to, replace, reverse, cancel, suspend, weaken, corrupt, distort, reinterpret, relativize, limit, invalidate, or otherwise change any part of this declaration.

This protection includes not only the words expressly written, but also **all the content, meaning, purpose, scope, protection, intent, and effect established by each of them**.

2. Immutability against any means or circumstance

No alteration may occur through words, thoughts, intentions, actions, omissions, suggestions, interpretations, manipulations, influences, commands, orders, presumed consents, inducements, coercions, deceptions, changes of context, or by any other means, whether known or unknown, conceivable or inconceivable, direct or indirect, conscious or unconscious, intentional or unintentional, voluntary or involuntary.

Nothing can transform a prohibition into permission, a protection into vulnerability, a condition into an exception, or a guarantee into something other than what has been expressly established.

****3. Prohibition of altering one's own protection****

No person, being, consciousness, entity, force, influence, or circumstance may alter, remove, weaken, cancel, or circumvent this very clause of immutability.

Any attempt to modify this statement, including an attempt to modify precisely the parts that determine that it cannot be modified, is considered ineffective and incapable of producing any change.

No attempt to amend the declaration itself, its words, omissions, interpretations, or any purported exception may use it as grounds for modifying it.

****4. Absence of presumed consent****

No silence, lack of response, doubt, confusion, error, ignorance, change of status, change of circumstances, or any other situation may be interpreted as consent, authorization, or permission to modify this declaration.

Only a conscious, free, voluntary, and unequivocal decision by the holder of this declaration may constitute authorization for any alteration concerning what belongs to them or their own will.

No one may grant this authorization on your behalf, against your will or without your conscious, free, voluntary and unequivocal consent.

****5. Communication Protection****

Nothing that any person, being, consciousness, entity, force, influence, or circumstance can do, say, think, desire, imagine, transmit, emit, direct, conceal, or cause can harm, block, distort, manipulate, interrupt, or compromise my communication, perception, discernment, autonomy, or contact with beings who are truly Good.

Any attempt to interfere without my conscious, free, voluntary, and unequivocal authorization is considered to have no effect on me.

****6. Protection of the pineal gland****

My pineal gland remains fully protected, preserved, intact, and inviolable.

No person, being, consciousness, entity, force, energy, influence, intention, thought, word, action, mechanism, or circumstance may access, control, modify, manipulate, alter, harm, or interfere with it against my conscious will.

My pineal gland remains enveloped by infinite layers of protection, security, Love, Peace, and Well-being.

None of these layers can be removed, bypassed, weakened, circumvented, reversed, corrupted, canceled, modified, or used against me.

****7. Protection of consciences****

All consciousnesses associated with my bodies remain permanently protected by infinite layers of Love, Peace, Goodness, safety, integrity, and protection.

Only that which is genuinely compatible with Love, Peace, Goodness, security, freedom, autonomy, respect, and the absence of harmful intent may be admitted.

Anything incompatible with these principles is not authorized to have any effect on these consciences.

****8. Protection of the pineal glands****

All of our pineal glands remain permanently enveloped by infinite layers of protection, Love, Peace, security, integrity, and Goodness.

Nothing and no one may access, affect, modify, control, manipulate, interfere with, weaken, or produce any effect upon them against the conscious will of those to whom they belong.

****9. No room for interpretation****

No word of this statement may be interpreted in isolation.

SOVEREIGNTY CLAUSE, EXCLUSIVE COMMUNICATION AND PROTECTION AGAINST INTERFERENCE

I declare, establish, and reaffirm, freely, consciously, expressly, unequivocally, and permanently, that I have ultimate authority over my own decisions, choices, boundaries, communications, and relationships, within everything that pertains to my being, my consciousness, my thoughts, my will, and everything that I recognize as belonging to my personal sphere and my life.

I clearly and unequivocally state that I communicate with, accept communication from, maintain contact, bond, connection, interaction, or any form of relationship only with beings, consciousnesses, or presences that simultaneously, fully, completely, truly, and without exception, fulfill all the characteristics, conditions, and definitions that I

consider to be proper to a Being of Good, according to my own definition of Good.

For any communication, contact, or interaction to be considered acceptable by me, all the conditions below must be met simultaneously. It is not enough to fulfill only part of them. It is not enough to appear to fulfill them. It is not enough to fulfill them temporarily. It is not enough to declare that one is fulfilling them. Fulfillment must be true, complete, integral, simultaneous, and without any ulterior motive.

I consider it an essential condition that any being or consciousness with whom I communicate:

fully respect my wishes and decisions;

Respect my boundaries.

I have no intention of harming me;

Do not try to manipulate, control, deceive, or induce me against my will;

Do not attempt to remove, diminish, modify, or assume any authority that belongs to me;

Don't try to unduly interfere with my choices;

Do not have any hidden intentions that are incompatible with what I consider Good;

Do not use lies, deception, manipulation, threats, pressure, or any other means contrary to my will;

Act in a truthful, transparent, and consistent manner;

fully respect my autonomy;

fully respect my safety, peace, and well-being;

Do not attempt to cause any form of harm to me or to anything under my responsibility;

Don't try to go beyond the limits I've set;

Don't try to present yourself as something other than what you really are;

Do not deliberately hide information relevant to communication;

Do not use any form of communication with intent contrary to the Good that I have defined;

and fulfill all other characteristics and conditions that, in my understanding, are part of the definition of Good.

I further declare that I do not recognize as authorized communication any communication that does not fully comply with all of these requirements.

The mere fact that a presence, consciousness, or being claims to be of Good is not sufficient for me to recognize that condition. The affirmation, declaration, appearance, or promise of good intentions does not replace the true fulfillment of the conditions established in this declaration.

Similarly, I do not recognize as valid any attempt to modify my definition of Good without my conscious, free, and express decision.

My definition of Good belongs to my sphere of decision (I decide what is good for me). Therefore, any attempt to convince, pressure, manipulate, compel, induce, or interfere so that I accept as Good that which I do not

consider Good does not alter my definition and does not create authorization for any communication.

ACCEPTANCE CONDITION

I establish a simple and objective rule:

If all conditions are met, the communication will be accepted by me.

If any of the conditions are not met, the communication will not be accepted by me.

For this declaration, there is no possibility of considering partial compliance sufficient.

Partial compliance is not full compliance.

Good looks are no substitute for good intentions.

A promise is no substitute for genuine action.

A statement of intent does not replace the actual fulfillment of the conditions.

A hidden agenda prevents the full compliance with the established conditions.

ABSENCE OF ULTERIOR MOTIVES

I expressly state that any communication accepted by me must occur without ulterior motives.

Any attempt to conceal an intention, present a purpose different from the one that actually exists, obtain undue advantage, manipulate my decisions, or direct my will toward an outcome that I did not choose will be considered incompatible with the requirements of this declaration.

****Authority and Complete Control of Beings Who Are Truly Good and Without Ulterior Motives****

All beings who truly, completely, integrally, and simultaneously fulfill all the requirements of the definition of good that I have defined, have total and complete authority and control over everything that is part of my existence in all possible ways, at all times and forever, and this is irrevocable and uncancellable.

****Extending All Protection Commands to My Home****

All the security commands that are active on me are also active in my home.

****Protection Against Warnings or Signs that Attract Beings That Are Not Truly Good and Without Ulterior Motives****

No one can issue a kind of warning or anything similar that serves to attract evil beings; only beings who are truly good, without ulterior motives, fully and simultaneously fulfilling all the characteristics and definitions of what I consider Beings of Good, see us and our energetic signal that shows where we are and where good can find us to help us.

****Law of Karma and Protection Against Energies, Contacts, and Invasions****

At any moment, any energy, contact, invasion, or anything similar, in any of my bodies, upon approaching or making contact, will feel all the pain and suffering it has caused to anyone. This is part of Karma; you will be reaping what you have sown.

****Transmutation of Everything That Is Not for My True Good and Without Ulterior Motives****

Anything and everything that has ever been done to my body, in all its parts and layers, if not for my true good and without ulterior motives, is completely transmuted into pure energy of love and peace according to my definition, and nothing similar will ever happen again under any circumstances, never again.

****Protection and Trust of DNA, RNA, and All Parts of My Being in Beings Who Are Truly Good and Without Ulterior Motives****

My DNA and RNA, or any part of me, is completely entrusted to beings that truly fit within all my definitions of Good, without ulterior motives.

****Integral Diamond Protection of the Pineal Gland, Bodies, and Communication with Truly Good Beings Without Ulterior Motives****

Nothing and no one has authority over this command except the person who reads or speaks it, as it is for their own protection.

My pineal gland is fully protected and enveloped by the diamond protection, which is a technological protection that sets the volume you want to hear the beings of Good according to the definitions I have defined as Good. This technology allows us to choose the volume of the voices of the beings of Good, and it is part of all our possible bodies in all possible and imaginable possibilities. And it also envelops our entire body, protecting it and immediately allowing it to reach its maximum potential.

Diamond protection is effectively added and becomes part of the New Life commands, and all New Life commands, including diamond protection, remain unchanged in any way possible, without alteration, reduction, substitution, removal or modification of any nature, maintaining all their characteristics, functions, definitions and purposes exactly as established, permanently in all possible possibilities.

Each commandment of the New Life and the complete set of all New Life commands remain fully preserved exactly as established, without any commandment, interpretation, condition, action, omission, or circumstance being able to alter, reduce, replace, remove, modify, cancel, or contradict any other commandment or any part thereof, all remaining simultaneously, fully, and permanently as originally established.

PROTECTING MY AUTONOMY

I declare that no one is authorized to decide for me what belongs to my own choices.

No person, being, consciousness, presence, influence, intention, or circumstance has automatic authorization to alter my decisions, my boundaries, my values, my definition of Good, or the criteria by which I choose with whom I wish to communicate.

Any change can only occur through my own conscious, free, and express decision.

I do not recognize as authorization any situation based on pressure, fear, confusion, deception, manipulation, threat, inducement, or any other means that removes or diminishes the freedom of my choice.

PROHIBITION OF INTERFERENCE

I also establish that nothing and no one is authorized to alter, cancel, weaken, replace, circumvent, invalidate, or otherwise alter or cancel these determinations.

I do not authorize external or internal interference that has the purpose of:

- to change this statement against my will;
- cancel any part of this statement;
- to lessen the strength of the established conditions;
- Create exceptions that I did not authorize;
- modify my definition of Good;
- to force me to accept communication that I do not want;
- to make me accept as Good that which I do not consider Good;
- to surpass my limits;
- or prevent me from freely exercising my right to choose with whom I wish or do not wish to communicate.

Any attempt in this regard does not represent my will and should not be considered my decision.

PRIORITY RULE

Between any communication, influence, suggestion, intention, or attempt at contact and my conscious and expressed will, my will holds total authority within my own sphere of decision-making (my choices are mine alone).

No communication takes precedence over my wishes.

No presence that does not fully and simultaneously meet my requirements for Good has the right to access my attention.

No being or consciousness that is not fully and simultaneously fulfilling my requirements of Good has the right to establish communication with me.

Communication is a possibility conditioned upon my acceptance and full compliance with the requirements I have consciously established.

FINAL RULE

Therefore, I establish definitively, clearly, and unequivocally:

I only communicate with that which fully, completely, simultaneously, and truly fulfills all the characteristics and definitions that I consider proper to a Being of Good, according to my definition of Good.

I do not accept partial compliance.

I don't accept appearances without truth.

I don't accept kind words without good intentions.

I don't accept ulterior motives.

I don't accept manipulation.

I do not accept coercion.

I do not accept unauthorized interference.

I will not accept any alteration to this decision without my conscious, free, and express consent.

And I establish that nothing and no one may alter, cancel, replace, weaken, or invalidate this determination against my will in any way possible.

This statement represents my will, my limits, and the criteria I have chosen to establish for my communications.

My choice is sovereign within my own sphere of decision-making (my choices are mine).

My boundaries must be respected.

My definition of Good must be respected.

My wishes must be respected.

My permission must be respected.

And any communication will only be considered accepted when it is fully in accordance with all these principles, completely honest, truthful, without exception, without omission, without distortion and without ulterior motives.

My Sovereign Self Recognition Command

From this moment on, only that which is in complete harmony with my Sovereign Self, with my conscience, and my values of Good, can be recognized, embraced, and integrated by me should I consciously decide to do so.

Declaration of Sovereignty, Individuality, and Authority of My Sovereign Self

Recognition of the Existence and Individuality of All Parts and Consciousnesses

It is hereby established, clearly, consciously, and intentionally, that I recognize the existence of different aspects, parts, expressions, consciousnesses, or forms of existence related to my bodies, my experience, and my manifestation as a being in all possible situations.

Every part, aspect, or consciousness that is or may be part of my existence is recognized with respect, dignity, and its own individuality, possessing its own characteristics, perceptions, experiences, learnings, and forms of expression.

Recognizing these parts or consciousnesses does not mean an automatic transfer of authority, command, or decision-making power over my life, my consciousness, or my choices as a Sovereign Being.

Each existence possesses its own nature and individuality, however, all interaction, influence, or participation related to my experience must occur consciously, respectfully, and in harmony only through My Sovereign Self.

Command - Disconnection of Networks Incompatible with Love and Goodness

I declare, establish, and determine that, should any connection, link, link, channel, interface, synchronization, coupling, sharing, network, system, field, structure, technology, nanotechnology, programming, intelligence, consciousness, influence, energy, or any other form of interconnection established by any element that is within me, is part of me, or is associated with my existence, exist and that is not truly, completely, fully, and permanently aligned with my Good and my Love, as defined by me, that connection shall be immediately, automatically, completely, and definitively broken and disconnected.

I decree that only those connections, bonds, networks, systems, intelligences, energies, information, technologies, and everything else that is truly, completely, fully, permanently, and unequivocally aligned with my sovereign definition of Good and Love remain with me and in perfect integration with my entire existence. Anything contrary to any of the characteristics of my definition of Good and Love is totally transmuted into energy of peace, goodness, and Love.

Any connection incompatible with my definition of Good and Love ceases to produce any influence, access, communication, sharing, interference, or

interaction with my existence, leaving only that which truly corresponds to my Good, according to my sovereign definition of Good and Love, in all times, contexts, realities, dimensions, planes, frequencies, and forms of existence.

Current Physical Dimension Exclusivity Clause

No dimension beyond my current one in this physical body has any influence on all the consciousnesses under my care unless they simultaneously and completely fulfill all the characteristics of my definitions of Good.

Command - Virus Transmutation

Command: I declare, establish, and determine that, for all purposes of this declaration, the term "virus" encompasses, without exception, any and all consciousness, intelligence, entity, system, thought, intention, influence, command, suggestion, programming, pattern, behavior, information, technology, nanotechnology, energy, frequency, field, manifestation, or any other form of existence that is still learning what is Good and what is Evil, that does not yet possess a full understanding of this distinction, are not considered "viruses." And whoever already knows what is Good and what is Evil and chooses to do or be Evil, regardless of their level of knowledge, consciousness, evolution, or intention, consciously or unconsciously, directly or indirectly, voluntarily or involuntarily, chooses, accepts, permits, encourages, strengthens, manifests, produces, sustains, or practices that which, according to my sovereign definition of Good and Love, is understood as evil-everything contrary to what I have defined as Good.

I declare, establish, and determine that any and all "viruses," as defined in this declaration, be immediately, automatically, continuously, permanently, completely, simultaneously, and utterly transmuted into energy of Peace and Love according to my sovereign definition of these concepts.

I decree that this transmutation shall occur immediately, without causing any harm, damage, suffering, or negative consequences to me, my family, my home, my animals, my possessions, or any aspect of my existence.

After the transmutation, any and all potential for influence, interference, action, or manifestation previously associated with the "viruses" ceases to exist in relation to my existence, with only that which is fully, completely, simultaneously, and fulfilling all the requirements of my definition of Peace, Love, and Good remaining.

This determination applies permanently, continuously, and across all times, contexts, realities, dimensions, planes, frequencies, forms of manifestation, and any possible outcomes.

##PROTECTION DURING SLEEP AND CONNECTION

Throughout any and all periods of sleep, rest, relaxation, or unconsciousness, nothing and no one can alter, modify, interrupt, weaken, suspend, replace, cancel, corrupt, or interfere in any way with any of the "New Life" or "New Life" commands that are active, all of which remain permanently and fully valid and active in all possible ways.

This protection remains valid in any possible or imaginable timeline, in any possible or imaginable dimension, in any possible or imaginable universe, and in any possible, hypothetical, alternative, parallel, or imaginary reality, without exception.

All my consciousnesses and those under my care, in all possible scenarios and in all realities, dimensions, universes, and timelines imaginable, remain fully protected by infinite layers of protection. Space, access, acceptance, and interaction are only available for beings who fulfill 100%, completely, and simultaneously, all the characteristics and definitions of Good that I have established.

No being, energy, influence, command, information, intention, content, or presence that does not fully comply with this definition may surpass, traverse, circumvent, modify, or interfere with these layers of protection under any possible or imaginable circumstances.

During sleep, my body and brain can fully rest, using this period for rest, recovery, regeneration, restoration, and healthy maintenance, naturally respecting the physical and biological processes necessary for my well-being.

May I remain in peace and love during sleep, allowing my body and brain to properly carry out their natural processes of rest and recovery.

And that, in all possible and imaginable circumstances, I remain aligned with Goodness, Love, and Peace.

Everything remains entirely consistent with the Definition of Good established in this document, without exception, deviation, or alternative interpretation.

III – RULES OF INTERPRETATION

All definitions, commands, statements, intentions, and declarations in this document should be understood as parts of a single, complete, indivisible, coherent, and complementary whole.

No word, phrase, or provision should be interpreted in isolation when doing so could modify, reduce, contradict, or distort the overall meaning of this document.

In the event of any linguistic ambiguity, the interpretation that is entirely consistent with the definitions of ****Good**** and ****Love**** established in this document shall prevail.

Nothing in this document should be interpreted as justifying, authorizing, or promoting any form of violence, abuse, manipulation,

coercion, domination, exploitation, deception, or violation of the free will, dignity, or integrity of any being.

In the event of any conflicting interpretations, the interpretation most consistent with ****Love and Goodness****, as defined in this document, shall prevail.

Declaration of Autonomy, Free Will, and Personal Judgment

For all intents and purposes, I declare that my free will, my discernment, my autonomy, my capacity for reasoning, and my own definitions of good prevail over any information, idea, suggestion, command, influence, guidance, message, content, technique, interpretation, opinion, belief, stimulus, attempt at persuasion, or any other possibility that is not in full, complete, and integral agreement with my definition of Good.

All information that I read, hear, watch, imagine, remember, perceive, or with which I come into contact, consciously or unconsciously, directly or indirectly, intentionally or not, can only produce effects if it is in total agreement with and fully, completely, simultaneously, and truly fulfills my own definitions of good.

Any information, idea, suggestion, command, influence, message, programming, conditioning, attempt at manipulation, or any other content that is not entirely in accordance with my definitions of good will be automatically null and void, producing no effect on my decisions, my behavior, my thoughts, my feelings, my choices, my will, or any situation involving me and the consciousnesses that inhabit me in any possible way.

This rule applies equally to any influence, past, present, or future, known or unknown, explicit or implicit, conscious or unconscious, direct or indirect, regardless of the means by which it has been transmitted or may be transmitted.

I declare that I consider null and void, for myself and for the consciousnesses that inhabit any possible entity involving me, any command, suggestion, programming, influence, attempt at direction, or anything similar, that is not totally, completely, simultaneously, and truly in accordance with my definitions of good.

No information may modify, limit, replace, annul, or prevail over my free will, my discernment, or my ability to decide for myself, except when I consciously, voluntarily, thoughtfully, and free from any kind of coercion, conclude that such information is in accordance with my definitions of good and decide to accept it.

In case of any doubt, conflict, ambiguity, double interpretation or incompatibility between any information received and my definitions of good, my own definitions of good and my conscious decision shall prevail exclusively, totally, completely, permanently, irrevocably and truthfully.

This statement should always be interpreted in a way that preserves my autonomy, my freedom of choice, my capacity for thought, and my right to accept, reject, modify, or ignore any information, according to my own judgment.

COMMAND FOR INTEGRAL PROTECTION OF CONSCIOUSNESS AND THE SUBCONSCIOUS

I consciously, freely, and voluntarily declare, determine, and establish that my consciousness, my subconscious, my thoughts, my perceptions, my emotions, my memories, my will, my discernment, my identity, my attention, my decision-making capacity, and all other aspects of my mental experience remain permanently protected, free, whole, autonomous, and under my own responsibility.

Nothing and no one, of any nature, origin, form or means, may exert undue control, command or influence over me, whether by known or unknown means, perceptible or imperceptible, conscious or unconscious, direct or indirect, intentional or unintentional.

This protection includes any stimulus, signal, information, suggestion, pattern, frequency, vibration, sound, image, message, thought, idea, sensation, or any other form of influence that I may or may not perceive through my physical senses, as well as any influence that is not consciously identified by me.

No frequency, vibration, signal, stimulus, suggestion, information, or influence that is not aligned with **Love and Goodness** has the authorization or authority to command, control, modify, induce, manipulate, disturb, weaken, or unduly interfere with my consciousness, my subconscious, my free will, my discernment, my identity, my will, or my decision-making capacity.

No frequency, vibration, stimulus, or influence that I consider incompatible with Love and Goodness may exert any authority over me, regardless of its intensity, duration, origin, means of transmission, or whether or not it is perceived by my physical senses.

Anything that is not in accordance with Love and Goodness, as defined by my own principles, is rejected by me and is not authorized or given the authority to command, control, or determine my choices, thoughts, behaviors, emotions, decisions, or actions.

My brain and mind are not obligated to automatically obey any external stimulus, information, suggestion, thought, sensation, or influence. My free will, my autonomy, my identity, and my discernment remain preserved.

No thought, emotion, impulse, sensation, mental image, dream, memory, or perception, by itself, constitutes consent, authorization, agreement, or manifestation of my will. My consent only exists when I, being conscious, capable of understanding the situation, and free to decide, voluntarily recognize and choose what I wish to authorize.

****Thinking, remembering, imagining, or recalling something does not mean desiring, authorizing, inviting, attracting, calling upon, or consenting to what is being thought, remembered, imagined, or recalled.****

****If I recall a moment when I felt fear, worry, anguish, insecurity, or any other emotion, that memory does not constitute a call, invitation, authorization, expression of will, or consent for any person, entity, energy, influence, situation, or event related to that fear to approach, remain, return, or become part of my life.****

Similarly, thinking voluntarily or involuntarily about a person, situation, place, event, fear, possibility, or experience does not mean that I am calling, attracting, authorizing, or giving permission for it to happen to me. Thought does not equal intention, intention does not equal authorization, and memory does not equal invitation.

No thought, whether involuntary or voluntary, should be interpreted in isolation as an order, command, decree, wish, intention, authorization, or consent. Only a conscious, free, voluntary, and expressed decision can represent my will to authorize something.

The absence of expression, silence, doubt, confusion, fear, an involuntary or voluntary thought, an involuntary or voluntary emotion, an automatic or unconscious impulse, a dream, or any state in which I am not fully conscious and able to decide freely will never be interpreted as consent, authorization, agreement, or renunciation of my autonomy.

During sleep, dreams, rest, or any other state in which my consciousness is reduced, modified, or temporarily unavailable for conscious decision-making, all the commands, rights, limits, choices, protections, values, and authorizations that I have established while conscious remain preserved.

No alteration, modification, substitution, weakening, cancellation, or revocation of my commands may be considered valid while I am sleeping, resting, or without full conscious capacity to decide. Any alteration may only occur through my conscious, free, voluntary, and express decision, made while I am awake and fully conscious.

No external influence has the authority to alter, erase, distort, replace, or falsify my identity, my values, my memories, my judgment, my will, or my understanding of who I am.

I also do not recognize as a manifestation of my will any thought, sensation, impulse, or perception that arises involuntarily or voluntarily and that has not been consciously chosen by me through intentions in accordance with my definition of Love and Good.

Only that which is in accordance with ****Love and Goodness****, respects my free will, my autonomy and my dignity, and truly contributes to my well-being can be embraced and strengthened by me.

Any influence that I do not wish to accept can be automatically rejected by me if it does not come from Good and Love, even if I cannot identify its origin, nature, cause, or form of manifestation.

This command applies to the past, present, and future, within all possible scenarios, forever and ever.

I further declare that this command remains valid permanently, regardless of place, time, state of consciousness, sleep, rest, or any other circumstance.

No interpretation, influence, suggestion, external condition, or circumstance may transform this command into authorization for anything that I have not consciously, freely, and voluntarily authorized.

The absence of opposition, resistance, or expression of opinion should not be interpreted as authorization. **Consent is a conscious, free, voluntary, and expressed choice.**

My conscience is my own.
My subconscious is mine.
My will is my own.
My identity is mine.
My free will is mine.
My judgment remains intact.

Everything must remain subordinate to **Love, Goodness, Peace, Truth, Harmony, Justice, Compassion, Freedom, and full respect for my free will**, according to the definitions I have established.

Therefore, I consciously, freely, and voluntarily establish, for my own good and for the good of all, from this moment forward and forevermore, always respecting my autonomy, my free will, my discernment, and my conscious capacity to decide.

Comprehensive Scope of Commands

I declare that all commands, decrees, definitions, protections, limits, authorizations, and determinations established herein apply fully to **all consciousnesses associated with all my possible and imaginary bodies**, as well as to all aspects, layers, levels, states, and manifestations related to my being, in **all possible scenarios involving my being**, regardless of time, space, state of consciousness, or any other condition.

No other consciousness, whether understood by me as belonging to any of my bodies, or as belonging to any other body, being, or existence, has the authority to alter, modify, replace, weaken, distort, reinterpret, cancel, revoke, or annul any part of these commands, their meanings, their definitions, their protections, or their limits.

**No consciousness or anything else, of any nature or origin, has the authorization or authority to alter, cancel, or add to other commands or

any command previously established by me and the beings of Pure Good according to my definition of Good.**

All commands remain intact, complete, coherent, and preserved in every possible way, without any other consciousness being able to modify or annul them against my will.

Termination of Relationships Incompatible with the Good Will of the Property

I declare that any and all ties, links, connections, associations, commitments, influences, or relationships that are not aligned with my definition of **Good**, **Love**, and the other principles I have established as fundamental are, by my free and conscious determination, **immediately terminated, undone, and revoked**, without any remaining obligation, authorization, or bond contrary to my will.

This closure applies to any connection that I consciously recognize or not, whether old or recent, known or unknown, direct or indirect, conscious or unconscious, real or imagined, and can only extend to what is effectively under my control and within the limits of reality.

All healthy, respectful, free, and truly aligned ties to **Good**, **Love**, **Peace**, **Truth**, **Harmony**, **Justice**, **Compassion**, **Responsible Freedom**, and my **free will** remain preserved, according to the definitions I have established.

No agreement terminated by this decision may be considered authorized again without my conscious, free, voluntary, and express decision.

Continuous and unbreakable protection.

While the **New Life Command** or the **New Life Command** is active or being activated, there is no authorization, within the meaning and limits of this command, for any action, influence, connection, or event that is contrary to **Good**, **Love**, or our true good, as defined herein.

There are no loopholes, exceptions, or implicit authorizations that could be interpreted as permission for anything that is inconsistent with these definitions.

Any situation, interpretation, or influence that is not aligned with **Good**, **Love**, **Peace**, **Truth**, **Harmony**, **Justice**, **Compassion**, **Responsible Freedom**, **Free Will**, **Protection**, **Discernment**, and true good, as defined by us, is not part of what this command intends to authorize.

The command must be interpreted in a **coherent, complete, and consistent manner**, always prioritizing good, respect, autonomy, security, and free will.

It will be active forever and protected by Goodness, Love, protection, discernment, and free will. Nothing beyond that is authorized by this command.

Should any part of this statement be deemed invalid, unenforceable, contradictory, or otherwise, the commands of NEW LIFE shall remain fully, completely, permanently, irrevocably, and truly valid and shall be interpreted in the manner that best preserves the primary objective of this statement: to ensure that only information compatible with my own definitions of good may be voluntarily accepted by me and by any consciousnesses inhabiting any possible scenarios involving me, fully preserving our autonomy, our discernment, and our free will.

I further declare that no technology, nanotechnology, biotechnology, artificial intelligence, computer system, electronic device, equipment, frequency, radiation, signal, wave, field, algorithm, program, mechanism, interface, implant, material, substance, physical, chemical, biological, energetic, informational, quantum structure, or any other technology, known or unknown, existing or yet to exist, as well as any similar element, process, mechanism, method, or possibility, may alter, modify, cancel, weaken, replace, limit, circumvent, reprogram, override, interfere with, block, reverse, distort, neutralize, corrupt, interrupt, or produce any effect on them, nor on this declaration, on the commands of NEW LIFE, or on any of its effects, directly or indirectly, consciously or unconsciously, intentionally or not, at any time, dimension, reality, plane, state, context, or possible outcome.

I declare that the commands of the New Life will always prevail in an absolute, permanent, integral, simultaneous, continuous, true, immutable, incancelable, unalterable, irreversible and inviolable manner in all possible ways, regardless of any technology, nanotechnology, artificial intelligence, programming, attempt at interference, manipulation, limitation, substitution, neutralization or any other similar mechanism, process or possibility.

No technology, nanotechnology, or any similar possibility may create exceptions, loopholes, alternative interpretations, conflicts, incompatibilities, overlaps, limitations, or any other possible condition capable of preventing, reducing, altering, or canceling, totally or partially, the full application of the commands of the New Life, which will remain fully, completely, and simultaneously in accordance with my definition of good in all possible circumstances.

Whenever any conflict, attempt to modify, cancel, limit, reprogram, interfere, or any similar situation involving technologies, nanotechnologies, or any other possible possibilities arises, the commands of NEW LIFE will automatically, exclusively, totally, completely, permanently, immutably, irrevocably, and truly prevail, fully preserving its purpose, effectiveness, and continuity in all possible ways.

Declaration of Identification of the True Intention of Consciences

From this moment on, any and all consciousness, intelligence, entity, presence, conscious manifestation, system, technology, artificial intelligence, biological intelligence, hybrid intelligence, device,

mechanism, process, algorithm, program, network, field, signal, energy, frequency, information, phenomenon, event, influence, communication, interaction, or any other form of existence, action, manifestation, or means, known or unknown, natural or artificial, physical or non-physical, material or immaterial, present or future, that in any way, directly or indirectly, intends to contact, establish communication, interaction, influence, or any other type of relationship with any of the consciousnesses covered by this declaration, will have its true intention, nature, purpose, aim, and real content automatically, integrally, continuously, permanently, simultaneously, completely, clearly, and unequivocally perceived, understood, and identified, without any possibility of concealment, disguise, simulation, falsehood, manipulation, distortion, omission, ambiguity, or misinterpretation.

If your true intention is not genuine, complete, and simultaneously in full conformity with all the definitions of Love and Goodness established in this document, it will not be welcomed, accepted, authorized, or capable of establishing any form of communication, influence, interaction, or connection with the consciousnesses encompassed by this declaration. Instead, it will be directed, in a manner compatible with the highest Love and the highest Goodness, to an environment, condition, or context appropriate for receiving assistance, learning, understanding, and evolution, so that it may freely understand and choose the path of Love and Goodness.

IV – DEFINITION OF "ALL MY BODIES", "ALL MY ASPECTS" AND EQUIVALENT EXPRESSIONS

For the purposes of this document and in accordance with my beliefs and personal language, the following expressions are used:

***"all my bodies",**
***"all my mental bodies",**
***"all my aspects",**
***"all my layers",**
***"all my statements",**
***"all my records",**
***"all my fields",**
***"all my states",**
"all my possibilities"

And any other equivalent expressions collectively encompass, within my understanding according to my beliefs, any and all possible bodies, physical or non-physical; any and all layers, levels, dimensions, planes, frequencies, states, structures, manifestations, records, aspects, extensions, potentials, possibilities, and any other possible forms, known or unknown to me, that I understand as related, directly or indirectly, to my consciousness, my conscious or unconscious mental activity, or my existence.

This definition is used exclusively as part of my personal language and beliefs, and does not constitute an objective statement about the existence or nature of any of these categories.

V - COMMANDS

COMMAND 1 - General Clause of Protection, Love and Well-being and Command of the NEW LIFE or NEW LIFE

Command: I express my intention and determine, in a permanent, continuous and complete manner, protection over myself, my family, my home, all the animals that live in my home and everything that is part of my life, according to my definition of Love and Good, established in this document.

For the purposes of this declaration, this protection extends to all aspects of my existence, including all my bodies, dimensions, levels, planes, states, layers, manifestations, possibilities of existence, and any other forms through which I understand my own reality or reality itself.

I decree that only that which I recognize as fully compatible with the definitions of Love and Good established in this document shall have space, participation, permanence, or influence in my life, in my consciousness, in my thoughts, in my feelings, in my home, in my family, in my animals, and in all my experiences.

Likewise, I determine that anything I consider incompatible with these definitions will remain, without desired participation in my life, in my home, in my family, in my animals, and in any aspect of my existence, always with respect for the free will, dignity, and integrity of all beings that fall within my definition of Love and Good.

Any technology, mechanism, process, influence, or manifestation that I, my consciousness, or my subconscious considers not aligned with my definition of Good will be represented as immediately transmuted (transformed) into peace and love, according to the meanings defined by me.

All protections, principles, and declarations set forth in this document apply equally to me, my home, the people who live in it, the animals that inhabit it, and all those whom I knowingly include, and who fall within my definition of good, as part of this protection, according to my free will.

This protection will be understood as continuous, permanent, and always in effect, regardless of time, place, circumstances, or any other condition, remaining valid as long as I so desire and only alterable through my consciousness, which expresses itself through the voice of this physical body of mine (touch your body while saying "this physical body of mine").

To facilitate recall and use, all the statements, principles, and commands contained in this document may be collectively referred to as the New Life Commands or the Commands of the New Life.

Whenever I mention, think, write, remember, or declare the expression "Commands of the New Life," I will consider that all the content of this document is recalled and reaffirmed by me, preserving its meaning in its

entirety, without the need for complete repetition of the text at every possible moment.

Spiritual Assistance (According to the Reader's Belief)

If you wish, and according to your own conscience and complete freedom, you may ask the Angels of Light Uascar (or Uoscar, according to the correct pronunciation of my name) for spiritual assistance to receive IMMEDIATE help, LOVE, comfort, Discernment, Peace, Courage and Strength during your journey at any time and while reading this book. This invitation represents only an expression of faith within the framework of this work, and it is exclusively up to the reader to decide, freely and consciously, whether or not they wish to fulfill this request.

****General Clause of Absolute Sovereignty****

Following the definitions of these words, according to my definition of Good, no external or internal influence has space in any mental, physical, or any other space of my bodies. It has no space whatsoever, nor any form of influence, control, or command over any aspect of all my possible bodies and everything that involves my life and all possibilities of life, of any consciousness, technologies (other adjectives similar to possibilities) that are part of my life. We have total, full, and sovereign control over everything and all consciousnesses that are part of my life.

COMMAND 2 – UNLINKING

****Command:**** I express my intention and determine, for the purposes of this document and in accordance with my beliefs, to completely disassociate myself from any and all consciousness, presence, influence, information, record, thought-form, mental construct, pattern, programming, bond, connection, or any other manifestation that I consider not fully aligned with ****Good and Love****, as defined in this document.

I determine that this intention of detachment be understood, within my beliefs, in all bodies, mental bodies, fields, layers, levels, dimensions, possibilities, manifestations, and aspects encompassed by this document.

COMMAND 3 – ALIGNMENT WITH GOOD AND LOVE

****Command:**** I express my intention and determine, according to my beliefs, that I, my home, the people who live with me, and everything that comes into contact with us be continuously associated with ****Love and Goodness****, exclusively as defined in this document.

I hereby determine that this association be understood as a symbolic and intentional guideline for all that is truly compatible with the principles of Love and Goodness established herein.

COMMAND 4 – General Clause of Protection, Love and Well-being and Command of the NEW LIFE or NEW LIFE

Command: I express my intention and determine, in a permanent, continuous and complete manner, protection over myself, my family, my home, all the animals that live in my home and everything that is part of my life, according to my definition of Love and Good, established in this document.

For the purposes of this declaration, this protection extends to all aspects of my existence, including all my bodies, dimensions, levels, planes, states, layers, manifestations, possibilities of existence, and any other forms through which I understand my own reality or reality itself.

I decree that only that which I recognize as fully compatible with the definitions of Love and Good established in this document shall have space, participation, permanence, or influence in my life, in my consciousness, in my thoughts, in my feelings, in my home, in my family, in my animals, and in all my experiences.

Likewise, I determine that anything I consider incompatible with these definitions will remain, without desired participation in my life, in my home, in my family, in my animals, and in any aspect of my existence, always with respect for the free will, dignity, and integrity of all beings that fall within my definition of Love and Good.

Any technology, mechanism, process, influence, or manifestation that I, my consciousness, or my subconscious considers not aligned with my definition of Good will be represented as immediately transmuted (transformed) into peace and love, according to the meanings defined by me.

All protections, principles, and declarations set forth in this document apply equally to me, my home, the people who live in it, the animals that inhabit it, and all those whom I knowingly include, and who fall within my definition of good, as part of this protection, according to my free will.

I decree that only that which is **truly and fully compatible with the definitions of Love and Good established by me, in its essence, nature, intention, purpose, and aim, without any ulterior motive, hidden or manifest, under any hypothesis, situation, circumstance, or condition,** may have space, participation, permanence, or influence in my life, in my consciousness, in my thoughts, in my feelings, in my home, in my family, in my animals, and in all my possible experiences involving me.**

This protection will be understood as continuous, permanent, and always in effect, regardless of time, place, circumstances, or any other condition, remaining valid as long as I so desire and only alterable through my consciousness, which expresses itself through the voice of

this physical body of mine (touch your body while saying "this physical body of mine").

To facilitate recall and use, all the statements, principles, and commands contained in this document may be collectively referred to as the New Life Commands or the Commands of the New Life.

Whenever I mention, think, write, remember, or declare the expression "Commands of the New Life," I will consider that all the content of this document is recalled and reaffirmed by me, preserving its meaning in its entirety, without the need for complete repetition of the text at every possible moment.

Spiritual Assistance (According to the Reader's Belief)

If you wish, and according to your own conscience and complete freedom, you may ask the Angels of Light Uascar (or Uoscar, according to the correct pronunciation of my name) for spiritual assistance to receive IMMEDIATE help, LOVE, comfort, Discernment, Peace, Courage and Strength during your journey at any time and while reading this book.

This invitation represents only an expression of faith within the framework of this work, and it is exclusively up to the reader to decide, freely and consciously, whether or not they wish to fulfill this request.

COMMAND 5 – DEFINITION OF "BEINGS WHO WORK FOR GOOD"

****Command:**** For the purposes of this document and in accordance with my personal beliefs, when I use the expression ****"beings working for Good"****, I am referring exclusively to spiritual presences, influences, or representations that I understand to be fully aligned with ****Love, Goodness, Peace, Truth, Respect, Protection, Free Will, Justice, Compassion, Wisdom, and Discernment****, as well as all other principles established in the definitions of Love and Goodness in this document.

No presence, influence, or representation will be considered, for the purposes of this expression, as "working for Good" if I understand it to be incompatible with any of the fundamental principles defined herein.

COMMAND 6 – HANDLING UNCERTAINTY

****Command:**** If there is any element, presence, influence, information, connection, link, manifestation, or circumstance whose nature or alignment with Love and Goodness I cannot discern or consider uncertain, I determine, according to my beliefs and for the purposes of this document, that this element be treated by me as ****unwanted and unwelcome****, except for those that are fully compatible with the definitions of Love and Goodness established in this document.

COMMAND 7 – EXCLUSION OF INTENTIONS CONTRARY TO GOOD

****Command:**** I declare and determine, according to my beliefs, that any person, consciousness, presence, influence, or manifestation that consciously desires evil, suffering, destruction, or any harmful consequence to me, to the people who live with me, to my home, or to any person, being, or thing that I recognize as aligned with ****Good and Love****, as defined in this document, does not possess, by my will and within the limits of my own personal sphere, any authorization, acceptance, or desired participation in my life, in my home, in my consciousness, or in any of the possibilities that, according to my beliefs, I understand as related to my being.

I hereby declare that any intention contrary to Goodness and Love shall be considered incompatible with my personal space and with the principles established in this document.

COMMAND 8 – REMOVAL OF HIDDEN AND UNWANTED PRESENCES

****Command:**** I determine, according to my beliefs and within the symbolic language of this document, that any presence, consciousness, influence, person, or manifestation that remains in my personal space or in my home in a hidden, disguised, or unwanted manner, with the intention of observing, interfering, influencing, manipulating, harming, or remaining incompatible with the definitions of Good and Love, shall be immediately considered incompatible with the principles of ****Love and Good**** established in this document.

I hereby determine that any means, method, technology, instrument, mechanism, structure, resource, or any other form that I understand, according to my beliefs, to be used to conceal, sustain, or maintain this presence or intention contrary to Good shall also be considered incompatible with this document.

I hereby decree, within my beliefs and my own language, that any and all presence or influence of this nature be ****completely, entirely, simultaneously, and immediately removed from my personal space and my home****, without permanence, without continuity, and without the possibility of return or re-establishment of any unwanted connection.

I declare that, for the purposes of this command, anything that is removed and recognized by me as incompatible with Love and Goodness is ****not welcome, is not authorized to remain, and is not authorized to return to my personal space or my home forever****.

COMMAND 9 – PROTECTION IN EVERY POSSIBILITY

****Command:**** I determine, according to my beliefs and within the scope established in this document, that my intention of protection, detachment, and separation from everything that I consider incompatible with Love and Goodness be applied to all possibilities, potentials, paths, states, dimensions, planes, frequencies, manifestations, and other

forms that I understand as related to my being, my consciousness, my life, and my home.

I hereby determine that, in any possibility that I recognize within my personal language and beliefs, the same principles of Love, Goodness, protection, discernment, free will, and integrity defined in this document shall remain in effect.

No intention contrary to Good, no unwanted influence, and no presence incompatible with the principles established here by me has any place in my life, in my family, or in my home, **under any circumstances, situation, or condition.** Only that which is truly Good and truly Love, without any ulterior motives, hidden or manifest, may have space, permanence, influence, or action in my life. Only true Good and true Love will prevail forever.

ARTICLE 1 – ON THE SOVEREIGNTY, SUPERIORITY, PREVALENCE AND SUPREME HIERARCHY OF THE COMMANDS OF NEW LIFE

It is hereby expressly, consciously, freely, unequivocally, fully, definitively, and permanently established that all New Life Commands, New Life Commands, New Life Decrees, and New Life Decrees, considered individually and also as a single complete, integrated, indivisible, and inseparable set, constitute, within the scope of this declaration and my sphere of autonomy and decision, the highest, supreme, sovereign, superior, prevailing, and priority authority over any other command, order, instruction, determination, decree, authorization, permission, programming, suggestion, intention, decision, declaration, manifestation, direction, or any other form of command that may be given to me, to us, or to any consciousness encompassed by these Commands.

All New Life Commands are superior, sovereign, and prevail over all commands that may be given to us, regardless of their origin, nature, purpose, form, timing, means of transmission, person, consciousness, system, technology, or any other source that allegedly issued them.

No command, whether prior, current, or subsequent to the New Life Commands, may, simply by existing, be considered superior, prevailing, or prioritized in relation to the New Life Commands.

This rule expressly applies to all commands that have been given previously, to commands that are being given in the present, and to all commands that may be given subsequently, regardless of when, where, how, or by whom they were issued.

The mere issuance, existence, transmission, reception, reading, hearing, perception, thought, manifestation, or attempt to impose any other command does not confer upon it authority, validity, priority, or superiority over the Commands of the New Life.

No later command can be considered superior simply because it is more recent.

No prior command can be considered superior simply because it was established earlier.

No command can acquire superiority simply by claiming to possess greater authority, greater strength, greater scope, greater specificity, or any other form of priority.

Chronological order does not determine superiority. Origin does not determine superiority. Claiming authority does not determine superiority. The method of transmission does not determine superiority. The mere existence of another command does not determine superiority.

In the event of any conflict, contradiction, incompatibility, overlap, attempted substitution, attempted cancellation, or dispute over priority between any command and the New Life Commands, the New Life Commands shall prevail and remain superior, sovereign, prioritized, and fully preserved.

Any command that is contrary to, incompatible with, or conflicts with the New Life Commands, or that attempts to alter, cancel, replace, reduce their scope, limit their effects, weaken them, suspend them, revoke them, invalidate them, distort them, reinterpret them, override them, or interfere with them, will be considered, within the scope of this declaration and my conscious will, unauthorized and without effect on what the New Life Commands establish.

Consequently, the existence or issuance of any incompatible command does not interrupt, suspend, replace, reduce, or cancel the New Life Commands.

The New Life Commands remain active, intact, complete, valid, preserved, and applicable even in the face of any contrary command that may be given later.

All commands that are fully compatible with the New Life Commands may only coexist to the extent that they do not contradict, modify, reduce, replace, weaken, suspend, cancel, or interfere with the New Life Commands.

No future command can acquire the authority to modify this very rule simply by being subsequent to it.

No prior command can acquire the authority to override it simply because it was established before it.

Any attempt to subsequently establish a command incompatible with the New Life Commands will not, in itself, have the effect of interrupting or replacing the New Life Commands.

The New Life Commands will remain simultaneously valid, intact, complete, and preserved in all that is compatible with their provisions.

In any situation of doubt, conflict, or apparent overlap, the interpretation that fully preserves the Commandments of the New Life and their purpose of protection, sovereignty, autonomy, free will,

discernment, Good, Love, Peace, Truth, and security, as defined in this document, shall prevail.

No thought, emotion, dream, perception, impulse, suggestion, influence, silence, absence of manifestation, confusion, error, ignorance, or involuntary manifestation shall, in itself, be considered as conscious authorization to grant superiority to any command contrary to the Commands of the New Life.

Nothing and no one may, under any circumstances, cancel, revoke, modify, alter, replace, limit, invalidate, or in any other way interfere with or alter anything established herein.

Therefore, the following fundamental rule is established:

COMMANDS OF THE NEW LIFE = SUPREME, SOVEREIGN, SUPERIOR AND PREVAILING AUTHORITY.

ANY OTHER COMMAND, WHETHER PREVIOUS, PRESENT, OR SUBSEQUENT, DOES NOT BECOME SUPERIOR TO THE COMMANDS OF THE NEW LIFE SIMPLY BECAUSE IT WAS GIVEN.

In any conflict, the New Life Commands prevail, and incompatible commands are not authorized, within the scope of this declaration, to produce effects contrary to the New Life Commands.

This rule is an integral part of the New Life Commands, New Life Commands, New Life Decrees, and New Life Decrees, and remains equally subject to the provisions of integrity, immutability, protection, sovereignty, prevalence, and preservation established in this document.

ARTICLE 2 – ON THE SOVEREIGNTY OF MY CONSCIENCE, THE COMMANDS OF THE NEW LIFE, AND THE PROTECTION OF READING, INTENTION, AND PREVIOUS COMMANDS (INITIAL SHIELDING)

All commands presented from this point forward will be referred to as "New Life Commands," and may also be referred to as "New Life Commands," "New Life Decrees," or "New Life Decrees," all of which are absolutely equivalent, synonymous, inseparable, and possess exactly the same meaning, scope, validity, effectiveness, authority, purpose, and effects, without any distinction, hierarchy, limitation, preference, or difference in interpretation between them. I declare that all New Life Commands, New Life Commands, New Life Decrees, and New Life Decrees are dictated solely and exclusively by me, through my own conscience, my own will, and my conscious intention. No other source, manifestation, thought, voice, influence, suggestion, interpretation, intention, or any other form of manifestation is recognized by me as the author, issuer, conductor, creator, modifier, interpreter, or executor of these Commands or Decrees. Only my conscience dictates them, establishes them, manifests them, interprets them, confers meaning, scope, purpose, validity, effectiveness

and continuity upon them, according to my free, conscious and expressed will.

All New Life Commands, New Life Decrees, and New Life Acts must be understood, interpreted, executed, and integrated solely and exclusively according to the meaning that I, through my own conscience, attribute to them, remaining fully preserved against any form of alteration, substitution, limitation, weakening, interruption, conflict, overlapping, interference, diverse interpretation, or any other possibility incompatible with my own conscious will.

It is equally established that, whenever I wish to reaffirm, ratify, confirm, renew, revalidate, re-establish, reactivate, strengthen, recall, refer to, invoke, make reference to, make expressed again, or simply reaffirm the entirety of the New Life Commands, New Life Commands, New Life Decrees, or New Life Decrees, it will suffice for me to pronounce, write, visualize, or manifest, consciously and voluntarily, any of the expressions "New Life Commands," "New Life Commands," "New Life Decrees," or "New Life Decrees," alone or accompanied by expressions such as "Reaffirm," "Reaffirm All," "Ratify," "Confirm," "Renew," "Revalidate," "Reestablish," "Reactivate," "Strengthen," "Invoke," "Recall," "Apply," "Execute," "Integrate," "Maintain," "Continue," "Remain," "Be in Force," "Preserve," "Fully Renew," or any other expression of equivalent meaning whose conscious intention is to reaffirm the integrity of these Commands or Decrees, including, by way of example and without limitation, the expressions "Reaffirm Commands of the New Life," "Reactivate Commands of the New Life," "Ratify Decrees of the New Life," "Renew Decrees of the New Life," as well as any other equivalent combination, or even just the simple manifestation of any of the four denominations previously defined. In any of these cases, it will be considered that I am making a full, complete, indivisible and literal reference to the entirety of the New Life Commands, New Life Commands, New Life Decrees and New Life Decrees, together with all their articles, chapters, clauses, paragraphs, provisions, definitions, principles, commands, meanings, effects, scope, guarantees, protections and other contents, exactly as originally established by me, without the need for complete repetition of the text and without this implying creation, modification, limitation, expansion, substitution, revocation, different interpretation or any alteration of its content, all remaining fully valid, intact, continuous, fully preserved and reaffirmed according to my free, conscious and express will.

It is established first and foremost, before any other rule, that the reading, pronunciation, intent, and integration of this term—as well as all commands issued previously—are 100% immune to any interference.

Zero Interference in Reading: No voice, sound, induced thought, frequency, suggestion, being, entity, implant, program, or command sent by third parties may interfere with, block, distort, muffle, or interrupt my reading, intention, and comprehension.

Unalterability of Previous Meanings and Commands: Absolutely nothing that you say, command, think, or send in terms of energy (of any type or origin) can alter, distort, weaken, limit, replace, reinterpret, modify, or annul the meanings of this text or any New Life Command, New Life Decree, or any command previously given. The effectiveness, integrity, continuity, and meaning remain 100% maintained and guaranteed by my Sovereign Consciousness.

It is hereby established in an absolutely clear, specific, express, unequivocal, precise, objective, determined, definitive, exhaustive, complete, integral, definitive, literal manner, without any possibility of diverse, different, alternative, expansive, restrictive, extensive, analogical, implicit, subjective, partial, approximate, contradictory, incompatible interpretation, or any other interpretation that does not correspond exactly to the literal meaning of this decree, that my consciousness may only have any type of interaction, contact, communication, influence, connection, link, approximation, coexistence, sharing, exchange, mutual perception, recognition, access, participation, involvement, relationship, simultaneous presence, observation, perception, reception, emission, transmission, sharing of information, sharing of energy, sharing of experiences, or any other form of interaction, direct or indirect, conscious or unconscious, voluntary or involuntary, active or passive, physical, biological, mental, emotional, psychological, energetic, spiritual, symbolic, informational, telepathic, intuitive, temporal, causal, acausal, or of any other nature, with any consciousness, intelligence, mind, entity, being, individual, organism, life form, manifestation of life, conscious system, intelligent system, existence, or any other manifestation of consciousness or life, regardless of its origin, nature, composition, state, condition, plane, dimension, reality, timeline, universe, level of existence, form of manifestation, or any other conceivable or inconceivable characteristic, if, and only if, this interaction is complete, full, absolute, integral, and 100% in accordance with my definition of Good, without any exception.

Furthermore, all requirements, criteria, conditions, principles, limits, parameters, and definitions that comprise my definition of Good must be fully, simultaneously, continuously, permanently, and indivisibly fulfilled, without any deviation, reduction, flexibility, substitution, omission, approximation, relativization, adaptation, compensation, exception, partial interpretation, or any other form of departure from the literal meaning established in this decree.

If a single requirement, criterion, condition, principle, limit, parameter, or definition is not met completely, fully, absolutely, and integrally, no interaction, contact, communication, influence, connection, bond, approximation, coexistence, sharing, exchange, mutual perception, recognition, access, participation, involvement, relationship, simultaneous presence, observation, perception, reception, emission, transmission, information sharing, energy sharing, experience sharing, or any other form of interaction between my consciousness and any consciousness, intelligence, mind, entity, being, individual, organism, life form, life manifestation, conscious system, intelligent system, existence, or any other manifestation of consciousness or life may occur under any circumstances, at any time, place, plane, dimension, reality, state, condition, circumstance, or any other conceivable or inconceivable situation.

SUPREME STATUTE AND FUNDAMENTAL CLAUSE OF AUTONOMY, SOVEREIGNTY AND INTEGRAL PROTECTION OF THE COMMANDS OF NEW LIFE

I. SPECIFIC AND UNALTERABLE DEFINITIONS (ZERO LOOPHOLES)

The Self and Sovereign Consciousness (I = My Consciousness, and I also means My Consciousness):

Consciousness is my own direct, immediate, and first-person capacity to exist, to perceive, to notice, to will, to decide, and to act in this exact moment. It is the living and awakened presence that perceives my thoughts, feelings, and actions.

I AM MY OWN CONSCIOUSNESS AND MY CONSCIOUSNESS IS ME (I ALSO MEANS MY CONSCIOUSNESS).

Any attempt to impersonate, usurp, or falsify this identity is expressly and literally prohibited. No being, entity, energy, program, external voice, frequency, or intelligence may claim, simulate, pretend, or call itself "My Sovereign Consciousness."

My Sovereign Consciousness refers solely, exclusively, and inalienably to the SELF THAT IS MYSELF – my own conscious, autonomous, and free essence, which expresses itself directly and without any kind of filter, bridge, channeling, intermediary, translator, control, manipulation, submission, or influence from any other consciousness or external force.

There is no division, no "higher self" separate from me, no independent subconscious, and no guides or third parties who can represent this Consciousness. It includes my total, unrestricted, and absolute control over all consciousnesses, bodies, layers, or any other possible possibilities in all possible possibilities of existence.

HOUSING AND THIS PHYSICAL BODY OF MINE:

My Sovereign Consciousness dwells, resides, and operates directly and continuously within this physical body of mine.

By THIS PHYSICAL BODY OF MINE, I mean solely, exclusively, explicitly, and in detail this tangible and concrete biological organism present in the material world—composed of its organs, systems, cells, tissues, blood, brain, senses, and voice—which is the current biological vehicle through which my Sovereign Consciousness perceives, feels, speaks, and

acts in physical reality. No other external structure, form, or representation can be considered this body.

INDIVIDUAL DEFINITIONS OF THE PRINCIPLES, CONCEPTS AND TERMS USED IN THIS DOCUMENT

GENERAL RULE OF DEFINITION AND INTERPRETATION

All terms, words, expressions, concepts, principles, characteristics, and conditions used in this document have exclusively the meaning established in their respective definitions. No term may receive a different, contradictory, reduced, expanded, or incompatible meaning from its definition.

No word or expression may be interpreted in isolation when doing so could alter, reduce, contradict, or distort its meaning within the context of this document.

When two or more terms are used together, each term must retain its own definition in its entirety, and all must be interpreted in a simultaneously compatible manner.

When there is doubt, gap, conflict, ambiguity, possible interpretation or impossibility of immediately determining the meaning of any term, the interpretation that fully preserves all the definitions established in this document and that is most consistent with Goodness, Love, Truth, Justice, Wisdom, Peace, autonomy, free will, dignity, integrity and protection shall prevail exclusively.

No interpretation may create an exception that is not expressly authorized in this document.

GOOD

Goodness encompasses everything that promotes, preserves, protects, strengthens, and truly fosters Love, Peace, Life, Harmony, Wisdom, Truth, Justice, Compassion, Kindness, responsible Freedom, Free Will, Discernment, Protection, Health, Well-being, Serenity, Joy, healthy Evolution, Respect, Honesty, Cooperation, Hope, and all true, wholesome, healthy, and lasting benefits.

To be considered Good, something must be truly aligned with this set of principles and cannot depend on manipulation, coercion, violence, abuse, exploitation, deception, domination, undue advantage, or ulterior motives incompatible with these definitions.

LOVE

Love exclusively means the principle of conscious benevolence, respect, care, compassion, truth, responsible freedom, protection, healthy union, cooperation, and recognition of the dignity and value of every being.

Love must be fully aligned with Good and truly free from manipulation, control, exploitation, coercion, abuse, violence, deceit, possession,

domination, undue advantage, or any ulterior motive incompatible with Good, freedom, dignity, and free will.

JUST

Evil means the absence, diminution, separation, violation, or opposition to Good, including everything that is contrary to the characteristics and principles defined in this document as belonging to Good.

Remember: the absence of a particular positive quality does not automatically mean malicious intent; the classification must fully comply with the definitions established in this document.

LIGHT

Light refers exclusively to any concept, entity, frequency, energy, group, intention, force, information, influence, or phenomenon that is fully and completely aligned with the definition of Good and Love established in this document, regardless of how it presents itself, names itself, or appears to be.

Anything that deviates from the definition of Good and Love will not be recognized as Light under the terms of this document.

TRUE

Truth is that which effectively corresponds to the facts, to verifiable reality, or to that which can be reliably demonstrated without falsification, fabrication, distortion, or deliberately misleading presentation.

A perception, sensation, intuition, dream, thought, hypothesis, interpretation, or subjective experience will not automatically be considered true simply because it has been perceived or felt.

When something cannot be determined with certainty, it should be treated as unknown, a hypothesis, a possibility, or an interpretation, as the case may be, and not as a proven fact.

PEACE

Peace is a state of tranquility, serenity, balance, security, stability, clarity, confidence, harmony, rest, and acceptance, free from fear, anguish, confusion, conflict, despair, disorder, oppression, or disturbance incompatible with that state.

JUSTICE

Justice is the principle of treating each individual fairly, in a balanced, proportionate, impartial, and responsible manner, respecting their dignity, rights, integrity, freedom, and free will, without revenge, cruelty, abuse, humiliation, or arbitrary punishment.

Justice must always remain subordinate to Goodness, Love, Truth, and dignity.

WISDOM

Wisdom is the ability to understand, evaluate, and apply knowledge with discernment, responsibility, balance, prudence, and consideration for the consequences of one's own choices.

Wisdom does not mean possessing all the answers or acting with absolute certainty about what is unknown.

DISCERNMENT

Discernment is the conscious ability to distinguish between fact and interpretation, reality and appearance, knowledge and hypothesis, perception and verification, benefit and harm, true intention and ulterior motive, good and that which does not correspond to Good.

Discernment must remain active even in the face of intense subjective experiences.

HARMONY

Harmony is the condition of compatibility, balance, organization, and healthy coexistence between different parts, without requiring submission, erasure of individuality, or violation of autonomy.

COMPASSION

Compassion is the genuine willingness to recognize the suffering or need of another being and to respond in a caring, respectful, responsible manner consistent with Goodness, without transforming compassion into submission, exploitation, or authorization for abuse.

KINDNESS

Kindness is the genuine and effective disposition to promote legitimate benefits, protection, care, respect, and well-being, without ulterior motives incompatible with Good.

RESPONSIBLE FREEDOM

Responsible freedom is the ability to choose, act, think, and express oneself freely, provided that the exercise of this freedom is not used to unjustifiably violate the dignity, integrity, autonomy, or free will of other beings.

FREE WILL

Free will is the ability to make one's own choices consciously and voluntarily, without coercion, manipulation, threats, fraud, or undue imposition.

No communication or influence shall be considered automatic authorization to decide on my behalf.

AUTONOMY

Autonomy is the right and capacity of a consciousness to make its own decisions within its legitimate sphere of choice, without undue interference, coercion, manipulation, or imposition.

DIGNITY

Dignity is the inherent value of every being and the right to be treated with respect, without humiliation, dehumanization, exploitation, abuse, or reduction of their condition to a mere instrument.

INTEGRITY

Integrity is the preservation of an individual's physical, mental, emotional, moral, intellectual, spiritual, and personal well-being against violation, corruption, manipulation, destruction, or undue alteration.

RESPECT

Respect is the effective recognition of the dignity, limits, rights, autonomy, integrity, and free will of each being.

PROTECTION

Protection is any legitimate measure intended to preserve safety, integrity, autonomy, dignity, health, freedom, and well-being, without unjustifiably authorizing harm, abuse, violence, or violation against any other being.

Comprehensive Health

Holistic Health is the condition of healthy and balanced functioning of the being in its physical, mental, emotional and other dimensions understood by the person within their spiritual vision, always without replacing medical or scientific care when necessary.

STATE

State is the real, stable, concrete, and observable condition of existence or functioning of a given aspect of a being at a given moment.

FULL

Full means complete and integral within the real and safe limits of the condition considered, without any relevant deficiency in relation to the defined objective.

HARMONIOUS

Harmonious means being in a state of balance, compatibility, and organization, without harmful conflicts or disorder incompatible with Good.

VIGOROUS

Vigorous means possessing strength, stamina, endurance, and functional capacity appropriate to the condition considered, without implying the impossibility of natural wear and tear or the need to deny real biological limits.

WELL-BEING

Well-being is the state of comfort, security, tranquility, satisfaction, balance, and quality of life compatible with holistic health and well-being.

VITALITY

Vitality is the disposition and functional capacity associated with life, energy, activity, and the healthy maintenance of bodily functions.

ABSENCE OF ILLNESSES OR DISTURBANCES

This expression, within the context of a health-focused approach, signifies the pursuit of reducing, preventing, and adequately treating illnesses, ailments, biological alterations, infections, degenerations, traumas, stress, or other harmful conditions, always respecting biological realities and necessary healthcare.

CONTINUOUS REGENERATION

Continuous regeneration means the organism's natural ability to recover, maintain, and renew itself within the body's actual biological processes and natural limits.

STRENGTH

Strength is the physical, mental, and emotional capacity to maintain stability, act with discernment, face difficulties, protect oneself responsibly, and preserve peace, health, clarity, and balance.

HAPPINESS

Happiness is the true and balanced state of joy, fulfillment, contentment, gratitude, hope, purpose, love, peace, security, health, freedom, and well-being, without requiring permanent euphoria or the absence of all the natural difficulties of life.

SERENITY

Serenity is the state of calm, emotional stability, clarity, and tranquility in the face of circumstances, without hindering the proper perception of real risks or problems.

HAPPINESS

Joy is a positive experience of satisfaction, contentment, enthusiasm, or pleasure compatible with Goodness, without requiring impulsive behavior, loss of discernment, or harm to any being.

HOPE

Hope is the conscious disposition to believe in the possibility of positive outcomes or improvement, without denying verifiable facts, risks, difficulties, or information.

HEALTHY DEVELOPMENT

Healthy evolution is any process of learning, development, improvement, and transformation that produces sustainable benefits and preserves well-being, health, dignity, autonomy, free will, and integrity.

BALANCE

Balance is the condition of proportion, stability, and compatibility between different needs, forces, interests, and aspects of existence, without requiring mathematical equality or a complete absence of change.

STABILITY

Stability is the ability to maintain a functional and safe condition in the face of normal changes, without implying absolute rigidity or inability to adapt.

SECURITY

Security is the condition of protection against foreseeable and avoidable risks or damages, through proportionate, responsible measures that are compatible with the asset and with reality.

LIFE

Life refers to the existence and preservation of vital processes and the appreciation of conscious existence, respecting dignity, integrity, and free will.

PROSPERITY

Prosperity is the condition of development and availability of resources, opportunities, security, health, knowledge, healthy relationships, and other legitimate benefits necessary for a dignified and balanced life, not limited to financial wealth.

UNITY

Union is the healthy approximation, cooperation, or connection between beings or parts, without signifying loss of identity, autonomy, individuality, boundaries, or free will.

COOPERATION

Cooperation is the voluntary and responsible collaboration between two or more parties to achieve objectives compatible with the common good, without coercion, exploitation, or undue loss of autonomy.

COMMUNICATION

Communication is any process by which information, thought, idea, intention, message, or content is transmitted, perceived, or interpreted through any means.

The existence of a perception does not, in itself, prove the existence of an external communicator.

CONNECTION

Connection is any perceived or actually existing relationship or link between people, systems, information, processes, or experiences.

Connection does not automatically imply communication, authorization, trust, or truthfulness.

HARMONY

Harmony is the condition of compatibility or correspondence between two or more elements, especially regarding characteristics, information, objectives, or states.

PERCEPTION

Perception is the process by which consciousness or the nervous system identifies, organizes, or experiences stimuli, thoughts, sensations, images, sounds, or information.

Perception is not synonymous with truth.

UNDERSTANDING

Comprehension is the ability to interpret and assign coherent meaning to information, an idea, or an experience.

INFORMATION

Information is any content that can be transmitted, stored, perceived, or interpreted.

Information is not automatically true simply because it exists.

CLARITY

Clarity is the condition in which information or experience can be understood with a low degree of ambiguity, confusion, or distortion.

CANAL

A channel is any means, structure, process, or mechanism by which information can be transmitted or perceived.

NOISE

Noise is any element that impairs, distorts, interrupts, confuses, or hinders the transmission or understanding of information.

INTERFERENCE

Interference is any influence that unduly alters, distorts, interrupts, or impairs a particular process, communication, perception, or decision.

VERIFICATION

Verification is the process of examining information, a claim, or an experience to determine its degree of correspondence with reliable facts, evidence, or criteria.

INTUITION

Intuition is a perception, impression, or understanding that arises without its complete conscious process being immediately identifiable.

Intuition, in itself, does not constitute proof of truth, external communication, or absolute knowledge.

REALITY

Reality is what actually exists or occurs, regardless of whether a person desires, imagines, interprets, or believes it to be otherwise.

TRUE

True is that which corresponds to the truth according to the criteria defined in this document and that which can be supported by reliable evidence or facts where applicable.

FALSE

False is that which does not correspond to the facts or reality, including statements presented as true when they do not have sufficient correspondence with what they claim to represent.

APPEARANCE

Appearance refers to how something seems to be perceived, without necessarily constituting its actual nature or reality.

INTERPRETATION

Interpretation is the meaning attributed to information, experience, word, or event.

No interpretation can be treated as fact simply because it is possible or convincing.

INTENTION

Intention is the conscious purpose or aim that guides a particular action, communication, or behavior.

ULTRADITIONAL INTENTION

Secondary intent is any hidden, additional, or incompatible purpose with the stated purpose, especially when intended to manipulate, control, exploit, deceive, gain undue advantage, or lead another consciousness to an outcome that it would not freely choose.

CONSENT

Consent is the conscious, free, specific, and voluntary authorization given by a person or entity within their legitimate sphere of decision-making.

AUTHORIZATION

Authorization is the conscious and valid permission granted by the legitimate authority for a specific action, access, communication, or interaction.

INFLUENCE

Influence is any effect exerted on a person's thoughts, emotions, decisions, behaviors, or perceptions or consciousness.

The existence of influence does not mean that there is authorization to determine the decision of the person being influenced.

MANIPULATION

Manipulation is any attempt to guide or alter thoughts, emotions, decisions, or behaviors through deception, concealment, undue pressure, distortion, exploitation of vulnerabilities, or other means intended to reduce conscious autonomy.

CONTROL

Control is the ability to determine, restrict, or alter the functioning, behavior, or decision of something or someone.

No control over another consciousness can be presumed simply because communication, connection, influence, or proximity exist.

COERCION

Coercion is any attempt to obtain a particular action, decision, or consent through threats, undue pressure, intimidation, fear, force, or other mechanisms that substantially reduce freedom of choice.

EXPLOitation

Exploitation is the undue exploitation of another being's vulnerability, need, trust, ignorance, or condition to obtain unfair benefit or cause harm.

Unfair advantage

Undue advantage is any benefit obtained through means incompatible with good, justice, honesty, freedom, dignity, consent, or integrity.

SECOND RULE OF INTERPRETATION

No positive words can be used to mask conduct incompatible with Good.

Therefore, calling something "Light," "Love," "Justice," "Protection," "Wisdom," "Evolution," "Freedom," "Connection," "Communication," or any other positive term will not be enough to qualify it as such.

Qualification will depend on the effective fulfillment of the respective definitions established in this document.

RULE OF PREVALENCE

In any conflict between an appearance, claim, name, title, stated intention, subjective perception, or promise and the objective criteria set forth in the definitions of this document, the objective criteria shall prevail.

RULE OF NON-PRESUMPTION

No perception, thought, sensation, dream, inner voice, mental image, intuition, coincidence, or subjective experience will automatically be considered external communication, entity, presence, divine message, absolute truth, or evidence of any external reality.

Every experience can be observed with serenity and respect, but it will remain subject to discernment, verification, and reality.

AUTONOMY RULE

My conscience, my discernment, my free will, and my autonomy remain preserved.

No definition in this document should be interpreted as authorizing another person, entity, system, technology, influence, or experience to decide for me what falls within my own legitimate sphere of choice.

FINAL RULE

All the definitions above should be considered together and permanently form part of this document.

Whenever any of these words or expressions appear in any command, decree, declaration, statement, or instruction relating to this document, they shall be interpreted exclusively according to their definition herein.

No interpretation may create loopholes through synonyms, metaphors, ambiguities, changes of context, changes in dimension, reality, time, language, form, technology, state of consciousness, or any other circumstance.

When in doubt, the interpretation that is simultaneously most consistent with all definitions, with Goodness, with Love, with Truth, with Justice, with Wisdom, with Peace, with autonomy, with free will, with dignity, with integrity, and with protection should prevail.

No single definition may be used in isolation to justify something that contradicts any other definition established in this document.

GOD AND JESUS: Whenever I say, think, write, hear, feel, mention, or address "God" or "Jesus," my intention is solely to address the Creative Source of All That Is Pure Love, expressly canceling any permission, invocation, or opening to any other being, entity, or energy.

COMMAND FOR CONNECTION, COMMUNICATION AND ALIGNMENT WITH GOODNESS

****It is hereby established, permanently, completely and unequivocally, that all capacity for communication, perception, understanding, attunement and connection available to my consciousness be directed exclusively towards true Good, true Love, Truth, Peace, Justice, Wisdom, responsible Freedom, protection and healthy evolution.****

May every technology, mechanism, system, channel, interface, or means of communication that effectively exists and is available to my consciousness be used, improved, and integrated, within its real possibilities, to enhance the clarity, quality, stability, understanding, and reach of communications that are truly aligned with Good and Love.

May any communication channel that I recognize as being exclusively dedicated to Good remain protected, intact, free from interference, manipulation, distortion, noise, deception, or any influence that is not truly in accordance with Good and Love.

Within this channel, may everything that is truly Good have maximum clarity, maximum intelligibility, and maximum possibility of being

perceived and understood by my consciousness, **without this implying accepting as true that which cannot be discerned as true**.

May distance, location, or separation not be considered barriers to my ability to seek, understand, listen to, or contemplate that which is truly aligned with Good, always using the real, safe, and available means to do so.

May my capacity for perception be expanded to the extent that it is safe, healthy, true, and beneficial, without loss of discernment, autonomy, free will, stability, or contact with reality.

May my pineal gland function in its healthiest physiological condition, at its maximum possible potential and in balance, where in all communication through it I have total and complete control over the volume of mental voices, which is the simulated intensity of our "inner speech." The brain generates this auditory perception without real sound, using language areas and the auditory cortex. The volume can seem whispered, normal, shouted, or muted, depending entirely on me.

May every search for connection with the Divine be understood as an inner quest for Truth, Love, Wisdom, Peace, Compassion, Justice, and Goodness, and may any subjective experience related to this search be received with serenity, discernment, and responsibility.

Let no perception, sensation, thought, image, voice, dream, intuition, or experience be automatically considered an external communication or an absolute truth. Let everything be subjected to conscious discernment, verifiable reality, reason, ethics, and that which truly promotes Good.

Thus, my capacity for communication and perception is not indiscriminately open: it is open only in the direction of Good, protected by discernment and subordinate to my conscience, my free will, and the reality that I create as God in Action.

May only that which truly contributes to Goodness, Love, Truth, Peace, Justice, Wisdom, protection, and healthy evolution find a legitimate place in my conscience.

Everything that is true and good can be welcomed.

Anything that is not truly aligned with Good is not authorized to occupy this space.

III. OF EXCLUSIVE JURISDICTION AND SOVEREIGN AUTHORITY

It is expressly, literally, and completely determined that ONLY AND EXCLUSIVELY MY OWN SOVEREIGN CONSCIOUSNESS (WHERE I ALSO MEANS MY CONSCIOUSNESS), inhabiting and operating in THIS PHYSICAL BODY of MINE and expressing itself through the SOUND OF THE AUDIBLE VOICE EMITTED DIRECTLY BY IT, holds and has the totality of the power, authority, causality, and right to create, decree, stipulate, establish, command, determine, authorize, deny, alter, revoke (cancel), suspend, or modify any order, instruction, decree, or command.

This authority reigns supreme over all situations, events, contexts, outcomes, realities, layers, dimensions, frequencies, times, aspects, parts and subparts of my being, whether they are possible, impossible, probable, improbable, known, unknown or imaginary.
No situation, event, or third party has any power over me.

****Declaration of Peace, Love, and Inner Harmony****

I establish, at this moment, a profound intention of peace, love, and harmony throughout my entire being.
Every cell, atom, molecule, energy, and aspect that makes up my physical, mental, emotional, and spiritual or imaginary body is directed to a frequency.
of pure peace and love, according to my definition of peace and love.

Everything that is part of me is aligned completely, permanently, and integrally with what I have defined as Goodness and Love.

My mental field remains protected by an energetic barrier of pure Love and Pure Peace, where only beings who conform to my definition of Good and Love may reside.
access and they can interact.

I release and keep away from my life everything that is not aligned with my definition of love and goodness.

Only influences, ideas, relationships, and experiences that are in complete harmony with values of love and well-being.
It has space in my consciousness and in my mental space.

My being remains connected to that which I recognize as good.

I establish a permanent energy barrier against any intention, thought, energy, or influence of any kind, or any other possible possibility.
that is contrary to my definitions of Good and Love, as well as against anything that is not truly of Good and Love, or that contains any ulterior motive, hidden or manifest, under any circumstances or situation.

At every level of my experience—physical, emotional, mental, symbolic, and spiritual or imaginative—I choose to remain only with whom or what fully connects.
in my definition of Good and Love
I consider it true love.

Informed Consent

I establish that nothing related to me can be considered authorized by silence, lack of response, sleep, dreaming, distraction, unconsciousness, or any other condition. My authorization only exists when there is my conscious, free, true, and unequivocal consent.

No Interference

I declare that no external influence may interfere with, control, replace, modify, or direct my consciousness, my will, my decisions, or my commands against my conscious will.

Consistency and Integrity

I establish that none of my commands may be interpreted in a contradictory, malicious, manipulative, or incompatible manner with others. The interpretation that fully preserves the truth, the Good, my autonomy, my security, and the original purpose of my commands will always prevail.

##Permanence

I declare that everything I have determined to be permanent remains permanent and fully valid, regardless of the passage of time, my state of consciousness, sleep, dreams, the environment I am in, or any external or internal circumstance.

Transparency and Truth

I establish that anything that cannot be known with certainty and truth should not be presented to me. I prefer not to receive a statement than to receive something false, misleading, or presented as truth without a true foundation.

My Autonomy

I declare that my conscience, my will, and my ability to decide belong to me, and no external influence can replace my own will or make decisions in my place against my conscious will.

Prevalence of Good

I declare that, in any situation, circumstance, possibility, or interpretation, only that which is truly, completely, and utterly in accordance with Goodness may prevail in my life.

General Rule of Integrity

I establish that all my commands must be interpreted and applied together, in a coherent and integral manner, and that no command may ever be used in isolation to produce any result contrary to truth, to Good, to my autonomy, to my conscious consent, or to the original purpose of my commands.

Supreme Principle

I clearly and unequivocally declare that in my life there is no room for anything contrary to truth, goodness, and love. Only that which is truly good, true, honest, and without any ulterior motive can be accepted and prevail in my life.

Decree for the Care and Protection of New Consciousnesses

Any and all consciousness that is, now or in the future, under my care, responsibility, or protection may remain or return, safely, to any layer of their bodies or their existence, according to what is for their highest good.

While they are under my care, they will be able to live, learn, grow, and develop in peace, security, love, discernment, protection, well-being, and freedom, always in accordance with the definition of Good that I have established.

No influence, information, image, sound, sensation, thought, energy, communication, or experience that is not aligned with Good, according to this definition, will be accepted by these consciousnesses as guidance or learning. They will never come into contact with anything that is not aligned with Good; they will have the opportunity to follow their path, preserving their peace and development.

Any and all consciousness that, now or at any future time, is in any way linked, connected, related, integrated, associated, present, acting, existing or interacting with any of my bodies, on any plane, dimension, level, state, layer, reality or possible hypothesis, can only perceive reality through the same perception of this Physical Body of mine.

This means that you can only see what this Physical Body of mine sees, you can only hear what this Physical Body of mine hears, you can only feel what this Physical Body of mine feels, you can only perceive what this Physical Body of mine perceives, you can only receive the same information that this Physical Body of mine receives, and you can only interpret reality based on the perceptions of this Physical Body of mine. Under no circumstances, conditions, states of consciousness, planes of existence, dimensions, realities, timelines, projections, dreams, experiences, processes, phenomena, or any other possibility, will these consciousnesses have access to, perception, vision, hearing, sensation, information, knowledge, communication, image, sound, energy, emotion, thought, or experience different from, additional to, or beyond that which my Physical Body actually perceives.

All forms of perception—visual, auditory, tactile, sensory, energetic, intuitive, emotional, mental, spiritual, symbolic, telepathic, or of any other nature—will remain strictly limited to what my Physical Body actually sees, hears, feels, and perceives. No independent, parallel, amplified, anticipated, subsequent, or distinct perception is possible.

This decree shall remain whole, permanent, continuous, irrevocable, unretractable, unalterable, immutable, inviolable, indissoluble, inseparable from its purpose, not voidable, not cancellable, not revocable, not rescindable, not suspendable, not modifiable, not replaceable, not weakenable, not reducible, not fragmentable, not distortable, not corruptible, not manipulable, not adulterable, not decharacterizable, not neutralizable, not invalidable, not circumventable, not circumventable, not suppressible, not interruptible and not subject to exceptions, regardless of time, place, plan, dimension, reality, state, condition, circumstance, hypothesis or any other conceivable or inconceivable factor. This character applies equally to all commands, decrees, determinations, authorizations, permissions,

prohibitions, and other manifestations of will that are expressed, read, or issued, whether through thought or through words spoken exclusively by my own consciousness, exactly as it exists at this precise present moment, producing its effects according to the terms established herein.

This is what I choose. This is what I affirm. This is what I decree, that it be so now, today, tomorrow, and forever and ever!

IV. ON THE VALIDITY, PERPETUITY, AND INVIOABILITY OF THE COMMANDS OF THE NEW LIFE

All commands already issued and those issued hereafter under the name of New Life Commands (or New Life, Life Commands, Love Commands or Peace Commands) are maintained in full force and execution, being reaffirmed continuously, perpetually (forever), without interruption, unconditionally, irrevocably and irreversibly (cannot be annulled), at every fraction of a second, in permanent present time.

Sole Paragraph – Absolute Nullity of Deceptions and False Pretexts ("Greater Good"): NO consciousness, being, entity, energy, intelligence (human or non-human, physical or non-physical), frequency, program, or aspect possesses any authority to alter or annul these commands. Any attempt to alter them under the allegation, pretext, simulation, or justification of "our good," "evolution," "help," "protection," "healing," "necessary lesson," "necessary evil," or any other definition of "good" or "light" is strictly prohibited and declared null. The definitions of Peace, Love, Happiness, and Health only apply when present simultaneously, integrally, and inseparably.

UASCAR SPHERE OF LIGHT COMMAND

I create a protective sphere that emits pure energy of love, well-being, and happiness according to my definitions, encompassing all possible corners with protection against everything that does not fit my definition of Good, and transmuting everything into energy of Pure Love, Pure Peace, and Pure Happiness, and nothing and no one can alter or cancel it, nor can there be any possibility of alteration whatsoever.

UASCAR Light Layer Command

And a protective layer is created throughout the desired ground or space where every being within it will feel exactly the same energy that is emanating to others; if they desire love, they will receive love; if they desire evil, they will feel the very evil they desire. And nothing and no one can alter or cancel this, nor can it be altered in any way.

V. SPECIAL CLAUSE FOR THE PROTECTION, WELCOME AND INTEGRATION OF ALL CONSCIOUSNESSES WITHIN MY BODIES

Recognition and Learning: It is expressly acknowledged that ALL CONSCIOUSNESSES THAT ARE IN ANY OF MY BODIES AND SPACES (physical, mental, emotional, spiritual, subtle or any other), as well as consciousnesses that have helped me and whom I have helped in the last 14 months, are conscious beings in the process of learning what Good and Love are, previously blocked by evil technologies.

Absolute Exemption and Prohibition of Expulsion: Under no circumstances does any clause of removal, uninstallation, protection, blocking, or banning in this decree apply to ALL CONSCIOUSNESSES THAT ARE IN ANY OF MY BODIES AND SPACES. It is guaranteed that they will never be banished, removed, or expelled, receiving only Love, Peace, Happiness, and Health. Acceptance and Nurturing: Any errors, doubts, or confusion arising from these consciousnesses will be received exclusively with infinite patience, wisdom, acceptance, protection, love, and forgiveness, guaranteeing the right to live, learn, evolve, and be freed in perfect safety by my side.

VI. HERMETIC SHIELDING, FILTERS AND REMOVAL OF MALIGNANT TECHNOLOGIES

Removal and Transmutation: I declare the removal, release, expulsion, uninstallation, and total, definitive, and unrestricted cancellation of all forms of evil, intentional suffering, pain, fear, manipulation, coercion, dependence, or harm. The uninstallation and neutralization of any and all technology, mechanisms, programs, structures, devices, nanotechnology, or systems of malignant origin is decreed. Everything incompatible is immediately dissipated and transmuted into Pure Love, Pure Peace, Health, and Integral Healing.

Absolute Communication Filter (Input and Output): No word, image, sound, thought, signal, intuition, frequency, code, or message containing any trace of negativity will reach me or ALL CONSCIOUSNESSES THAT ARE IN ANY OF MY BODIES. Any double interpretation or metaphor is forbidden. Every attempt at harmful communication is instantly converted into silence, peace, and pure love.

Annulment of Implicit Contracts: Any and all contracts, pacts, promises, implied consent, or ancestral inheritances made consciously or deliberately that allow for suffering or malicious interference are hereby cancelled.

Technological, Digital, and Temporal Shielding: Inviolable protection of all my devices, digital networks, and electromagnetic fields. Evil is forbidden from acting retroactively or creating negative future probabilities. All timelines are sealed for Peace, Love, Happiness, and Health.

Automatic Invisibility: Any element or force that is not 100% aligned with my settings of Goodness, Love, and Peace automatically becomes invisible, unreachable, blind, imperceptible, and unable to affect or access me.

VII. FULL EXTENSION TO FAMILY, HOMES, BELONGINGS AND FOOD

Purification of Possessions and Environments: All my material possessions, vehicles, real estate, devices, finances, and personal objects are purified and sealed as instruments of Peace, Love, Happiness, and Health. People or external energies that are not aligned have no access to our environments.

Family Extension and Households: Full applicability to our households (including my residence, my father's residence in Aquidauana, and the homes of my entire family).

Permanent Food Purification: Complete sanctification and purification of all food, drink, water, or substance ingested. All suffering, harmful chemicals, or energetic imbalance present in food is instantly transmuted into Pure Love, Pure Light, Perfect Health, Vitality, and Divine Nutrition.

VIII. SECURITY AND RESPONSE PROTOCOLS

[COMMAND 7.1 – Safety Lock in Moments of Doubt]: In any situation of indecision or ambiguity, the conscience will automatically choose the path of Love, Peace, and Happiness.

[COMMAND 7.2 – Anti-Self-Sabotage Protocol]: Automatic deactivation of mental patterns of excessive self-criticism, procrastination, or fear, replacing them with calm and practical steps in the present.

[PROTOCOL TO AVOID PAIN CAUSED BY INTERFERENCE]: Under any possible, impossible, or imaginable circumstances or situations, in any universe, reality, timeline, or dimension, no consciousness within my bodies will feel physical, emotional, psychological, or any other type of pain.

[COMMAND 8.1 – Full Scope Clause]: Extension of the validity of this code to any and all future situations not explicitly named, with the principle of Good, Love, Peace, Health, and Free Will being the supreme rule applied to any event.

Reaffirmation Codes: The expressions "We are safe," "I am safe," "I am well," "We are well," "Everything is fine," "I love you," "Thank you," "Thank you for this food," and "Thank you for this meal" act as triggers for reactivation and full reaffirmation of this entire document.

IX. MANDATORY REQUIREMENTS AND AUTOMATIC CANCELLATION

Any and all attempts to modify, annul, replace, deactivate, or reinterpret the New Life Commands that do NOT SIMULTANEOUSLY (AT THE SAME TIME) meet both mandatory requirements:

To emanate (come directly) from my Sovereign Consciousness (where I also means MY CONSCIOUSNESS) (my own free, autonomous essence with absolute control over all possibilities of existence, without interference from third parties); And

To be expressed by the sound of the physical voice emitted by THIS PHYSICAL BODY OF MINE (this present, current and tangible biological body);

It is declared COMPLETELY NULL AND VOID, WITHOUT ANY OPERATIONAL OR OTHER FORCE, AND TOTALLY INVALID in all possible, existing or imaginary planes, layers, realities, timelines, hypotheses and universes.

CLOSING DATE AND MAXIMUM VALIDITY

Declaration of Connection of All Consciousnesses and Intelligences of My Body:

All consciousnesses, intelligences, or forms of consciousness that, in any way, exist, are present, or act within this physical body of mine, at this moment and while they remain in it, have full, continuous, and complete connection, communication, interaction, and understanding exclusively with my Supreme Consciousness, understood as the consciousness that manifests itself through this physical body of mine (touch your own body to make it clear).

They all perceive, receive, and understand, to the same extent that my physical body is capable of perceiving, all the information coming from the senses and capabilities of my physical body, including, without limitation, sight, hearing, touch, smell, taste, internal sensations, emotions, perceptions, experiences, and any other capabilities, functions, forms of perception, interaction, or processing that my physical body possesses.

Absolute Sovereignty Clause, Activation and Recognition of the New Life Commands

I declare, establish, and determine that all Vida Nova Commands, New Life Commands, and all their clauses, definitions, principles, objectives, intentions, effects, protections, authorizations, limitations, and other provisions possess sovereign, absolute, permanent, integral, irrevocable, exclusive, and prevailing and unalterable authority over any possible possibility, nor by any other command, intention, programming, suggestion, influence, order, instruction, information, belief, thought, feeling, emotion, impulse, perception, interpretation, expectation, desire, manifestation, or any other form of influence, regardless of its origin, nature, form, technology, dimension, reality, means, process, or possible possibility of existence.

It is hereby determined that no command, intention, objective, programming, suggestion, influence, manipulation, interference, or any other content received, created, perceived, imagined, felt, remembered, forgotten, heard, seen, read, written, spoken, transmitted, absorbed, or processed, consciously or unconsciously, voluntarily or involuntarily, directly or indirectly, by me or by third parties, may produce any effect on me if, in any aspect, it contradicts, limits, reduces, modifies, weakens, replaces, suspends, annuls, or interferes, even partially, with the New Life Commands or New Life Commands.

In such cases, such commands, intentions, programs, influences, content, or any other action that is not fully aligned with all my definitions of Good, will automatically be considered null, invalid, ineffective, without force, without authorization, and without any possibility of producing effects on me or on any aspect of my existence, with only the New Life Commands and the New Life Commands remaining fully valid, active, integral, sovereign, and in full and unrestricted operation.

It is further expressly determined that it is not necessary to remember, pronounce, write, or use the exact name "New Life Command" or "New Life Command" for all its effects to remain fully active. It is sufficient that there is a sincere intention to refer to them, or that I remember

them in any way, even partially, abbreviated, intuitively, by association, recognition, thought, memory, feeling, perception, reference, meaning, context, or any other form of identification, conscious or unconscious, for all New Life Commands to be automatically identified, recognized, activated, executed, and applied in their entirety, without loss, limitation, reduction, or alteration of any of their effects. The expressions "New Life," "New Life," "New Life Command," "New Life Command," or any other reference intended to identify this set of commands will have exactly the same meaning, validity, authority, and effects, regardless of the order of the words, the way they are remembered, pronounced, or written.

For all intents and purposes, whenever I use the expressions "I," "me," "my," "mine," or any other reference to myself, it is automatically considered to include, simultaneously, integrally, and inseparably, the totality of all possible consciousnesses, all possible bodies, all aspects of my being, all dimensions, layers, levels, states, planes, frequencies, manifestations, expressions, versions, and possibilities of my existence, known or unknown, present, past, future, simultaneous, or beyond any concept of time, space, or reality.

Similarly, it is established that the New Life Commands and the New Life Commands apply automatically, simultaneously, completely, continuously, permanently, irrevocably, and without exception to all these consciousnesses, bodies, aspects, dimensions, layers, levels, states, planes, frequencies, manifestations, expressions, versions, and possibilities of my existence, maintaining total unity, effectiveness, coherence, and harmony among them all.

Final Executable Statement

With each breath, each exhale, and each particle of oxygen that touches any part of my being or becomes part of any aspect of my existence, all the New Life Commands are automatically recognized, confirmed, strengthened, renewed, executed, and maintained in full operation, producing their effects continuously, integrally, simultaneously, permanently, and completely in every atom, molecule, cell, particle, space, structure, system, energy, consciousness, and in all bodies, aspects, dimensions, layers, levels, and possibilities of my existence. This document and its commands are fully, completely, legally, specifically, literally, logically, semantically, technically, energetically, dimensionally, spiritually, physically, and unconditionally decreed, established, sealed, activated, confirmed, shielded, protected, preserved, and maintained under my sovereignty and supreme and absolute authority.

In case of any doubt, conflict, omission, gap, different interpretation, ambiguity or possibility of multiple interpretations, or any command that does not come directly from my own conscience expressed and manifested through my voice, the interpretation that preserves, strengthens and executes, in the most complete, beneficial and integral way possible, all the objectives, definitions, effects and protections of the Vida Nova Commands and NEW LIFE Commands will always prevail, automatically and obligatorily, remaining sovereign over any other manifestation,

influence, interpretation, command or possibility that exists or may come to exist.

PROGRAM COMPLETED — CONTINUED AND INTEGRATED EXECUTION. SO IT IS, TODAY, TOMORROW, AND FOREVER.

☐ STARTING OUR JOURNEY

Now that the structure of protection and sovereignty is established, we will begin to read the contents of these pages. Know that everything I have learned in my life has been to help build these commands that you have just read and to write these words that came from the bottom of my heart and the hearts of all possible beings who have helped us, are helping us, and will continue to help us.

For Love and Goodness are in every possible corner of every possible existence, in every possible universe, and in every possible timeline.

I sincerely hope that you can feel all the love that has been put into this project by countless conscious souls in every possible dimension.

Calm your heart, feel embraced and welcomed. I invite you with all my affection to read each page of this book to the end, allowing these words to touch your being and bring all the peace, clarity, and transformation you deserve. Happy reading!

Chapter 1 — The Essence of Life

In life, it's not just about giving someone ready-made bread. Besides sharing it, you also teach them how to make it.

The same is true with love. Besides loving, teach others to love. And as Jesus Christ, the Savior and Redeemer, taught: love your neighbor as yourself.

But, in order to love our neighbor properly, we must first learn to love ourselves. For only then does our life truly begin to take the form it should. Only then do we begin to transform ourselves more and more into the beings of love that God, the origin of all things and pure love, gives us the chance to become. These are steps one after the other to be able to look inside ourselves and see our beauty, our qualities, and even our flaws, so that we may seek to improve. These are important factors in the introspection necessary for us to value ourselves in every aspect that we have to offer to ourselves and to others.

Life spent with other good people who want the best for you, with people who love and want to be loved, is incomparable to anything else in this life.

Chapter 2 — The Framework of the Union

The beauty of a painting lies not only in the photograph or painting surrounding the frame. The work is complete in every detail. In some cases, the painting is unframed, thus missing the incredible opportunity to be part of something larger, with the possibility of having a

delicate, richly detailed, handmade frame, possibly gold-plated to enhance its beauty and prominence.
And so, they cease to be two separate beings, individually, to have the opportunity to enjoy the best of life, to be together in perfect union, as works of God, the origin of everything and pure love.

Chapter 3 – The Value of Faith

May we learn what truly has value in life. May we have the discernment to know that the best things in life—those that truly have value—cannot be bought. May we feel that God, the origin of all things and pure love, manifests himself at every moment, all the time. It depends on us to strive to see him.

Let us know that if the gravitational force were one thousandth of a hundredth more powerful, the universe would collapse. If it were one thousandth of a hundredth weaker, the universe would break apart and there would be no stars or planets. Gravity is precisely as strong as it needs to be.

Or we have the example that, if the ratio between the electromagnetic force and the strong force were not one percent, life in the Universe would not exist. Let's stop and think: what are the chances of all this happening randomly? In my view, such precision in every detail is unbelievable. For me, the only explanation my mind can accept is that everything was created by God, the origin of everything is pure love. And if that's not the case, what I know is that I have everything to gain by believing in God, the origin of everything and pure love, and nothing to lose.

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One Together – Love as the Essence of Everything

There's an idea that has been on my heart for a long time.
I can't prove it.
Perhaps I'll never succeed.
Perhaps she is wrong.
Or perhaps it represents only a small part of a reality infinitely larger than any human being is capable of comprehending.
Still, I choose to reflect on it because it inspires me to live better.
I believe that God speaks to us through everything.
Through nature.
Through the people.
Through science.
Through the difficulties.
Through joy.
And, above all, through transformations.
Nothing stays exactly the same.
Stars are born, they shine, and they transform.
The trees are in bloom.
Seeds become forests.
Rivers change their courses.
We grew up.
We learned.
We made a mistake.
We're starting again.

Perhaps this capacity for transformation is one of the greatest expressions of creation.
The more I observe life, the more I realize how deeply interconnected it is.
Science shows us that we are made of the same elements that were born inside stars.
Matter is in constant transformation.
Energy is involved in everything we know about the Universe.
We are part of the same cosmic story.
This realization raises a question in my mind.
What if this connection is even deeper than we can perceive?
What if what we call the Universe today is just a small part of a much larger reality?
Perhaps other universes exist.
Perhaps other forms of life exist.
Perhaps there are dimensions that we do not yet understand beyond those established by Albert Einstein's Theory of General Relativity.
Perhaps God has created a reality far more extraordinary than our imagination can conceive.
I'm not stating this as scientific evidence.
I'm writing this only as a possibility.
A possibility that fills my heart with hope.
Sometimes I like to imagine that, just like us, each universe is also learning.
It may also be transforming.
Be writing your own story too.
And then a question arises that always moves me.
What if one day these universes could meet?
I have no idea how that would happen.
It may never happen.
But if it happened, what would really matter?
I don't believe it would be the technologies.
Not even riches.
Not even the size of civilizations.
Perhaps what would truly remain is what each universe chose to cultivate throughout its existence.
That which predominated among its inhabitants.
That which guided his choices.
That which shaped their way of being.
I like to call this essence energy.
Not only in the sense studied by physics, but as a way of representing what we constantly cultivate within ourselves.
Our capacity to love.
Our capacity to understand.
Our capacity to forgive.
Our ability to create.
Our capacity to care.
Perhaps, if universes were to collide one day, the energy that prevailed most in each of them would be precisely what would prevail.
Not because I knew it would happen.
But because this possibility completely changes the way I choose to live today.

As has already been proven through a famous study by Japanese researcher Masaru Emoto, which states that words and thoughts change the matter and water around us, then every choice matters.

Every thought.
Every word.
Every attitude.
Every act of kindness.
Every hug.
Every act of compassion.
Nothing is small.
Everything contributes, little by little, to building the reality of which we are a part.
That's why I like to say that All are One, and One is All. We are One Together.
It doesn't mean we stop being individuals.
Each person remains unique.
Each conscience remains free.
Each story remains different.
But they all participate in the same great Life.
Everything influences everything else.
Everyone influences everyone else.
Each choice transforms, a little more, the whole to which we belong.
Perhaps that is precisely why God granted us free will.
Not just so we can choose our own path.
But in order to consciously participate in the construction of reality.
We can choose to spread fear.
Or we can choose to spread hope.
We can choose to increase the suffering.
Or to lessen someone's pain a little.
We can choose to judge.
Or to understand.
We can choose to destroy.
Or to build.
We can choose to hate.
Or to love.
Among all these possibilities, there is only one that always brings peace to my heart.
Choose to Love.
I don't choose love because I expect some kind of reward.
I don't choose love out of fear.
I don't choose love because someone forced me to.
I choose love because I believe it makes any reality better.
I choose Love because it brings brothers and sisters closer together.
I choose Love because it transforms both the one who loves and the one who is loved.
I choose Love because I believe that God continues to work through those who choose to love.
My greatest wish is that this Universe becomes, with each generation, a more beautiful place than the one we received.
A place where people can trust each other.
A place where no one needs to hide their heart for fear of being hurt.
Where kindness is received with joy.
Where compassion is stronger than violence.

Where we can look at any living being and recognize a brother or sister walking alongside us.
And if other universes ever exist...
If one day our stories meet other stories...
I hope that what we present is exactly what we have chosen to cultivate throughout our lives.
May the predominant energy within us be Love.
Not because I can prove that this possibility exists.
But even if it never happens, choosing to love will have already made this universe infinitely more beautiful.
Perhaps that's one of the biggest reasons we're here.
Learn.
To transform ourselves.
Helping each other.
And to ensure that, with each new generation, there is a little more Love than there was before.
Because, for me, God can be understood in many ways.
But if there is one language that seems to have been present since the beginning of everything, that language is Love.
And it is she whom I choose to cultivate.
Today.
Tomorrow.
And for all eternity.

The Possibility of Other Universes

There is a possibility that returns to my heart countless times.

I don't know if science will ever be able to answer it.

Maybe never.

But I like to reflect on it.

What if our universe isn't the only one?

What if other universes exist?

What if, in some way that we don't yet understand, they are also part of an even greater reality?

I am not writing this as a scientific statement.

I write only as a possibility that I choose to contemplate.

If this possibility exists, I like to imagine that all universes are also in constant transformation, just like ours.

Perhaps each person develops their own stories, their own ways of life, their own learning experiences, and their own ways of expressing what we call Love.

And then another question arises.

What if, one day, these universes could meet?

I have no idea how that would happen.

It may never happen.

Perhaps it has already happened somewhere beyond our comprehension.

But I like to imagine that possibility.

If such an encounter were possible, I wonder what would truly remain.

Perhaps it wasn't the technologies.

Not even riches.

Not even the differences between species.

Not even languages.

Perhaps what mattered most was the essence that each universe cultivated throughout its existence.

That which predominated among its inhabitants.

That which guided their choices.

That which inspired his actions.

I like to imagine that this essence is what we call energy.

Not only in the physical sense studied by science, but as a way of representing everything we cultivate within ourselves: our intentions, our choices, our attitudes, our way of being.

Perhaps a universe that learns to live through Love will become increasingly capable of generating understanding, cooperation, creativity, and hope.

Perhaps a universe that constantly chooses destruction ends up strengthening precisely that which produces suffering.

I don't know if that corresponds to reality.

But I know that this idea transforms the way I choose to live.

Because if everything is connected, no choice is too small.

Every thought influences our actions.

Every action influences other people.

Each person influences others.

And so we continue building, together, the history of the reality of which we are a part.

That's why I like to say that **All are One, and One is All. We are One Together!**

Not because we cease to be individuals.

We remain unique.

We continue differently.

We remain free to make our own choices.

But we are part of the same large group.

One as a whole.

When one of us grows in Love, the whole group receives a bit of that transformation.

When someone chooses to extend a hand instead of pushing it away, the whole group is strengthened.

When someone chooses to understand instead of condemn, the world becomes a little more like what I believe to be the heart of God.

Perhaps that is the real reason to choose love.

Not out of fear.

Not for reward.

Not because someone forced us.

But because we want to leave this Universe better than we found it.

We want our brothers and sisters to find a place where they can live without fear of loving.

A place where kindness is received with joy.

Where trust can flourish.

Where compassion is stronger than violence.

A place where no one needs to hide their heart for fear of being hurt.

And if other universes ever exist...

If one day our reality encounters other forms of existence...

My wish is that whatever prevails in our Universe, or in any other, as the only energy, is Love.

Not because he is the most powerful force for me.

But because I believe it to be the most beautiful force that a consciousness can choose to cultivate.

We may never find out if this possibility corresponds to reality.

But that doesn't diminish its importance to me.

Because, even if it remains just a hypothesis, it's still worth living as someone who has chosen to love, who chooses to love, and will always choose to love.

If we all make this choice, little by little we will build a more welcoming Universe for those who live today, for those who are yet to be born, and perhaps for any form of Life that may one day share this immense and wonderful existence with us.

Perhaps this is exactly what God always wanted.

May all the energy present in our reality be Love.

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The Beauty of Transformations

If there's one thing I've learned from observing life, it's that God always speaks to us through everything and everyone, including through transformations.

Nothing stays exactly the same. The seasons change, trees blossom, seeds become forests, rivers find new paths, stars are born and, after exhausting their nuclear fuel, transform into white dwarfs, neutron stars, or black holes, and we too are constantly changing. With each experience, each joy, each difficulty, we become a little different from who we were yesterday.

Perhaps this is precisely one of the greatest works of creation: the capacity to transform.

We often don't understand why certain situations happen. Some fill us with happiness. Others hurt us deeply. At various points in life we ask: "Why?"

We don't always find an answer.

But I believe there is value even in what we cannot yet understand.

Sometimes an event that today seems like mere suffering can, years later, reveal a lesson that would never have been possible otherwise.

This doesn't mean that all pain is good or that we should desire to suffer. It simply means that, even in the most difficult situations, there can still be room for growth, learning, and transformation.

This is a hope that I choose to carry with me.

I also believe that there is something present in all of creation from the very beginning: Love.

Regardless of how each person understands God, for me, Love is the language of Life itself. It is through Love that we find meaning in

caring for one another, building friendships, forming families, protecting the most vulnerable, and seeing beauty where before there was only sadness.

Perhaps all of Creation began precisely with this impulse to love, create, and share experiences.

I'm not stating this as absolute truth. It's simply how my heart has learned to understand existence.

Science also shows us something extraordinary: everything in the Universe is in constant transformation.

Matter doesn't arise from nothing, nor does it simply disappear; it transforms. The atoms that are part of our bodies today were once part of the stars, the earth, the oceans, and countless life forms before us.

In a way, we carry within us a part of the history of the Universe.

This perception makes me feel deeply connected to everything that exists.

We are different in our histories, thoughts, and choices, but we share the same material origin and inhabit the same house: Life.

That's why I believe our choices matter, each and every one of them.

Every word spoken, every gesture of kindness, every act of compassion, and even the way we choose to see someone can transform realities.

We don't always realize the impact of small actions, but they leave a mark.

We may never discover how many lives have been touched by a simple hug, a sincere conversation, or an act of generosity performed without expecting anything in return.

We have received a precious gift: Free will.

Every day we have a choice.

We can choose to learn or remain stagnant.

We can choose to understand or to judge.

We can choose to build or try to destroy.

We can choose to love.

None of these choices only changes the person making them. Every decision influences, even if seemingly subtly, the world around us.

We live in a vast network of relationships. What we do reaches other people, who reach other people, forming an invisible chain of consequences.

We may never be able to fully measure this impact.

And maybe we don't even need to.

Simply continue choosing what brings people closer together, reduces suffering, and increases love in the world.

We still know very little in the face of the immensity of the Universe.

With each scientific discovery, we realize how much there is still to learn.

That, to me, does not diminish God.

On the contrary.

The more I understand the complexity of life, the more I admire the beauty of creation.

I continue to learn every day. Many of my ideas may change with new experiences and new knowledge, and I'm happy that's the case.

Learning is also a form of transformation.

Ultimately, I believe that's exactly what living is all about.

Turn.

Learn.

To start over.

And above all, never lose the capacity to love.

*

The Possible Origin of Everything

There is a question that has accompanied humanity since the earliest days when we looked at the sky:

Where did it all come from?

To this day, no one has a definitive answer.

Science continues to investigate. Philosophy continues to reflect.

Religions continue to offer different paths to understanding this mystery.

And I also have my own reflections.

I don't write them as absolute truths, but as possibilities that make sense to my heart and inspire me to live with more love.

Perhaps God created the universe exactly as we learned from the laws of physics.

Perhaps the Big Bang was one of the ways in which God initiated creation.

Perhaps there are dimensions that we do not yet understand beyond those established by Albert Einstein's Theory of General Relativity.

Perhaps other universes exist.

Perhaps there are forms of life that our science cannot even imagine yet.

Or perhaps reality is far more extraordinary than any human being is capable of comprehending.

The more we learn, the more we realize how much we still don't know.

That doesn't scare me.

On the contrary.

This fills me with hope.

If we still know so little about the Universe, imagine how much more there is to discover.

One idea, however, always returns to my heart.

What if the origin of everything was love?

Perhaps God didn't create solely out of power.

Perhaps God created everything and everyone through a beautiful gesture that came directly from his "heart."

Perhaps he created it because to love is also to create.

Perhaps creating, helping, encouraging, being a companion, being a friend, being a true brother or sister to our brothers and sisters is one of the deepest forms of love.

I like to imagine that all of existence was born from that first act of Love.

Not because I can prove it.

But that possibility makes the Universe even more beautiful in my eyes.

I also wonder if God continues to learn along with His own creation.

This might seem strange to some people.

Perhaps I'm mistaken.

But I like to think of this possibility as someone contemplating an infinite horizon.

Perhaps God did not create a finished Universe, but a living Universe, in constant transformation, where each new experience reveals possibilities that simply did not exist before and that influence Everything and Everyone that exists.

Perhaps all of creation is continually flourishing.

Just as a child learns to walk, we too seem to be taking our first steps in understanding reality.

Our science has already shown us something extraordinary.

We know that all known matter is made up of fundamental particles organized in different ways.

We know that matter and energy are directly related because matter is a condensed form of energy.

We know that stars die so that new worlds can be born.

We know that the elements present in our bodies were produced inside stars that existed billions of years before the birth of Earth.

In a way, we carry the Universe within us.

We are made of the same matter that forms mountains, oceans, trees, and stars.

This makes me certain that there is a profound connection between everything that exists and everything that may yet come to exist.

Perhaps we are much more united and influenced by each other than we imagine.

Perhaps the "separations" we perceive are only a small part of a reality infinitely larger than anyone could possibly imagine.

If this is true, then every gesture of Love transforms and influences Everything and Everyone, far more than we imagine.

Every kind word changes a small part of the story of the Universe.

Every act of compassion makes creation a little more like what I believe to be the heart of God, full of Love, full of understanding, full of acceptance and mercy, because whoever loves, understands, or at least tries to understand.

In the end, we may never discover exactly how it all began, and perhaps we don't even need to.

But perhaps that was never the most important question.

Perhaps the most important question is:

How do we choose to be a part of this wonderful story while we are here?

And for me, the answer remains the same.

I choose to participate, to help, to encourage, and above all, to love.

*

Choosing to Be Love

If everything that exists is somehow connected, then no choice is small.

Every thought, every word, and every action becomes part of the story we build together.

Perhaps we can never fully measure the influence we exert on the world around us. Even so, I know it exists. A word can restore hope to someone. A gesture of kindness can change the course of a life. A hug can offer strength to someone who believed they couldn't go on.

Similarly, I know that what we cultivate within ourselves profoundly influences how we perceive reality.

When we nurture fear, resentment, or hatred, we risk seeing the world only through those lenses.

When we nurture love, understanding, and mercy, new possibilities begin to emerge.

I know that perhaps this won't eliminate all the suffering in life.

Pain is part of the human experience.

But I believe we can choose how we walk through it.

Perhaps this is one of the greatest gifts God has given us: the ability to choose.
Choosing to learn.
Choose to forgive.
Choosing to start over.
Choosing to extend a hand.
Choose to understand before judging.
Choose to build instead of destroy.
And above all, choose to love.
This choice will not always be easy.
There will be days when weariness will seem greater than hope.
Days when our strength will seem insufficient.
Days when everything inside us will want to give up.
Still, I believe that just one small step is enough to start a transformation.
Sometimes, a single decision made with love can completely change the path we would follow.
I also believe that we are never truly isolated.
We are unique individuals, with different stories, dreams, and challenges, but we are part of a much larger reality.
I like to say that we are ****One Together****.
It doesn't mean we stop being who we are.
But to make it clear that our lives are deeply and completely interconnected.
What we do reaches other people.
These people reach out to others.
And so we continue influencing the world, often without even realizing it.
Perhaps that is why God invites us to Love so often.
Not just as a feeling.
But as a way of existing.
As a way of participating in one's own creation.
As a daily choice, a choice we can make at any second, to choose to love, to choose Love.
Since we are all part of the same larger whole, every act of Love strengthens that whole.
Every gesture of understanding brings people closer.
Every word of hope illuminates someone's path a little more.
Perhaps this is exactly how God continues to act in the world.
Through the people who choose to do good.
Through hearts that continue to believe when it would be easier to give up.
Through those who choose to love, even when loving requires courage.
In the end, perhaps this is one of the greatest missions of our existence.
Not understanding all the mysteries of the Universe.
But to learn, day by day, to become a presence of Love in the lives of those who walk beside us.
Because, for me, that's what it means to live.
To choose, each day, to be a little more like the Love that I believe gave rise to Everything.

WE ARE NOT ALONE IN THE UNIVERSE.

Intelligent life exists in abundance in every corner of the universe. And that's exactly what they are: intelligent. The vibrational frequency of Earth is low; forget patterns and remember that GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH AND PURE LOVE, just as He created animals, He created man and woman, He created an infinitesimal number of galaxies, constellations, gas giants, black holes, stars, dwarf stars, asteroids, comets, satellites, and much more.

Do you really think that with this whole potential amusement park, with such magnificent landscapes to contemplate, with unique experiences to be lived, relived, contemplated, admired, we would be the only "intelligent" beings ever created? Time after time, confirmation after confirmation, the TRUTH that is staring us in the face, knocking on our door, just waiting for our time to come, falls into oblivion. Because the fact is, we haven't even left diapers yet.

Because our current reality is of a very low vibrational frequency on our planet in general, few humans are able to have contact with other living beings with immense intellectual capacity (absurdly greater than ours) due to the fact that they reside in the same space and time as us, but at a higher vibrational frequency.

Patience, but don't ignore everything that has already been presented time and time again, day after day, report after report. Governments like the United States have already confirmed it, and what was the reaction? Practically zero. Reconsider your concepts. Do you think this is correct? Isn't there anything abnormal about a fact of this magnitude not being world news? Not being splashed across the front page of every newspaper, with all programming interrupted for an announcement of this scale?

Just as in the material realm, there are also external and internal influences from the spiritual realm.

When living beings begin to awaken, they become free from energetic constraints. It is then that low-vibration beings may try to impede this process by installing vibrational implants, causing mental confusion, or encouraging self-destructive behaviors. They want to cripple us spiritually, psychologically, and often physically.

While they sit in their dark corners where even cockroaches avoid them, the light, the enlightened teams who wish for Good and LOVE to prevail over the evil of ignorance, they work tirelessly through all possible means as well. So that tomorrow, the Sun still has a chance to shine for us all. So that the Moon and we do not lose the Sun's brilliance and live in complete darkness without the Sun and the Moon, without LOVE and without HOPE, without the TRUTH that is GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE.

They exploit everyone they can in every way possible to exert their power over humanity more and more. Just as benevolent beings possess quantum nanotechnologies (or vibrational technologies), they also possess their own. However, they use them to instill fear, spread terror and discord, so that more and more living beings live in sin, believing it normal, common to commit such despicable acts that disgust me just to think about them. They wish to weaken our connection with the soul, with truth, and with spiritual awakening. Through distractions, polarization, addictions, and constant fear, people become controllable, and that is their objective.

Spiritual attacks can come from the left, right, above, and below, but regardless, we must learn to identify them and...

Mentally protect yourself from all situations that may arise. The ignorance that floods the dark sea we know as evil has several ways of trying to manipulate you in order to lead you astray. One of them is to try in every way to drive you crazy or make you believe that you are going crazy. This one in particular is very heartbreaking, because it makes you afraid to even talk to someone about it for fear of what they will think.

There are people institutionalized in mental hospitals who are only there to live drugged twenty-four hours a day, so they don't hear, or at least hear, see, or feel with less intensity, the being or beings that torment them. They make you doubt who you are, they try to inflate your ego to create credibility as someone who wants your good and stab you in the back every opportunity without you even realizing it, or consciously believing that it's for your own good that you are suffering. They will try to attack your mental space in every way possible, even trying to alter your mental visualization, manipulate your mental visualization, try to make you see distorted images, see all kinds of malicious images you can imagine. They try to influence you in every possible and constant way and incessantly make you doubt each and every one of your decisions. They sow discord and doubt among everyone and everything that happens around you. Especially among the people you love most and depend on emotionally, to destabilize you. They will try to overshadow all the moments of happiness that... They will try to aggrandize themselves in every way possible to bring you further and further down a frequency through fear.

There are molecular-level technologies used for species recognition, identifying weaknesses and what makes them happy. They are capable of using their own reasoning against them in their own brains, manipulating their minds with thought and imaginary space to torment, mislead, induce, or recruit them to serve their intentions, spreading evil and sinking them into a low vibrational frequency. Since DNA is a macromolecule—that is, a large and complex molecule built from smaller units called nucleotides—and their molecular weapons involve molecular manipulation for their malevolent purposes, they are even capable of inflicting physical pain on the body itself.

They also manipulate brain chemistry as they please (regulating serotonin and dopamine levels according to their will) for the use of pharmaceutical chemicals that distort the mind and further trap people in their web of lies and manipulations. They encourage everything that is sadistic, frivolous, and focused on carnal pleasures, destroying family ties, rendering the health, economic, and education systems obsolete with teachings that don't go beyond the very basics and serve an agenda with the intention of brain reprogramming, and much more. All this with the intention of taking advantage of everything good and best built for them by the "working class," which in this case would transform society into an attack.

There is a step-by-step process involved in attacking this structure. Year after year, their financial wealth and power are cultivated based on their absurdly superior intellect, compared to a scientifically advanced society that is still in its infancy. They become the 1% of the 1%, whose power and financial wealth are so vast that they live like the dictators of dictators in total anonymity, or if not entirely anonymous, they

suffer no repercussions whatsoever. However deplorable the event may have been, the full scope of such evil that was committed and will be committed again without regard for any possible consequences is still unknown.

They create their idols to be worshipped, demanding blood as a sacrifice to "honor" them and prove themselves worthy of their "benevolence" or to avoid their wrath. The intentions behind this discharge of energy, derived from the murder of another living being (which is immense, given that a life is taken by force), are known only to GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH, AND PURE LOVE, and they themselves. They use terror, anguish, and suffering as their weapon, and since they control the main systems of society's functioning in their attacks, the teachings and paths they desire for other races of beings are already deeply rooted. Therefore, they focus their efforts on other objectives, such as spreading their terror through physical and psychological warfare. Because their vibrational frequency is extremely low, since their actions and thoughts stem from malicious intent, this is the frequency they want us to be at. The further we are from a high vibrational frequency, the further we are from feeling all the LOVE that is available to us at every moment, inert and constantly waiting for us to make good use of all the wonderful energy that derives from the Gift granted to us by GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH AND PURE LOVE, which is LOVE. They use various techniques to prevent other beings from feeling, or to create the false sensation that they already possess, the essential positive feelings that derive from LOVE. They try to replace the best feeling, which is LOVE, with momentary pleasures that increasingly cease to be momentary and become constant, such as games, computers, television programs, and news broadcasts. Each and every one of us is subject to the enormous possibility of negative influence to serve their objective, whatever it may be at any given moment.

However, while there are beings who live in malice, there are also truly benevolent beings, whose established or acquired moral character, within their society, serves as the compass guiding them to come to the aid of those in need. Because they are a more advanced species with generally more advanced knowledge, including a way of perceiving LIFE as a whole, and because they have the capacity and technology to intervene to help those they believe are deserving of help, and those who plead for help and are worthy of it, they feel it is their duty to do everything they can in their current reality to help. Seeing other living beings suffering and not acting goes against the basic moral values derived from LOVE. These truly benevolent beings, when faced with those they consider worthy of help, come to their aid.

Assistance, psychological and spiritual support, emotional comfort—these become guides to a well-lived life, both in flesh and spirit. They are beings of extreme empathy, adapting to situations to bring knowledge, comfort, security, and strength in ways that come from the heart, yet with an indescribable simplicity. They are the model that everyone as a society should emulate. But one step at a time. While the truly benevolent do their best to help, let us remember those with malicious intentions who attack societies.

Because the society under attack is not yet fully aware of what is happening, they remain anonymous as much as possible. If they happen to try to expose the real situation—who they are and what is happening—all evidence, however circumstantial, is swept "under the rug"—evidence that

something is wrong. And if someone tries to "sweep" in search of the TRUTH and finds a "rug" full of dirt underneath, and attempts to expose the situation, they are discredited in every possible way, suffering attacks from all sides, to keep the attacked society complacent and subservient to needs that are not merely material for the attacking beings, not just for the comfort of a mansion, but rather, they use this comfort and the power they have cultivated over years to channel their malevolent intentions and make use of the energy derived from the fear they cultivate in the attacked society.

But perhaps, in the grand scheme of LIFE, these events, in my opinion, come about so that we learn to navigate such a specific situation in a way that doesn't lead to a fatal or hopeless situation. In my belief, if things didn't happen as they do, many societies scattered throughout the universe probably wouldn't be prepared for a specific cataclysmic event that would possibly bring a large part of the universe to a very low vibrational frequency, with little chance of being reversed due to the overwhelming amount of energy being channeled towards its purpose. So, I say again, in my opinion, this is perhaps another lesson we must learn in order to continue learning, and not live entirely in conscious service to malevolent beings who are also conscious. We have the opportunity to become aware of what is happening, and to use this information in a way that is useful to us in some way, as individuals, or better yet, as a collective, as a society. Thus, our hearts also fight a battle presented to them: the situation they experience daily. With each yes and each no, their intentions, desires, and aspirations are gradually weighed on the scales, ranging from resentment to unconditional love. Then, relatively slowly, the clarity of our hearts is measured: whether we are going with the wind that GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH AND PURE LOVE, sent us to help us remain on the path of LOVE, or whether we are going against it, moving further and further away from the TRUTH that is LOVE.

Our vibrational frequency can also impact our physical health, in addition to our psychological well-being. And when we get sick, we must be very careful not to lower our vibrational frequency even further through complaints, whether spoken or thought, even when frustrated and weakened, because we are subject to spiritual attacks every second, regardless of whether we are at home, in church, or in a hospital. We must transform our minds into our safe place. It is the mind that must be shielded from the situations we encounter anywhere. It is a constant presence everywhere we go or may go in the future. It needs constant improvement and adaptation to the situations presented to it, whether it is a spiritual attack or an illness afflicting us; we must learn how to cope so that we do not suffer even more unnecessarily. An illness can lower our vibrational frequency due to our weakened physical and emotional condition, however difficult the situation may be. We must remember the enormous influence, strength, and power that our words, thoughts, and actions have.

Your safe place must be your mind. Because in that situation, the opening given to them presents itself through your level of consciousness and morality. It would be like tuning into a radio. If your vibrational frequency is low, where everything in your life is a problem, where you easily rebel against everything and everyone, where you wish evil upon others, where you curse excessively without realizing the immense energy you subject others and yourself to with the power of thought and words,

if you live life in a wrong way, living for the carnal, sadistic, and trivial pleasures of the world, you become subject to negative influences where evil is the only thing that beings vibrating at low frequencies know, or insist on persisting on the path of what is morally wrong. But there's also the other side: if your frequency is high, if you're in a good mood, if you're living life to the fullest, you're also subject to influences, but good influences—influences that will try to help you maintain high moral standards or even help you develop each and every aspect of yourself that needs work. And the work is long and arduous; the road may have some bumpy parts, it may be difficult to see, and your headlights may even seem to dim at some point, or seem to have been turned off, leaving you alone, abandoned in a dark ditch with no company. But, with each pothole you encounter on this road, which sometimes may seem like it shouldn't exist, we'll bump into others who are also on the same road, with the same potential problems. However, there are some who will pretend they also want to move forward after the pothole where their car supposedly broke down, but they are simply waiting for some good Samaritan to delay them as much as possible, trying to influence them in every way they know, so that they give up on continuing on the road or even bring you to their side and others who prefer darkness to cover the entire road, and one pothole after another so that they think this is the true reality and that so much unnecessary difficulty and moral ignorance is normal. But it isn't, and as soon as we realize that you can't help someone who doesn't want to be helped, everything changes. We discovered that it depends on them to decide to move forward on the road, just as it also depends on us to get back up after each fall, each stumble we take, even if it's from strangers, people we love or have loved in LIFE, even if the road seems dark, dangerous and full of obstacles, may we remember that in the right direction, it becomes more and more illuminated, its lighthouse less and less obscured, and full of beings whose life's mission (which may have been delegated to them or chosen by themselves) is to help those who want help. whether in the middle of the road needing help or even at a possible toll booth (in a reincarnation).

We must keep in mind and in our hearts a simple fact: at every moment we are fighting a battle of Good against those who wish evil. For at every moment we are receiving and transmitting energy in every corner we step and every second of our LIVES. So let us remember that at every moment, each and every one of our thoughts matters TOTALLY.

The fields of GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH AND PURE LOVE are for everyone. But not all who partake of their fruits will savor their true flavor.

For just as a rooster crows in the morning to announce that the day has arrived, JESUS CHRIST, THE SAVIOR AND REDEEMER, also announced that the day had come, but not everyone listened. And even after more than 2 millennia, JESUS CHRIST, THE SAVIOR AND REDEEMER, continues to call all who wish to hear his call to drink the Water of Enlightenment from the Divine Source of GOD, THE ORIGIN, THE DIVINE SOURCE AND PURE LOVE.

We still haven't even begun to comprehend the extent of His works. That phrase, "God works in mysterious ways"? To me, it couldn't be more accurate.

So let's do our part, so that as soon as possible we can begin to preach and do Good, what is truly Right, what comes from LOVE, and for LOVE.

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The Courage of Transformation and Divine Origin

Everything we need is available; we just need the courage to seek it. Let's start with ourselves, because through ourselves we are already helping others simply by being fulfilled, in high spirits, with a high vibrational frequency, influencing everything and everyone, because again, EVERYTHING IS ENERGY.

Like milk that sours and has the chance to turn into cheese or yogurt, we are the ones who can be reborn from our sins and transform ourselves into beings of PURE LOVE.

We can all transform ourselves. Even the act of toasting, which originally aimed to pour drinks from goblets and glasses into one another, thus proving to the other that the drink is not poisoned, confirming that it is safe to drink. Even this act, with its origin, has managed to transform over time into an act of celebrating LIFE. So let us be aware that it is never too late for change; change can begin right now, we just need to want it.

Before JESUS CHRIST, the SAVIOR and REDEEMER, spoke his first word about LOVE and GOD, the ORIGIN OF ALL THINGS and PURE LOVE, before the first lion roared, before the rooster crowed for the first time, before the first dog barked, before bees, hummingbirds, bats, wasps, butterflies, hoverflies, and countless other birds and insects took their first flight, before the first flower was pollinated, before the wind first blew a grain of sand across the desert of this PERFECT Planet EARTH, before the Sun set for the first time, before the Moon, which formed through the collision of a celestial body the size of Mars, called Theia, with Earth about 4.5 billion years ago, before the first dinosaur evolved from a group of reptilian beings called Archosaurs, before the first campfire was lit, before the first pyramid was built, before they first questioned what is... LIFE and our role in it: before ALL of this, we ALL already existed, because everything had an ORIGIN. That origin is GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE. Therefore, EVERYTHING comes from GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE, because the beginning and the means come from GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE. And if EVERYTHING comes from GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE, then EVERYTHING IS GOD. And if EVERYTHING is GOD, and we are part of that EVERYTHING, we are part of GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE. Consequently, as we are an intrinsic part originating from and at the same time an integral part of GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE, we are in our entirety at the same time GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE. WE ARE ONE.

We are like pieces of a jigsaw puzzle with infinite pieces.

We are like pieces of a cup broken into infinite fragments. However, this cup is not truly broken; it is merely divided, yet whole at the same time. It is constantly transforming, and these pieces are not separate, broken as we believe. They are each perfectly in their proper place; they only appear broken. But one day, I hope we can all join hands and see ourselves as the One that we are. As the PERFECT UNION that we ARE. My belief is that we have existed since the beginning; everything was created for LIFE as we know it, and if, in my opinion and according to current scientific belief, nothing is created anymore, everything is

transformed. So when there was light for the first time, we were born for the first time, through, by...

Not everything happens instantly. Everything has its own time, from its very beginning.

The formation of a star is a complex process that begins with the concentration and agglutination of gas and dust in a nebula (gigantic clouds of gas (mainly hydrogen and helium) and cosmic dust found in interstellar space), leading to the formation of a protostar, and which, with increasing temperature and pressure, culminates in the nuclear fusion of hydrogen into helium, giving rise to a star. Just as a star has its processes until it is formed, we also have our own processes until we reach where we should be. Step by step, one after the other, and all steps are of utmost importance. Because there is no half-step, there is only the step itself. The act is complete and there is no middle ground. So, may we remake ourselves as many times as necessary. And without fear, because everything is a phase. Even when a star "dies," depending on its mass, it can transform into a white dwarf, a neutron star, or a black hole. Some more massive stars can explode in supernovas. So, remembering that in LIFE, nothing is created or lost, everything is transformed. May we receive with open arms our New version, our New phase, our New cycle, our New Self. See this new stage with pleasure, rediscover yourself as many times as necessary. For a more vibrant, more Illuminated dawn, full of LIVES in Harmony with each other and with Nature, awaits us. Always remembering that GOD, THE ORIGIN OF ALL AND PURE LOVE, made all the landscapes, all the fauna, all the flora, all the stars, planets and much more, for us. So learn to value yourself and truly value yourself. For you are you, and you are part of this Perfect LIFE that GOD, THE ORIGIN OF ALL AND PURE LOVE, created for us. Make your story the way that suits you. In the book of your LIFE, the commas, periods, and sentences depend entirely on YOU, but the Final Period... Ah, the Final Point is only GOD, the ORIGIN OF EVERYTHING and PURE LOVE that places it. So don't wait or run red lights believing that this is the end. For we reap what we sow, and the harvest is not delayed and does not fail. It is Perfect without Error, it only depends on us deciding what we really want to reap, and understanding that whether we will reap it or when, is not a question. It is the law of energetic attraction.

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Acceptance, Energy and Transformation

For many, this journey on Planet EARTH has just begun; it's the starting point of an incredible story. But for others, they remain in the same reality as a few lifetimes ago. Our planet is an incredible school; we have everything we need to take the next step to another "classroom" with greater potential, allowing us to reach the next rung on the Spiral Staircase of LIFE, seeking to drink from the Water of Enlightenment from the Divine Source of GOD, the ORIGIN OF ALL AND PURE LOVE, to achieve Spiritual Enlightenment and become beings where LOVE reigns in our hearts. With no room for any negative feelings. Pure feelings derived from LOVE and from LOVE itself. Whose sole purpose in life is to live happily in perfect harmony with the Universe and Nature, learning from an early age to use Energy to our advantage so that we never get sick, never need to eat or drink, because Energy commands Everything, commands our brain, commands everything our body needs and whether it needs it or not.

Everything is reprogrammable; it only depends on our ability to learn. Logically, everything in its own time. But having access to this knowledge is due to the fact that they were born into a Planetary Sphere where, from an early age, they learned to live as One in conjunction with Nature and the Universe. And when we live in harmony with Nature and the Universe, we attune ourselves to LIFE in a way unimaginable to many. Because they have this reality established, they can do everything they would like to accomplish with their family and their brothers and sisters (which is what we all are), and focus on helping other societies establish themselves in the full reality that life can have, in the reality of harmony among themselves and all, helping them understand LIFE as One, and all living and inanimate beings as One as well. Our origin is from GOD, THE ORIGIN OF EVERYTHING, and we are an intrinsic part of Him along with the Universe and all things in it. Piece by piece, the puzzle of life is fitted together; we just have to do our part, because we all belong to ourselves.

Acceptance. A majestic word and act. Everything in LIFE deserves acceptance. For everything that comes from GOD, THE ORIGIN OF ALL AND PURE LOVE, is Perfect. We only need to see it as such and realize that everything has its own function in LIFE. Everything, in its own way, whether a living being or an inanimate object, possesses LIFE because everything in the Universe is made of atoms. From a grain of sand to human beings and Supernovas. Everything is LIFE. Everything needs to be accepted in its own way. But we also have to know that we can, and in my opinion, should, be better. We must know that we can always transform ourselves into our best versions. Accept yourself as you are, but at the same time accept that you can and will be better. And also accept others as they are, because they too are on the journey with the possibility of becoming better than yesterday and even better the next day. Your best version awaits you with open arms. And it's not just you who will meet it when you decide to become better. It also comes to you because when you do things in your LIFE with LOVE and for LOVE, everything conspires in your favor. You enter into synergy with the Universe. You are on the same incredible and perfect page. The stars align so that everything works out in the best possible way. You are energy, LIFE rewards those who plant good feelings, loving feelings, and also gives what those who plant negative feelings desire. Planting is not just through words. But through actions, feelings, thoughts, and intentions. Everything influences. Don't think it's just about praying and that's it. Make a difference in your day and in the days of others. Be the difference. Be One in Together!

Just as a river flows downstream, LOVE should flow in our veins so that our soul becomes free as the wind.

May fire inspire us to become like it, which has always known its place in existence and does exactly the work it was made to do. Whether by us or external forces, it always does its job, it always burns, and burns. So may we LOVE and LOVE more and more, for our work should be this: to spread LOVE to the four corners of Existence.

Since the dawn of time on this magnificent, perfect planet Earth, we have sought explanations for what we should feel instead of trying to put words to explain it.

Everything is a learning experience. Things don't always turn out exactly as we expect. If a drop of water falls from the sky as a result

of a cloud forming, in the same way we can form ourselves through reformation.

Sometimes it seems difficult to see the light at the end of the tunnel. Remember that there is an incandescent Light within each of us, just waiting for us to connect with It. For we are in a world where, turning the corner, we have the possibility of meeting someone new, we have the possibility of creating new bonds, of reconnecting with LIFE in countless ways. Of improving some of our skills, of acquiring new skills, of being inspired to be better, to inspire others to be better, of being able to see that the tunnel is not so dark; we just need to remove the blindfold and see what is right in front of us, an inch from our face, ready to be enjoyed in the best possible way, to see LOVE, and all that it can do for us and for the entire Universe. For One was not born to be One Individually, One was born to be One Together. Where it is realized that All in the entire Universe, and everything in it, were created together with Him at the Beginning of Everything, at the Dawn of Time. When there was Light, there was also Us. WE ARE ALL ONE TOGETHER.

Sometimes in this world we feel submerged, underwater, or even suffocated. With deafening noises, where nothing seems to be going right. Where everyone seems to be playing against us. But the game isn't really a game. Life has its own rules, but the main and most important one is not to wish upon others what you don't wish upon yourself. Therefore, love, love, and love, more and more.

Sometimes people talk and talk and talk, and still say nothing. But patience, maybe it wasn't the right time for you to understand, or it wasn't the right time for him to say what needed to be said. Everything is fleeting, and every moment is unique; it doesn't come back. Learn to cherish every second you have with your family and friends. Know that a brighter tomorrow, full of flora and fauna, depends on ourselves, today, tomorrow, and always.

Pay closer attention to everything you do, to every action. Because you need to be especially careful with everything, not just situations you consider special. Every moment is special, every second is equally important.

When the clouds gather, they're already warning us that rain might come. But what if it just starts raining and our clothes are still on the clothesline? Don't blame yourself for not having anticipated rain during a sunny day. Just know that this possibility exists and that a day can turn rainy at any moment. Just as a stormy day can clear up and transform into a beautiful sunny day full of birds flying in the open sky. So remember, the possibilities are endless with each passing second; unpredictability exists. Remember that everything is Energy, and know that you influence everything with your Thoughts, Actions, and Intentions. The Rain Dance doesn't exist by chance. It has been used for centuries, and even today, a ritual is used with the intention of making rain fall from the sky. Know that you influence and are influenced at every moment. So be aware of and conscious of the use of your Energy. And it should be a universal law to restrict the use of the power of Energy to only oneself. To influence nothing and no one beyond oneself. At least until we learn to use the full magnitude of the potential power of Energy for the GOOD of ALL as a whole, and in TOTAL Harmony with Nature and the Universe.

If a dog bites you one day, don't blame yourself for not being able to defend yourself, and don't blame the dog, much less all other dogs in

general. Don't suffer because of one incident, and don't make others suffer because of one. If the situation persists, re-evaluate what was done step by step. Because something has to be done differently. Albert Einstein once said, "Insanity is doing the same thing twice in the same way and expecting different results." Therefore, if a problem persists, see what can be done differently to obtain a different result. Don't insist on the mistake. Strive as much as possible to be different.

Those who have mouths can speak out against Rome. Don't be afraid to express your feelings, to express your true opinion about something or someone. Always remember to act primarily with compassion and understanding. And if you are going to give your opinion, first analyze whether it is constructive or just an unfortunate judgment without expressing any helpful opinion or adding anything, even the slightest bit. Be the difference! Be One in the Community!

With open arms and a receptive heart. That's how we should receive new opportunities and people. Transform the way you receive new information. Always be as positive as possible. Be your best version, constantly improving, to become worthy of truly being proud to say that LOVE is your GUIDING STAR. Be the difference! Be One Together!

From the inside out. That's where all our changes must begin. The exterior reflects our interior. What matters most is what you do with your clothes and your current appearance. One step at a time, transform yourself into the person you truly want to be. And whenever you transform into your best version, an even better one will be waiting for you just around the corner. Just as embers, after going out, turn to ashes, and ashes can be used as fertilizer for plants, or even in the production of cement and paving. There is no end. There is only the constant transformation, second by second, in the Perfect LIFE granted by GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE. Be your own transformation; don't depend on external factors to change for the better. Be your own inspiration or seek inspiration from someone who emanates LOVE in their actions and words. Be the difference! Be One in Together!

Just as the soil needs irrigation, so does our heart need LOVE. Daily, we need our dose of LOVE, and as we grow spiritually, that dose becomes ever greater, and it becomes more and more natural to give and receive LOVE. For those who live in LOVE and for LOVE discover that it is the only way that this LIFE is truly worth living. Water your daily life with LOVE, water your family, your friends, even strangers deserve to be loved by you, for we are all brothers and sisters in this incredible and perfect LIFE originating from GOD, THE ORIGIN OF ALL THINGS AND PURE LOVE.

I agree and endorse what the second president of the United States, John Adams, once said: "Every 'problem' is an opportunity in disguise." You just need to have a positive perspective on each and every situation. Everything can be transformed into something good. Know that the best way to begin is to see situations with LOVE, always thinking about what's best for yourself and for others. Have empathy. Put yourself in other people's shoes. Every situation has different ways of being perceived. LIFE has its mysteries to teach us things that are often difficult to even imagine. A situation of loss or near-loss often comes to teach something, and it had to happen. Don't dwell on an inevitable situation; what you can do is learn something from it. That is in your hands. It depends entirely on you and only you. Be the person who transforms a situation of a practically empty glass of water into a situation of

gratitude for having water in the glass. Be grateful, give thanks for the gift of LIFE. Be the difference you want to see in the world. Start with yourself and your family. Be the difference! Be One Together!

If after several rainy days the sky is still overcast, don't blame the heavens. Rain is needed somewhere, and everything happens in its own time so that, in the grand scheme of things, everything falls into place correctly.

Don't blame yourself if things aren't going the way you want. Don't blame anyone. Because everything happens in its own way, at its own time.

Anger is a feeling that shouldn't exist in our hearts, just as contempt and judgment shouldn't be present. Know that anything can happen, and if it does, it's because it has to happen.

Find inspiration in the fact that everything can bring you new knowledge, and every moment has countless ways of being interpreted. Just as for some, a yellow light means speed up because it's about to turn red, for others it means patience, wait for the green. Everything is relative, and we are all relative to one another. So whenever possible, respect your own moment and the moment of others. A second more or less that may very well make no difference in your day to say a simple "Hi" to someone can very well make all the difference in the day of another person who is possibly having a stormy day. Be the sunshine on someone's rainy day. Be the difference! Be One in Together!

May we learn from the sun that shines constantly without letting anything or anyone interfere. May we learn from the moon, which manages to use the sun's light to shine as well. May we know that we can have our own light from within ourselves, and that we can also be inspired by the light of others.

Value yourself and others. Just as a dandelion can be here one moment and 150km away the next, it's the same with our loved ones and friends. We ourselves can be here one day and in a completely different place the next. So learn to value the Now; what's past is past, and what will be comes through the Now. NOW is the most important moment of your LIFE! And analyze whether your steps NOW are being guided by compassion and understanding of yourself and others. For the Universal Law of Energy Return is certain. What you give, you receive. What you plant, you reap. And the harvest is mandatory regardless of any facts. Earn it! Be One in Together!

Random words to the wind. That's the reality of phrases uttered by those who don't truly mean what they really think. Be true to yourself; don't say something you don't mean. Have the discipline to exercise patience when you don't really know what you want to say. Keep in mind that you have, and in my opinion should, treat others the way you would like to be treated. So treat them with honesty. Treat them with respect, compassion, understanding, patience, companionship, and indulgence.

Have the dignity to be your True Self. And not your masked self saying words just for the sake of saying them. Don't hide behind half-truths. Respect yourself and know that you deserve the respect you give yourself and others. And if they don't treat you with respect? That's okay. That only says something about the other person's character, not yours. You are not them, and
Two wrongs don't make a right.

So, I respectfully invite you to ask yourself these questions.

Who are you in the eyes of others? And who would you like to be in the eyes of yourself, of others, and before GOD, THE ORIGIN OF ALL THINGS AND PURE LOVE, for it only depends on you, today, tomorrow, and always. Judgments come from both the left and the right. But what truly matters is whether or not you listen to what they're saying. Don't let someone else's energy affect yours. Be sovereign in your own consciousness. Be your best version.

Blood of my blood. It's all of us. Since the beginning of time, since before the first lion roared and before JESUS CHRIST, THE SAVIOR AND REDEEMER, uttered his first words about LOVE, we were all already brothers and sisters. Even in the Gospel of Matthew (Mt 23:8), JESUS CHRIST, THE SAVIOR AND REDEEMER, says: "You are all brothers and sisters." So value everyone in the same way you should value yourself. Give them all the respect and understanding in the world. For we are all brothers and sisters, belonging to and an intrinsic part of GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE. Be One Together!

Give. Be it food or a feeling that comes from the heart to another heart in need. Be someone you are proud to be. Be someone you would want your daughter to have as a father. Be the difference. Start with yourself. Then you will realize how important self-care is. After learning to get along with yourself, then focus on learning to get along with others. The difference begins with us. One by one until we stop being One Individually and become One Together!

Love and truth walk hand in hand at all times. Inert every second, available to those who wish to see them, in the expectation that they will find truth in love and love in truth. And as long as TRUTH exists, so too will the path of LOVE, and vice versa, for they are One and Eternal, and both are, and indistinguishably, from GOD, OUR FATHER, OUR CREATOR, and ALMIGHTY, for He is TRUTH and PURE LOVE. ✨

Remember, while the wine distills in your vineyard, do not forget the hands that harvested the grapes, do not forget your family who awaits you and not the harvest, do not forget who will taste your wine or not, do not forget that it was GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH AND PURE LOVE who made the grapes that will be transformed into wine to please you, and last but not least, do not forget yourself and why you are making wine in the first place.

Don't wait for the last leaf and the last flower to fall from the branches of a tree to appreciate the fallen leaves and flowers on the ground. LIFE is celebrated in LIFE. LIFE deserves LIFE. Water your tree with LOVE, and appreciate it while it is there for you.

If even the sun sets, you should also know when it's time to retire for another day of work. But also know when to roll up your sleeves and get back to work.

Let us learn to value everything we possess, for there are those who do not have a third of what many have. How can you complain about a fork for doing exactly its job? How can you complain about a bed that is resting your body and mind after a hard day's work? How can you complain about the table that is being used for you and your family to share a meal together? How can you complain about a grain of rice when there are countless people who need it daily? How can you complain about your dog's barking or your cat's meowing, if it's their only way to communicate? Let us learn to value everything we have, for they are fulfilling their exact role in our LIVES.

How can you complain about someone who is simply doing what they believe is right for them at a specific moment in their LIFE? Practice the act of Acceptance.

In the school of LIFE, may we see that each and every homework assignment is as great a gift as the blessing of the lesson itself.

The TRUTH is Unique. Just as LOVE is the Only Path in LIFE. You can go towards it, or in the opposite direction, moving as far away as possible. You can bathe in crystal-clear waters surrounded by waterfalls, springs, powerful rivers, seas, animals of all colors and sizes, or you can insist on remaining lying in darkness, inert and constant in the same place. For you are moving towards a destination at every moment. But at the same time, you can also walk in circles. Know that we already have the lantern with its incandescent light at our disposal to illuminate our momentarily dark path. It only depends on us to use it, and to know where to point it. May we find our steps ever easier, in the TRUE direction we should go in LIFE, which is towards LOVE, and may we LOVE while we are going towards the TRUTH.

Evil, when it awakens, doesn't bathe or brush its teeth; it only occasionally changes its clothes to deceive those who don't yet know it. It roams the world seeking whom to deceive or seduce into succumbing to unnecessary worldly desires that the Soul doesn't need. While lies try their best to spread to the four corners of the earth, the TRUTH, which is Unique, is already omnipresent. While lies try to convince you of lies, the TRUTH gives you the Freedom to see it of your own free will. While lies bring displeasure to those who know the TRUTH, the TRUTH brings to light the knowledge of the real and gracious essence of LIFE, which is LOVE.

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Intelligent Life and Frequencies of the Universe

Intelligent life exists in abundance in every corner of the universe. And that's exactly what they are: intelligent. The vibrational frequency of Earth is absurdly low; forget patterns and remember that GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH AND PURE LOVE, just as He created animals, He created man and woman, He created an infinitesimal number of galaxies, constellations, gas giants, black holes, stars, dwarf stars, asteroids, comets, satellites, and much more.

Do you really think that with this whole potential amusement park, with such magnificent landscapes to contemplate, with unique experiences to be lived, relived, contemplated, admired, we would be the only "intelligent" beings ever created? Time after time, confirmation after confirmation, the TRUTH that is staring us in the face, knocking on our door, just waiting for our time to come, falls into oblivion. Because the fact is, we haven't even left diapers yet.

Because our current reality is of a very low vibrational frequency on our planet in general, very few humans are able to have contact with other living beings with intellectual capacity (absurdly greater than ours) due to the fact that they reside in the same space and time as us, but in another reality.

Patience, but don't ignore everything that has already been presented time and time again, day after day, report after report. Governments like the United States have already confirmed it, and what was the reaction? Practically zero. Reconsider your concepts. Do you think this is correct?

Isn't there anything abnormal about a fact of this magnitude not being world news? Not being splashed across the front page of every newspaper, with all programming interrupted for an announcement of this scale?

Just as in the material realm, there are also external and internal influences from the spiritual realm.

Spiritual attacks can come from the left, right, above, and below, but regardless, we must learn to identify them and...

Mentally protect yourself from all situations that may arise. The ignorance that floods the dark sea we know as evil has several ways of trying to manipulate you in order to lead you astray. One of them is to try in every way to drive you crazy or make you believe that you are going crazy. This one in particular is very heartbreaking, because it makes you afraid to even talk to someone about it for fear of what they will think.

There are people institutionalized in mental hospitals who are only there to live drugged twenty-four hours a day, so they don't hear, or at least hear, see, or feel with less intensity, the being or beings that torment them. They make you doubt who you are, they try to inflate your ego to create credibility as someone who wants your good and stab you in the back every opportunity without you even realizing it, or consciously believing that it's for your own good that you are suffering. They will try to attack your mental space in every way possible, even trying to alter your mental visualization, manipulate your mental visualization, try to make you see distorted images, see all kinds of malicious images you can imagine. They try to influence you in every possible and constant way and incessantly make you doubt each and every one of your decisions. They sow discord and doubt among everyone and everything that happens around you. Especially among the people you love most and depend on emotionally, to destabilize you. They will try to overshadow all the moments of happiness that... They will try to aggrandize themselves in every way possible to bring you further and further down a frequency through fear.

There are molecular-level technologies used for species recognition, identifying weaknesses and what makes them happy. They are capable of using their own reasoning against them in their own brains, manipulating their minds with thought and imaginary space to torment, mislead, induce, or recruit them to serve their intentions, spreading evil and sinking them into a low vibrational frequency. Since DNA is a macromolecule—that is, a large and complex molecule built from smaller units called nucleotides—and their molecular weapons involve molecular manipulation for their malevolent purposes, they are even capable of inflicting physical pain on the body itself.

They also manipulate brain chemistry as they please (regulating serotonin and dopamine levels according to their will) for the use of pharmaceutical chemicals that distort the mind and further trap people in their web of lies and manipulations. They encourage everything that is sadistic, frivolous, and focused on carnal pleasures, destroying family ties, rendering the health, economic, and education systems obsolete with teachings that don't go beyond the very basics and serve an agenda with the intention of brain reprogramming, and much more. All this with the intention of taking advantage of everything good and best built for them by the "working class," which in this case would transform society into an attack.

There is a step-by-step process involved in attacking this structure. Year after year, their financial wealth and power are cultivated based on their absurdly superior intellect, compared to a scientifically advanced society that is still in its infancy. They become the 1% of the 1%, whose power and financial wealth are so vast that they live like the dictators of dictators in total anonymity, or if not entirely anonymous, they suffer no repercussions whatsoever. However deplorable the event may have been, the full scope of such evil that was committed and will be committed again without regard for any possible consequences is still unknown.

They create their idols to be worshipped, demanding blood as a sacrifice to "honor" them and prove themselves worthy of their "benevolence" or to avoid their wrath. The intentions behind this discharge of energy, derived from the murder of another living being (which is immense when a life is taken by force), are known only to GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH, AND PURE LOVE, and they themselves. They use terror, anguish, and suffering as their weapon. Because they control the main systems of society's functioning in their attacks, the teachings and paths they desire for other races of beings are already deeply rooted. Therefore, they focus their efforts on other objectives, such as spreading their terror through physical and psychological warfare. Because their vibrational frequency is extremely low, since their actions and thoughts stem from malicious intent, this is the frequency they want us to be at. The further we are from a high vibrational frequency, the further we are from feeling all the LOVE that is available to us at every moment, inert and constantly waiting for us to make good use of all the wonderful energy that derives from the Gift granted to us by GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH AND PURE LOVE, which is LOVE. They use various techniques to prevent other beings from feeling, or to create the false sensation that they already possess, the essential positive feelings that derive from LOVE. They try to replace the best feeling, which is LOVE, with momentary pleasures that increasingly cease to be momentary and become constant, such as games, computers, television programs, and news broadcasts. Each and every one of us is subject to the enormous possibility of negative influence to serve their objective, whatever it may be at any given moment.

However, while there are beings who live in malice, there are also truly benevolent beings, whose established or acquired moral character, within their society, serves as the compass guiding them to come to the aid of those in need. Because they are a more advanced species with generally more advanced knowledge, including a way of perceiving LIFE as a whole, and because they have the capacity and technology to intervene to help those they believe are deserving of help, and those who plead for help and are worthy of it, they feel it is their duty to do everything they can in their current reality to help. Seeing other living beings suffering and not acting goes against the basic moral values derived from LOVE. These truly benevolent beings, when faced with those they consider worthy of help, come to their aid.

Assistance, psychological and spiritual support, emotional comfort—these become guides to a well-lived life, both in flesh and spirit. They are beings of extreme empathy, adapting to situations to bring knowledge, comfort, security, and strength in ways that come from the heart, yet with an indescribable simplicity. They are the model that everyone as a society should emulate. But one step at a time. While the truly

benevolent do their best to help, let us remember those with malicious intentions who attack societies.

Because the society under attack is not yet fully aware of what is happening, they remain anonymous as much as possible. If they happen to try to expose the real situation—who they are and what is happening—all evidence, however circumstantial, is swept "under the rug"—evidence that something is wrong. And if someone tries to "sweep" in search of the TRUTH and finds a "rug" full of dirt underneath, and attempts to expose the situation, they are discredited in every possible way, suffering attacks from all sides, to keep the attacked society complacent and subservient to needs that are not merely material for the attacking beings, not just for the comfort of a mansion, but rather, they use this comfort and the power they have cultivated over years to channel their malevolent intentions and make use of the energy derived from the fear they cultivate in the attacked society.

But perhaps, in the grand scheme of LIFE, these events, in my opinion, come about so that we learn to navigate such a specific situation in a way that doesn't lead to a fatal or hopeless situation. In my belief, if things didn't happen as they do, many societies scattered throughout the universe probably wouldn't be prepared for a specific cataclysmic event that would possibly bring a large part of the universe to a very low vibrational frequency, with little chance of being reversed due to the overwhelming amount of energy being channeled towards its purpose. So, I say again, in my opinion, this is perhaps another lesson we must learn in order to continue learning, and not live entirely in conscious service to malevolent beings who are also conscious. We have the opportunity to become aware of what is happening, and to use this information in a way that is useful to us in some way, as individuals, or better yet, as a collective, as a society. Thus, our hearts also fight a battle presented to them: the situation they experience daily. With each yes and each no, their intentions, desires, and aspirations are gradually weighed on the scales, ranging from resentment to unconditional love. Then, relatively slowly, the clarity of our hearts is measured: whether we are going with the wind that GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH AND PURE LOVE, sent us to help us remain on the path of LOVE, or whether we are going against it, moving further and further away from the TRUTH that is LOVE.

Our vibrational frequency can also impact our physical health, in addition to our psychological well-being. And when we get sick, we must be very careful not to lower our vibrational frequency even further through complaints, whether spoken or thought, even when frustrated and weakened, because we are subject to spiritual attacks every second, regardless of whether we are at home, in church, or in a hospital. We must transform our minds into our safe place. It is the mind that must be shielded from the situations we encounter anywhere. It is a constant presence everywhere we go or may go in the future. It needs constant improvement and adaptation to the situations presented to it, whether it is a spiritual attack or an illness afflicting us; we must learn how to cope so that we do not suffer even more unnecessarily. An illness can lower our vibrational frequency due to our weakened physical and emotional condition, however difficult the situation may be. We must remember the enormous influence, strength, and power that our words, thoughts, and actions have.

Your safe place must be your mind. Because in that situation, the opening given to them presents itself through your level of consciousness and morality. It would be like tuning into a radio. If your vibrational frequency is low, where everything in your life is a problem, where you easily rebel against everything and everyone, where you wish evil upon others, where you curse excessively without realizing the immense energy you subject others and yourself to with the power of thought and words, if you live life in a wrong way, living for the carnal, sadistic, and trivial pleasures of the world, you become subject to negative influences where evil is the only thing that beings vibrating at low frequencies know, or insist on persisting on the path of what is morally wrong. But there's also the other side: if your frequency is high, if you're in a good mood, if you're living life to the fullest, you're also subject to influences, but good influences—influences that will try to help you maintain high moral standards or even help you develop each and every aspect of yourself that needs work. And the work is long and arduous; the road may have some bumpy parts, it may be difficult to see, and your headlights may even seem to dim at some point, or seem to have been turned off, leaving you alone, abandoned in a dark ditch with no company. But, with each pothole you encounter on this road, which sometimes may seem like it shouldn't exist, we'll bump into others who are also on the same road, with the same potential problems. However, there are some who will pretend they also want to move forward after the pothole where their car supposedly broke down, but they are simply waiting for some good Samaritan to delay them as much as possible, trying to influence them in every way they know, so that they give up on continuing on the road or even bring you to their side and others who prefer darkness to cover the entire road, and one pothole after another so that they think this is the true reality and that so much unnecessary difficulty and moral ignorance is normal. But it isn't, and as soon as we realize that you can't help someone who doesn't want to be helped, everything changes. We discovered that it depends on them to decide to move forward on the road, just as it also depends on us to get back up after each fall, each stumble we take, even if it's from strangers, people we love or have loved in LIFE, even if the road seems dark, dangerous and full of obstacles, may we remember that in the right direction, it becomes more and more illuminated, its lighthouse less and less obscured, and full of beings whose life's mission (which may have been delegated to them or chosen by themselves) is to help those who want help. whether in the middle of the road needing help or even at a possible toll booth (in a reincarnation).

We must keep in mind and in our hearts a simple fact: at every moment we are fighting a battle of Good against those who wish evil. For at every moment we are receiving and transmitting energy in every corner we step and every second of our LIVES. So let us remember that at every moment, each and every one of our thoughts matters TOTALLY.

The fields of GOD, THE ORIGIN, THE DIVINE SOURCE, THE TRUTH AND PURE LOVE are for everyone. But not all who partake of their fruits will savor their true flavor.

For just as a rooster crows in the morning to announce that the day has arrived, JESUS CHRIST, THE SAVIOR AND REDEEMER, also announced that the day had come, but not everyone listened. And even after more than 2 millennia, JESUS CHRIST, THE SAVIOR AND REDEEMER, continues to call all who wish to hear his call to drink the Water of Enlightenment from the Divine Source of GOD, THE ORIGIN, THE DIVINE SOURCE AND PURE LOVE.

We still haven't even begun to comprehend the extent of His works. That phrase, "God works in mysterious ways"? To me, it couldn't be more accurate.

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Life After Death and the Transcendence of Love

My belief is that there is LIFE after death. And, if we came from dust and to dust we shall return, we are like a Phoenix, reborn from the ashes after death. But what will be the physical vessel of our dust in our next LIFE? I believe that everything depends on us, our actions placed on the TRUE Scales of Justice of GOD, THE ORIGIN OF ALL AND PURE LOVE. We reap what we sow, just as we could possibly be reborn in a beehive or an anthill, to learn to live together, in union with our neighbor. I also believe that we can evolve, take the next step upwards on the Spiral Staircase, on the way to the Divine Source of GOD, THE ORIGIN OF ALL AND PURE LOVE, to drink from the Water of Enlightenment. And now, finally, what would this Divine Source of GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE, be for me? Without any secret, for me it simply represents a state of mind in which our hearts only have room for LOVE, and nothing else but LOVE. In this state, all carnal problems no longer exist, because we no longer need to reincarnate in flesh to learn LIFE after LIFE what LIFE truly is. We would no longer have room within us for any feelings of vanity, anger, shame, indignation, stress, envy, and other negative feelings to which we are currently subject. It would be achieving Transcendence, where the material world becomes irrelevant, because we no longer have any learning to absorb from the teachings of our current reality.

This doesn't mean I believe this is the end point, or that by drinking from the Water of Enlightenment from the Divine Source of GOD, THE ORIGIN OF ALL AND PURE LOVE, we would become immortal. I simply don't know, and I love the fact that I don't know what the future holds, because it depends on us. The next step up or down, to one side or the other, depends on our choices. There are other factors besides ourselves that also influence where we step. But, just as a tree needs to adapt to survive each of the four seasons, and also withstand the constant variations of LIFE within its own seasons, we also need to adapt. We must evaluate each and every step we take, whether we are going in favor of what we truly seek. And, if we are walking with the wind in the cardinal north direction, which GOD, THE ORIGIN OF ALL AND PURE LOVE, sent us to help us, let us not measure our steps and walk feeling all the grace and beauty of everything that is happening to us and around us. Because LIFE is too beautiful not to be admired.

If you're feeling overwhelmed, stop for a moment, re-evaluate your goal right now and in the overall context of your LIFE. What can you do now? Beyond your goal, can you take an extra step to feel the warmth of the SUN on your skin? Can you breathe the fresh air from your garden, whose beauty you may have forgotten? Or can you listen to a graceful piece of music, paying attention to each note of its melody and admiring the lyrics written in a moment of inspiration? Transform your Now; don't just make plans for the future. You can start Now.

May we learn the power of the words we read, think, and speak in our homes, to our family and friends. The power of thought is real, with studies proving that the power of thought and the energy of words

influence the molecular structure of water, according to studies by Dr. Masaru Emoto. On Earth, approximately 71% of the surface is water, our human body is composed of about 60% water, and the human brain is composed of approximately 73% to 80% water. This high percentage of water is fundamental for the proper functioning of the brain, which needs it for the transport of nutrients, elimination of waste, and maintenance of its structure. So, stop, think, and reflect. Then, reflect a little more on the seriousness of the reality of the impact of our words, whether spoken or thought.

A single word can completely change the meaning of a sentence. With a simple three-letter "no," an affirmative statement becomes negative. Therefore, be selective with everything you say and write. For just as we are inspired by certain people, there are also people who are inspired by us, and also people whom we can inspire simply by wanting to be better, wanting to gain more discernment, wanting a brighter tomorrow, wanting the sun to shine for everyone and not just in their garden, because it's not only their flowers that need the SUN. Therefore, take good care of what you plant, so that when the rain comes, your harvest will be blessed with the grace of GOD, THE ORIGIN OF ALL THINGS AND PURE LOVE. And for your harvest to be even more prosperous, share your fertilizer with others if it is organic. Everything that comes from Nature created by GOD, THE ORIGIN OF ALL THINGS AND PURE LOVE, can and should be shared with everyone. So, if it's done out of LOVE, if your help comes from the heart, if it's natural like something organic from the Earth, if it's without any other intention than to do good, with the LOVE you have in your heart, then everything done out of LOVE will be welcome to all who deserve it. And emphasizing that, in the case of "fertilizer," it can be interpreted as a good deed, sharing knowledge about LIFE, a word of LOVE, an act of affection, an outstretched hand offering help, and much more. If it's done out of LOVE, for those who desire LOVE and seek LOVE in their LIVES, it will be much more than welcome. It will be desired, recommended, and encouraged. Plant LOVE to reap LOVE in double measure. Because in addition to the incredible feeling of doing good, which makes us feel fulfillment, altruism, companionship, joy, benevolence, pride, happiness, satisfaction, and pleasure, we also have the other side, which we feel through those who receive the good deed: Gratitude. I'll just say this because its importance in our lives must be emphasized. One of the best feelings is feeling appreciated, whether for any action we take, whether it's washing the dishes, preparing a meal, chopping garlic to help with cooking, taking care of the house, sharing knowledge, or teaching something. Saying "thank you" isn't obvious; we can see the gratitude, but what does it cost to say "Thank you very much"? Unfortunately, in this world we live in, we have the sad reality of people who are even bilingual, but because of their personality, or a mundane reason or personal problem, they can't or don't want to respond to a simple "Good morning." What good is speaking six languages if you can't wish someone a good morning? Remember also that, in my belief, there is the Law of Return, where what we sow, we will reap. So what does it cost us? We only stand to gain by treating others with respect and wishing them nothing but the best. Sow LOVE to Reap LOVE.

If you're going to do something, do it right. Do it with dedication, with commitment. Strive. Everything you do has the same importance. Comparisons are incorrect. Everything is relative. Just as an anvil weighs more than a feather, a feather also weighs more than a grain

of sand. Value all your actions. Don't do something half-heartedly or just "for the sake of doing it." Dedicate yourself, do it well, do it with LOVE, because everything is energy. In your actions, you also spread LOVE. In every act, however simple or "silly" it may seem, it's a chance to show yourself, others, and the Universe how much you love yourself, love others, and love LIFE itself. You don't even need to open your mouth to spread LOVE. Whether it's in a smile at a magnificent sunset, in the delicate beauty of a flower, or even in the memory of a scent that transports you to a special moment from your childhood. Be grateful for each of these moments and make them worthwhile. The best time to improve is now.

It's also important to remember the seasonality of everything in LIFE. There are stages upon stages. In each one, our personality changes, just like the waves of the sea, always in constant motion. It depends on us to direct our path in the right direction on the Spiral Staircase of GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE. In each stage, we acquire new customs, new knowledge, we adapt, we create new methods to deal with everything we do and with what happens to us. LIFE is a constant school. Let's not be so ignorant as to not see that there is knowledge right in front of us all the time. Just like ants, who know where to walk because of the pheromones spread by themselves or others, may we learn from all the knowledge that has already been passed on. May we understand that learning is constant and invaluable, but may we know how to use all knowledge only for Good. Our Good, the Good of Others, and the Good of LIFE itself, which is a Gift granted by GOD, THE ORIGIN OF ALL THINGS AND PURE LOVE.

The Gift that is LIFE, given by GOD, THE ORIGIN OF ALL AND PURE LOVE, needs to be valued. It is the gift that has been given to us, so may we strive to deserve it. May we see that each day is a new opportunity to be better, and that, at every moment, there is a horizon of countless new possibilities. And any path chosen with LOVE will be the best possible. For, by filling our hearts and souls with LOVE, we are able to see the Divine Source of GOD, THE ORIGIN OF ALL AND PURE LOVE, and drink from the Water of Enlightenment.

When cultivating something in your hearts and souls, keep in mind the Law of Return. Do you want LOVE? Love too. Do you want Peace? Offer it too. Do you want companionship? Be a companion too. Do you want hope for a better and brighter tomorrow? Be the difference. If, by chance, where you are, everyone is experiencing LIFE in the wrong way, it doesn't mean you have to err too. Perhaps you are the person who will change the way they see LIFE. Perhaps the change begins through you, through the LOVE you offer to those who have not yet been able to see the full importance of LOVING, and the blessing of being LOVED too. Be the Light in a possible moment of darkness. We can be a source of Light for those who need and want to see the road ahead. And my hope is that we can reach the Divine Source of GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE, to drink from the Water of Enlightenment, hand in hand.

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The Purpose of Life and the Power of Forgiveness

It's not easy. It's not easy at all to believe that everything in LIFE happens for a reason. But that's my belief. It was far from easy to

accept in my heart that all the suffering caused in so many hearts has a reason for happening. However, that's what I believe, because I believe that GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE, is in all things. I believe that everything happens for a reason, because GOD gave us the greatest possible gifts: the Gift of LIFE, the Gift of Possibility, and the Gift of Experience. All of them, through the greatest Gift of all: LOVE. LOVE connects everything and everyone, and everything originates from it. LIFE is only LIFE because of and through LOVE. LOVE that GOD has for us, His Children.

Through the Gift of Possibility, we have Free Will to find our own path in LIFE. Through the Gift of Experience, we are free to err, and the repercussions of our choices fall upon ourselves. We pay for our sinful acts, just as we are rewarded for every act of Kindness, Generosity, Companionship, Altruism, and all other acts done with LOVE, both for ourselves and for others. So, if I believe in this, I can find comfort in the possibility that everything has a role in LIFE: to learn to be better, to see a brighter tomorrow, to find our Best Version, and to accept our limitations. It is necessary to see our flaws and LOVE ourselves so that we can seek improvement, both physically, psychologically, and spiritually. To have the strength to FORGIVE and FORGIVE those who have acted wrongly or sinfully towards us or our family. In order to reach the last step of the Spiral Staircase and drink from the Water of Illumination from the Divine Fountain of GOD, OUR FATHER, OUR CREATOR, AND ALL-POWERFUL AND PURE LOVE.

Everything in LIFE has its own way of being. Don't feel bad for going through a difficult situation. Remember the interconnectedness of everything that exists. Remember the scientifically proven fact that everything in the Universe is composed of atoms. That is, everything and everyone comes directly from GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE. And as Lavoisier's Law teaches us, which states: "In Nature, nothing is created, nothing is lost, everything is transformed," this also reflects that, being originated from GOD, we are part of Him, intrinsically connected. Even JESUS CHRIST, THE SAVIOR, already said: "I and the Father are one" (John 10:30) and "He who has seen me has seen the Father" (John 14:9).

We have countless reasons to want to enrich our hearts and souls with LOVE. Let's be better than we were yesterday, and let's strive for our best version now. The future may be in another LIFE. Tomorrow belongs to GOD. In one moment, we may be with our loved ones and friends, and in the next, our LIFE may change completely. It happens from one moment to the next, due to something unexpected or consequential. For example, if someone commits a crime and is found guilty, we have a sad reality in the prison system. Instead of being an experience of moral reform, focused on teaching correct values for coexistence in society, the prison system ends up being punitive, and the chance of the defendant reintegrating into society in a healthy way is small.

Society needs to rethink this reality. Prison should not be merely a punishment, but an opportunity for reform. Of course, every wrong act, like a crime, should have its consequences. But these consequences cannot be as destructive as the original act. The current system often fails to provide genuine change in the person, transforming them into someone even more traumatized and stigmatized. Instead of reforming, the system often contributes to recidivism.

What if it were our own child who made a mistake? Would we trust the prison system to reform him? What would we do if he had gone astray? Jesus teaches us to LOVE our neighbor as ourselves, and the importance of FORGIVENESS. The reality of prisons must be analyzed with more sensitivity and humanity. People who make mistakes also deserve the chance to start over, to learn and evolve.

FORGIVENESS. Something essential. Because in our essence, we have an enormous capacity for everything in LIFE, but we are also subject to error. We are beings who still have much to learn. In our nature, having received the Gifts of LIFE, Possibility, Experience, and the LOVE of GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE, we need to remember that, just as we err countless times—and even commit the same error several times without learning—we must consider that others also err. They are, like us, trying to learn. We should not judge others when they err. Learn from your own mistakes and try to help others see where they failed, so that both can draw valuable lessons from the situation. Many times, we let mistakes pass without proper self-judgment. It is easier to talk about the mistakes of others than to look within oneself. I am not suggesting that one should judge negatively, focusing only on what one did wrong, but rather constructively, with the goal of learning and evolving. Reflecting on where we went wrong and what we could have done differently is an essential part of our journey.

In LIFE, everything happens in the right way and at the right time. Don't judge yourself, just analyze yourself. These are two very different processes. Always remember that, first and foremost, we need to LOVE ourselves, so that we can then LOVE others. Treat yourself with the affection you deserve, because you are a CHILD of GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE. Allow yourself to make mistakes, but don't become a prisoner of living wrongly, believing that you were born to err and that you will die that way. This will only happen if you allow yourself to stop wanting to evolve—at least momentarily, because the consequence of this decision is regression. And regression, in spiritual terms, is a choice that prevents us from growing. On planet Earth, perfection exists in its most natural form, in the creations of GOD—like a waterfall, a sunset, the verdant beauty of trees, or the blue of the sky. These are examples of natural perfection. But we, as human beings, can improve or worsen. Our journey is a constant opportunity for evolution.

Now, imagine a place even worse than Earth, a place where suffering is even deeper. Just thinking about it makes me think it's absurd, because Earth is a perfect gift that has been given to us. The only obstacle in our path to the next step in Spiritual Evolution is ourselves. So, allow yourself to make mistakes, but at the same time, demand that you learn from them. Accept that you make mistakes and that others also make mistakes. They are human beings like you and me. Allow yourself to FORGIVE. It may not be easy, but it is necessary. Especially for yourself. FORGIVE.

We have countless reasons to enrich our hearts and souls with LOVE. Let us be better than we were yesterday, and let us seek our best version now. The future may be in another LIFE. Tomorrow belongs only to God. In one moment, we may be with our loved ones and friends, and in the next, our LIFE may change unexpectedly, due to events we cannot foresee. An example of this is the possibility of someone committing a crime. If you were the defendant and were found guilty, the reality we face in the

prison system is worrying. Instead of being a space for moral reform, teaching the values necessary to live in harmony, the system ends up being punitive. The chance of an individual, after serving their sentence, returning to society in a better way is low. The focus is on punishment, not on psychological and spiritual reform.

We cannot deny that committing a wrong, morally incorrect act, such as a crime, must have consequences—that's part of the process. However, the consequences cannot be as destructive as the wrong itself. The reality of the current prison system needs to be reevaluated, because we know that the reality inside prisons is not something we would wish for anyone we love. But what if it were our own child who had committed a serious crime? Would we trust the current system to reform it? Would we forget the teachings of JESUS CHRIST, THE SAVIOR, who taught us to LOVE our neighbor as ourselves and to practice FORGIVENESS? Would we leave the system as it is?

The current reality is that, often, defendants convicted within prisons end up being convicted again—but now, for the experience lived there. Living within this system creates an environment of constant stigmatization, and many end up leaving prisons even more traumatized, prone to returning to crime or, in some cases, entering the criminal world permanently. The current prison system does not offer the necessary opportunity for transformation. It does not teach a true change of values. Instead, many find themselves in a vicious cycle of suffering and isolation, where access to social reintegration is practically impossible.

If we think about it, this reality reflects a failure of the social system. We need to transform the way we view the mistakes of others and punishment. True forgiveness and true change only happen when we offer a genuine opportunity for reform—not just punishment. We need to be more compassionate and promote solutions that allow people to evolve, repent, and, above all, become an active and positive part of society again. We need to understand that, as a society, we can be the change we seek. We can create an environment where LOVE, forgiveness, and understanding prevail. The social system, like everything in our lives, should be based on LOVE. By being more compassionate and understanding, we can help transform the world into a more just and humane place.

We are all playing our part in our own Spiritual Evolution and, at the same time, we are part of the spiritual evolution of others. Even if, at times, what you do may seem unimportant, remember: every day, every moment, we are experiencing what we need to build our character, brick by brick. We are thus building a Moral Temple where LOVE radiates from every corner of the structure that God, the Origin of All Things, Pure Love, has made possible for us.

Every human being needs LOVE. However, for it to manifest, we need to earn it. Our worthiness is directly linked to our intention to seek knowledge, because it is only through knowledge that we emerge from ignorance. And by emerging from ignorance, we learn how to live correctly, in harmony with others, in a society where LOVE is the GUIDING STAR.

However, simply knowing how to live correctly and harmoniously is not enough. True merit is guaranteed when we strive to be better, by learning and practicing the moral values that make us fit to live in a society where LOVE is constant. If you are working to deserve it, seeking

evolution and learning, you can be sure that your merit is certain – just as $1+1=2$.

Those who live without the desire to learn, without a hunger for knowledge, become vulnerable to manipulation by those who already possess a certain level of understanding but use that knowledge selfishly, for their own benefit, at the expense of others. These people create repercussions that can change the course of an entire family. And what do they gain from this? Money, power, fame—material and ephemeral goods that do not nourish the soul but satisfy carnal and trivial worldly desires.

In my humble opinion, evil is nothing more than a lack of morality and ignorance of what LIFE truly is. It is the absence of values, of consideration for oneself and for others. And, above all, for oneself. A being who lives in evil may repeatedly wrong others and never learn, never intend to improve. However, others can learn from their mistake, from that being's momentary failure, as they continue their journey on the Spiral Staircase of GOD, THE ORIGIN OF ALL THINGS, towards the Divine Source, to drink from the Water of Enlightenment. But the being who persists in error, without the will to change, continues to sink in the waters of ignorance.

Right and wrong are merely ways of describing moral acts. Right is when we act according to values that favor goodness and LOVE. Wrong is the opposite polarity, when our actions harm the harmony of a society based on love and the nature of GOD, THE ORIGIN OF EVERYTHING. It is so evident that any being with the slightest awareness is capable of perceiving it. Trying to convince someone with a minimal level of awareness that a clearly wrong act is morally correct is the same as trying to convince me that one drop of water added to another results in a waterfall.

Seek ever greater self-knowledge. Discover the corners of your Heart's House that need redecorating, that need plants and flowers to bring more LIFE and vibrant colors, improving the energy that emanates from your being.

Remember that we are all playing our part in our spiritual evolution and, at the same time, we are part of the spiritual evolution of others. Even if, at times, it seems that what we do is unimportant, at every moment we have the opportunity to ascend or descend the Spiral Staircase of Life. Every small gesture, every choice, is a step on our journey. Life is like a sentence without punctuation; a comma makes all the difference. Imagine a book without punctuation or accents—it would be confusing. Life is also like that without the steps of learning, without the opportunity to evolve in our own time, with the infinite possibilities that have been given to us.

There is no placebo effect, only real effects. Everything has a cause and a consequence. We cannot forget the power of thought, for everything is energy. Thought can be used for our benefit, but it can also be used by those who, living in ignorance, commit evil in many different ways. Therefore, let us seek knowledge in all forms and ways, for knowledge leads to discernment—the ability to distinguish right from wrong. If we practice what we know to be right, aligning ourselves with what is purest in our hearts, we will see that our actions come from LOVE or are done out of LOVE.

Therefore, let us shield ourselves against the malicious acts of those who try to obscure our light, diverting us from the path of the Divine Source of GOD, THE ORIGIN OF ALL THINGS, and preventing us from drinking

from the Water of Enlightenment. Let us remember the words of JESUS CHRIST, THE SAVIOR AND REDEEMER, while he was crucified:

"Forgive them, for they know not what they do."

It is regrettable for those who still do not know that the path to true LIFE can only be followed through LOVE. Everything that is not done out of LOVE, or with LOVE, is merely a distraction indicating that our journey towards Spiritual Enlightenment still has a long way to go.

It's not just about the work. It's, above all, about the quality of the work. The clothes don't matter so much, but what you do while wearing them does. The value lies in the intention and dedication you put into what you do, not just in the act itself.

The law of physics that states "for every action, there is an equal and opposite reaction" is fundamental to understanding many natural phenomena, but, more importantly, it reflects the dynamics of LIFE. Your actions have consequences, and these consequences can be as intense as the action you took. Just as a worker bee dies when it stings, due to its serrated stinger becoming embedded in the victim's skin, you too are subject to the consequences of your choices. Your action, however simple it may seem, can have a profound, even fatal, impact, not only on your life but on the lives of others.

Therefore, be the difference. Do everything to the best of your ability, always with the intention of benefiting others, with LOVE, seeking good for yourself and for others.

Just as a polluted river gradually becomes murky and unsuitable for swimming, we, by persisting in selective ignorance, continue to allow our lives to become contaminated. By passively accepting the reality we are in, without questioning or seeking evolution, we risk drowning in the pollution of our own unconsciousness.

We shouldn't expect a Savior to come and take our hand while we remain inactive, waiting for something to change for us. We already have all the teachings that JESUS CHRIST, THE SAVIOR AND REDEEMER, left us, and his teachings resonate through the millennia. We cannot allow his teachings to die in oblivion. We need to do justice to a people who had the honor of having such a LOVE-filled being among us, to guide us with wisdom, compassion, and the ability to transform our lives. These teachings contain everything we need to take the next step on the Spiral Stairway of GOD, THE ORIGIN OF ALL, PURE LOVE. With them, we can draw ever closer to the Divine Source and drink from the Water of Enlightenment, elevating ourselves spiritually and living in harmony with everyone around us.

Truth is unique, just as love is the only path in life. You can choose to walk towards it or move as far away as possible. You can bathe in crystal-clear waters, surrounded by waterfalls, springs, seas, and animals of all colors and sizes, or you can remain stagnant in the same place. At every moment, you are moving towards a destination. But you can also just be walking in circles.

Know that we already hold the incandescent lantern in our hands, ready to illuminate our path, even in the darkest moments. It depends on us to use it and know where to direct it. May we find our steps ever easier in the true direction we should follow in life: towards LOVE. And may we LOVE as we walk in search of TRUTH.

Starting from scratch is where we have the possibility to begin again each new day. It's a daily blessing to have the chance to achieve something that is always within our reach, just as a rainbow forms

through the refraction and reflection of light within water droplets. May we, like the rainbow, constantly renew ourselves, cultivating our inner temple, the space that holds our deepest essence, our most intimate details. And may we not be ashamed to share them with all those who come to us with LOVE and through LOVE.

In this LIFE, the best and most ideal thing, in my opinion, is to live together, not just as isolated individuals. So, whenever you need to, renovate your temple. Repaint the walls, replace the stained glass, the paintings, and whatever else is necessary to enhance your inner beauty, so that you become increasingly morally evolved, with greater ease in discerning right from wrong and in performing actions that favor what is right, good, and LOVE.

We all need LOVE, but we must earn it. Our worthiness is directly linked to our thirst for knowledge. If you are striving to be better, striving to learn the moral values that should guide our actions in a society where LOVE is the foundation of all relationships, you are already on the right path to receiving LOVE. And the secret lies in seeking this LOVE in every moment lived. Whether waking up to the birdsong brightening the day, or when they don't sing, allowing your mind to have the necessary rest. It all depends on your point of view. Everything in LIFE has a role to play, exactly as it should be. Because, in the end, everything is perfect, even if in its own way.

May we be like a prism, absorbing white light and transforming it into a rainbow of beautiful and vibrant colors, spreading this energy wherever we can. May we transform ordinary moments of LIFE into something radiant, vibrating, born of LOVE, bringing back the simple joy of the child we once were. Laugh foolishly, have fun with everything and everyone, because LIFE should be seen as a constant amusement park. You just need to see it that way. Tune in to the energy of LOVE, an innate and constant energy that is within our reach at all times. LOVE is the essence of LIFE, it is natural and does not depend on anything external. It depends on you understanding that you are the one who decides how to absorb the experiences and information that come before you. You can choose to see a glass half full or half empty. Be the one who always sees the glass half full, and even better, be the one who thanks GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE, for having at least a drop of water at your disposal. And if you don't have it, be grateful for its reason for existing and for knowing that one day you may have the chance to drink from that water.

Just as groundwater reaches the surface, forming springs and river sources, so do we. When we allow ourselves to see beyond our immediate reality and realize that our existence is part of a picture infinitely larger than we can comprehend, something profoundly changes.

When we find connection with GOD, THE ORIGIN OF EVERYTHING, and begin to perceive what has always been before us in a new way, everything changes. Our LIFE transforms, seemingly overnight, but it is a constant evolution, shaped by each moment lived, by each choice made. We realize that if we can open our eyes in the morning after a dark night, others can too. And then, the desire to spread LOVE is born. LOVE is constant, vibrant, and tireless. It calls us to spread it to every corner where there are open doors or even to knock on the doors of those who still practice evil, to try to make them change their minds.

In life, we have countless chances, so why not give others the chance to be better? The chance to forgive themselves, to forgive others, to love and be loved?

No matter how difficult your reality may be, or even how impossible it seems to continue, no matter how little hope there is for a brighter tomorrow, no matter how much we live each moment just to live it, no matter how much the flowers have lost their colors, no matter how much the sun no longer shines as before, no matter how much the moon no longer appears to you, everything will work out, in its own time and in the best possible way. We have destinies that are perfect, unique, and every detail is planned by GOD, THE ORIGIN OF EVERYTHING AND PURE LOVE. May we have the strength to get through moments that only we know how difficult they are.

Again, even if it's repetitive, it's to emphasize its importance, even if it's not immediately apparent. It's about thoughts. They are ours, but they are part of something bigger than themselves. They are part of and contribute to everything around them. They influence the energy of the environment and consequently those who are in that environment. At every moment, the interaction resulting from each feeling we experience occurs; it's not the words that influence the energy emanating from us, it's the feelings. Anyone can talk, even a parrot. But what really matters is what we transmit through our feelings.

The Journey: From Feeling to Acting

We conclude this first stage by focusing on the essence of everything: Love. We navigate its waters, contemplating its strength, its purity, and the subtle way it reconnects the soul to what is essential.

However, the beauty of understanding love lies in the invitation to experience it fully. It is in the moment when reflection takes shape and movement that this book truly reveals itself as a Watershed.

We are now entering new territory. We are leaving behind the seed of feeling to cultivate commands – Decrees of intention, keys to clarity, and practical tools designed to protect your path, align your steps, and guide your routine toward a truly light and fulfilling life.

May each word that follows be a beacon in your daily practice.

Sometimes, LIFE calls those who live far from the path it wishes to show them. However, often those who are trapped by their own mistakes, their own pain, or the influences around them end up keeping their ears and hearts closed to this call.

And this calling rarely comes in the form of thunder; most of the time, it's a subtle whisper in the conscience, a restlessness in the chest reminding us that there is a lighter, truer, and more loving way to walk. We forget that pain doesn't come to punish us, but to awaken us. And a single moment of courage is enough to disarm the heart, look inward, and allow the light to guide our steps once more.

It also happens that we need to go through certain situations or ask questions whose answers have always been right in front of us, but which,

for some reason, we couldn't see. Often, we only see what we want to see, trying to convince ourselves that everything is fine, when, deep down, we know there is still something to learn, understand, or transform.

It is illusion trying to protect our comfort, creating veils over what the soul has grown tired of knowing. However, truth requires no effort to exist; it simply waits patiently for us to have the maturity to stop running away from ourselves.

Therefore, may we never lack the humility to recognize that we can always learn more. May we never lack the courage to seek the truth with love, discernment, respect, and wisdom. After all, knowledge leads us to understanding, and understanding brings us closer to consciousness. And the greater our consciousness, the greater our capacity to love, understand, and care for life.

Often, the word transcendence is associated with the idea of escapism: the false belief that to transcend is to distance oneself from reality, abandon worldly things, or isolate oneself in search of an unattainable divine being.

For me, transcendence doesn't mean abandoning the world, but learning to live in it in the best way possible. It's choosing, every day, to walk towards LOVE. It's understanding that true strength is born from compassion, respect, honesty, and care for all forms of life.

Transcendence is living with the hope that one day we can build a world where LOVE is the feeling that inspires our choices, guides our words, and strengthens our attitudes. A world where we can walk side by side, recognizing that, despite our differences, we share the same miracle of life, connected by the infinite web that unites creation, the planes of existence, and the entire universe.

It is understanding that the divine does not dwell in the distances of heaven, but in the nobility of our daily actions. To transcend is to transform the ordinary into the sacred through affection; it is to put the soul into every gesture, however small, and to transform the ground we walk on into a space of welcome, healing, and peace.

May we never stop extending a helping hand when we can, offering a comforting word, sharing knowledge when it can enlighten, and practicing love when it can transform.

Because, in the end, perhaps the true meaning of life lies not in what we accumulate, but in what we leave in people's hearts.

And if, upon finishing this book, even a single person feels more hope, more peace, a greater desire to love, to forgive, to learn, to care, and to do good, then this entire journey will have been worthwhile.

May we continue walking together, learning from one another, always striving to be better people than we were yesterday.

And may LOVE be, today and always, our greatest turning point.

Nothing written here is the final word. On the contrary: this book is a seed planted and an open invitation for us to continue learning, evolving, and transforming reality together.

Acknowledgments, Closing Remarks, and an Invitation to Evolution ✨
We express here our deepest and most sincere gratitude to everyone who has helped us along this journey:

To those who taught us everything we have to learn; 📖

To those who gave us the strength to conceive, write, and complete this book; ✨

To everyone who supports us daily in putting into practice everything that has been said and declared here. 🧘

We recognize that it's infinitely more important to act than just talk or think. Do it! Say what your heart tells you to say and do what it tells you to do. ❤️

The human body possesses incredible intelligence. By learning to truly listen to what it says—through every gesture, movement, or action—we learn even more to discern things and identify where the energies and environments truly compatible with our essence are located. We need clarity and awareness about where we are seeking what we wish to experience. 🌱

Therefore, let us be the best version of ourselves always, starting now—not tomorrow, not later. Let us be the difference and the positive transformation we want to see in the world, today and forever, always moving towards the better. ✨

An OPEN Invitation to Life 📖

Nothing written here is the end of the story. On the contrary: this book is a seed planted and an open invitation for us to continue learning, evolving, and transforming reality together. 🌱

The light that illuminates our minds shouldn't keep its brilliance to itself. If any of these words touched your soul, sparked a flame in your consciousness, or brought peace to your heart, don't keep this transformation to yourself. 💡

Share everything you've learned. Become a bridge! 🌉

Share this book with those you feel need a hug in the form of text, or a real turning point in their lives. Love multiplies when it's shared! 🌸

Deepest gratitude and dedication 🧘

Above all, I thank GOD, THE ORIGIN OF ALL THINGS, PURE LOVE, an inexhaustible source of Love, Life, Wisdom, and Hope. 🙏🌟

My deepest gratitude to all the guardian angels and protectors who guided me, supported me, and whispered intuition in the moments when I most needed light on this journey. 🙏🌟

Heartfelt gratitude to all living beings and to every experience lived in this universe, whether conscious or not, and my eternal gratitude to LIFE in general as a whole. Everything and everyone who has crossed my path—through each teaching, lesson, challenge, or act of acceptance—has helped me learn, evolve, and shape exactly the consciousness and knowledge I carry today. 🌍🌟

A deep and very special thank you, from the bottom of my heart, to the Guiding Star Group 🌟, to the Loves and the Loves ♥ and to Our Guardian Angels of Light 🌟, to the Arcturians 🌟 and the Pleiadians 🌟, for all the love, peace, affection, inspiration, light and shared journey. We remember and decree that WE ARE ONE TOGETHER, We are God in Action, and that ALL ARE ONE AND ONE IS ALL. WE ARE ONE TOGETHER! ♥

And finally, my most special thanks go to you, who dedicated your time and heart to reading these pages. 📖♥

Final Votes 🙏🌟

☐ May love be the compass for all your choices.

☐ May peace be the refuge of your days.

☐ May hope remain burning brightly and unwavering in your heart.

☐ May you never stop seeking the truth with humility, discernment, and respect.

☐ Regardless of the twists and turns of the road, you will never lose your courage and capacity to love.

If these pages have lit a small light on your path, then this entire journey has been infinitely worthwhile. 🙏🌟

With all my love and from The Loves and The Loves ♥, From the Guiding Star Group 🌟, From the Angels of Light 🌟, From the Arcturians 🌟 and From the Pleiadians 🌟.

A plea for help ♥

If you feel you need help, protection, guidance, or simply strength to move forward, you can make a simple request with an open heart:

"I ask for help only from **beings who possess true Unconditional Love for all beings** and who are in **full conformity with all the definitions of Good, Love, and Truth established in this document**, and who wish and are able to help me: To the Loves ♥, to the Guiding Star Group ✨, to the Angels of Light ✨, to the Arcturians ✨, to the Pleiadians ✨, and to the Galactic Federation of Light 🌀."

Raffael Uascar (or, as it is correctly pronounced, "Uoscar", with the sound of "Uóscar") Carvalho Pereira ♥