

SOUL MESSAGES FROM THE UNIVERSE

BY PEDRO LIMA



Preface

This is not a book written to comfort the mind. It is a transmission meant to disrupt it. These words were not created to fit within systems, structures, or expectations.

They emerged as reflections, observations, and downloads, mirrors of a reality that many feel, but few are willing to confront. What you will read is not meant to be blindly believed.

It is meant to be felt. Questioned. Reflected upon. There is no authority here for you to follow. No ideology for you to adopt. No identity for you to become. Only a divine mirror.

A mirror that may reveal the ways in which you have been conditioned to think, behave, and perceive yourself.

A mirror that may challenge the stories you have inherited, the roles you have embodied, and the truths you have avoided.

Some parts may resonate deeply. Others may create resistance. Both are invitations. Because growth does not come from agreement, it comes from awareness.

This work exists for those who are ready to see beyond surface-level narratives. For those who feel that something within them has been silenced, distorted, or forgotten.

For those who sense that there is more to their existence than what they have been told. If you are here, it is not by accident. Something within you is already seeking.

By Pedro Lima

Soul Transmissions • Energetic Sovereignty • Self-Remembrance

Introduction

We live in a time where external noise is louder than inner knowing. Where identity is constructed rather than discovered. Where validation is outsourced, and truth is negotiated.

In such a world, disconnection from self becomes normalized.

People are taught what to think, how to behave, who to become long before they are ever guided to ask a deeper question:

Who am I beneath all of this?

This ebook is not here to give you that answer. It is here to guide you back to the space where the answer has always existed.

The messages within these pages are not instructions. They are invitations. Invitations to pause. To observe. To reflect. To become aware of the patterns, beliefs, and narratives that shape your inner and outer reality.

Because the moment awareness is present, something begins to shift.

The journey that follows is not about becoming someone new. It is about remembering who you were before conditioning, fear, and external influence shaped your perception of self.

It is about reclaiming:

Self-awareness.

Self-responsibility.

Self-regulation.

Self-trust.

Self-sovereignty.

This path is not always comfortable. It requires honesty. It requires courage. It requires the willingness to face aspects of yourself that may have been ignored or avoided.

But within that process lies something far more valuable than comfort: Freedom.

Not the kind that is granted by systems or external authority, but the kind that emerges when you are no longer dependent on them to define your worth, your identity, or your truth.

These transmissions are shared as a map, not to lead you somewhere new, but to guide you back within.

To inspire you to walk your own path of self-discovery, self-remembrance, self-alignment, and ultimately, self-liberation.

Because everything you are seeking has never existed outside of you.

READ THIS SLOWLY.

This is not information. This is not content. This is not something to consume and move on. This is a divine soulful mirror.

A transmission that will not show you who you pretend to be, but who you have been avoiding. You have been taught to look outside. To follow. To obey. To adapt. To survive.

But something within you has always known: There is more. More than the roles. More than the identities. More than the conditioned version of yourself you learned to perform.

If you feel resistance...good. If something within you feels seen... even better. Because this is where the illusion begins to crack.

You are not here to agree. You are not here to adopt new beliefs. You are here to remember.

Remember what was buried beneath conditioning. Remember what was silenced by fear. Remember what was traded for belonging.

This is not a journey outward. This is a return.

A return to self-awareness. A return to inner authority. A return to truth that does not require validation.

Read with presence. Read with honesty. And most importantly:

Do not lie to yourself while reading this.

Soul Messages From The Universe

When we focus on our personal growth, practice self-love, being conscious of our inner values, live with honesty, integrity, and truth, being authentic, embracing change, then our energy will vibrate at a higher frequency, radiating confidence yet humble, compassion to others.

I've been treated wrong by people along my journey and took me a while to learn the lessons, heal, accept situations as they are, but just because I've been wronged doesn't mean that I need to seek revenge or wrong other people. Forgive yourself, others, heal your wounds and move on.

Ground yourself, align with your heart values, be conscious of your thoughts, actions, find balance within, embrace your connection with the earth, release what no longer serves you, see life from a different perspective, be at peace, find happiness in the darkness by being the light.

You work at a place where you outperform the goals initially set, go the extra mile, and your manager doesn't reward you for your contribution to the company, then value yourself and know when to let go of jobs, people from where you don't get an equal given balance relation.

We aren't what the mainstream media daily try so hard to negatively tell about us. Their mission is to create fear, doubt, confusion, conflict, divide us, and manipulate the perception of ourselves and the world. Don't give them your power, look within you for truth and wisdom.

Don't give up on yourself if you are going through difficulties, instead focus on what you have lost, look within you for inner strength, balance, harmony, and change your focus, perception of your life to which new skills can you learn, develop, to improve yourself. Be Courageous.

Let go of the fear, doubt, impatience, overthinking, and look within you for inner peace, balance, strength, listen to your heart, follow your inner guidance, and you will find your truth. Believe and trust yourself. Start working on yourself, embrace change and move on in life.

You want to manifest abundance in your life, then look within you, find your inner strength, peace, self-love, balance, wisdom, listen your intuition. If you are in a negative state, then what you are manifesting is more negative situations. Change the way you perceive things

A change of perception is needed for you to be conscious, aware of your thoughts and emotions, when you are going through strong challenges on your journey, learn to believe in yourself, be confident, balanced, strong in your values, committed to working on yourself. You can do it.

If you are feeling alone, lost your faith, hope, live in fear, angry, worried, anxious, overthinking, then you can move away from this negative energy by changing your focus, healing your wounds from the past, and look within you for strength, peace, balance, harmony. You're never alone.

Forgiving others, does not excuse what people have done to you, but it is for you to heal and releasing you from negativity, overthinking and pain. Learn the lessons through the challenges that are presented during your journey, evolve and expand your consciousness. Be courageous.

Mending a broken heart, is possible when we look within to find our light, our inner strength, self-love, wisdom, balance, peace. You are able to heal your own wounds, empowering yourself by using the lessons of the past, and transforming them into knowledge. Work on yourself.

It's important to set healthy boundaries in our workplace, if you exchange your mental, body health, to focus only on money, almost everyday doing overtime, then you're on the verge of a burnout, depression due to high stress. Be aware, take care of yourself, find the balance within.

When you are committed, determined to improve yourself, expand, evolve your consciousness, then you're listening your heart. All the difficulties on your journey, meant for you to find your truth, wisdom, your inner strength, how resourceful you are, adaptable, flexible you can be.

It is time to get out of your head and start to listen to your heart(intuition). Meditate and you will find the balance between your mind, body, and soul. Each one of you that think that you're lost in this world, you're not, you just are disconnected from your soul. You are Unique.

Stop complaining about your life, you aren't a victim, you are going through these experiences in your life to help your soul to learn and grow through them. Have Faith and be courageous.

All of us are here to learn, grow and develop our souls through our life experiences. We have Light and darkness within us, the goal is not to let the light shine more than the darkness but to find the balance of both energies. Work on your shadow side.

Work out through your fears, overthinking, anxiety, anger, addictions, these are low vibrational frequencies and it's your faith, strength, courage, resilience, self-love, awareness, that can help you to understand, accept, integrate your Shadow side. Believe in yourself.

Difficulties that you're going through in life don't mean to weaken you instead the purpose is to help you get stronger and evolve your soul. Change your perception and be aware of the lessons through your journey.

In those days, where you feel down, discouraged by others, things weren't going as you wanted. Take a moment, close your eyes, inspire and expire slowly, tap into your heart and allow the connection to your true self. Have Faith and Love yourself.

When you have Faith, believe in yourself, and follow your intuition, then you are 1 step ahead of finding your purpose. Love yourself, be kind, have compassion for others. Fear doesn't overcome true Love.

When you are in a state of fear, anxiety, insecurity, that's your ego control you through your mind, it's an illusion to keep you trapped. Please change your perception, connect with your heart and be grateful for the good things that you have in your life.

You don't need to look out in the external environment for happiness, fulfillment, abundance, joy, Love, Kindness, strength, courage, compassion, peace, harmony, balance. All of them are within you, you have an absolute and unique beautiful soul.

Don't take anything in life for granted, be grateful for what you have, live in the present, release the past, and trust in your inner guidance. The most important asset that you have is your time and energy. Choose wisely where and with whom you spent them.

In this unbalanced society, people that judge others, are simply mirroring their fears, frustrations, their inability to deal with their shadow side. Break free from this low energy, connect with your soul, be kind, have compassion for yourself and others.

This system teaches you since childhood to believe that you are limited, that you aren't good enough, they control you through fear, insecurity, illusion (ego). Why they don't teach us, how to connect with our inner self? Life is a blessing, you are limitless!

Life is a journey, where you will face challenges that most of the time ask you to get out of your comfort zone. They happened in your life to help you grow, evolve your beautiful soul. Change is the key to enhance our development.

Why this world is a place where fear, anxiety, stress, unhappiness, anger, depression, sadness, illness are constant? People are not thriving they're surviving because are disconnected from their beautiful Soul, which is a being of Love, compassion, integrity.

I believe in all of you! Those that are searching your inner peace, harmony, truth, Love, still are working on your shadow side to grow and evolve leading you to find the balance between light and shadow allowing yourself to connect with your Soul!

Today is a great day for you to release the fears, doubts, anxieties, anger, those disempowering beliefs that have been keeping you away from the beautiful true essence that is within you. You are a Lovely and amazing soul being.

We live in a world where most people are trapped in their minds, allowing their ego to control them, keep them in a state of fear, anxiety, procrastination, stuck in negative thinking. Get out of your mind and allow your heart to lead you through Love.

Do you feel fulfilled when you are in a state of fear, anxiety, anger, jealousy, depression, complaining about everything in your life? If no, please look at yourself, be aware, conscious of what's going on in your life, and change your perception and actions.

Balance, peace, harmony, Love, compassion, all these feelings, awareness come from your heart, not from your mind. To be in these states, you need to be conscious of what's going inside of you. Allow your soul to expand your perception and seeing your truth.

When you connect with your soul, all the beliefs that you have been taught and experience until there will crumble, you will set free from fear, anxiety, low energies. The way you see your life and world will change. It requires great courage and strength.

Follow your inner compass (intuition), it will lead you to be authentic, genuine, and find your truth.

We live on a beautiful Planet, that provides us everything we need through our journey. Be conscious of your actions, they are harming this high consumer society. It's time for us to change and build a new sustainable way of living.

You can be a spiritual being, conscious, connected with your soul, and at the same time be practical, taking actions that lead you to live your life with purpose, Love, balance, truth, mindfulness, awareness, peace, harmony, health, abundance. Believe!

Each day passing, you have the choice to stuck in your head (ego), in fear, anxious and upset by the things that you don't have or look up for yourself, be grateful for everything that you have, believe, be courageous, and allow your intuition guide you.

Surrender to the universe, all your fears, forgive yourself and others. Focus on understanding, accepting the lessons learned through tough experiences in your journey. It is meant to strengthen you, changing your perception, challenging your old beliefs.

You can start today to change your life, by changing your mindset, detach from all the beliefs (illusions) that you have been learning from this society. Be courageous, have faith, believe that you are unique and limitless. Connect with your truth!

Embrace change, stop trying to control what will happen tomorrow, have Faith, free yourself from fear (ego), connect with your soul, allow yourself to live in the present, live a life with purpose. It's a process and the key is inside of you.

Transmute your negative thinking and patterns by being grateful for all the experiences that you've been through. They were meant to strengthen you, changing your perception, breaking free from the old beliefs that you've been taught through this society.

You feel the heaviness and burdens that this society created, the disempowering beliefs, the lack of peace and harmony in your life.

Don't let this noise affect your inner peace. Find your space, be still and allow your intuition to guide you through Love.

You can choose to spend your time and energy with people or situations that don't add any value to you. Be aware of that and instead focus on the things that help you to grow, evolve, changing your perception. Don't be afraid of taking the first step.

I suffered betrayals in toxic relationships with family, friends, co-workers, girlfriends, bullied at school, my heart was broken, devastated, but even though, I keep my Faith, forgiving myself and others. These experiences made me stronger, more compassionate.

I embraced change as a natural part of my journey, questioning my beliefs, adapting myself to situations that before I was avoiding. I didn't want to get out of my comfort zone. I've changed my perception and learned to feel comfortable being uncomfortable.

Fear, anxiety is an illusion that is keeping you away from your true self. You have all the Love, peace, strength, wisdom inside of you. Balance your energy, be grateful, conscious, and aware of your gifts. We are spiritual beings experiencing a human life.

The difficulties, disappointments, struggles that you've been going through your journey, meant to make you stronger, wise, see them as lessons learned, change your mindset, be grateful because they allowed you to evolve into a better version of yourself.

Through my journey, I've experienced darkness, fear, anxiety, procrastination, anger, addictions, lack of understanding of why all this was happening to me. One day I decided it's enough, changing my perception about these lessons, embracing change as a constant.

Be aware when you feel your energy levels drained after being with certain people, avoid spending your time with those energy "vampires". Set up boundaries and choose wisely with whom you spend your time and energy.

Forgiveness is a strength, allow yourself to set free of anger, jealousy, hate, fear. Learn to forgive yourself and others, be aware of your thoughts and feelings, change your perception, be kind and have compassion for yourself and others.

Staying in a positive state is great but more important than that is to find the balance between Light and darkness. When negative thoughts, feelings, actions arise in you, transmute that energy into positivity. Focus on things that bring the best of you.

We are all energetically connected. It's time for us to shift from this negativity, lies, competitiveness, fear-based energies that are consuming mankind and begin a new era where cooperation, integrity, compassion, Love, truth, kindness are a constant.

Stop living in past, what you've been going through was meant to help you evolve your Soul through those experiences. Understand, accept those lessons. Be present, aware, conscious of what's going on inside of you. Follow your intuition.

We're not here only to work on a job from 8 ~ 5, eat, drink, sleep, have holidays, every year. We're here to learn, expand, evolve our Souls through human life experiences. Each one of us is unique and can contribute to raising consciousness in this world.

When we're stuck in our mind, indecisive about some situation, it's because we're disconnected from our hearts. Through stillness, you will find your peace, balance, and harmony. Trust and follow your inner voice.

Being authentic, genuine, honest, with integrity, truth is a rarity in a society where most people damn their light to be a part of something or with someone because they are afraid of being left out or rejected. Carve your path.

When you judge or criticize others, you're mirroring your fears, frustrations, insecurities, anger. Be aware of that, change your perception, focus on learning, evolving from these low energies, be more kind, conscious of your actions towards yourself and others.

Living in fear, anxiety, stress, day after day is leading you to be in survival mode. Take a break, review what's going on in your life. Find the balance, peace, harmony, love, compassion in your life through meditation. You are here to evolve and thrive.

We're here to learn, evolve our soul through human life experiences and when we are connected with our soul, be patient, grateful, trust and allow ourselves to go with the flow then you will not only achieve great individual success but will help others too.

Balance is the key to awareness, expanding your consciousness to new levels where you will change, adapt your perceptions through your reality. when you balance, align your energy, thoughts, emotions, you will not be influenced by what's going on around you.

Don't let fear define who you're through thoughts, actions, being influenced by other people or circumstances. Ground yourself, be resilient, find a space where you can be at peace and connected with your soul. Free yourself from limiting beliefs.

No matter what happened in your life before that was so difficult, broken you down, those experiences meant to strengthen you, evolve your soul. You can choose to move forward by learning, understanding them or you can stay trapped in the past. Be courageous.

Most of the People stay every single day in their unfulfilled jobs waiting time to pass, afraid to take that important decision (leave) & move forward. Be bold, make an action plan for learning new skills, work on your weaknesses. Create your path.

You've all you need to be successful, fulfilled but to achieve it, you need to change habits, mindset, release the disempowering beliefs, fears from the past. Be still, embody balance, practice gratitude, patience, awareness. Believe in yourself.

We have inside of us a unique and beautiful soul, what's the gift that you have and that you can share with the community. Dissolve those disempowering beliefs, limitations that you've learned from this society and be authentic. You are limitless.

When things in life get more difficult don't give up, be resilient, take a step back, and understand what's going on. Change your perception, be compassionate, aware. What defines you is how you find balance, peace, strength, adaptability, and a conscious mindset in any situation.

Did you wake up this morning and realized how blessed you're! You can start by being grateful for your health, family, freedom, ability to experience new things, seeing the beautiful weather outside. Change your perception, awareness, and practice stillness.

People set expectations too high about others, then comes to disappointment, heartbreak, anger, sadness, stress. What you can do to avoid that is to be conscious, aware of what you want, being present in every moment, taking action, and stand still when needed. You're enough.

Allow yourself to go with the flow in life and embrace the unknown. Release fear, worries, doubts, control issues, change your perception, let the passion within you arise, live a life where the unexpected is a constant, and be open to change your mindset.

When a conflict situation arises, instead of raising your voice, make your point as the right thing, avoid that by having compassion for others. Remember that both arguments are valid, just both have different perceptions. Create strong bonds with others instead of drama. Be present.

When you're emotionally triggered by adversity in life, instead of reacting negatively, be still, let the awareness and consciousness arising within you, be present, have the clarity to find balance, peace, courage through your actions facing anything that life throws you.

If you're constantly complaining, angry, worried, sad, in fear, jealous, procrastinating in your life. You're out of balance. Change your mindset, perception about the situations that you're experiencing. Let go of the past, be aware, conscious of what's going on within you.

Where do your beliefs, thoughts, words, actions, and judgments come from? From your head means that you come from a place of ego instead of coming from your heart where compassion, kindness, Love will allow you to have a positive impact on yourself and others. Be aware of it.

We're here in a quest of self-discovery, soul evolution, learning from human life experiences, and find the balance between the material and spiritual world. When you're in alignment with your soul, following your intuition, then you're on the path of Love, success, and abundance.

In a world where fear, pessimism, negativity, anger, frustration is constant. Each one of us can contribute with Love, kindness, compassion, honesty, integrity, truth to free the world and humanity from these low energies. A change of mindset & perception is needed.

Life is a series of choices. Choose Love, optimism, honesty, integrity, truth, awareness, consciousness, courage instead of pessimism, fear, dishonesty, criticism, anger, lies, illusion. Start by changing your perception, mindset about life. Be grateful, patient, and balanced.

Through your life journey when you experience fear, frustration, heartbreak, sadness, anxiety, doubt, worries, anger, instead of letting those emotions take over you, ground yourself, be aware, present, strong, remember that you can choose to carry the lessons but not the pain.

Free yourself from the low energies from the past, the fear, frustration, pain, resentment, jealousy, anger, release all of them, practice gratitude for you to elevate to higher energies where Love, kindness, compassion, joy are a constant in your life. You can do it.

Each one of us has inner wisdom, if you're not aware and conscious of it is because you're disconnected from your soul. Allow the peace, harmony, freedom to embrace you through stillness. Be your true self, follow your intuition. You are unique.

Be aware, conscious when you're triggered by someone, where you lose control of yourself. you're giving your power to others allowing them to manipulate and trigger those emotions in you. say no to drama, choose peace, balance, and learn the lesson from those experiences.

Are you waiting to be wealthy and then start to feel happy and abundant? Stop waiting, be grateful for all that you have right now, feel the abundance within you. Changing is a process, practice patience, awareness, mindfulness, see things from a different perspective. Have Courage.

When we know who we truly are, our purpose in life will unveil. We align ourselves with our soul through balance, peace, harmony, love, compassion. We're not alone and when interacting with others diplomacy is needed. Cooperation is essential for us to move forward and thrive.

This society's thinking is outdated, people search for allies to justify their based ego actions. We're not "sheep's" to follow egocentric, narcissistic, manipulative, dishonest, deceiving individuals. time to wake up, change the mindset where honesty, integrity, truth are the core.

A new way of being and living our lives is needed. We need to disrupt those ego-based thinking and align with our heart connecting to our soul. Life is a blessing, be balanced in your thoughts and actions through your journey. Choose strength and courage instead of fear.

Be more of who you are! Authentic, genuine through your thoughts, actions being aware, consciously aligned with your soul, following your intuition will allow you to move forward in life with a sense of purpose and with a passion to thrive during your journey in this world.

The way you perceive, see yourself is by far more important than the way other people think or see you. Let go of the need to fit a person or group, please them. Take care of yourself first, be compassionate, aware of the impact that your actions have on you and others.

All challenges are growth opportunities and we should be grateful for them. We only evolve our soul as a human being through those experiences. We can learn, understand, accept them as they are or complain, victimize ourselves, letting fear, resentment, anger control us.

Don't stress yourself over situations that you've no control over. Find peace, harmony, joy in this fast-paced world without jeopardizing your health. Balance is the key, embrace change, the unexpected in your life with enthusiasm and excitement instead of fear, doubt, or guilt.

Release the baggage from the past, start to look ahead, and learn who you want to be. Turn your wounds into wisdom. Stay strong, believe in yourself, be conscious, adaptable, grateful for the lessons, they're meant to build a more evolved version of you. Resilience is needed.

Each person's journey is different, this means that there's not only one way, one formula that suits everyone. Embrace every aspect of who you are, build your character from love, compassion, honesty, integrity, and truth. Be courageous, strong, unique, follow your inner wisdom.

Break the chain, the anchor from the past, heal the insecurities, fear, doubts, anxiety, negativity. Rely on your strength and power, don't expect others will do it for you, work on yourself, carve your path. change your perception, consciousness, wake up from the illusion.

Untangle yourself from the beliefs that you've been confirmed through a society where fear, anxiety, judgment, limitations, you can't, you're not good enough, you're not like the others, deceiving, manipulating, lying to people are a constant. Follow your intuition, your truth.

Stop being distracted in life, seeking external guidance and start to focus on looking within, find your inner truth, strength, balance, align your thoughts, emotions, actions, with your heart core values, then you will realize that the answers are within you. Believe in yourself.

Taking shortcuts in life because we want to achieve an objective as fast as possible no matter what, is the easy way, but in the long run, we will realize that we have to damn our light, living a meaningless life. Be aware of it. Trust and listen to your heart, follow its guidance.

We all have different scripts on our journeys. We're responsible for learning, uncovering our tremendous potential. We are far more than what we have been taught, and we must free ourselves from beliefs, behaviors that do not align with our hearts and find within our inner truths.

If we focus on what we don't have, feeling worthless, angry, anxious, jealous of what others have, then we're not aligned with our heart values such as love, abundance, compassion, peace. We're enough, worthy but we need to work on ourselves. Let go of the beliefs that are limiting you.

Don't surrender to the Lack mentality, instead look within yourself for inner strength, peace, resilience, truth, self-love, balance, and be conscious of those beliefs, behaviors that are holding you back. Change your perception of what you don't have and appreciate what you have.

When we focus on learning, develop ourselves following our dreams, then instead we chase success we will understand that through the power of gratitude, patience, peace, Love, compassion, success will naturally flow to us. Don't waste your time on gossip, drama, envy in your life.

Duality is a part of our lives and for me to find the light, I had to go through a long period of darkness in my life, working on my fears, anxiety, depression, pain, anger triggered through relationships. I have been beaten down to my knees, heartbroken, but I have never given up on life.

I chose to learn how to balance, accept and integrate my shadow side within me, making me strong, resilient, determined, compassionate, learning how to love myself, confident, aware, conscious of my value, reclaiming my power. I'm grateful for all the challenges experienced in my life.

Don't allow negativity to poison your heart. Be conscious, flexible, and brave to release those limiting beliefs, behaviors that are holding you back. Align yourself with your heart's true values. Be grateful for the things you have and take nothing for granted. Work on yourself.

To each one of us, life presents different challenges and it's our responsibility to look at them and then take action to overcome those obstacles for us to learn, grow, evolve. Find your inner strength, be resilient, determined and focus on your inner growth and balance.

I was born in a dysfunctional family, where lack of communication, criticism, controlling behaviors was a constant, where was expected luck or a miracle to happen in their lives instead of doing the work to improve, free themselves from limiting beliefs. I chose to liberate myself.

We shouldn't seek the approval of others instead we need to ask ourselves for approval, if we are in alignment with our heart values, because we are Love, freedom, harmony, and enough. Accept and nurture yourself unconditionally, follow your heart. Be strong, faithful, and balanced.

I am who I choose to be and you are who you choose to be, not what others wish or want you to be. Find your inner peace, strength, and courage to constantly improve yourself. You're unique, worthy and the challenges that you're facing is for your ultimate good. Believe in yourself.

We need to heal the wounds from the past, ground ourselves, find harmony, peace and balance our energy by working on ourselves every day. Practice gratitude, forgiveness, patience, self-love, compassion, kindness daily. Be authentic, genuine, and follow your inner truth.

Being open to new possibilities of a more meaningful life by seeking the balance between body, mind, and spirit, being conscious, aware of our thoughts, emotions, actions, and how they impact ourselves and others is important. Live your life with high values such as integrity and truth.

Life is change. When we want to change some area in our life, we need to believe in ourselves, be confident, committed to the decision that we made to make things happen. Don't allow what other people tell you to plant the seeds of fear, doubt, discouragement within you.

When someone tells us that we will never achieve a certain goal or a dream, at that moment we need to look within our inner strength, faith, balance, being conscious, knowing that these people are projecting their fears, insecurities, frustrations on us. Don't give up on your dreams.

When we trust and listen to our intuition we are our driving force. Life is not about settling for disempowering beliefs that we gain through our journey it is having the discernment of those that don't serve us and the courage to let them go. Change is a part of life, embrace it.

We need to create new habits to support our growth, harmony and let go of those that are holding us back. Use our inner strength as a catalyst for the necessary changes that make us move forward in life. Let us plant the seed of love, compassion rather than fear, anger in this world.

When we open ourselves to the path of forgiveness, we are ready to heal our wounds. Nothing happens in our lives without a reason, learn the lessons through your experiences, accept, understand it as it is, grow, evolve and move on in life. Healing is a process, so be patient and brave.

Release the guilt, pain and search within for inner healing. When a door close to you another will open, but you need to work on your fears, illusions. Life is growth, look for things that help you develop. Be your alchemist, turn your negativity into energy that empowers you.

We are a Soul in a human body that are here to experience, learn, grow and evolve. One of the challenges we face is to free ourselves from the mold that this society is trying to fit us. We're freedom-oriented not fear oriented beings. Let go of the beliefs that are holding you back.

Our goal in life is to find the balance in our thoughts, feelings, actions, nurturing our body, mind, and spirit daily. We're here to evolve. We have within us Love, truth, strength, wisdom, abundance, the key to access it, but we must calm our minds and listen to our hearts.

Free yourself from the chains of the past, heal yourself deeply. You can conquer your challenges. Look within and unlock your limitless potential of wisdom, inner peace. Be proud of your uniqueness, be courageous, balanced, strong, and patient. Believe in yourself.

Be thankful to the mentors that challenged you, because they enter your life to help you grow, evolve, expand your consciousness, finding your inner strength, self-love. Forgive yourself and those who have betrayed you so that you can free yourself and move on in life. Time to heal.

When We build trust, confidence within ourselves, we do not have room in our lives for negativity, we gain the discernment to see those beliefs, behaviors that no longer serve us and the ones that serve. Change is a process, so be patient with yourself as you move forward. Courage.

Learning how to love, appreciating our own company is the key for us to leverage ourselves through self-awareness, understanding, and accepting that whatever happens in our lives, we can overcome it by looking within, finding inner balance, peace, strength, changing our perception.

Being attached to those disempowering beliefs learned since childhood only will lead us to self-limiting, self-sabotage ourselves, living in fear instead focus on self-growth, self-love. We've to let go of the ordinary way of thinking, being because we're unique and extraordinary.

If we keep ourselves with negative thoughts, behaviors, then what we will attract is more negative situations, instead, we can transmute that energy to a more positive energy state by focusing on things that we are grateful for in our lives. Change your way of seeing life. Courage.

Through my journey, I met toxic people(family, friends, coworkers) who hurt me deeply, betrayed, broken my heart leading me through depression, fear, doubt, anger, anxiety. I've chosen to learn the lessons of understanding the power of forgiveness and compassion. Never give up on yourself.

We can find the light in our challenges with a deep sense of inner peace, we can shift our perception from negativity to a more positive mindset. Be determined to travel into your depth without fear, be courageous when facing your shadow side. Heighten your consciousness.

We're all connected to the earth and we've been living a more fear-based life, it's time for us to live a more heart-based life instead, learning to look within for inner balance, clarity, truth, growth, strength, guidance, and that we can free ourselves from any limiting beliefs.

Duality is a constant in life and for us to know what needs to be changed, we need to be aware, conscious, courageous, compassionate, to embrace our shadow side by paying attention to our emotional reactions towards others, dark thoughts, behaviors. Heal & accept it as a part of you.

When our lives don't turn out the way we thought they would, doubt, fear, anxiety arises, but is in these moments that we can choose not to give up, trying to calm our mind, changing our perception by looking within, finding balance, harmony, peace, strength and start again with faith.

All of us have our struggles in life, but we must commit to ourselves to keep faithful and hopeful when situations don't go as we expected. Be resilient, patient, find your inner strength, the wisdom within, learn the lessons to move on, and live with honesty, integrity, and truth.

Each one of us is on a journey of self-discovery, use your time and energy on things that allow you to grow, develop, bring you joy, peace and let go of old beliefs that are keeping you trapped, listen to your intuition, change your perception. Learn, evolve, adapt. Free yourself.

Stay centered, grounded, shine from within, don't be afraid to expand your mind, and be broad-minded to see the world from new perspectives. Finding excuses when challenges arise won't get us anywhere. When the world is falling apart, we can still make the best of what's still around.

Stop trying to fit in, please and adapt to others, to belong. Forgive yourself for not fitting in, be unique, genuine, just be yourself, and learn to love yourself, enjoying your own company. Worrying won't change an outcome, but your choices will. Be authentic and shine your light.

Living on this planet is a blessing because we have so many opportunities to learn, grow, evolve, discover our inner self, thrive, achieving much more through collaboration. Release negativity, change your perception and embrace your quest with courage, curiosity, and compassion.

Our own experiences will give us a unique perspective of life when we choose to learn from them, we gain clarity, inner strength, inner growth and understand ourselves better. Be aware of those beliefs that are holding you back, the way you talk to yourself. Be gentle with yourself.

When we're constantly dwelling with people, situations in our lives that emotional triggers us, instead of being overwhelmed, in fear, anger, denial, anxiety, depression, we need to be aware of our shadow side, practicing self-compassion, forgiveness. Heal and make peace with the past.

We need to carry our burdens, our truth, and not others. Don't allow others to tell you what to do or how you should be. Find your path, follow your intuition. Let go of fear, doubt, have courage, be resilient. Be your authentic self, take control of your life and embrace change.

We're wrapping up a challenging year for all of us, but we can choose to see the opportunities through the difficulties, struggles, losses if we let go of the negative thoughts, toxic people, situations, behaviors that we know that are holding us back. Look within and change. HNY.

People want success, fame as if it was the most important thing to achieve in life. We are here to learn, grow, evolve and when you work on yourself mentally, spiritually, physically, then you will find purpose in life. Be your true self in a world where most want to be someone else.

Our Inner strength and growth are forged through the challenges that we experience during our journey's. When we decide to learn, understand those lessons, we will develop our character, going through a transformation, becoming more resilient, aware, conscious. Embrace change.

If we keep dealing with people, situations during our journey's who let us go through heartbreak, pain, depression, anger, anxiety, fear, resentment, this means that we haven't learned the lesson, and if we don't change, we will keep attracting more. The answers are inside you. Have Courage.

Most people are always looking for what they don't have instead of being grateful for what they've. Take a step back, look within yourself, find balance, harmony, peace by listening to your intuition. Let go of those disempowering beliefs, behaviors that are holding you back. Be strong.

So many people want to know what's going on in other people's lives instead of focus on learning, understanding more about themselves and what's happening in their lives. Work on yourself, grow, improve and let go of what no longer serves you like toxic habits, patterns, behaviors.

Living an extraordinary life means that we've to learn, change, adapt, develop, evolve, transform, expand our consciousness, awareness through different challenges during our journey for us to be the best version of ourselves. Embrace uncertainty, trust your inner guidance.

If we are constantly complaining in life, judging, blaming, angry, sad, depressed, seeing people, the world as the root cause of our problems, we're in a negative state and if we don't change our perception we will keep attracting more negativity. Look within to find inner peace.

Each one of us is going through different challenges in our life's, if you're feeling lost, fear, angry, depressed, sad, all these negative emotions are meant for you to learn the lessons and healing from what you've or you're experiencing in your journey. Be strong and courageous.

Find balance within is the key for us to thrive, evolve through our journeys. Take care of your body, he is your vessel to navigate in life, exercise, eat healthily, your mind by spending time in nature, unplugging from technology, your spirit by looking within exploring your core.

Be conscious of your thoughts, actions toward yourself and others. Let go of those disempowering beliefs, behaviors that you've acquired through your journey, instead learn the lesson from them, moving forward in life with compassion and understanding. Change your perception.

We born free of limitations and this society right away start to limit, restrict our actions, mind, forcing us through questionable laws, rules to be sheep in this outdated system with disempowering beliefs that are creating inner conflict, social inequality. Time to break free.

Failure isn't the end of the world, it's an opportunity that we have to learn from and evolve. Change your perception, don't allow a challenge to define who you are, letting you with negative thoughts, hopelessness, fear, anger. See it as it is, a way for you to improve and grow.

During our journey, we experience different types of emotions and those who created wounds, left scars, trauma from pain, fear, anger, anxiety, depression, heartbreak, dishonesty, betrayal, you can choose to grow from these challenges and move on. Healing is a process. Be patient.

For us to learn from our life experiences, we need to accept, understand those lessons moving on, evolving, forgiving ourselves & others, build our character, assess if our values, beliefs are aligned with our soul or if we need to let go of those that don't allow us to move forward.

We can transform our challenges, difficulties, struggles, pain in our lives into inner wisdom, strength if we choose to learn the lessons from our journeys by raising our levels of consciousness, awareness. Let go of the past. Forgive yourself, others and move on. Find your peace.

When people understand that we aren't here to compete with each other, to be better than anyone but that we're here to learn, grow, expand our soul through our life experiences to be the best version of ourselves and through cooperation make the world a better place.

Life isn't an SOP (standard operating procedure) where we follow instructions step by step on how to live our lives. Be eager to learn the lessons through your journey, be enthusiastic, see each challenge in your life as an opportunity to grow, evolve. Free yourself from the norm.

People focus all their energy, time pursuing material wealth thinking that it will bring them happiness, success, but they're neglecting their spiritual development who can help them achieve abundance, prosperity, fulfillment through personal growth, balanced life. Be aware of it.

One of our challenges in life is how to break free from the disempowering beliefs, rules, patterns, behaviors that we acquire from family, friends, the education system, governments, and others from the environment we are in. Be your true self and don't let other people hinder you.

People are in surviving mode through their journeys and it's time for you to switch off from an unfulfilled, stressful, unhealthy lifestyle. Look within, find the passion, inspiring yourself and others to experience a more purposeful life enjoying time in a natural environment.

Each one of us has lessons to learn in life to evolve our soul, deal with karmic debts from past lives. There isn't only 1 formula to help us find our true purpose and deal with our challenges. It's a journey of self-discovery, and you have what it takes to get there.

Darkness isn't something we should be afraid of it. If you've or are experiencing darkness in life, remember that you can ignite the flame you have within through the dark to illuminate your path who will lead you to reach the light. You can overcome anything. Be courageous.

In life, we are called to make choices to move through our journey. Some of them will lead us to a path with though roadblocks ahead and we can choose to accept those challenges, learning, evolving our soul from those lessons. Allow failure teach you strength and resilience.

Life wasn't meant to be easy or difficult, but to be as it is with up's and downs through our journey, allowing us to evolve, expand our Soul through human life experiences. We learn most from the challenges and setbacks that help us shape our character, strength, and perception.

I've learned to operate from my heart(Soul) having discernment, consciousness, awareness, compassion to align my emotions with my mind(thoughts) finding the balance, strength, harmony, peace, the wisdom within to move with confidence, courage through life. I've let go of the past.

Your time and energy are your most valuable assets because you can choose to take action applying them for your inner growth, self-awareness, empowering yourself, and help others too or you can waste your time in negativity, overthinking, jealousy, fear, hate, revenge. choose wisely.

See life from a different perspective if you're stuck in your mind, frustrated, in fear, anger. No matter what you're going through(challenges), you have the power to set yourself free, change, transmute that negativity into knowledge, awareness, creativity. Be Strong, courageous.

Explore and integrate your shadow side in your life. It will lead you to be more grounded enhancing your personal development, self-awareness, change of perception, aligning with your soul but first, you need to be conscious of your shadow aspects and behaviors. It's a process.

When we're aligned with our soul, we set ourselves free from our limitations having the clarity, consciousness of our truth. Be authentic, honest with integrity speaking your truth. Time to break free from this Webb of fear that these governments created to control us.

I have experienced so many difficult challenges, adversities, pain, negative outcomes through my journey but I never lost my hope and faith. I'm so grateful for all of them because if I didn't experience them I couldn't be who I'm today a more balanced and compassionate being.

In our life's we like to control what's the next step, the output of a situation, becoming anxious, impatient on the outcome but we need to learn how to navigate through the flow of life is comfortable, excited with the unexpected. Don't take life so serious, enjoy the ride.

When we're going through some challenging lessons during our journey and we feel doubt, fear, anxiety, anger, we must get out of our mind, accepting the situation as it is, learning from it by being open-minded, seeing it with a different perception. Change is the key.

For you to embrace change in your life as a constant, expanding, growing, evolving spiritually, and moving forward in life with a purpose you need to be committed with yourself to let go of those disempowering beliefs that are keeping you trapped. Be courageous and conscious.

Detach from the drama that you're going through by seeing it from a different perspective. It will allow you to move forward in life instead of being stuck on your head(overthinking), in fear, anger, resentment. Let go of toxic people no matter family, friends. Value yourself first.

People pursue love, inspiration, happiness, prosperity, security, abundance in the outer world but they don't realize that they've it all within their inner world. Be aware of it, align with your soul, follow your inner voice (intuition). Find the balance, peace, and harmony within.

Shed those disempowering beliefs that you've learned, that are intrinsically imprinted within you and that are holding you back. Start to see the world from your lens and not from others. Change your perspective and perception of life. Be strong, courageous, and mindful.

People are divided, focus on the circus created by irresponsible people in positions of power with the connivance of some media to blindfold us through illusion, hate, lying, deceiving, manipulation, control, inciting conflict within the society. It's time for unity and cooperation.

When you're going through depression, anxiety, hopelessness, stop overthinking, get out of your mind, find through stillness the balance, peace, paying attention to what your intuition tells you. Be aware of the content that you're absorbing. Choose positive, motivational content.

We can change our life for the better when we tap into our inner world finding all the answers within us when connected with our soul. Change your perception, follow your intuition who will lead you to a purposeful life by being your true self, speaking your truth. Be strong.

The hard times that we went through were meant for us to learn, evolve, becoming more mentally strong, resilient, conscious, aware, determined, compassionate, confident being in a way that when we accept, understand that they were a blessing in disguise. we should be grateful.

We're here to learn, evolve, expand as a spiritual being that's going through human life challenges. When we act with Love, peace, kindness, compassion, empathy, integrity, truth we're contributing to building a more equal world where we all can prosper and thrive along our paths.

I have become a strong, self-love, resilient, conscious, adaptable, determined, compassionate person because I've learned, evolved, healed, embracing the darkness in my life journey such as pain, heartbreak, fear, anger, anxiety, suffering, depression, betrayal. Look within yourself.

Don't allow the past experiences to make you bitter, resentful, angry, fearful, in victim mode instead learn and heal from them through forgiveness, self-love, seeing the situations from a different perspective allowing yourself to break free from fear, pain, anxiety, judgment.

Relationships between family, Love, friends, coworkers were a challenge bringing me down to my knees, pain, heartbreak, betrayal, anger, depression but then I decided to accept, learning from them becoming conscious, aware, forgiving, cutting the toxic people and freeing myself.

People forget how special life is and how grateful we should be for having this opportunity to be here to learn, grow, evolve and expand our soul through human life experiences. Release the old, out-dated beliefs that are disempowering you and follow the whispers of your soul.

Honesty, integrity, truth are essential principles for us through Co-operation to help each other to build a strong foundation for living with more equality, Love, compassion, trust, joy, kindness, purpose. Let's discover, evolve, overcome challenges together as a global community.

People are in fear, anxious, angry because they want life to go back to "normal". You weren't living, you're surviving limited by those disempowering beliefs that are still keeping you trapped (mind). Connect with your inner self, free yourself from the past and move forward.

When you're stuck in life and don't know how to get out of it, start by being conscious, aware of your thoughts and actions, looking at obstacles as opportunities to learn and grow especially from failure. Change your perspective, perception when you're emotionally triggered.

When you allow yourself to connect with your intuition you will know that everything happens for a reason, for you to learn, evolve, grow, expand your soul. You can choose to embrace change as a constant, release fear, anger, anxiety, old beliefs for you to be your true self.

In some parts of the world, we're assisting with a partial lockdown. Don't lose hope and faith at this moment, don't let the fear control your mind instead find within you that resilience, strength, determination, adaptability to go through this challenging time. You're not alone.

The world is not only black or white it is like a Pantone palette where you can every day choose which color you want to paint your actions and thoughts in each situation that you're experiencing through your journey. Be courageous, conscious, adaptable, change your perception.

Find balance within you, don't believe or follow what some mindless, deceiving, dishonest people say or do and that instead of contributing to unity, truth, harmony, and social peace are dividing, creating social conflict, manipulating info and facts to fulfill their ego.

For us to see the good in others, we need to have compassion for ourselves. Let's act, think from a place of Love, kindness, peace, integrity, truth, creativity for us to thrive on this planet as one and together evolve humanity to a new level of consciousness.

When you work on your development and growth, you will be filled with joy, inspiration, motivation, creativity, enthusiasm, fulfillment. You will be conscious of your thoughts and actions that are going to be created from a place of love, harmony, and peace. Keep it going.

Failure is an opportunity to learn. Embrace freedom, release those limiting beliefs that are holding you back and don't let other's opinions influence you. Be yourself, courageous, strong, and conscious that challenges will allow you to evolve, expand, grow as a spiritual being.

Don't compromise your integrity to 'get ahead' in any situation. Honor your truths, be conscious if your values are coming from a place of honesty, compassion, and truth (heart) instead of coming from your ego (mind).

One thing that can "mend broken bridges" between us by making us more conscious, empathetic to the other person is compassion. Is more important to be kind, patient, balanced, forgiving, in harmony than to be right. Look at the situation and be honest, with integrity and truth.

Take care of your body like walking, aware of the food you eat, mind by freeing yourself from overthinking, fear, nurture your spirit by aligning with your soul, follow your intuition who will lead you to a purposeful life. You're blessed, loved by the angels, spirits, and God.

Each one of us is going through different challenges in our life's and you can choose to learn, expand and evolve as a spiritual being that is here to have human experiences. Duality is a part of it, understand that you can change your reality by changing your perception.

In this world, most people are surviving instead of thriving. They accepted the disempowering beliefs that had been taught from an outdated system created by mindless, egocentric people who are in positions of responsibility and use power for their benefit. Question your beliefs.

Through times of uncertainty, we have to take a step back and look within us using this time to reevaluate if we want to keep living in fear, anger, anxiety. Remove the "masks" that you use to fit this society, align yourself with your soul who will lead you to the right path.

I went through situations in my life that just didn't go in my favor but I was able to bounce back, learn from them, gain more wisdom, focus, resilience, consciousness of my strength, determination. Change your perception, find balance, harmony, peace, courage within. You can do it.

You can beat the odds, you can beat any challenge and experience that you're going through if you align yourself with your soul, following the intuition that will lead you to an all-new world of opportunities fulfilled with Love, compassion, peace, harmony, integrity, and truth.

Instead, you put other people down, have compassion, be kind and patient with them. Persist, adapt, ground yourself, make the difference by being your true self. Brighten the day of those around you by sharing your light but aware of those that only want to drain your energy.

Pain, suffering, darkness can give you wisdom on the lessons that you're going through if you choose to look at them as they're, without fear, anger, resentment, guilt, shame. Rise like a phoenix from the ashes. Change, the transformation will bring you freedom, a new perception of life.

Life's filled with high's and low's. You can overcome adversity if you look inside of you when a situation triggers an emotion that leads you to react from your ego (fear, anger, pride, jealousy) instead you can act from your heart (compassion, kindness, peace, harmony, soul).

Expand your perspective and perception about life. Open yourself to the changes that you need to do to evolve, grow and align with your soul. Release the past, the old beliefs, the negativity, fear, and embrace the new, the unexpected with faith, resilience, and courage.

We only can see the light if we went through the darkness. Work on your fears, the negativity that you're immersed in. Don't give up on yourself instead learn, understand, accept the lessons. Change your perception. Believe and free yourself from your mind. You can reach the light.

All of us have the key to Love, success, fulfillment in our lives. Our soul is eternal, the lessons that we're going through are meant to evolve, strengthen us, deal with karmic relationships, do our shadow work to find the balance between light and darkness.

People have to change, breakthrough, liberate themselves from negativity, fear, anger, dishonesty, competitiveness, fighting, manipulative mindset that is affecting the collective. Follow your inner wisdom, your truth instead of deceiving, lying, egocentric, narcissistic individuals.

Many People are unhappy, unfulfilled, not motivated in their current jobs. You're out of balance, align with your soul, allow yourself to move forward in life, to get on the right path instead of escalating the wrong mountain. Following your intuition will lead you to your purpose.

If you're feeling jealous about someone else lifestyle, love life, wealth, then it's time for you to wake up, be conscious of your thoughts, feelings, and actions because you're in low vibrational energy. Focus on those aspects of you that you know that need change. Have Courage.

Don't dwell in sadness and sorrow, reorient yourself by healing your fragmented heart with love and forgiveness. Open your mind, body, and spirit to the opportunities that arise. You can evolve, grow with a new perception, change is inevitable for you to thrive. You're strong.

Your thoughts & actions dictate your reality. Embrace positivity, change, love, find the balance between light and darkness. The challenges in your journey are blessings that happened for you to learn, expand, evolve as a spiritual being that's going through human life experiences.

Egocentric, narcissistic, manipulative people are in positions of power in our society and instead, you become conscious of their actions to divides us, control us through fear without values based on honesty, integrity, truth, you're trapped in your mind. Wake up from the illusion.

Every day you absorb so much information from media. Be aware of the info that you consume. Don't believe in everything that you listen to or read. Be conscious of your thoughts, actions towards news, don't follow the crowd when comes to judging, criticizing, complaining about others.

All the answers you need are within you already. What you need to do is to find peace, balance, harmony through stillness and then you will be aligning your mind, body, the spirit in a way that you connect with your soul. Don't allow the external noise around to affect you. Be strong.

We are free spirits. It's time to disrupt with the disempowering beliefs that you've been confirmed and find your truth, purpose in this world. By being our true selves and cooperating from an honest, with integrity, truth place we made the world a better place.

Since childhood, this society tells us how we should behave, believe, defining what's good or bad, follow rules, and if you don't follow you will be judged, marginalized, punished. They don't want us to connect with your soul and see the truth. They want to control us through fear.

You work at a place where you outperform the goals initially set, go the extra mile, and your manager doesn't reward you for your contribution to the company, then value yourself and know when to let go of jobs, people from where you don't get an equal given balance relation.

We aren't what the mainstream media daily try so hard to negatively tell about us. Their mission is to create fear, doubt, confusion, conflict, divide us, and manipulate the perception of ourselves and the world. Don't give them your power, look within you for truth and wisdom.

Don't give up on yourself if you are going through difficulties, instead focus on what you have lost, look within you for inner strength, balance, harmony, and change your focus, perception of your life to which new skills can you learn, develop, to improve yourself. Be Courageous.

Let go of the fear, doubt, impatience, overthinking, and look within you for inner peace, balance, strength, listen to your heart, follow your inner guidance, and you will find your truth. Believe and trust yourself. Start working on yourself, embrace change and move on in life.

You want to manifest abundance in your life, then look within you, find your inner strength, peace, self-love, balance, wisdom, listen your intuition. If you are in a negative state, then what you are manifesting is more negative situations. Change the way you perceive things.

A change of perception is needed for you to be conscious, aware of your thoughts and emotions, when you are going through strong challenges on your journey, learn to believe in yourself, be confident, balanced, strong in your values, committed to working on yourself. You can do it.

If you are feeling alone, lost your faith, hope, live in fear, angry, worried, anxious, overthinking, then you can move away from this negative energy by changing your focus, healing your wounds from the past, and look within you for strength, peace, balance, harmony. You're never alone.

Forgiving others, does not excuse what people have done to you, but it is for you to heal and releasing you from negativity, overthinking and pain. Learn the lessons through the challenges that are presented during your journey, evolve and expand your consciousness. Be courageous.

Mending a broken heart, is possible when we look within to find our light, our inner strength, self-love, wisdom, balance, peace. You are able to heal your own wounds, empowering yourself by using the lessons of the past, and transforming them into knowledge. Work on yourself.

It's important to set healthy boundaries in our workplace, if you exchange your mental, body health, to focus only on money, almost everyday doing overtime, then you're on the verge of a burnout, depression due to high stress. Be aware, take care of yourself, find the balance within.

When you are committed, determined to improve yourself, expand, evolve your consciousness, then you're listening your heart. All the difficulties on your journey, meant for you to find your truth, wisdom, your inner strength, how resourceful you are, adaptable, flexible you can be.

Life isn't easy or difficult, it is what you want it to be. When you're facing challenges in life, you can choose to complain, overthinking, questioning why this is happening, rather than look within you, and find your inner strength, balance, learning the lesson and move on in life.

Take ownership in your life, change the negative mindset that is holding you back, by focusing on finding within you, your inner balance, strength, harmony, healing, truth, peace. Learn more about yourself, and see your challenges as opportunities for you to expand and evolve.

We can be the alchemists in our lives, transform negative experiences into good ones, difficulties into opportunities to grow, develop ourselves, being open-minded, regardless of our situation. Ignite within us the passion to live a purposeful life by following our inner guidance.

Learn to be at ease with letting go of the past, your limiting beliefs, negativity, fear, and embrace your inner wisdom, courage, self-love. See things from a different perspective, allow your inner creativity to inspire you to take action, and catapult your life. Believe in yourself.

Believe in the power of Love, when you look within yourself, you will discover that you are full of colors, of life, abundance, unique, enough. Find your inner peace, align with your heart values, unlock your inner truth, strength, knowledge, healing. Let go of the fear, anger.

In any relationship, we need to be aware, that if we put so much effort, and there is no effort from the other side to reciprocate, then we need to take action to let go of people, jobs, situations, and find an environment, people who bring us an equal and grounded relationship.

When you overthink in any situation, then worries, anxiety, doubt, fear, anger, resentment, frustration will arise, be aware, conscious of these emotions, control your ego by looking within your inner peace, balance. Be open-minded, brave, calm, and follow your heart, it knows the way.

Put yourself together if you're going through some tough challenges, you can change your perception of life, by going on a journey within, see your own light, find your inner peace, inner strength, inner wisdom. Learn the lessons through your challenges, heal and move on in life.

What do you need to change in your life, which limiting beliefs, habits do you have intrinsically, that must be released? Free yourself from the illusion, fear, as you look inside yourself and find your inner truth, clarity, strength, peace, being open-hearted to follow its guidance.

This is The End of This Soul Transmission.