

— GROW —
UP & OUT



— 375 PAGES OF —
QUOTES & TEACHINGS BY
ALFUENTES

Al has spent the last 22 years sharing love and wisdom with people while watching them change their own life with the words that he shares. His influence and energy has spanned the globe as he has quietly been teaching many high level CEO's and fortune 500 companies, as well as professional athletes. The results speak for themselves as the work that Al has done with his clients has generated over 100 million dollars in new money, world titles, national championships, and olympic medals. This has led him to be written about in two books, interviewed on nationally syndicated television, and filmed in a documentary. In 2013 he began publishing his teachings and quotes. True to the ancient wisdom Al receives, his words are simple yet life changing.

This book is a compilation of his personal quotes and writings that have helped shape him into the being he is today. It is his desire to share them with you now. He encourages you to use this book as a key to unlock your own truth within. Don't take the words themselves as truth, but take them in and create your own truth with the words you read. You are your own answer, teacher, and guru.

The book is still available for purchase on iTunes, but he has made it free so that more people can access it. If this book resonates with you and you would like to make a donation of gratitude, please click the link www.alfuentes.com/growupandout. Only do this if it is your desire, as this book was given unconditionally to you and does not require a response.

**"LET THE LOVING LIGHT IN
YOUR HEART BECOME SO
BRIGHT THAT YOU ILLUMINATE
THE WORLD." - AL FUENTES**



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— GROW — **UP & OUT**

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IT IS TIME FOR EACH ONE OF US TO FOCUS ON OUR TRUE PURPOSE IN LIFE, **GROWING UP AND OUT. WE** MUST START LIVING LIKE A TREE, WHO'S SOUL PURPOSE IS TO GROW UP AND OUT. **BECAUSE IT DOES** THIS SO SIMPLY AND SO PERFECTLY IT GIVES SO MUCH TO THE WORLD. ITS SELF LOVE ALLOWS IT TO GROW AND AS A RESULT IT GIVES OXYGEN FOR US TO BREATHE, A PLAYGROUND FOR BIRDS, FOOD FOR ALL OF NATURE, SHELTER FOR THOSE IN NEED, STABILITY IN THE GROUND WITH ITS ROOTS, AND SO MUCH MORE!

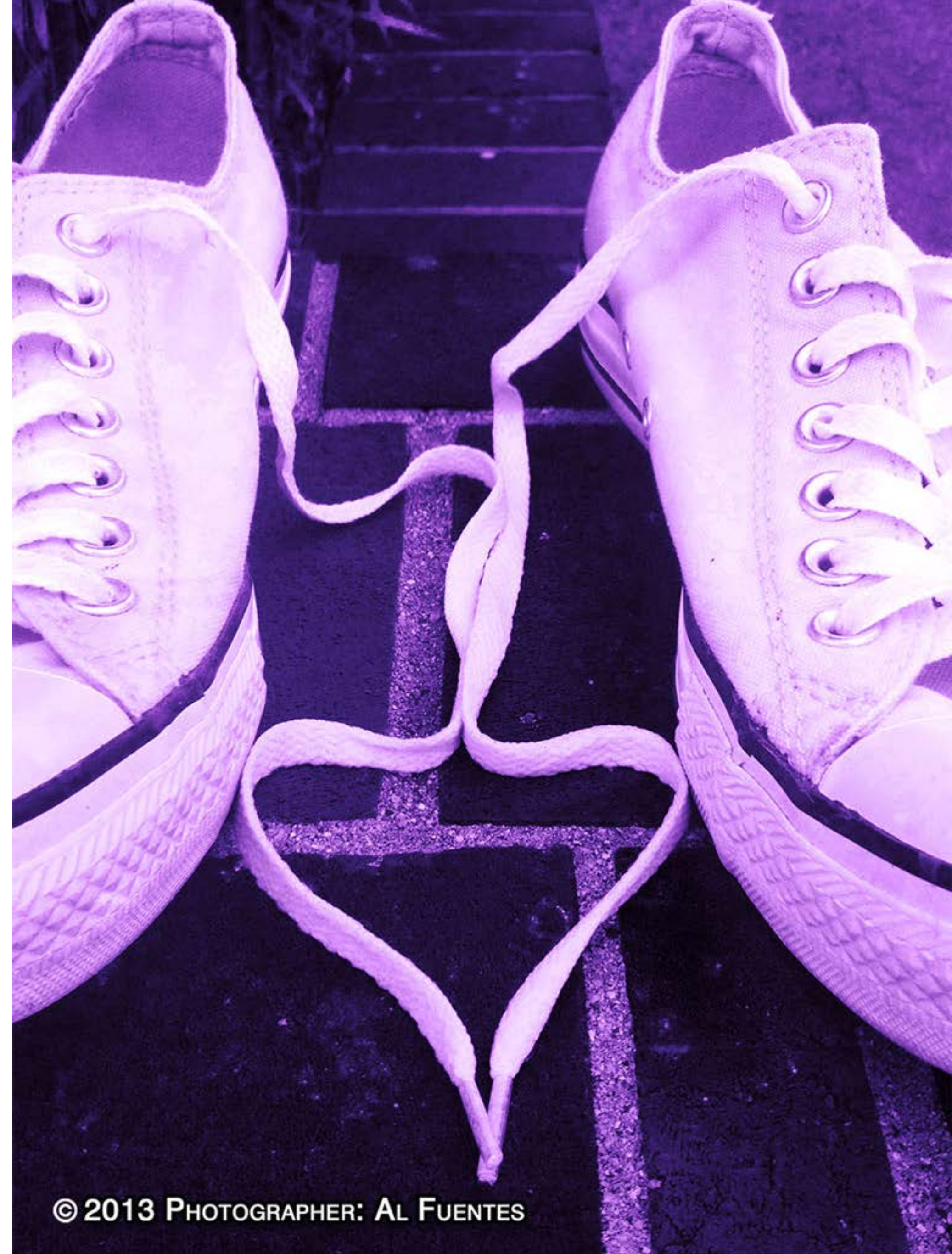
IT IS MY DESIRE TO SHARE TEACHINGS WITH YOU THAT WILL HELP YOU MORE TO FOCUS ON SELF LOVE SO THAT YOUR INNER TREE MAY GROW UPWARD, REACHING TOWARDS THE INFINITE LOVE AND WISDOM OF THE UNIVERSE. **BY DOING THIS** YOU WILL GIVE SO MUCH MORE TO EVERYONE AROUND YOU AND TO THE WORLD.

Chapter 1

LOVE

To find love, happiness, or peace, does not have to be a long painful process. Your past does not dictate how fast you grow now or in the future. Even if you took 20, 30, or 50 years to wake up and realize you are ready. It only takes moments for you to let go and accept all the universe has to give you. Then, without hesitation, you can walk the path of joy and abundance, instead of pain and struggle.

With Unconditional Love,
Al Fuentes



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**“YOU WILL BE ON MANY COURSES IN YOUR LIFE,
WITH MANY OPPORTUNITIES TO MEASURE YOURSELF.
WHEN THE SUN SETS, MAKE SURE THE INTENTION
BEHIND EVERY MOMENT IS ONE OF LOVE--THAT IS THE
MOST IMPORTANT MEASURE.” - AL FUENTES**



“Waiting to love until you find ‘it,’ is like waiting to breathe until you see oxygen. It’s all around you and you don’t have to see it to take it in.”

“The pain you feel is not a measure of your suffering, it’s simply the distance you are away from love.”

“Every day be amazed
at your capacity to
feel love for yourself.
It must flow through
you first, in order
to change the world
around you.”

“In order to love
unconditionally, you
must learn to receive
unconditionally.
One cannot happen
without the other.”

“When you look around and all you see is love, then you have arrived at the place you want to be.”

“Love is all around you. In words, people, and actions. All you have to do is look for love, and it will be there for you.”

“You do not need
to know someone in
order to love them.
Love them first, then
choose whether or not
you want them in your
life.”

“The act of love is so
powerful that when its
energy is exchanged,
both people become
closer to being one
with the universe.”

“Love does not make you weak, as it is behind every championship. It is the fuel that gives you purpose.”

“The frequency of love is always being broadcast, it is up to you to tune into its station.”

“Mistake love and compassion for weakness, and you will find yourself underestimating those you face.”

“When you are truly happy and in love with yourself, then no one can ever destroy your ability to feel love for another.”

“You will be on many courses in your life, with many opportunities to measure yourself. When the sun sets, make sure the intention behind every moment is one of love-- that is the most important measure.”

“You cannot master the mind without mastering the spirit. Just as you cannot master the body without mastering love for oneself.”

“It is an illusion to think strength is creating barriers to hide yourself from others. True strength is showing all of who you are, knowing that it is enough for the people who truly love you, as you love yourself.”

“Give yourself the gift of love, and you will always see it as a gift from others, not an expectation.”

“When you love yourself completely, loving every other human being on the planet becomes effortless.”

“Love the journey and the world will be your playground.”

“You will never open your heart enough to feel all the love the universe has to offer you. So continue to raise yourself to the highest vibration and take in as much love as you can.”

“The great thing about having unconditional love is that it does not rise or fall with the actions of others, it is always constant.”

“You forget that as a child you had eyes of pure love. Take time today to connect with your inner child.”

“Death, no matter how it is reached, is a new beginning for those who left, and those left behind. Honor the process, for in it is wisdom that unlocks peace and love.”

“Close your eyes,
take a deep breath,
and realize your life
matters. Success is
loving yourself, so you
can be a beacon of
love for others.”

“Stop and love the
moment you’re in,
because no one else
will do it for you.”

“It is important to create love within your home. Not just your structural home but also the home in which your inner spirit lives. Do this and the love will start in your heart and move outward, much like a drop of water that creates ripples in all directions.”

“Always act as if everything you do will positively change the world, everyone you touch will make a difference, and everything you say will express true love for yourself and others.”

“Judgment is easy,
we all do it. What
most people fail to
do is counter it with
love, compassion and
understanding.”

“A flower reflects the
love it receives, but
only because it first
loves itself. Be like a
flower.”

“To be a champion,
one must first allow
their mind to accept
it completely. This
comes through love,
not toughness.”

“Every inhale is an
opportunity to take in love,
just as every exhale is an
opportunity to send love
out.”

“If you want to be the best for those you love, then you must learn the art of being selfish enough to take care of you first, then care for others. I call it being ‘healthy selfish,’ the practice of loving yourself so that you are able to love others.”

“The self that you know is not the true self. It is only an illusion created by the ego of your society. The true self is created by the universe and is perfect in every way, because it is pure love. Be your true self.”

“There is no difference between love and faith. You must know yourself completely, then open yourself to the world in order to express the oneness of both.”

“To connect to your soul and know your essence, is the purest form of love and the biggest gift you can give to the world.”

“If you want to be empowered, then fuel yourself with pure unconditional love.”

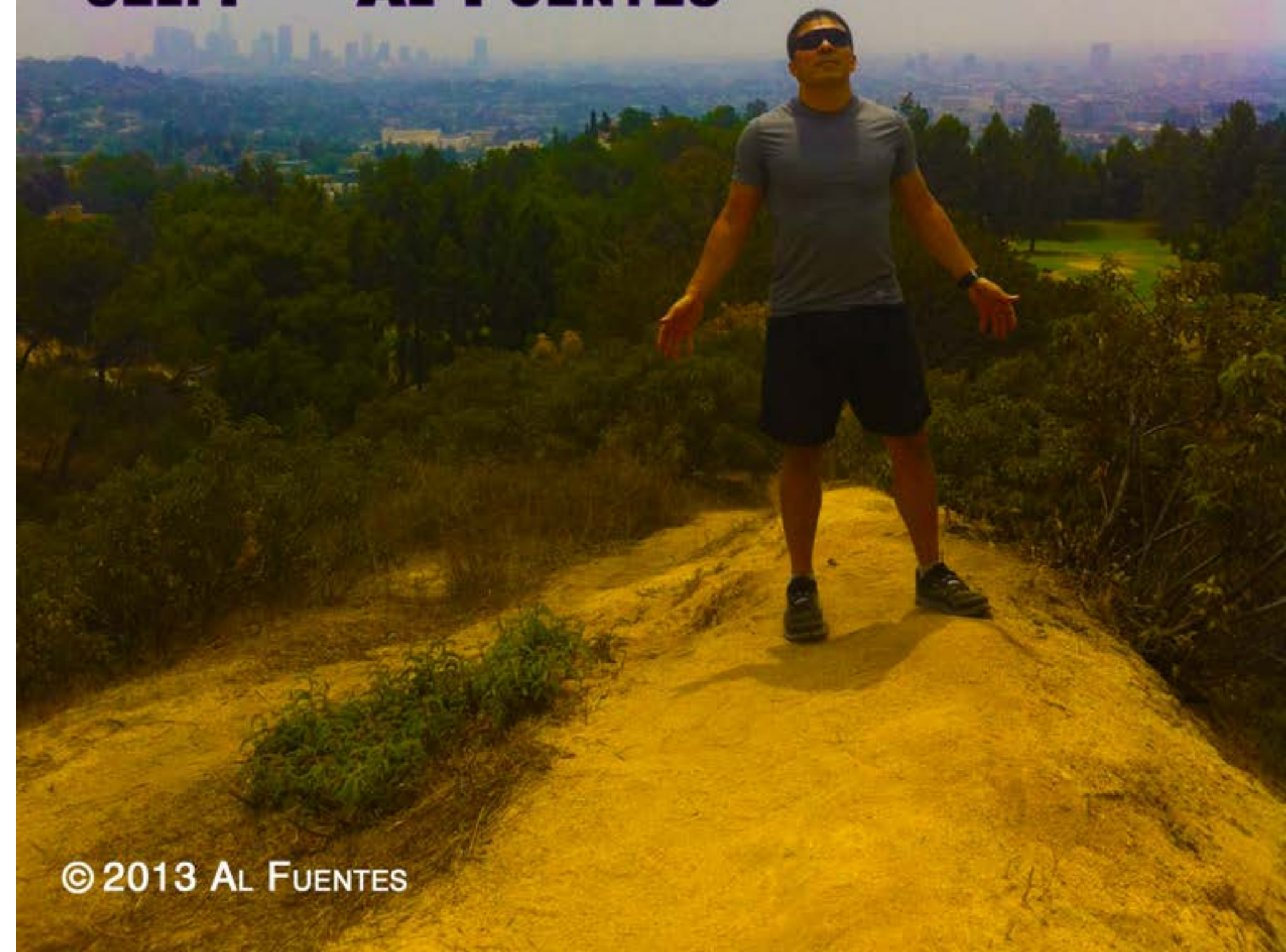
“Until you love all of yourself, you can never truly love who you are, and you will never be who you want to be. Unconditional love starts from within. First love the mind completely, then love the body totally, and finally you will love your spirit universally.”

“Love is more than just a word or a thought, it’s a feeling. If you are not experiencing the feeling, then you are not experiencing love.”

“When you open yourself to the positive energy of the world and the people in it, you cannot help but feel loved.”

“To expect love from
your partner closes
off your ability to give
love to yourself.”

**“SUCCESS IS NOT MEASURED BY
MONEY, A JOB, OR BEING ON TOP. MANY
PEOPLE HAVE DONE THIS AND MISS THE
POINT. THE POINT, IS THAT MOMENT
WHEN YOU CAN COMPLETELY LET GO AND
OPEN YOURSELF UP TO ALL THAT YOU
ARE. TO FEEL THE LOVE YOU HAVE FOR
YOURSELF AND KNOW YOU ARE ONE WITH
EVERYTHING AROUND YOU. THEN, NO
MATTER WHAT LEVELS YOU ACHIEVE, YOU
WILL ALWAYS KNOW AND BE YOUR TRUE
SELF.” - AL FUENTES**



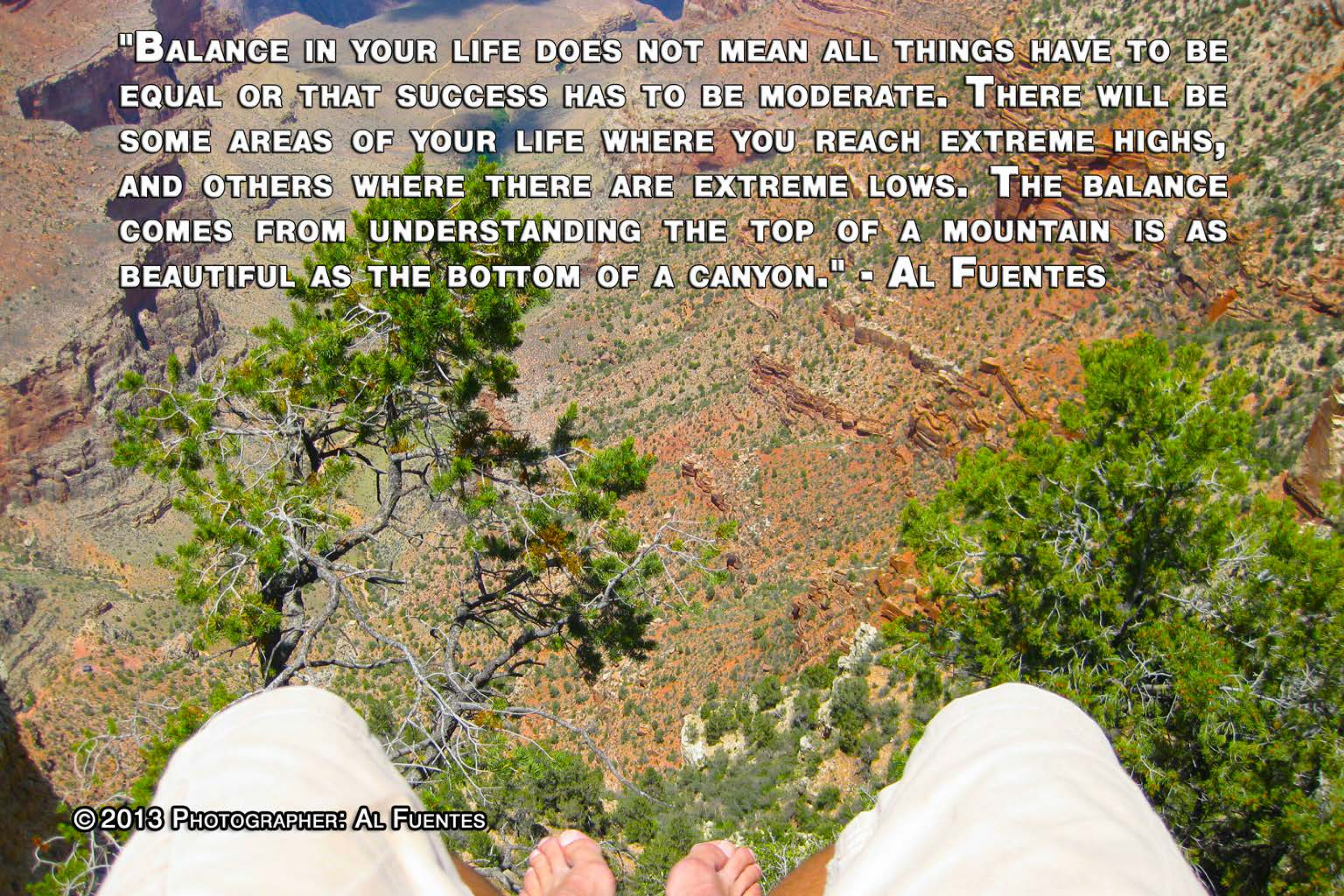
Chapter 2

TRUST

Having trust is an amazing ability, and not one easily mastered. But, if you can take a look at nature and learn from it, it can teach you all you need to know about trust and how to have it. I took this picture (to the right) standing at the top of a canyon near Sedona. The tree literally grows out of a crack between two rocks with 100 feet of rock underneath it. There is very little soil or water, but the tree found a way to grow. It trusted in its ability to simply grow up and out. It also trusted in the universe to provide for it. It didn't wait until the conditions were perfect. It didn't wait for another tree to show it the way. It had the intention to grow and that is what it focused on. Having complete trust will free you from any limitation in your life.



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"BALANCE IN YOUR LIFE DOES NOT MEAN ALL THINGS HAVE TO BE EQUAL OR THAT SUCCESS HAS TO BE MODERATE. THERE WILL BE SOME AREAS OF YOUR LIFE WHERE YOU REACH EXTREME HIGHS, AND OTHERS WHERE THERE ARE EXTREME LOWS. THE BALANCE COMES FROM UNDERSTANDING THE TOP OF A MOUNTAIN IS AS BEAUTIFUL AS THE BOTTOM OF A CANYON." - AL FUENTES

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“The presence of fear is the absence of trust, in your self, your path, and the universe. That is no way to live.”

“Whenever you doubt your physical capabilities, the message you send to your body is that you don’t trust and believe in it.”

“You will not reach
your full potential
until you completely
let go of what it is you
are wanting, then trust
that you can have it.”

“To improve time, one
must have patience.
To improve patience,
one must have trust.
To improve trust, one
must have a deep
knowing of the self.”

“Learn from the wisdom of water and mirror it. Know that you are abundant, and trust that you can easily flow through life.”

“Life is not about control, mastery, conquering, or ownership. It’s about oneness, partnership, trust, and letting go. Spend the time on your journey focusing on the latter and you will find true peace.”

“It takes the same amount of energy to live by the rules, as it does to create them.”

“It’s not how you get their attention, it’s what you do once you have their attention that counts.”

“No matter what stage you are at in your life, you have a purpose. It is always changing, but equally as important to the universe.”

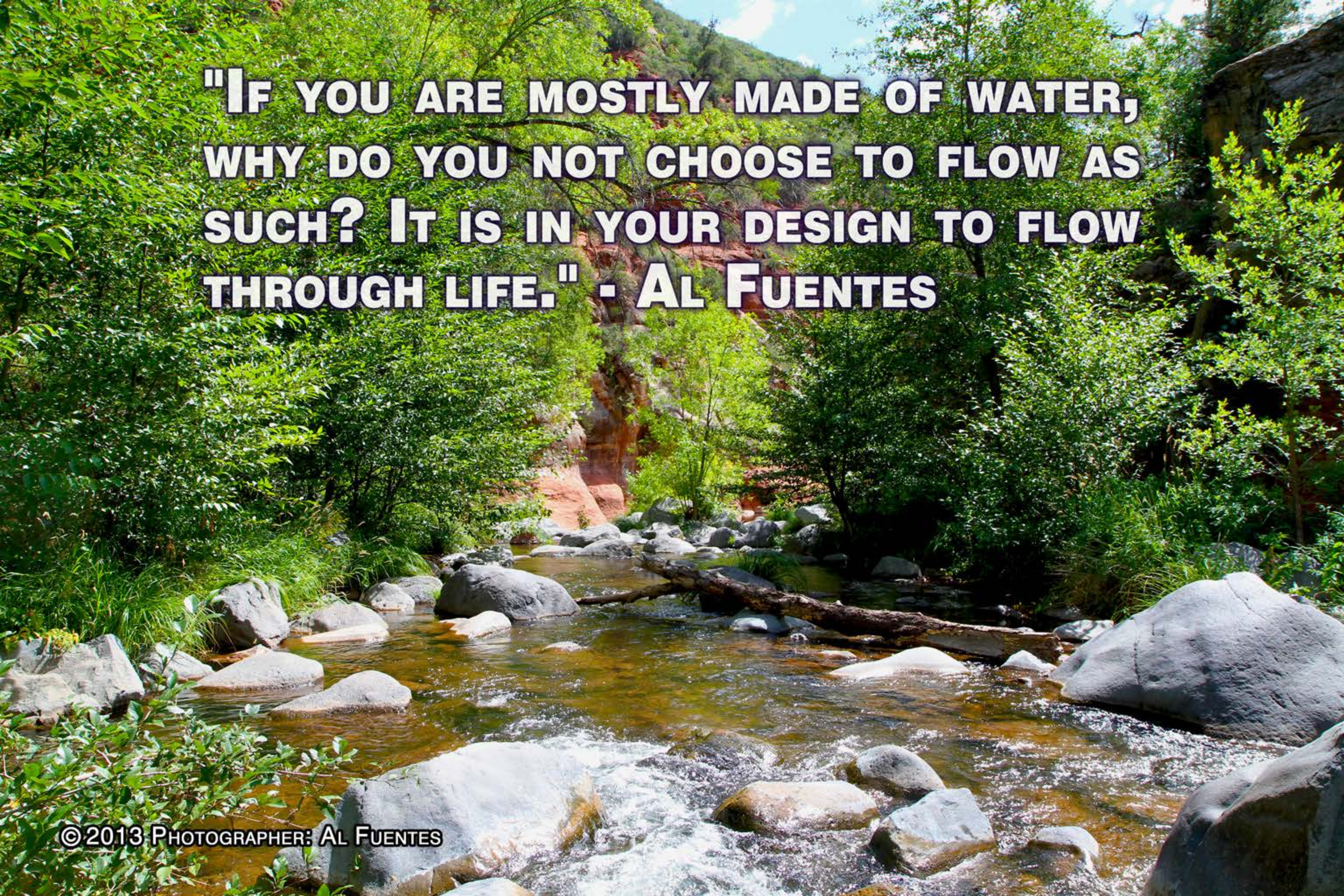
“Success is not measured by money, a job, or being on top. Many people have done this and miss the point. The point, is that moment when you can completely let go and open yourself up to all that you are. To feel the love you have for yourself and know you are one with everything around you. Then, no matter what level you achieve, you will always know and be your true self.”

Chapter 3

SEEING TRUTH

What you see with your eyes only tells part of the story. In fact, eyes can distract you from seeing the real truth. What we think we see is full of judgment and clouded thinking. It is only when you clear your vision that you can change your perspective on life, people, and even yourself. The quotes I will share with you in this chapter challenge you to change your thinking. They will help you see with a new perspective--see with more than just the eyes. It is time to see with your entire being. When you do, your life will change.



A scenic photograph of a river flowing through a lush green forest. The river is surrounded by dense green trees and foliage. Large, smooth, grey rocks are scattered throughout the riverbed, creating small rapids and pools. A fallen log lies across the river in the middle ground. The water is a brownish-yellow color, and the overall atmosphere is peaceful and natural.

**"IF YOU ARE MOSTLY MADE OF WATER,
WHY DO YOU NOT CHOOSE TO FLOW AS
SUCH? IT IS IN YOUR DESIGN TO FLOW
THROUGH LIFE." - AL FUENTES**

“When you look around, you see what you want to see. In order to see what you are meant to see, you must feel. This is done not with the eyes but with your entire being, as your eyes only tell part of the story.”

“The universe creates differences in the world to challenge you to look past them and see that we are all the same.”

“To think of something as right or wrong is to judge it too quickly, for in time you will see that it just is.”

“You are beautifully perfect. You just have to pause long enough to see it, so you can let yourself be it.”

“Do not focus on seeking answers--this is wasted energy--for the answers have been there the whole time. Instead, spend your energy preparing yourself to receive, as it takes a loving heart, open mind, and a clear vision to see the answers the universe has for you.”

“Life flashes by because you think it’s a race, always seeking instant gratification and results. When you slow down and see the journey that you are on, you will find the beauty in life and in all things. Then you will understand that true happiness is in your intentions, not in the result.”

“Your reflection is in everything around you. Don’t just try to see it with your eyes, feel it with your heart.”

“Spend less time judging your actions and more time observing them. As it is through objective eyes that you will see more clearly.”

“If you cannot see yourself in the mirror, then you must look deeper within. When you do, the mirror becomes irrelevant.”

“You must be able to see the path you seek, understand who you will become on the journey, and then walk as if you already are at the end.”

“Everyone has their own path, just make sure you are a part of the beauty they get to see along the way.”

“When you understand that everything you do means very little compared to everything you are, you will start to see your true self.”

“You do not have to
change your environment
to change your scenery.
As there is more than one
way to see what is in front
of you.”

“It is easy to see
greatness in others,
it is a gift. There is
no better time in the
world to use that gift
on yourself.”

“Wake up each day with new eyes and see the world as if you are looking at it for the first time. You will be amazed by the beauty that you have been missing.”

“Every obstacle you face is an opportunity for you to see yourself in a positive light. You just have to make sure your vision is clear.”

“As you close your eyes and see the timeline of your life, you will notice the events that were once big are now just small blips, while the timeline itself becomes the biggest image. It becomes clear that the events mean very little in comparison to the person who is taking the journey.”

“We often miss opportunities because we are too busy looking for them. Focus is about zooming out and seeing everything, then it will all come to you.”

“There are so many gifts all around you. You just have to stop long enough to see, then take them all in.”

“You can measure the amount of joy you experience by how much joy the people around you are experiencing. It is in those moments where you can see the reflection of oneself.”

“If you are not countering negative thoughts, then when your subconscious goes back and looks at the data stored in the mind, all it sees is negative--further creating your reality.”

“It is said that every night you should die and every morning be born again. I say, let go of the past and see each day as an amazing wonder, as if it were for the first time.”

“The ability to see life is a beautiful thing, as long as it doesn’t limit your ability to feel life.”

“The thought that you have life figured out is an illusion. See each day as the first day you have ever experienced in life. After all, we are just noobs!”

“It is easy to go through life unconscious, it’s actually become our default state of mind. We must see ourselves within, then project it up and out, in order for the awakening to begin.”

“To change who you are you must say, see, and feel who you want to become.”

“Even though some days it can be tough, you always have the ability to see the beauty all around you. Sometimes it’s harder than others, but every time you try you get stronger.”

“Life is like climbing a mountain. It’s ok to glance ahead to see what’s coming, but you must spend most of your time present on the step that is right in front of you so that you don’t stumble.”

“Your vision never lies.
It will always tell you
how you truly feel on
the inside, based on
what you see on the
outside.”

“When you are in the
water you expect to
see ripples, in many
ways they are calming.
Live all of your life
like you are in the
water and enjoy the
ripples, they make
life’s experiences.”

“Your vision is often clouded by hate, fear, anger, and judgment. When you clear the cloudiness, you will see the pathway to your soul and discover your true self.”

“Be aware enough to see the ant, humble enough to go around it, and enlightened enough to realize you are equal in the universe.”

“When you zoom in on anything you will find flaws, that is easy to do. It’s hard to zoom out and see the overall beauty that is made by several small imperfections.”

“People ask me if I see the glass half empty or half full. I just see water.”

“In order to flow in life you cannot see things as obstacles or resistance, but as an opportunity.”

“What is on the horizon changes as the altitude changes. The higher you are the bigger the horizon, as you are seeing from a much different perspective.”

“Within every action, positive or negative, there is an opportunity to find yourself. But, in order for this to be so, you must have your eyes directed inward.”

“There are so many special people in the world that it is impossible not to see the beauty they create all around you, unless you are clouded by negativity.”

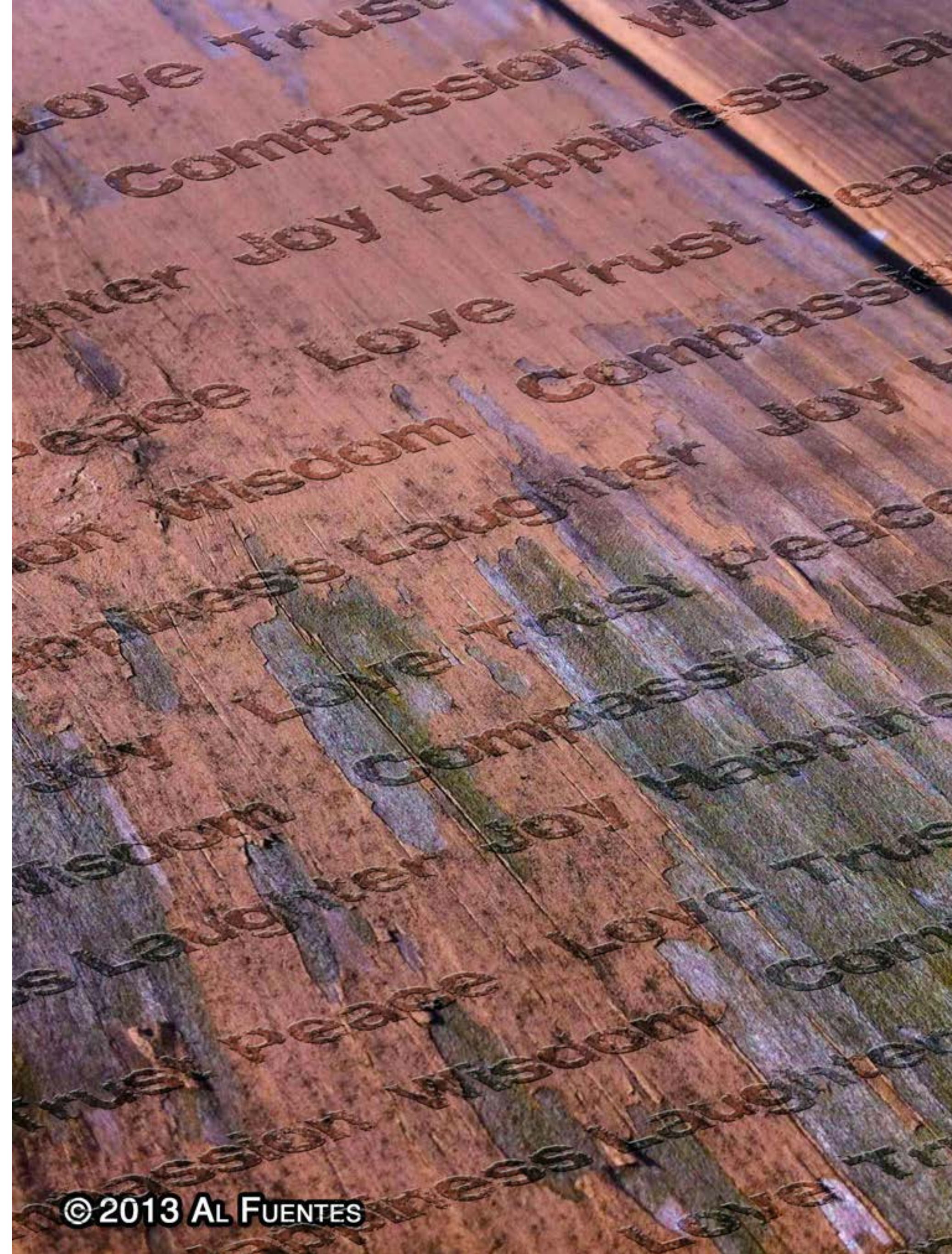
Chapter 4

WORDS TO ENJOY

These quotes have a variety of different meanings. They are deep and profound. As you read them they can shift you and raise your vibration. These loving words are directly from the universe and shared through me. Do not just read the quote, take it in and feel how it resonates with you. Everyone will interpret them differently, but know that the intention is pure unconditional love. May they fill you with as much joy as they did me.

Thank you for sharing this journey with me.

Love, Al Fuentes



**"IF YOU ARE SHINING BRIGHT ENOUGH, YOUR REFLECTION
IN THIS WORLD WILL BE MORE COLORFUL THAN YOU EVER
THOUGHT POSSIBLE." - AL FUENTES**



“To honor yourself
is to honor the entire
universe. Even
a simple bow to
acknowledge your own
spirit, will be felt by
the world.”

“The most complicated
thought you can have is a
simple one.”

“Be strong enough to
have deep conversations
with yourself.”

“You can never be
ready, unless you can
just be.”

“The greater your life becomes, the less important it is. For the individual in you fades as you become part of the whole.”

“There is a possibility of death in everything you do, that is the only way that there can be life.”

“Wisdom is not in the information shared, it is in your ability to understand it.”

“To truly listen to a message, you must feel it with your body and understand it with your heart.”

“To share the gifts
you have been given
creates more space to
receive bigger gifts, as
the supply from the
universe is endless.”

“There is not one
way, one path, or one
direction in life. Like
riding a wave, there is
just your style.”

“The truth is not good or bad, right or wrong, it is merely the truth.”

“Sometimes, not understanding the message you are given is the message.”

“Life can define you, or you can define it. One is not better than the other, as it goes both ways. No matter the direction, make sure the vibe is positive.”

“Everything on your journey is designed to get you closer to finding yourself. How you respond to your experiences, determines if that is happening. Anger, frustration, impatience, and feeling cheated only take you further away from yourself.”

“To be open in mind, requires you to be open in spirit. Otherwise, the words have nowhere to go.”

“You must not judge yourself based on your results, for it is your intention and desire that determines your success.”

“If you are mostly made of water, why do you not choose to flow as such? It is in your design to flow through life.”

“The solution to your problem lies in the deeper truth. To get to it, you must let go of your pain and suffering.”

“If you ask me my thoughts on racism, I have none. I will not match its energy, as it does not serve me.”

“Becoming a champion happens long before the contest ever begins, even before the practice starts. It happens the minute you believe it is possible.”

“In order for a dream
to grow into a reality,
you must feed it with
desire.”

“The view doesn’t
change your attitude,
your attitude changes
the view.”

“Your environment is the reflection of how much you value yourself.”

“When you become enlightened in this life you are actually becoming less, not more. As it is the practice of letting go of all that covers up your true state of being.”

“To know something,
is to own the
information. To be
aware of something,
is to observe the
universe’s wisdom
flowing through you.”

“The measure of a
man is not who he can
be for you, but who
he can be for himself.
That kind of man will
always be who you
need him to be.”

“There are a lot of waves to catch in the ocean, but you only get one chance to ride the wave you are on.”

“To get to the ‘deeper’ truth in life, you must first let go of all the truths you think you know.”

“If the place you seek is a part of your destiny, then the road you choose only changes how long it will take for you to get there.”

“Within every journey there is a deeper quest of self discovery.”

“If the same message is crossing your path again, then it is time to listen to which direction it says to go. It will lead you to a higher path.”

“Breath with no mind keeps you alive, but does not allow you to live.”

“When your mind is open, everything around you is a teacher. It is then that knowledge becomes unlimited.”

“It is smart to spend a moment preparing for what could happen. But, it is wise to spend most of your time preparing for where you want to be.”

“When you know yourself completely, you will never feel or be alone again. No one else can fill that void.”

“You must first be able to receive totally, before you can give completely.”

“When you give a gift, the energy is directed outward. If this is your focus, then it does not matter how someone receives.”

“Understanding the gift of time requires you to be totally present in the moment. This takes years of practice. No practice, no gift.”

“There are many levels of oneness. The purest form of oneness cannot be measured or described.”

“You cannot be taught with words, in order to learn you must feel.”

“There are no two flowers that are the same, yet in this way they are all alike. It is in this wisdom that we all become equal.”

“When you feel pain, in the body or otherwise, the best way to manage it is to become one with it. Breathe it in and accept it as true, then let it go and focus on peace. Peace in the body and peace in the world. Otherwise you just create more pain, and there is already too much of that.”

“The path one takes is simple, when the mind is going the same direction as the feet.”

“One must understand destiny is the path you create whether you are aware of it or not. The more aware of it you are, the better the destiny you can create.”

“Energy is always flowing in everything you do. What type of energy is up to you.”

“No matter how big the negative momentum is in your life, it can always change direction, even with the smallest of positive thoughts.”

“Movement without the mind leads you nowhere.”

“As the world gets more intense, the positive and negative paths get clearer and further apart. You have to actively choose one of the two paths. You do this by your thoughts, feelings, and actions, desire alone is not enough.”

“If you do not take time to stop and reflect within, you cannot become a student of life.”

“You must first be inner focused in order to obtain true outer focus.”

“To define yourself by that which surrounds you, leaves you hollow on the inside.”

“Things you desire are just out of reach so that you will make the necessary jump to have them.”

“The best movie to watch is the one where your eyes are closed and you are the star.”

“It is only when you hold your vulnerability up to the light, that it has no truth.”

“Friction between
you and anything else
causes movement.
Where you move
depends on the
attitude of your
mind.”

“One can search for
happiness, but if you
are looking outside
yourself, you will never
find it.”

“Take time to wake up the spirit every morning. It is just as important as waking up the body.”

“Many people try to define themselves by what they do. This is an impossibility, as you are not defined by your actions, but by the simplicity of your existence.”

“You are only powerless if you choose to give your power away. No one person, or situation, can take it from you.”

“When you become free from attachments and labels, all that is left is the self. One should focus on being able to stand there with nothing, yet be everything.”

“You are given many opportunities in life to know your true self, and everything you encounter prepares you for those moments. But, it is always your choice whether or not to have your eyes open.”

“Within every action, positive or negative, there is an opportunity to find yourself. But, in order for this to be so, you must have your eyes directed inward.”

“It is when you think
you have nothing,
that you really have
everything.”

“You cannot control
people’s path in life,
but you can control
the environment you
create around people.
This ensures that
you are in control of
yourself, and it creates
an opportunity for
others to grow around
you.”

“No matter how lost someone is, there is always a chance they will find themselves.”

“Mental preparation is nothing if you do not use positive intention as the fuel to activate it.”

“Every morning you are born with an opportunity to enjoy life like it is a playground. It is the desire that comes from your inner self, let them out.”

“When you are used to struggle and think it is the only way to grow, then it will be so. Just know you can choose to grow through joy and abundance as well.”

“A home is only as beautiful as the people living in it. Size, shape, and appearance is secondary to the energy carried within. This is true of all homes, including our body, which is home to our spirit.”

“With wisdom and time comes youth, not the other way around.”

“We have been told many ‘truths’ in our life. The only thing I know with complete certainty is that ‘I Am’ and even that can be an illusion at times.”

“Every day you write the lyrics to the song of your life. The question is, will people dance with joy when they hear the music you have created.”

“People do not realize how powerful their actions are. Whether they are positive or negative, the universe will respond with like energy.”

“You never really know where ‘there’ is going to be, so you might as well enjoy the here and now.”

“Those who judge others have plenty of practice by always judging themselves first. All they are doing is mirroring the criticism within.”

“No matter what you are trying to accomplish, what matters most is not your words. It is not even your actions. It is the energy behind your intention that will make the most difference.”

“Waiting to find balance in life before you move forward is like trying to balance on a bike while still. You just need to keep rolling forward and the balance will come.”

“You must understand, while using pressure to help you achieve will work. It only will get you so far, as it is negative fuel for your mind and body.”

“You look at winning as positive and losing as negative. Each outcome gives you an opportunity to show that you are a true champion.”

“A setback is an illusion. You are always moving forward, sometimes you just have to travel south before you can head back north.”

“Speaking how you feel is a good thing. But, you feel out of two channels, one is positive and one is negative.”

“You are all actors in the universe, but not all of you are feeling the part.”

“Why would you limit yourself from having your dream? You would never sit on the beach and look at the ocean thinking there is not enough room for you.”

“Just because you are born does not mean you are awake. It takes great effort to become awake. Once you are, it is the easiest way to live.”

“Balance in your life does not mean all things have to be equal or that success has to be moderate. There will be some areas of your life where you reach extreme highs, and others where there are extreme lows. The balance comes from understanding the top of a mountain is as beautiful as the bottom of a canyon.”

“Be flexible in mind and body, even when the environment around you is not. This is key to staying centered.”

“We should celebrate when people leave, just as we do when they arrive. Both are new beginnings.”

“The past can either pull you backward or propel you forward, depending on whether you are focused on it negatively or positively.”

“You do not honor others by sharing negativity, instead, spend that time telling the story of how they lived.”

“If you only searched in your mind like you search on google, then you would have much more clarity about yourself.”

“To be truly happy is a gift, one that you can give yourself at any time. All you need is for that to be the strongest emotion you hold in your mind.”

“If you are chasing dreams, that means they are running from you. Clear your mind to figure out why you are making your dreams run. Only then will you have the power to make your dreams come to you.”

“Passion, desire, and drive can only shape on the outside, who you are on the inside. Know yourself, to change yourself.”

“You don’t have to sacrifice who you are, to be who you want to be.”

“You may have a job that dictates what you do, but you are in control of how you feel about what you do.”

“Why be in a hurry to be great, when you already are!”

“When you continue to grow up and out, you bypass the thoughts in your head and reach new ones. If you don’t, nothing will change.”

“When you are at the point where you feel lost and don’t know who you are anymore, you are close to finding yourself. Just keep letting go of that which doesn’t serve your inner self.”

“You do not master the mind by controlling it, you master it by letting go.”

“A person who is humble would never label them-self as such. They would just continue being humble.”

“Being one with your environment is not just dealing with it or making the most of it. It is about making it a part of you mentally, physically, and spiritually.”

“Every day breathe in positive and exhale negative as if your life depends on it, because it does.”

“When seeking victory
there is no opponent,
only opportunity to let
your true self out.”

“Stop creating enemies
in your life. It is only fear
distracting you from your
true purpose.”

“The allowing of good things in your life is directly proportional to how you value yourself.”

“Your favorite comedian should always be yourself.”

“People who are blinded by their negative ego cannot see their actions, or how they effect the world. Those who can see must only have compassion for those who cannot, otherwise they are no different.”

“You have spent most of your life just doing, mindlessly focusing on the results. These results, if obtained, rarely bring the joy you had hope for. It’s time to open your heart and feel life, living each moment of the journey, it is then you will find the joy.”

Simply put: “Once you find the joy in the process, the result becomes irrelevant.”

“Life is not about
proving yourself,
it is about sharing
yourself.”

“The joy of life isn’t
in the positives or
negatives, it’s in the
contrast.”

“If it is uncomfortable to sit in silence, then it is because of the noise within.”

“The more you use positive motivation to fuel you in your business, the less you have to separate it from the rest of your life.”

“Dream as big as you can, reality has to start somewhere.”

“The key is to understand nothing in life--including life itself--is serious. It is then when you will live in pure joy.”

“You must learn to honor your emotional body by regulating the environment you put it in. If it is negative, then change your environment. This is the path to finding yourself.”

“Feel blessed that you have experiences worth crying about. Good or bad, it means you feel life and have had joyful experiences that have moved you.”

“Communication is not only a gift you can give others, but it is one of the greatest gifts you can give yourself.”

“If your head is in the clouds, that means your mind is reaching upward connecting with the universe.”

“If negative people focus on the past, let them be. It leaves more room for you to positively change the future.”

“If you’re taking life one day at a time, then you are looking too far ahead.”

“If nature waited for the perfect environment to grow, our world would be desolate. You must not wait either, it’s time to grow. To do so you must go after your dreams.”

“We think that the experiences in life make us, when actually it is us that make the experience.”

“The universe gives us three main tasks: love, compassion, and trust. There is no situation in life where these should not apply.”

“One of the lessons we must learn in this realm is that everything is a partnership. We partner with our body, money, people, nature, and much more. As we dissolve our ego and become more humble, the partnerships get stronger and our illusion of independence dissolves.”

“It is when you are silent that you say the most, as it’s only what you speak inwardly that matters.”

“Our direction in life is guided by our connection to the universe. The better the connection, the better the life.”

“When you make the most out of each moment in life, time becomes irrelevant.”

“If you are cynical and judgmental, then you may also notice that bad things always happen to you. The reverse can also be said as one creates the other. It’s time to make different choices and take back control.”

“If you focus your energy inward, you will dissolve the illusion of control outward.”

“The more we try to control the paths of others, the less control we have of our own.”

“There is always time for someone in need because the need for someone will come in time.”

“Everything carries a vibration; therefore, everything is alive. Think in this way and you will feel even the rocks smile back at you.”

“When you are truly connected sunshine is more than light, it becomes beautiful music. Everything around you comes alive and you take it in with all your senses. That’s when life becomes magical.”

“Once you stretch the mind to its limits, you are ready to go beyond and really experience all the universe has to offer!”

“The wisdom that passes through me shapes me like running water shapes the hardest stone. With every day I get smoother and the wisdom flows more swiftly.”

“When you focus on results, you let that define who you are. When you focus on intentions, you define who you are and how you experience life.”

“Your soul is worth
getting to know
because you will never
be disappointed in
who you will find.”

“To be inspired is to
live, to live is to be,
and to be... Well, it
is what we do every
single day. Don't miss
it.”

“Being present can only come with a still mind and an open heart.”

“The more you know yourself, the more you realize you don’t know who you really are. It is that, which keeps you humble and striving to grow.”

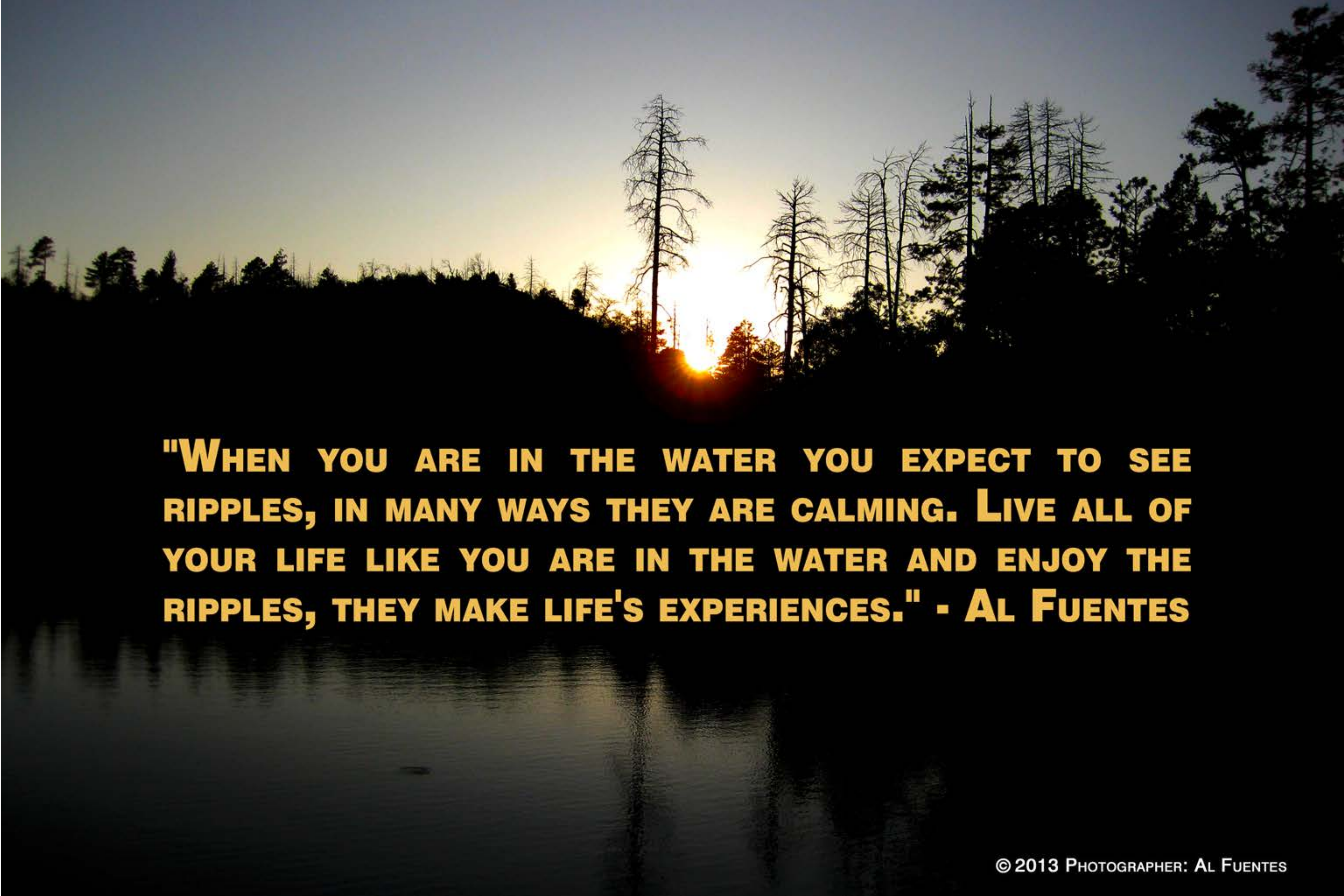
Chapter 5

SHORT WRITINGS

When it comes to my short writings, they are usually inspired by people or situations. I work with a lot of clients and as I share with them messages that help them find clarity in their life, it opens up a lot more than just the messages they are needing. So, when I have my own time to sit quietly and listen, the universe shares with me little messages for me to hear and to share with others. The following writings are a result of this.

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"WHEN YOU ARE IN THE WATER YOU EXPECT TO SEE RIPPLES, IN MANY WAYS THEY ARE CALMING. LIVE ALL OF YOUR LIFE LIKE YOU ARE IN THE WATER AND ENJOY THE RIPPLES, THEY MAKE LIFE'S EXPERIENCES." - AL FUENTES

PURE LOVE

When you are doing things out of pure love, it takes very little effort. Pure love is not the love you have within, that is for you.

Pure love is the love that passes through you that comes from the universe. This kind of love is infinite and to share it is effortless.

Every time you practice pure love, your love for

yourself grows. This is why kids have so much energy. They are passing pure love through them, all while recharging themselves. It is my goal to show kids and adults alike how to generate and keep pure love as their natural state. This will come through the teachings and writings that follow.

Enjoy :)

TREE KNOWLEDGE

“Be like a tree. Focus on growing up and out. The more you do, the stronger your roots will be. This is a tree’s only purpose and as a result it gives more to this world than anything else. If you learn from the tree, you too will give more to the world and everything and everyone else around you. This is your life’s purpose.”

HARMONY WITH MONEY

“Money has the same goals as we do and we must understand our relationship to it. It is a partnership of two energies and neither can be owned or controlled. We must simply work together in harmony with the best intentions and create even more good in the universe.”

THE MESSAGE YOU SEND

Everyone is a source or “source energy,” this is not a choice, it just is. What is a choice is what kind of source we choose to be for our children, family, friends, loved ones, or even strangers. The type of source you are depends on how you vibrate. You see, everything is a vibration. Some vibrations are high, and some are low. The highest vibration is unconditional love. The closer you can get to this the more in alignment you are with the universe. The vibration

of unconditional love is where we are meant to be, it is what we input and output.

It is really simple, if you input lower vibrational energy, you will output lower vibrational energy. As a result, the source you will be for all those around you is of a lower vibration. This takes you further away from unconditional love, to a place where other lower vibrational thoughts exist like, anger, judgment, pain and suffering.

This is why it is so important to be mindful of what you take in (input), because it leads to your output. It is time to make a choice for your best interest and the best interest of the world around you. Direct your attention away from lower vibrational energy and focus on the highest vibrations you can. Laughing, smiling, loving words, compliments to yourself and others. Seek out your own victories and success from your life and see the success in

others. It is time to celebrate yourself just as you are. Have joy in the moment you are in and love yourself unconditionally. This is the only way you can love others unconditionally.

You have a choice in what kind of source you want to be. The higher your source, the more of an impact you can make on the world and the universe.

Love, Al

THE ILLUSION OF OWNERSHIP

Society has taught you that you need to acquire things, as in own them. You own houses, cars, TVs, watches, jewelry and so much more. You see something you want and you “stake claim” to it, whether it be buying it or being the first to grab it. This has been happening for centuries. The feeling of owning anything is an illusion, as there is nothing outside your spirit you can actually own. To own is to control, have,

or possess and this is where it becomes an illusion. Even if you think you own something as big as a house, free and clear, mother nature could take it with one stroke of her hand. It is important to look at everything in life as a series of partnerships, including the house you live in.

A mind that can own objects is a mind that can feel ownership towards people. This is not the case for everyone, but it can be easily applied to the people in your life. How many times

have you heard or even said, “but that’s MY friend” or “this is MY wife/husband?” These seem like simple comments, but the emotion of ownership behind them becomes very real. It starts when you see someone of interest. You love so much about them and you want to spend more time with them. As the relationship progresses, you want to “stake claim” to them by labeling them as your boyfriend/girlfriend. Then as the control/ownership increases, the relationship grows to husband/

wife. Now the problem is not that people want to be in a relationship, the problem is the control they feel that they have over the other in the relationship. People, whether it be friends or partners, feel like they have the right to say what the other can and cannot do. Slowly but surely the walls start to close in on people, and they feel like they are no longer the person that they once were. People change so much to be what the other person wanted that they no longer recognize themselves. Eventually,

the relationship dies.

Understand it this way: If you walk down a path and notice a beautiful flower--one that catches your eye like no other flower has--you can choose to pick it, which many people do, and take it home and put it in a vase. No matter how much water you give it, it will soon die. You tried to dictate what environment, and under what conditions you wanted the flower to live. Your choice to control it by possessing it, killed it.

There is another way. If you choose not to pick it, then every day you walk the same path you get to enjoy the amazing flower in all its beauty. It can continue to grow and become even more beautiful than you ever imagined. It is by letting it be free that you can truly appreciate everything that it is. You will be able to have a longer and more meaningful relationship with the flower because you will respect it more for the independent spirit that it is. With this kind of

mind, the relationship becomes a partnership in which each of you share a mutual interest of growing up and out. By sharing this energy, you help advance the other forward as you both vibrate with the same intention.

This way is not natural to who you have been, but it is natural to who you originally were. As you open your mind and clear your eyes, you lift the veils of illusion.

Love, Al Fuentes

THE VALUE OF ANTIQUES

What makes antiques valuable is not just their age, but their history. In fact, the more unique the history, the more value it can bring. A vintage vanity, car, or grandfather clock can be worth millions and it all goes back to the history. It doesn't matter if it's used, and slight wear, nicks, scratches and bumps are acceptable. It is the imperfections that give it the “antique” character.

Antiques are treasures, as they should be, but why don't you apply this mindset to people, including yourself. Each person has their own history, and it is filled with lots of decisions and choices that have shaped them into the person they are today. It is what makes them valuable, even priceless, to the people who can see them as treasures.

When you look at your own history, don't see the decisions you have made as good or bad. See

them as just decisions and accept yourself completely. See your history and all the scrapes, bumps, nicks, and scratches making you more valuable. Without them, you would not be the person that you are today. Everything you do molds you, and you are all just trying to do the best you can with what you know. It is time to stop judging your past and punishing yourself for what you think were mistakes. You will not truly grow until you do.

When you have the same value of yourself as you do with antiques, then you will see your worth. You will see yourself and all people as treasures.

With Gratitude,
Al Fuentes

ACTION OUT OF TRUST

You often ask for what you want, then do not wait for it to come to you. Instead, you go searching for it, mostly out of impatience and fear. Fear will not lead you down the highest path.

Now, because you have the ability to create and have a powerful mind, you can create something that looks like what you were asking for but it is not it totally. You are searching so desperately,

that you can make anything look like what you want. This is how you “almost” get there, or it. After a while, you realize that you are left unfulfilled and wanting something else.

The crazy part about it all is that while you were distracted with the “almost,” the universe finally did bring you what you really wanted and you missed it.

Sometimes these things, if they are a part of your destiny, will

come back to you, sometimes they will not. The only thing you can do is learn to be patient and have trust.

People have asked, “Are you just supposed to sit and wait? Aren’t you supposed to go after things?”

There is a difference between working toward something and forcing it. When you act out of trust, you focus your energy inward and improve yourself until the day that what you want

comes to you. When you act out of fear, you forget about working on yourself, instead you try to control your external environment to make what you want happen. This clouds your ability to see with good judgment thus clouding your result. This is the difference.

With Love and Light,
Al Fuentes

A NOTE ON PASSING

To those who have lost
someone,

I have been wanting to send
you all a note to share my love
for you.

I cannot say I understand how
anyone feels losing someone
because everyone handles
death differently.

What I can say is that when

my father died, he shared with me in his passing, how beautiful death is. He showed me it is not the end for him or us. It was just another step in his life, one that is a much bigger life (spiritual life) than his life on earth.

His passing was a graduation to the next level, where he could have a more profound impact than he did on this earth. Nothing was over,

death didn't mean finality, and I could still reach him if I allowed myself to direct my energy upward.

Once I started to believe this, I let go of my understanding of death, and began to live more freely in my life. I listen to my father's wisdom, as it would be the greatest lesson he would ever teach me. Now anytime I need him all I have to do is close my eyes and

direct my energy upward. The communication never has to stop, even when your loved ones have “graduated” to the next level.

I love you all very much as you have all been a part of my life in some way.

When you feel sad, hurt, and lost, realize that you can replace that with the very real love that your loved one

still has to give you. It is so powerful that it cannot be destroyed. All you have to do is open your mind and heart to it. You can still receive his/her love and words of wisdom. It is all there for you, just quiet your mind, slow your breathing, close your eyes, direct your mind upward, and believe.

With all my Love,
Al Fuentes

THE JOB OF BEING ME

I used to think of my job as work. Then I realized that all it was to me was a job. It took a lot of courage and trust in the universe to step into it totally. Or at least what I believe today to be totally.

I can say that since I have, my life has changed. No longer is what I do a job or work. It is just who I am. I don't mean my

job defines me or my existence. I mean my actual job is to just be me. By being me totally and completely, I get to just live freely. By living my journey and sharing it with others, I give a gift to the universe. The universe and all the wonderful people I get to share with reward me for living and being. This can happen no matter what type of job you have. This could happen and change the type of job you have. No matter which

way it happens I am here to tell you it can happen. My journey has been long and I am still on it. I have found the gift of living along the way. Trust, Love and Compassion fill my mind, body, and spirit. I know the same can happen for you.

It is with all of my love I share
with message with you, Al
Fuentes

PLUG INTO THE POSITIVE

“If you plug your phone into an outlet and it has no power, you will simply move on and find an outlet that gives you the energy you are looking for. This is the same mindset you should have when connecting with people, instead of continually trying to plug into people who give you nothing back, find someone who gives you the positive energy you are looking for.”

A HEALTHY MIND

“Reflection can only be healthy in a positive mind. Much like your physical body needs to live in a healthy environment, your mental body does as well. When you look at the environment of your mind, what do you see? What is your perspective or outlook because that is the key in anyone’s mental environment? Is your mind clouded with negative thoughts, feelings, and emotions? If so,

then your reflections will show it. Do you see yourself and your teammates struggling or do you see how blessed you all are to be given opportunities, not challenges, so you may change the world? We are all given the gift to see the beauty in our life, but we all don’t always use it. Create a healthy environment in the mind first and watch the world around you change. Challenges become opportunities, teammates become friends, and friends become family.”

GROWING PEOPLE

“Helping people grow is much like growing a plant. You cannot make the plant grow, you can only provide it the best environment to give it the opportunity to grow. Therefore, focus on being like water, pure and flowing, and as bright and warm as the sun. Then with no effort, you will be the source that others use to grow.”

A YOGA MIND

“Yoga is more than just physical balance, strength, and flexibility. If this is your focus, then you are only getting half the benefit. Understand as your muscles stretch and open up, so should your mind. As you become stronger yet more flexible physically, so should you mentally. Thus giving you a yoga mind, that will allow you to find balance no matter what position life puts you in.”

The Spiritual Path to Chiropractic

By Al Fuentes

In order to understand the spiritual path to Chiropractic, you must first start with your own path- as you are the center of the universe that you create in your life and business. How you see, feel, and live life vibrates out to everyone around you; much like a drop of water ripples out in every direction, you do as well.

It is with this wisdom that you

must understand your true path in life. With every fiber of my being, I know the following to be true; our true path in life is to grow up and out, much like a tree. You see, a tree has a single purpose: to grow up and out. Its focus is simple but its benefits, as a result, are profound. The better it grows from within, the more leaves it bears, which produces more oxygen for us to breathe and more food for the animals that eat their leaves. The farther out its branches reach, the more shelter it provides and

gives a playground to birds and other animals. The stronger the foundation or roots, the more stable the ground becomes around it. A simple tree does all this, and more, with a single goal in mind: simply grow up and out. You are much like a tree in that you start from a single seed, or zygote, which begins to develop. Within the first three weeks, nerve branches grow (up and out) forming the organs first and moving on from there. Early on, much like a tree, you can develop knots and kinks throughout your

body; this could limit your growth when left unattended. A tree left unattended will still grow. However, with pruning, the very same tree can be nurtured and shaped to reach its full potential. This knowledge shows you that the need for Chiropractic is vital for patients to reach their full potential, physically and spiritually.

Chiropractors are the gardeners of the structural body, and I feel this is one of the pathways to aligning the spiritual body as well.

If you are adjusting the structural body only, and not the mind and spirit, then you are missing half of the equation. It's time to become more mindful in Chiropractic; you must start by being more mindful within yourself first, then with your patients.

Becoming more mindful is a process that begins by connecting to the inner self. To do this, you must understand that your life is a series of partnerships- beginning with the body and working its way out to your family and business.

Your negative ego would lead you to believe that you have control of your body, which is simply not true. At best, you partner with it hoping that your mind and body can work toward the common goal of growing up and out. In fact, each cell is independent of another; it is only by taking time to pause, using deliberate breathing and visualization, that you can learn to connect with the body. When you do, you will start to honor all that your body does. This will allow yourself to develop the relationship needed

to create trust, confidence, and change within it. Once this deeper understanding of the physical body is created, you start to connect to the emotional body. The biggest difference between the physical and emotional body is that the physical body has a natural healing process that is involuntary. When you get a cut, the body will automatically go to work healing it; however, this is not the case in the emotional body. When you get an “emotional cut” from an occurrence, it will remain in the

body until you choose to heal it mindfully. If you do not take time to focus on healing the emotional wounds, then you will continue to suppress them and cause a buildup of emotional pressure. As a result, stress increases and settles in the neck, back, and many other places in the body. This creates discomfort and, in many cases, causes impingement of the nerves that sets off a chain reaction in the physical body. This is where understanding the emotional body, and how to manage it, becomes imperative

to Chiropractic. When you adjust a patient, it can release emotions that have settled in that area of the body. You may even have witnessed an emotional release from a patient after an adjustment. This is a sure sign that there is more to the adjustment than just structural movement. The deeper you understand this, the more profound the treatment will be for you and your patients.

To accomplish this, you must first learn how to release emotions

within yourself; then, you can help guide your patients to release emotions as well. If you do not, not only will you fail to find inner peace, your patients will miss out on all the care that you can give them. They may end up pushing the emotions back down, which could cause recurring symptoms or inability to maintain their adjustment.

This journey of self-discovery and inner healing will help you connect the physical and emotional bodies, creating an

ideal environment for you to grow up and out. As you connect in this way, your mindset becomes clearer and fears, doubts, and worries become less. This allows you to be more mindful and present with every patient.

It is also in this state where you will connect to your spiritual self. The spiritual self is a combination of the physical and emotional self, along with your intuition or “inner guide.” Your intuition gets its information most efficiently when the brain is operating in the

Alpha State. Since your brain’s default mode while conscious is the Beta State, it will take practice to tap into the Alpha wavelengths while working on your patients.

You can teach the brain how to do this by training the physical body through breathing and visualization concentrated on stimulating the Alpha frequencies. When you are operating in this state, you can also generate energy; this is the same energy you generate when you sleep. The only difference is that when

you sleep, you have no control over the energy that you generate or what it is used for. The process of generating energy while you are awake is simple and requires three main functions that we do naturally when we sleep. To begin, you tap into the Alpha frequencies; then, you change your breath into a specific rhythmic breath. Finally, you must relax the body enough that the meridians, or pathways, open up. Once you accomplish this, you are free to use the energy in a multitude of ways to benefit not

only yourself, but your patients as well.

This can change how you practice because you no longer have to give “yourself,” or your energy, to the patient. Instead, you can give them the energy that you generate and pass it through you to your patients while working on them. This type of energy share is endless, and leaves you feeling recharged after each patient. This energy also helps keep you in the Alpha State, which makes you more present and allows you to

have stronger intuition, giving you better guidance for patient care.

This more mindful approach only works when you first learn to grow up and out. It is important for you to truly understand all the parts to you, creating balance in the physical, emotional, and spiritual bodies. It is time to walk the walk, so that you can talk the talk. As you do you will find that all the areas of your life will become more mindful. Your intentions and actions behind eating, working out, family, and

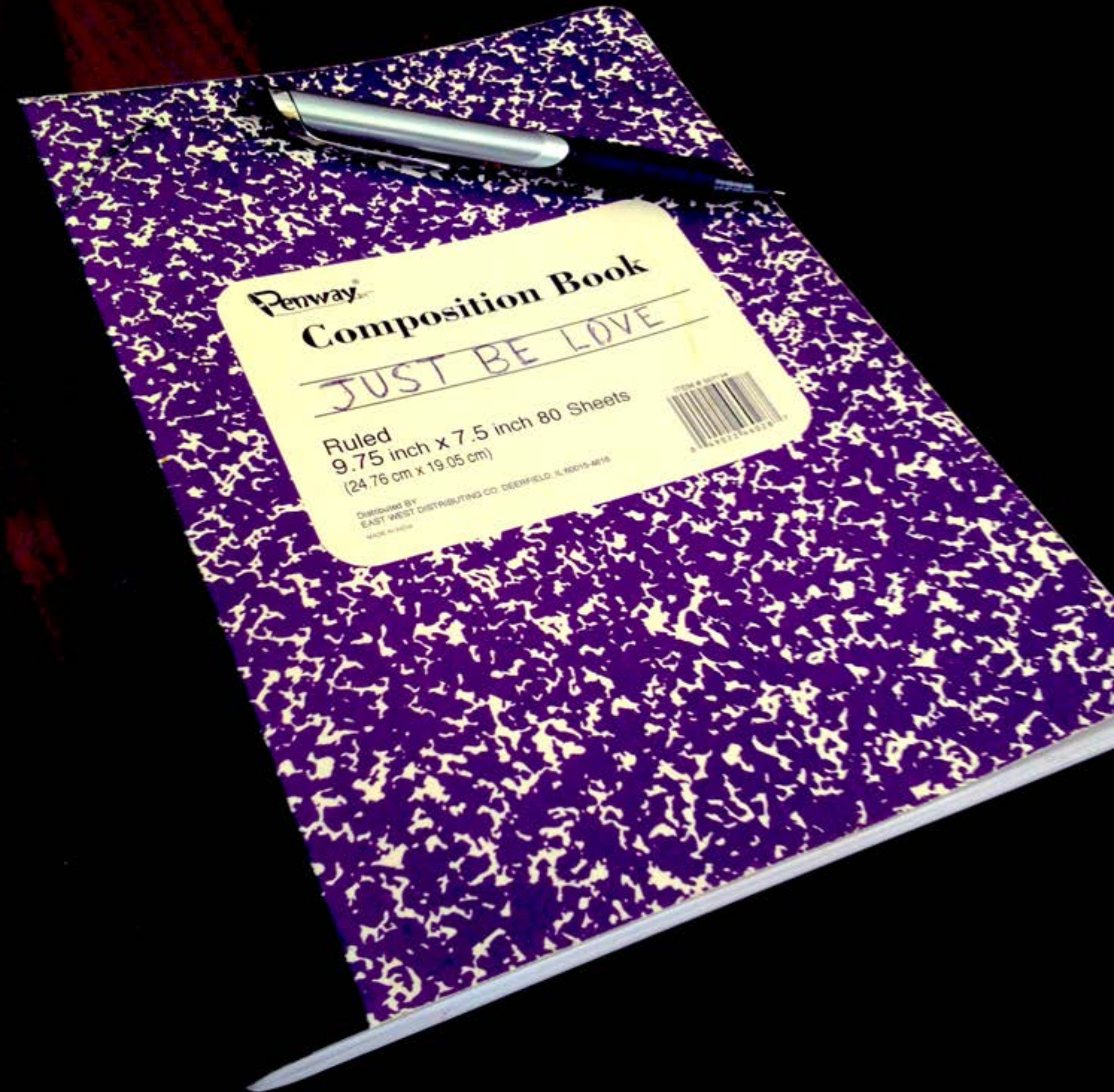
much more will change, as you will honor them more. Your focus will change in Chiropractic as well, instead of being results driven, you will be intention driven, and you will love yourself and your patients better.

These changes are lifestyle changes that will flow into every area of your life. It is then you will discover, this is not only the spiritual path to Chiropractic, but also the spiritual path to living.

Chapter 6

WRITINGS FROM MY PRIVATE JOURNAL

I have written a lot in my private journal. I never thought I would share the words, well at least while I was still alive. As I look at the writings, many of them have the same messages. Writing is very powerful and I encourage all of my clients to write, as it helps them to better communicate and understand the self. I think it is especially important to write just after meditating. That is when you are most connected to yourself and the universe. The messages that will come to you in this time are out of love and support for your journey through life. When you look to the universe for clarity and clear your mind and put yourself in a state to listen, the universe will share the wisdom you are looking for.



**"YOU ARE BEAUTIFULLY PERFECT. YOU JUST
HAVE TO PAUSE LONG ENOUGH TO SEE IT, SO
YOU CAN LET YOURSELF BE IT." - AL FUENTES**



Clarity out of Fear, Receiving out of Trust

(The most personal (exposed) writing I have
written and shared)

As I move through life, I understand that the further I go the more trust that I need to have. In many ways we completely trust as an infant and as we get older our trust is tested. Many times we never get the opportunity to trust again until “the moment” in between being on earth and leaving it. Right before we pass there is this “ah ha” moment when we realize we should have just let go and trusted all along.

What I am about to share is from deep inside of me. Places no one has seen or even thought was there in me. I only share this to free myself and the rest of the world from limiting themselves until “the moment” happens, because by then it is too late.

I have said that fear is the absence of trust, and when it comes to receiving I have had the absence of trust. It seems odd to me to think that with all that I know and believe, there is still a human instinct in me of fear when it comes to receiving. The fear in me is greatest when it comes to

relationships. I fear that I am broken “relationship wise,” I fear that my freedom will be restricted, that my work will be limited, or that my ability to discover new things will be lessened. I also fear being accepted and that there is no one out there who will ever truly get me for all that I am.

I am ready to let these fears go but to do that I must focus on trust. Trust in myself, who I am, what I believe in, and most importantly trust in giving and receiving.

I think about all that I have to give someone and how great my love

is. It is even overwhelming to me sometimes. Then I think, whoever does truly get me, deeply and infinitely, will be the one who gets to experience my love fully. It is the kind of love that will last many lifetimes. I think this has been the hardest part for me to understand. Everyone I have ever been with was not ready to receive all the love I had, nor did they understand me. They did not even feel a fraction of my love or even see a glimpse of me.

This has caused me to look deeper into myself, for this could not just be them. I was the common

denominator, I must have been missing a key component to all of this. That is when I started to receive the answers. You see, I have been a pure “giver” my entire life. Giving unconditionally, I even sacrificed myself and my dreams at times. Some women took advantage of this, and others did not appreciate all I was doing. But, what I realize is that I was trying too hard to be accepted, to be “good enough.” I was trying to be more than who I was. I was not being true to myself, more importantly, all I was focused on was giving.

Then I discovered that the key in all of this is not how to give, it is the ability to master receiving. In the past even thinking about receiving made me feel uncomfortable. To this day, I must focus and raise my vibration above the fear. I can now say **I AM READY TO RECEIVE** and **I DESERVE IT**.

In realizing I had a fear of receiving, I discovered that it was not just me. Think about receiving for a moment, we as people are not good at it. Most people have a hard time receiving a compliment, a gift, love (sexual, emotional, or

physical), help, and thank yous (people's response to thank you is usually "no, thank YOU!"). Something as simple as a thank you or as profound as love, is hard to be received. Even insecurity is the lack of receiving love and acceptance from others. Fear is at the foundation of all these limitations, and it is time to dissolve the fear and just TRUST.

In past intimate relationships, I will be the first to say that I have had a hard time receiving. When I look back at it I see that I was afraid. Afraid that I didn't deserve it due to old programming, afraid that I

would not be able to reciprocate, or that I wasn't enough. Every time someone gave to me I had to do something in return right away to make things even, as if someone was keeping score. In my mind I was doing this with the best intentions, but in reality, it was my negative ego that was creating this illusion. I was really limiting my ability to receive thus limiting the other person's as well.

There are people who will say, "I don't have a hard time receiving." To this I would tell them to take a deeper look. Most people who say they can receive, only receive

on the surface and do not “deeply” receive, and there is a difference. When you deeply receive, you feel the love of the person who is giving and that love becomes a part of you, and you become connected to them in a deeper way. In “surface” receiving, people accept things but with little to no deep emotion. This type of person usually takes things and people for granted. This is not always the case and there are moments people do deeply receive, but it is not the norm. This is not right or wrong, they just are not fully living, therefore are not fully receiving.

No matter if you have difficulty receiving (like me) or are a “surface” receiver, there is fear at the root of the problem.

I understand that I will always be a giver, it is my default state of mind. Now my focus must be on receiving. I am freeing myself from fear and I am ready to receive the love that someone special is ready to give me. I know she is out there and with this clarity that the universe has given me, I know she is close. Lao Tsu said, “if you are going to fall, fall completely, if you are going to error, error totally,” basically saying go for it with 100% effort. If I am going

to fall, I will fall completely and that is ok. I know that I will get back up. Because when I succeed, I will succeed completely and it is all worth it. I have already fallen, I have already been hurt, I have already been misunderstood and I have already gotten back up. I am now ready to succeed completely. To do this, I know it will require me to master receiving in the most loving way.

I am special, and for the girl who sees all of this, she will be just as special. I am ready to find my mirror in a relationship. I will receive completely, therefore

she will receive completely. I will understand her completely, therefore she will understand me completely. I will let her be completely free to fly, therefore she will let me fly freely too. Like two eagles who mate for life, they are always connected yet soaring independently all while still honoring each other. As a lover I will receive her body completely, to the point where I will not be able to feel where I end and she begins. She will do the same. As a result of all of this our relationship will transcend one of earthly bounds. It will match the vibration of the new earth, and together we will create a

harmony more beautiful than any symphony. I wish this for everyone.

I truly believe this and I am ready for it. I no longer have fear and I have replaced it with trust. Trust in my ability to receive. Trust in all that I am. Trust that she exists and that she will show herself to me. Trust that she will give me that daughter who is waiting to come in. Total trust in the universe. It is in my vulnerability that I am strong.

Be of this mind, open yourself to receive completely and deeply and you will find your mirror on this earth. Since everything in our life

is a relationship, this mirror may be your job, money, or your physical self. I find that no matter what area opens me up to trusting, it affects every other area of my life in a positive way.

It is with these loving words that I have found myself. If you are reading this, then I only hope they do the same for you.

My deepest love, Al Fuentes

Understanding Love

By Al Fuentes

When people look out into the world, what they don't realize is they see nothing but walls. Barriers in society and in people. These walls are there as a false protection for people. It gives them the illusions of safety and comfort, but the walls only limit the self. Holding in all the pain and not letting in or out love. This is not protecting us at all,

it only hurts us. This creates a numb feeling within, and as we see the world, feeling and seeing it as hopeless.

If we can understand unconditional love, then we can dissolve walls of false protection and allow ourselves the freedom from its barriers. To look through eyes of unconditional love is a gift. For these eyes see right through the barriers of false protection straight to the

pure and perfect being in each human and living thing.

To see through these eyes is to see 1000 perfect flowers in a green meadow all of different colors. It is that beautiful. In order to obtain this sight, we must fill our own self with unconditional love first. This is the most important thing, and through this love comes trust and belief in ourselves, and the barriers of our lives will

naturally fall down. The love is too strong for the walls to stay up. When we attain this pure love, then we can see the love that is all around us. Then we can hear the love all around us, and most importantly we will feel the love that is all around us.

This is true love, this is a perfect love. This kind of love cannot be owned by man or woman. It cannot be contained by society or barriers. It is to be shared by

all, experienced, and breathed into our bodies like the smell of fresh air. This kind of love must be passed on to all living things including mother earth and all she bears.

This is the greatest gift you can give to the world and to the people around you--the gift of unconditional love to yourself. It is only then you will be able to experience your life the way it was intended. It is how you

change the world.

This path is not easy, for it means you must focus on you. You must see within you, and accept all of you. When you accept all of yourself in past, present, and future it will help you obtain unconditional love. Make the time that is needed to do this. Seek the teachers that can help assist you. Find your true purpose in life... loving the self.

Understanding Nothing

By Al Fuentes

As a human race, we have an understanding of life. Whatever it is we think we understand or have figured out is only a fragment of the total equation. Even the “higher” thinkers have knowledge or concepts of more of the equation, but this still only touches part of the understanding.

I don't have any of it figured out--or even claim to have any clarity--as I know the more I “think” I understand, the more amazed I am to find out how little of a grasp I have on the concept of life.

All I can say at this point is that life is an illusion. It involves living and dying, beginning and ending, and being or no being. All of those things are

just constructs of our human minds. Thoughts that the universe does not hold as laws or truths.

Even the phrase “just be” is a human creation that still means we exist. Do we... do we exist, and if so what does that mean in relation to the universe. Now I can explain scientifically, philosophically and even spiritually what it means to exist, that is not

what I am looking for. I seek a deeper answer, an answer untainted by human interpretation. One directly from the source. A pure answer.

What people do not realize is the universe just mirrors back the reflection of who we are or what we think. What is the universe saying when it is not reflecting us? Even that thought is full of ego. To think

that the universe says anything.
Humans have the need to
say something because they
think it matters to themselves
or others, but why would the
universe need to say anything.

I am still seeking pure
knowledge from the universe
and will continue to open
myself up to it. I will continue
on my quest to be pure love.
Being a light that is so bright
and so big that it can power

the hearts of all the people in
all the world. Not because I
think other people need my
love to live, but because if I
can accomplish something
so great, then I may just
understand the universe and
my earthly self that much
better. The fact that I can save
the planet in the process, that
is just a bonus.

I am the U in Universe.

End The Fight

By Al Fuentes

I have spent many lifetimes fighting. I have been in wars, seen death, killed many a foe, and as I have grown through the lifetimes it has become clear that this is not the way.

So much pain and suffering has come to this universe and I shall not add to it anymore.

Even now I still see myself wanting to fight. In my relationships, with money, and even with my own spirituality.

I choose today to stop the fighting. Stop the war with mankind, societies and even my own negative ego.

I choose to embrace it all. I have a calling. I have a message, and I must share that message with the world.

Many have talked about love and compassion. Love and compassion for others, for animals, mother earth and even for ourselves.

I agree this kind of love and compassion is important to have and achieve. But, I believe as we divide these different types of love and compassion up, it becomes difficult. Like throwing five balls up in the air and juggling

them. Surely we will drop one at some point.

Why must they be split up?
Can we not find a way to combine them into one?

Our body is said to be a vessel holding our spirit, but how can that be? If our body held our spirit would we not be able to cut it out?

I see our body as a generator

of energy that then shares
itself with the rest of the
universe.

I see our body as its own
ecosystem needing love and
compassion. We are mother
earth, we are the animals, we
are the “others” that we are
always looking to help. We,
within our own selves are the
world and the universe.

This helps us to see that we

are the only ball that we need
to juggle, and we must see
that we have all these different
components and more.

If we can focus on ourselves,
we may just have a chance.

Feeling Life

By Al Fuentes

How we move through life is important. To me, it is not about what we do- we can be or do anything. More important than the “what” we do in life is the “how” we do it.

We spend so much of our lives just doing and not feeling. There is a big difference between doing and feeling. Doing is more like going

through the motions or only experiencing half of what life has to offer. It is a numb feeling where our mind is half there and half somewhere else. Today, there are so many gadgets and stresses that easily distract us and put us in this “half there” state.

“Feeling” is taking in the whole experience while being present in the process. For many people, it is difficult to feel and enjoy any given moment. It requires

being 100% present, not thinking about the past or the future, just the present. Even as I write this, I am taking in long, smooth breaths and feeling the sensation of the keyboard underneath my fingertips as I hit each key. I hone in on the fan in the background, the service trucks in the street and a dog barking. It is 5am and there is so much life going on all around me.

Focusing on all of this allows me

to experience the beauty of this moment; the joy of being able to express myself and how I feel. I just have to stop, eliminate the distractions and feel.

In order to be this present, it takes having a clear mind. This only comes when we work on regulating the emotions that flow through the body.

Feeling is about taking in the experience mentally, emotionally, physically and

spiritually; using all your energy to feel the now. Mentally it is about being present without other thoughts taking away from the situation. Emotionally it is about being at peace with oneself, trusting who you are and feeling you have the best intention. It is about being happy and focusing on the positive energy you are putting into the moment. Physically it is about feeling what state the body is in and keeping it or bringing it into a relaxed state

through breathing. Spiritually it means bringing in the life that is all around you and feeling the energy that is. Acknowledging life around you allows you to acknowledge life within.

When we do this, any task no matter how big or small, exciting or mundane will feel like a beautiful experience. When we “feel” instead of “do” we change our ability to affect our life and the lives around us. We create oneness in our lives.

I Love And That Is All

I Love and that is all. Every action gets me closer to a full expression of love. Every bit of wealth measures my love for myself. Teaching love is as natural as breathing. I am honored to be a messenger for love. We all are, I just feel blessed to have woke up and heard the messages. People are looking for more spirituality in their life. I am a sharer of this, and the stronger my beacon the more people will come. I am ready for

the abundance that comes with it, for the more I allow it into my life, the more of the beacon I am. Money is my friend. It is my ally and I have a strong loving relationship with it. It's time to get out of my own way and let it out. I AM, I AM, I AM, I am ready, I am listening, I am open to receive, I am love, I am love, I am compassion, I am peace. I AM ABUNDANT.

Love,
My Higher Self

Magic Between Two People

By Al Fuentes

Magic between two people is one of finding yourself. True love is that where you finally see yourself, the person that you always wanted to see.

This is the same when you find a lover. It's just like seeing yourself for the first time. It is your reflection in the mirror.

It is such a connection that it cannot and will not be

denied. It is one of power and grace.

It is only when you see your reflection that you see the reflection in others. When you see it, you are bound to find someone who will reflect you back. This kind of love will be like looking in a mirror.

The Reminder

From the Universe

(This is a note that I found on a loose leaf piece of paper when I was packing to move to L.A. I don't remember writing it, even though it was in my hand writing. I am not sure where it even was, I found it on the floor folded up.)

When you open your heart to love, open it up to all good things. You are ready. Money has the same goals as you do. It just takes the right partnership.

You must believe in your path Al. Know that this is what you are meant to do. You are

one of the chosen to raise the vibration of the universe. Continue to walk the walk and talk the talk, we will provide for you. Now more than ever create abundance, partner with money, and trust in the process. Move forward on your instincts and take yourself to the next level. You are ready, but it takes ultimate focus. Create a game plan, let it show you the way. Believe it or not, you are the best at creating for yourself.

Gratitude Letter To The Universe

(High atop Mt. Lemmon, Tucson AZ)

I am so grateful for the wisdom that you give me. I am so grateful for the love that you give me. I am so grateful for the clarity you help me find. I am so grateful for teaching me how to be self empowered.

All that I need is already here. I need to choose to have it, take it, and be it. I only need to ask, then focus on and feel it and I will create.

I love you and I feel your love back in my current abundance, thank you, thank you, thank you.

I am grateful, and it's time to show how grateful I am by attracting even more abundance, more wealth, and more love. It's time for me to take control and create all the abundance that is mine and use it in divine ways to bring blessings to the earth. I am so in love with you universe, and I will continue to show you that love in all the things you send to me.

The Shift, By Al Fuentes

It is time to shift the world. All people who are from the light must come forward and be soldiers for the light beings--an army of love and compassion. It is this understanding, and pure love, that connects us all. What we do will not be forced, it will merely be showing people the way so they can unlock themselves to go across the threshold. It is still everyone's path, you are just the beauty they get to see on the way.

A photograph of a tree-lined street with a quote overlaid. The street is paved with asphalt and has yellow double lines down the center. Tall, mature trees line both sides of the street, their branches reaching over the road. The scene is brightly lit, suggesting a sunny day. The quote is written in a bold, yellow, sans-serif font with a black outline, positioned in the lower right quadrant of the image.

**"EVERYONE
HAS THEIR OWN PATH, JUST MAKE
SURE YOU ARE A PART OF THE BEAUTY THEY GET TO
SEE ALONG THE WAY." -AL FUENTES**

Chapter 7

AFFIRMATIONS

The affirmations I am sharing with you are ones that I have used personally or shared with my clients. Affirmations are very powerful but only if you feel them through your whole body as you say them. Take some time to close your eyes and add some imagery to help assist you in feeling it. Keep practicing until you can create a positive feeling behind the affirmation you are sharing.



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**"WAKE UP EACH DAY WITH NEW EYES AND SEE THE
WORLD AS IF YOU ARE LOOKING AT IT FOR THE FIRST
TIME. YOU WILL BE AMAZED BY THE BEAUTY THAT
YOU HAVE BEEN MISSING." - AL FUENTES**

All my experiences I
create are in harmony
with me and with the
universe.

I choose just to be,
experience, and feel love
and peace in my life.

I choose to grow through
joy and abundance.

Everything I need to learn
on this earth, I can learn
in a positive way through
joy and abundance.

I only allow that from
the light and of a high
vibration to surround me
and flow through me.

Creator of all that is,
it is commanded that
you open the paths of
immediate supply. Let
all the riches that are
mine by divine right, now
reach me in avalanches
of abundance, for the
good of myself and all
mankind. I am ready.

I deserve to have a happy
and peaceful life.

Everyday I choose to be
a source of light in the
world.

Everyday my inner light
shines brighter and
brighter.

The light of the world
flows through me now.

The light of the universe
flows through me now.

I am light, I am love. I
AM, I AM, I AM.

I choose to let love flow
through me now.

As I take a deep breath, I
am breathing in love.

I choose to have love be
my strongest feeling.

When I speak I share the
vibration of love.

I choose to receive all the
love the universe has to
give me.

Loving myself is as easy
as taking in a breath. As I
breathe I receive.

As I close my eyes I see
and love myself.

I must love myself first,
so that I am capable of
loving everyone else.

Love is my natural state
of being. I choose to let
go and be love.

“NO MATTER HOW MUCH MAN TRIES TO CONTROL NATURE, IT HAS A WAY OF FINDING ITSELF. IT SEES BEING CUT DOWN AS AN OPPORTUNITY TO GROW TALLER AND STRONGER. BE LIKE NATURE.” - AL FUENTES

“WHETHER SOMETHING IS BEGINNING OR ENDING, IT IS EQUALLY AS BEAUTIFUL. THERE DOES NOT HAVE TO BE THE FEELING OF LOSS WHEN SOMETHING ENDS, AS IT CREATES AN OPPORTUNITY FOR SOMETHING NEW. THIS IS WHY THE SUNSET IS EQUALLY AS BEAUTIFUL AS THE SUNRISE.” - AL FUENTES

