

PEPES BOOK

COMPETITION AND LOVE GO TOGETHER

I would like to offer and dedicate this book with all my respect and LOVE to those people who live a life immersed in competition.

And also to my son (or master in other words) PHILIPPE, who is now 7 years old and already the society is pushing him by its powerful means to begin in this painful way of competition in each activity that he takes part in, starting in school and finishing during appealing sporting activities (which is a nice way to soften the word competition).

Maybe in some years he may support the words that take shape here. I feel nothing but LOVE and gratitude from the depths of me for his soul and person from the bottom of my heart.

I LOVE YOU LIGHT B

PAPI

Hello!!!

My name is Pepe.

While I write this book (if you can call it as such), I find myself in India. A few nights ago I woke up in the early hours of the morning, 4.00am more or less, with an impulse to write what you are about to read, if you feel and wish to.

I don't need to force myself to find the perfect moment of optimum tranquillity to write these words. I simply feel that life has organised the circumstances in order for them to take shape and so in this way I have done it.

First of all I want to express my upmost respect to all opinions or ways of thinking of all the people who have felt to read this text. I share it here, with all the humility I can find in myself, without any intention to convince or make you believe that this is so. I simply share a personal experience that has helped and supported me so much and continues to do so.

With all my respect, affection and LOVE.

PEPE

LOVE&PEACE

Competition and love go together

An example of professional sport is used as a way to develop the book. But it is totally valid towards all walks of life. In my opinion, we have made a competition out of everything in our daily lives. Even a game of Dominos between friends can bring about tensions that could prevent them from speaking to each other for days!!!

I wish with all my heart that this book reaches you, even if it might not be so much towards your person, but that it affects your life and the way you live it. For you and the rest of humanity will also notice it.

Chapter One

To play and to compete, 2 completely different things.

The human mind has created or discovered things that depending on how they are used, can be amazingly useful or completely destructive.

For example a knife (a carved rock in its beginning) is an amazing invention, to cut branches, fur or leather, without the need to use our teeth, making them deteriorate a lot less,

and it also helps us to cut things quicker, whatever it may be. But at the same time, this same invention, used in a negative or destructive way, can end the life of a human being, it can be used to harm oneself or to another.

The same can be said about gunpowder, according to what we use it for, we can detonate a rocky area to open passages so that a motorway can be constructed to link 2 cities, or on the other side it can be used to load hundreds of rifles so that both cities can destroy each other using gunpowder as a means to do it.

We can make an infinite amount of examples like these ones, but it's something important that I wish to ponder over.

Game-Competition

The word GAME is something where the natural emotions of positivity and pleasure are implied, like for example joy, fun, smiles....and many more that provoke in us emotions of wellbeing, calm, harmony.....after finishing the game.

You need only to observe 2 or more kids (that have not yet been infected by the virus of the

ego) playing, they don't stop laughing, enjoying themselves, one can see and feel the joy and afterwards they seem relaxed, satisfied, with calm and harmony.

THIS IS PLAYING!!!

Competition is nothing more than a game that has been distorted or infected by the “virus” of ego, that pushes us to be better than the other, in this game that we are playing (that is not really a game anymore, it's more like a “war”), and that one is not a player but rather a disliked enemy.

In this moment, when the game converts itself into something tremendously dangerous and destructive, it can ruin or destroy lives.

We will see why-

When one competes, his biggest ambition is to win (in a game, it would be to enjoy) and everything that is not won is lost. And logically he has fear to lose (further on we will see why one has this fear to lose).

With fear comes stress, anxiety, anger, negative emotions towards the “disliked enemy”, maybe these phrases ring a bell-

-don't give him an inch.

-He played bad but at least he got the W or win.

-The suffering was worth it in order to get the victory.

Little by little, fortunately thoughts like these are beginning to lose strength in our society, but still they have a certain hold or power, especially for some people.

Life can be destroyed by physical means and also emotional. We are now going to focus on the emotional side.

When one loses (some at a different level of intensity to others), one feels, unworthy, useless, guilty, bad, loser, empty or to sum up like shi.....

These feeling, lived over a period of time, bring about great emotional problems, a lack of confidence in oneself, a lack of love and respect, that bring about depression, on a small or large scale, bringing about the need for treatments, depending on the severity, by psychologists, psychiatrists, or even being hospitalised.

And this in theory is a GAME.

And this suffering takes form from the overwhelming need to win.

Chapter 2

Why we need to win and why we have FEAR TO LOSE.

A human being is a body that we can see and touch. But it's also a soul, energy or however you want to call it.

When we see a body without life, in its normal physical state, this body doesn't move, we say it's dead, it doesn't have life.

So then in principle, we don't have any doubt that in order to keep the physical body alive, we need two things, food and water. If one doesn't eat or drink, for one or two weeks the physical body would die. If one eats just junk food like sweets and drinks only whiskey, for example, they will live or better said, survive, some months or maybe a year. In contrary, if one eats fruits and vegetables, and drinks water, they will live in good health, close to a hundred years in normal circumstances. Nobody can doubt this.

Well then, the other body, the energy or soul, also needs nourishment, but in this case, it needs only one thing.

LOVE

If then, to this person, nobody gave them attention they would die of a broken heart. If he receives flattery, compliments or apparent respect from those around him (it would be the same analogy as the person who eats sweets and drinks whiskey the whole time) surviving solely on the attention or compliments of others.

What one really needs in order to live a happy and fulfilling life is to feel LOVE towards his own person. Not the love from other people (which off course would nourish his soul marvellously) but towards himself, by doing so he doesn't depend on anyone else for it. For if the LOVE we receive comes exclusively from outside, we will become dependent on it, and then we will have fear of a time when we may not receive it anymore, for whatever reason.

But if the LOVE comes from me, towards myself, I will only depend on myself, and this yes I have the power to obtain. It's not that others should

stop loving you, or that they don't feel it or that they are no longer by your side. Or even that they are no longer alive or that they have moved to another place to live.

Being dependent on someone else for LOVE generates immense fear, for the LOVE one receives today may not be received tomorrow. And this in theory is amazing, that someone loves you today in this very moment. But if you are aware that without this LOVE you will find yourself without nourishment (because you don't have love towards yourself), then you will try to control it, manipulate it, so you don't lose it, or vice versa, you find yourself controlling or being controlled, and when this LOVE deteriorates and rots, it transforms into a relationship of dependency, a necessity, bad feelings will become more dominant in your life. The worst thing of all is to blame the other person, and not to be aware that it's my fault for not giving LOVE to myself. By doing this I won't arrive to the point where I am scared and dependent on the person with whom I share my life.

And so, returning to sport, in this society they don't teach us the third step (to learn to love ourselves). They teach us only until the second step, the one that can bring us attention,

respect, acceptance from others by obtaining certain things. In terms of sport, it would be, by winning, getting a podium, trophies and receiving attention from those watching. But if you lose, you don't receive any of these things, not only that, you may hear comments directed your way such as-

- You are too soft
- You don't know how to suffer
- You are useless
- You always lose
- You are a failure

To sum up, the best thing that can happen is to not receive trophies, or a podium, and they say to you, don't worry, it's ok, the next one will go better. But if the truth be known, this doesn't really nourish you, you want your share of attention, flattery and compliments. By not receiving it, pain comes to you. Even if you would receive these things, your self would not be well nourished, for what it really wishes for is not attention and flattery or false respect (sweets and alcohol), but for what really nourishes it, LOVE.

Then back to the question. Why do we need to win and why do we have fear to lose?

To put it short, to receive attention and flattery, because if I don't win, I feel I will die of starvation from the lack of it.

In this society, the current education in all walks of life, not only in school, is directed towards the difference between each other, selfishness and ego. The main focus of everyone is to be better than the other person, or different in other words, that they are less than you. That's the subliminal message that they transmit to us, with phrases such as-

- Who is better looking?
- Who gets better grades?
- Who is taller?
- Who wins more matches?
- Who has a better car?
- Who has a better house?

And so, if I don't win, I'm a nobody, I won't be important to anyone and I won't get their attention, since they have been educated like me, to only give attention and flattery to those

who win. From there, the terrible fear of losing is born and my absolute need to win is created.

Chapter 3

For who do you play? For yourself or for others?

Now the time has come for us to be honest and humble with ourselves, to pause and observe ourselves inside and ask-

For who do I play?

More than likely you will recall, that it's not LOVE that reigns in your life. For what or who do people play for, but for those from whom you wish and need to receive attention and acceptance. Very often they even dedicate many victories to them.

Or on the other side, when you lose, various people come to you to console you over your loss in the match and although it's not their wish to make you feel bad, it makes you realise all the attention and praise you may have received if you had of won.

And yet there's one more case that is even more deadly, and that is in thinking that it doesn't matter what others think. That you win for you

and lose for you, and your amazing fighting spirit, full of fears and as a consequence stress, anger, anxiety, insomnia....is all only and exclusively for you.

This is what happens to “champions” (I put it in quotations because for me, in my opinion, a champion is a person who has found happiness, peace and harmony in their lives, and this can only be obtained by installing love in oneself). But sooner or later, one is going to remember this emptiness that they feel when they stop winning and are not the centre of attention anymore. They come to realise that this flattery and prizes for winning were the only things to fill this inner emptiness.

Or one could also say, I play for myself, it's clear I want to win so that others respect me, compliment me and make me feel important, but in the end this still has an effect on me in whatever I may do.

In this case it's clear that you play for yourself. But one should agree that you don't play from the same point of view as the boy that plays, when it doesn't matter one bit whether he wins or loses or how people think about him, he does it because it fills him with happiness, the idea TO PLAY.

If after all this, you continue to believe that you don't fit into any of these categories, or can't relate to anything said in this book up to now, simply stop reading it. Maybe it seems absurd for you to read these things. They will be directed towards those people who can identify with what is being transmitted in this book and says that, I am one of them. And when their time comes to not win and feel rejection and discontent towards themselves, they don't self-destruct, thanks to some of the things that are being shared in this book. If there is something that has bothered you up to now or if you strongly disagree with the contents of this book please accept my apologies and for my flaws or imperfection.

Chapter four.

How can we free ourselves from the FEAR TO LOSE?

The answer is by installing LOVE in ourselves, our person. We can see the answer from two sides-

- 1) One would be from a three-dimensional point of view where everything is easy to understand from the intellectual mind.

2)The other is through energy or spirituality.

Three dimensional, intellectual answer.

Take a look back one week in your life. From there try to remember how many times you have approached or described something with negative adjectives, judging yourself negatively, even though it might not be of great importance for example-

-You trip on the footpath and hurt your foot, and you say to yourself, how stupid am I or why am I walking like an idiot.

-In the sport to which you dedicate yourself, if you make a big mistake, normally you would say worse things to yourself like- I'm so bad, for f.....sake, I'm such a choke.

For sure in one week you're able to remember many bad things that you have said to yourself.

By contrast, how many times have you felt love or spoke with love feelings towards yourself, with respect and affection.

For sure there's not many or none. After this observation, we are going to do something very basic and simple.

Picture of scales

We're going to use the idea of a scale. One side is the negative and the other the positive. The difference between both sides, is to say, whatever side weights more, will be the nutrients that your soul-self energetically is going to eat. As the result is nearly always negative since we were kids, our lives are pretty unhappy and not so pleasant.

When we are born, we bring with/in us an energy full of love, so much so that everyone wants to hold and cuddle us, even the friend of the mother asks if she can hold us. Have you ever asked yourself why? It's because a baby is 100% love light, and this can be observed and felt by the adults who, themselves, have a lack of light and love. You will see very few kids that wish to be held or taken in arms, unless they do it for attention, why? Because their deposits of love light are still at 80 or 90% and they don't need it.

But as we begin to grow and this society doesn't educate us sufficiently (one could say it's a training by the end) we do things so that others respect us, so they give us attention and compliments. This brings us to the bottom of our deposits that we are brought to the world with, and so to the start of our unhappiness, which can eventually lead to depression (which is the sign from our soul-body letting us know that our deposits are almost gone), and if we don't find a cure, in extreme cases, even though it's hard to hear, some may become suicidal.

To make sure our deposits don't run out we must nurture the soul with LOVE. Start from today to reinforce the positive side of the scale, nourishing ourselves, by having thoughts of LOVE towards ourselves and those around us. Don't just do it for one day or a week, commit yourself to do it for 23 days with all the discipline you can and be aware not to put anything on the other side of the scale by criticising or judging. If you do it, by the time you finish you will be a lot more tolerant towards yourself and others, and if you do make a mistake, you will still speak to yourself with affection, for example, I'm sorry I made a big mistake, I'm not an idiot, I simply got

it wrong and I will learn from the situation for the next time.

By doing this, you will observe your self-esteem, confidence and respect beginning to grow. And if you continue your well-being will improve, and further on you will return to having your deposits replenished up to 60%. The greater your deposits are, the less compliments, attention and apparent respect you will need from others.

Therefore to win or lose will not have importance in your life. And so, fear to lose won't have a place either in your life.

I assure you that it works, I'm not just sharing with you something that I have read, I have lived it and experimented with it. It literally saved my life. Better yet, if don't believe me then try it yourself. At least you will find out and have your own answer.

Spiritual/Interdimensional Answer

Are you really conscious of who you are?

If your answer is yes, I am Maria Fernandez, I'm 47, I work in an office and I have a husband and

two kids. Well Maria, I'm sorry to tell you but with all my respect you don't have an idea of who you really are.

In order to express something interdimensional with words so that it can be understood allow me to use an analogy-

Imagine the immensity of the ocean, and you take a drop of water. This drop is not a pea, lentil or pebble, it is a drop of the ocean which is made up of the exact same components as the rest of the ocean which is where it came from, isn't it? Well Maria, in the same way, you come from (your soul that resides in a body) an immense origin, an energy of all, a fountain, god, love, or whatever way you want to put it. This "everything", principle beginning or origin, would be the ocean and the drop would be your soul.

Another thing that they have made you believe or to think about is to differentiate, to be more or less than others. That is to say that in this body vehicle, where your drop lives, they make us think about being taller than others, stronger, do better or worse at sports than others, sleep in a bigger bed and more expensive than others, that the house where you live is cheaper or more expensive than others.

But this is an authentic lie that they have made you believe. And it gets even funnier, because depending on which country you are from and of course depending on your cultural perspectives, what may be seen as beautiful or good looking in Sweden (a brunette for example) may be the opposite in Spain, where a blonde person may be more sought after. The same can be said for a tall person, which may come as an advantage in basketball but not so good if you want to do weight lifting. We can go all day with a million more examples like these ones, but in reality nothing is better or worse, in a physical and three-dimensional plane, everything is simply as it is. But they have trained us in whatever way shape or form, to live judging what's good or bad in what we see, that it's normal to spend the whole day commenting on others and ourselves alike.

The most important thing is that we are conscious of what we really are, this drop (soul) of the ocean, that's an extension of the origin, fountain, god, love, absolute light.....and just as you are you are the maximum of perfection. This means that you cannot be neither better nor worse, you are in the 10's and are 10 also. To sum up, absolute love. But be careful, that this doesn't

arrive to your EGO and you say to yourself, oh yes I am perfect and I'm better than so many others....FALSE.

The ego, we could say, is a representative of the "dark side" the bad and it makes you live under the impression that you are not light, only a body that you must defend at all costs and be better than others. The soul is hoping that you will wake up to the truth of who you really are-

-a divine marvellous being like all the rest of the human race.

And what you have really come here to do in this life, is to get closer or to become completely conscious of the divine being that you are and we are here to live from and in LOVE, and to radiate it towards everything and everyone.

So Maria who are you?

Correct, a divine a marvellous being, part of this Origin as am I, pure LOVE.

For this it is important to connect each day, upon awakening, with what you really are, a being of light, completely divine. Feel it, visualise that you are united or connected with this fountain of LOVE, feel how this LOVE reaches you continually,

from the fountain of the creator (as if from the umbilical cord that connects baby to mother) and never stop the flow of this nutrient that is LOVE.

And at night, upon closing your eyes, try to visualize the same thing, and you will be sleeping and nourishing yourself with this feeling of LOVE. During the day, try to do this as often as possible, even if it's only for 5 or 10 seconds, it's enough. Try to do it (without obsession, but in harmony) every hour, what do you think?

And Maria if you don't believe it, try it for yourself if you feel. And you will find out if it's true or not. I know what will happen.....but you are the one who must know, under your experience.

Once you try it (see if you can do it for 23 days with complete discipline). You will feel what little power fear has over you when you play a match or any other situation in your life.

Chapter 5

Is it possible to play at a professional level without ambition or ego?

One person, Mario, made this exact question in a conference. Is it possible to play at a professional level, without ego or ambition?

Thanks for your question Mario. Firstly I would like to share with you that the ego is necessary, or we could say essential, in the three dimensional life of every human being, thanks to this attachment we have with us (the ego), we protect and we take care of our body so that we don't lose it. This is the good side to the ego, but in saying that it only accounts for 5% of the overall ego that we live with.

The other side to the ego is more troublesome to our happiness, peace and harmony in our lives, and this is the remaining 95%, which distorts our reality. Firstly it convinces us that we are separate from all the rest and that you have to be different, the best, so that you get the "respect", attention and compliments from others, which then makes one fight until complete exhaustion if it's necessary, in order to obtain it.

Ok Mario, after saying all this about the ego allow me to answer you by using another analogy.

If one goes to war, with a knife, a shield and a spear, they go better equipped than someone who goes without a weapon or any protection. But this person with the spear, goes less prepared than someone with a machine gun, who in turn goes less prepared than someone who arrives to war in a tank. And even the person in the tank would be no match for someone in an F-18 fighter jet. And so the result will be that more soldiers will go to combat in an F-18 jet and between them they will start to destroy each other. What happens by the end? There will be only one winner, but he will be badly damaged, in victory on his own (since almost all the other soldiers will have perished) and full of emotional wounds, etched in his soul, which may not allow him to live in peace after all the inhumane acts that occurred (how many soldiers testimonies from the Vietnam war confirm this).

And so the solution is that, if one doesn't go to war, he will not need knives or bombs or guns or fighter jets and his life will be much more pleasant, in peace and harmony.

With this example of a war Mario, I want to relate it to a tennis match, for example. If you go to war pushed by 95% of your destructive ego, the more ego and ambition you have (or destructive

weapons) the better. But no matter who might win or lose the match or war, in both scenarios you will lose!! Because during the match (war), you will have suffered a lot, especially in the end, and in the best of scenarios, even if you have “won”, a short time later you will have to prepare for the next war which, sooner or later you will lose.

And so, there is no rein or everlasting victories in the wars that the ego creates, all the kings will be defeated, and the one who has one, in his time, will be defeated too.

In war nobody wins!!!

By contrast, knowing that the soul of the human being needs LOVE, if one loves and respects themselves and accepts how they are and is aware of the great being that they are, what others think or say about them will have little importance.

This will make them play a tennis match simply to enjoy, and try to play it the best that they can (running, using the ideal tactics). Then they will not need ambition or ego in order to run more than the opponent or endure more, because they will endure everything that’s possible with the fitness they have and as much as their muscles

allow, given that it's something that one wishes and enjoys doing.

By doing this, one will enjoy the game completely and above all, their emotional state which accounts for a huge amount in tennis and any sport, maybe 70 or 80%, as you know Mario, will be excellent. When one is calm everything improves and becomes more precise.

Let us imagine again how kids play, with endless energy, if they try to do a certain shot or something, and it doesn't come off, they will simply try it again, they don't stop enjoy while they play, trying to commit themselves to what the game requires. And if we continue with the example of tennis, football or whatever sport, we observe how they don't mind if the opponent misses the ball or hits it out, they simply continue the ball in order to play, without complaining. They could be hours playing as if time stopped, until a certain moment arrives and they say, wait a second I'm thirsty. They drink until they are full (because they are thirsty) and then continue enjoying. And you know why?? Because their deposits of LOVE are full, they haven't yet been trained enough to need other people or the society to feed their egos.

To sum up, when we LOVE ourselves and as a result respect ourselves and accept how we are as a divine human being, inside of us will be filled with LOVE. And this enables us to live without the need to go to war in order to receive this illusionary respect that the ego promises us so much, without the need for compliments or attention because we have the most valuable thing, THE LOVE!!!

Now I ask you Mario, do you think you can play at a professional level without ego and ambition.....Thanks for your question Mario, I love you!!

Chapter 6

THE EQUATION

Observe this and conclude for yourself.

EQUATION 1

I LOVE MYSELF
WORRYING

I PLAY WITHOUT

I RESPECT MYSELF ===== ABOUT WINNING OR
==

I FEEL FULFILLED
HAVE LOVE

LOSING, SINCE I

THIS MAKES ME FEEL
OF

IN THIS STATE

== CALM AND RELAXED =====CALM I CAN PLAY==

AT 90% OF MY

OPTIMUM

LEVEL OR

MORE

===WILL IT BE MORE LIKELY THAT
I WIN OR I LOSE??

EQUATION 2

I HAVE A LACK OF LOVE
THINKING

I PLAY ONLY

IN ME, I DON'T RESPECT ==ABOUT WINNING AND
THE=

OR LOVE MYSELF
RECEIVE

ATTENTION ILL

THIS MAKES ME FEAR CAUSES ANGER
HAVE FEAR TO=== PAIN AND TENSION=====
LOSE

THIS CAUSES ME TO PLAY WILL IT BE MORE
==AT ONLY 40 OR 50% ===== LIKELY THAT I
OF MY POTENTIAL WIN OR LOSE??

These equations are for those people who only check scores, and after all that has been mentioned in the book, still put winning as a priority.

Well you know that if you don't love yourself, the tension, produced by the stress for the need to win and the fear to lose will make your level (whatever level it is) go down to 40 or 50% of your total capacity.

And so for this, LOVE is the way, in order to develop our maximum potential.

Chapter 7

One can compete with love??

All that has been shared up to now, doesn't explain the title of the book.....

We observe again how kids play, which means in love, without feelings of having an opponent, or being against the other kid that he plays with, without thoughts of winning in order to feel accepted, just playing for the love of the game and hoping that it never ends, because then he won't be able to play more!!!

Therefore, one can compete with LOVE, or to say it a different way, when one person feels LOVE inside, what for someone is competition, for the person with LOVE it converts into a game and they enjoy it completely. Now we have come so far in this book that we can now learn how to live with LOVE, and as a consequence in LOVE, with everything we do, be it sport, or any other profession.

Let's have a look at what we can do in order to install LOVE in our lives.

Three Dimensionally

- Speak to yourself in a caring way always, with respect and acceptance towards everything you do.
- Have positive and pleasant thoughts, and even better bring kindness to all that you do. And if what someone does is not to your taste and you consider it incorrect, try to have neutral feelings (at the start it may be difficult to send love to them), to sum up, ACCEPTANCE towards the other person whom you consider to be incorrect.
- Be alert and conscious so that, when you are not behaving in the way we spoke about before, say to yourself STOP, I have been thinking negatively and judging, I'm going to erase it and change it to a positive thought, of acceptance and respect.
- Be careful of judging, it really dirties our harmony. And we do it in an unconscious, mechanical way (and also in a conscious way too). Judgements are the things that prevent us the most from installing LOVE in our lives. In one judgement towards another person, there's no respect, or acceptance, less kindness, which are attributes that always accompany LOVE.

- As I awake, before I get up from the bed, think and feel positive things and by doing that you will be thankful for things that you never thought about before, which are of great importance. Give thanks to your heart for beating, so that you can live for another day in this life experience and evolve more as a human being. Be grateful for the ability to breath and fill your lungs with oxygen that gives life to your body. One of the most important things for the soul, body and mind of a human being, is to be appreciative.

One last thing would be to take 5 minutes to speak to yourself before getting up, in order to be disciplined to start the day with positive thoughts. The same thing goes for when you go to sleep at night, thinking about all the positive things that happened that day and if it's difficult for you to do, come back to the things that are the most important, appreciating the beating of our heart and the ability to breath.

During the day make sure you give yourself 5-10 seconds every hour to say to yourself- "I'm so grateful to this life for all the good things that happen to me and are going to happen to me". Do it every hour and I assure

you that if you do it with discipline for 23 days, you will notice a change in your life, and if you do I hope you won't stop, since the more you do it the bigger the change will be to you and your wellbeing.

Inter-dimensionally or multi-dimensionally

Close your eyes and feel your breathing, your heart beat (maybe you need to put your hand on your chest to feel it). Why does my heart beat? What makes it beat?

Three-dimensionally we will not be able to explain it, but multi-dimensionally we will be able to say that it is an electric impulse of energy, which comes from the origin of everything, from god....this tells us therefore that we are in contact with it, with this origin.

Since it's like this, you form a part of it (origin) and therefore the first thing you have to do is be conscious of what you are. Of course there's no doubting that you are a body that you can see and touch, but besides that, and above all, what you really are is a divine marvellous being, capable of co-creating your three-dimensional and physical life.

Nothing more than waking up each day, be conscious of this divine being that you are and visualize continuously what you wish for in your life, with as many details as possible, the colours, the smells and live all the feelings that form in you. Remember that you have the ability to co-create and the way to do it is with your Thoughts. Visualization is nothing more than thinking or a very focused and intense thought. In the night upon going to sleep, do exactly the same thing, and it will make you go to sleep with these thoughts and the things that you have visualized. During the day, remind yourself with diligence of the wonderful and divine being that you are, like the rest of humanity.

Again I say this to you, don't believe me, if you feel then try it and you will have your own answer if it really works or not. Allow me to give you one bit of advice, by always visualising yourself full of LOVE all that you wish for will be co-created in your life.

Chapter 8

Frequently asked questions.

To follow, I share some of the most frequent questions that I have received during conferences or personal conversations.

-Are you sure that by only changing my thoughts that I can change my life and my habits?

-I don't assure you of anything, I simply share some information that changed my life and not only that, saved my life.

But if you do it with discipline for 23 days, you will have your own answer.

I understand that it seems too easy, but I will say to you the following. Is it true that when someone is thirsty all they have to do is drink? Imagine, instead of giving them water you give them turpentine or petrol, which is liquid also, but instead of getting better the situation would get worse and may even put their life in danger. The same thing happens with the soul, it gets ill from a lack of LOVE and when it receives LOVE, it HEALS. We only must know the solution or answer and then carry it out.

-I know a person that is very positive, who always speaks about positive things to

everybody, but she is not happy. Why doesn't it work for her?

-Allow me to answer you with an example:

Imagine 2 adolescents with the same intellectual ability that have to study the same chapter or theme for a test in history class. For one of them, all he must do is read the text as if he was a parrot, without filtering the information that he is reading, simply soaking it up, he reads without any feeling. The other kid reads it and feels every phrase inside, he thinks about it and allows himself to soak up the information that he is reading. Then I ask you, which of the two students will pass the exam?

The same thing occurs with what you project or show to others. The person whom you are talking about, should not only talk about this apparent positivity, but about what she thinks and feels. I'm sure that what she absorbs in her life must come from negative thoughts provoked by the fears that she has in her life, maybe from financial problems or situations with her partner, health, family.....

It is useless therefore, just to repeat things like a parrot, putting some letters together to form a

word, and in turn a sentence, it might be “how great life is” and later think that my life doesn’t have meaning or purpose.

Remember what creates our reality is our thoughts, which then create our feelings and when we understand how to feel, our ability to co-create activates.

The word must be charged with feeling through thought, it’s meaningless to think only about letters which form words and nothing else.

I ask you what does this phrase mean to you “I wish you all the best”?

For me, the best thing that exists for a human being is to be happy and have inner peace. And those people who you are referring to, I assure you, have very little happiness or inner peace.

Maybe you are wishing someone all the best so that they obtain material things. But for what do we need these material things (believing that it’s going to bring us happiness and for that reason you persist at all costs and by any means possible), if you don’t have happiness in your life.

This society, makes us pretend or act like everything is going amazingly well, and that we

are perfectly successful in our lives. But I assure you that this person you are referring to “that I wish you all the best”, the level of stress that they live in their lives, in order to continue obtaining at all costs “fabulous” material things, is very high, and if you would follow them for one whole day, you would be able to confirm the real stressful life they live.

More than likely they drink a lot of alcohol, or take some type of drug in order to hide their stress, and at night they find it impossible to go to sleep without sleeping pills, which may be essential in their lives.

Then in order to live with LOVE or in LOVE, one must go without the benefit of material things and give up their financial security also? Or to say it a different way, one must struggle on a day to day basis in order to be happy?

-I love this question!!! And it's really important to know the answer.

- I will start by saying it's vitally important that the human being has comfort in their life, to live without shortages or economic problems, so that they will be able to focus on their personal evolution.

In the case of having great shortages, your 5 senses will be focused on how to sort it out and in trying to find solutions to these difficulties. Your life transforms into a continual act of survival, and you don't have time to stop and focus on your own inner evolution, in order to find happiness.

And so it is, that with sufficient means, comforts and abundance are necessary so that our lives are not in survival mode, and so once we are out of danger in our physical life, we can then focus on our evolution towards happiness as a human being. Notice that I have said "abundance" and not wealth. There's a big difference between the 2-

Wealth- would be to possess a lot of material things. The more wealth you accumulate, the richer you will be.

Abundance- is to speak of all one needs or wishes, but not accumulating, abundance is (spiritually speaking), to never be short of anything. And when we receive more than what we need, what we do is share it without worrying about saving. And if we are focused on sharing

and helping, it will nurture our soul, and make us as happy as any other human being.

And so, they are not incompatible, to have abundance and material economic comfort, and LOVE. It is in fact the opposite, they go hand in hand. If you barely have water for yourself, you can't help others who are thirsty, even if you wanted. But if you have an abundance of water, you will be able to share it with LOVE and help those who need it.

What little sense it makes from a human beings perspective, to have an abundance of water and not to help those who need it, and you save it for yourself (wealth), and you boast about having more money than others....how absurd!!!

But the ego (that 95% of what we spoke about, because 5% is vital in order to defend, protect and take care of our physical body), doesn't understand sharing, or helping, it only understands accumulating more and more in order to fill its insatiable appetite. The depths of this problem is nothing more than insecurity in oneself, wanting to possess more so that they are respected and complimented.

But one must remember that if one installs LOVE in his self he will not need it, nor depend on the

opinions of others towards him. Therefore, please don't close the doors to stop abundance and comforts from coming into your life. Because in doing this (by not closing the doors) you will be able to give help to many others.

!!Wish and visualize with daily discipline a life of abundance!!!

- But if I go about with so much LOVE and generosity in this society, people are going to take advantage of me like an idiot or stupid person??
- Don't confuse a good person, generous, understanding (all of these are traits of a person who lives in LOVE), with one who is used by people, of low vibration and bad intention and who wants to take advantage of you. No.

Help all those that you feel really need help and that want to receive it and surrender to being helped. You will feel it, trust in your intuition.. When you feel that one is trying to take advantage of your generosity and LOVE, respect what they try to do, but built a wall really big and thick, between this person and

your generous, LOVING self. No is the answer, putting it in to words, but above all, be with a stern a distant look towards this person, without having to say more, just distance yourself from this parasitical energy.

Chapter 9

The law of attraction

I wish with all my heart that I have been able to wake up something in your interior self, with what is being shared in this book, so that in the next competition, you (enter) live and carry out with LOVE, and not only in your next competition but in all your life. A person with LOVE, elevates his vibration, and all those around him change accordingly.

Allow me, if it's ok with you, to go into more detail about this topic, of bringing/attracting things into your life in accordance with your vibration.

Maybe you have heard of the Law of Attraction, and maybe you believe in it or not. I just wish to share it with you in a very

simple way, and explain it, without too many technical terms. In no moment do I try to make you believe it exists or force it upon you.

I speak only of my own experience and of the experience of the people around me. I have had the privilege of seeing the change it made to their lives and their life circumstances too. But like I have said before, don't just believe me, try it for yourself, if you feel to do so, to see if it works!!!

The Law of Attraction

Have you ever stopped to think, how it's possible that the moon is up there in the sky and it doesn't fall down, with nothing holding it up, it's just there, and it can even change position- or why don't the people who live on the other side of the planet fall off?? Many questions like this can be asked.

The result is that there is a series of universal laws, to call them something, to understand them, which makes those examples and many others possible. And one of those laws that's

made so that the universe (which the earth is part of) is perfect, is the “Law of Attraction” and the following is said like -

“All that you are (how you are), is what you attract” let’s try to understand it.

Everything that exists in the universe is energy- Energy is nothing more than vibration, life. To understand it let’s use a scale from 0-10 on a vibration level, 0 being the lowest (understanding that it will be 0.00001 because everything wouldn’t fit into the concept of life) and 10 the highest. Let’s stick to the human being, and his life and surroundings.

Fear would be the densest and lowest vibration and LOVE the highest.

And if the Law of Attraction states that, what you are is what you attract, then on a vibrational level, level 2, would not attract a vibration of level 5 for example. This means that being in a state of fear, makes us vibrate very low (depending on the intensity of this fear) and it means that i will attract into my life, people, events, situations.....of the same vibrational level, like illnesses, or personal situations or work related issues.

The same goes for the other side of the scale, if I vibrate in LOVE, my vibration will be elevated and what I attract into my life will be circumstances and situations of high vibration, or to sum up, very pleasant situations. For that reason, living in LOVE, through thoughts of LOVE, will make my life, in general, a life with Peace and Harmony.

But the truth is, it is not my intention to convince you, my only wish is to share with you some information that has changed my life. I don't wish to give you examples of scientific tests or to delve deeper into the multidimensional or spiritual knowledge. If you wish you can search for yourself, as there 's already a lot of scientific studies to explain and demonstrate what I have just said.

On a spiritual level there 's a book that speaks in great detail about what I have mentioned before and it 's called "Ask and it is Given" by Ester and Jerry Hicks. It convinced me personally, to try not to have thoughts of a low vibration in my life and to make me focus on simply experimenting with LOVE.

As an example, that one can do at home, boil 200 grams of rice and separate it in 2 containers (drain the rice) and seal them with 2 lids. Put cloths over each container so that the rice is not visible and separate them into different rooms. On one of them, put a sticker with the word LOVE and on the other a sticker with FEAR written on it. For 23 days, dedicate 5 minutes to each container, sending to them what it says on the sticker. So for the container with Fear, send all types the negative thoughts towards it. And after that (do it in this order so as to finish with feelings and thoughts of love) send pleasant thoughts to the container with the sticker of LOVE. Think of positive things and try to feel the situations that provoke in you all sorts of feelings and sensations or positivity and LOVE.

After 23 days, open the containers to see what you find. It made me feel deep inside, to discipline myself in any way possible so as not to have thoughts of negativity, not towards myself or anyone else, nor towards situations that are uncomfortable or disturbing on the outside. I wouldn't want my body to suffer the same deterioration that

was so noticeable from the rice with the word fear on it, compared to the one with LOVE.

Again I insist, don't believe me, if you wish and feel, to try it yourself.

Appreciation

Appreciation is one of the feelings and emotions most highly charged with high vibration. To appreciate constantly will create great peace, harmony, happiness and good fortune in your life.

Try it and see how good it feels!!!

On my part i would like to give thanks to life, to the fountain of all, god, the origin....for this present to be able to share this information/knowledge with you.

And thanks for listening/reading it, independently of how much or little you share about what has been communicated.

If anything that has been written and shared in this book has disturbed or made you feel uncomfortable, I am sorry, it wasn't my intention. My intention was to share an experience that helped me so much and continues to do so in my life, from all the respect and affection towards you.

And allow me to remind you not to believe what has been shared, only if something inside of you says, " this doesn't sound bad" , or it can be that you are not sure why you are attracted to this information, then try it, and then you will know for yourself and you will find out from your own experience and not from anyone else telling you.

If you allow me and you don't mind, close your eyes for some seconds and receive this hug full of LOVE&PEACE and respect that i send you...

Thank you

I love myself

For that reason i can LOVE you.....

