

# ***Soul Symphonics***

***Do you know who you really are?***

*Discover your true identity.  
Learn how to take away the pain, guilt, and fear within you.*

Through the *Soul Symphonics system* and the magic vibrations of the Mayan World, you will consciously uncover your emotional chains . . .  
Recovering your freedom, harmony, peace and love.

By

***Xavier and Rosario Garza***

# ***Soul Symphonics System***

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## ***Slide Show***

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*Translated in to English.*

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# Table of Contents

Khabinah

Introduction

The Authors

## **FIRST PART**

Chapter 1 Am I Innocent and Good?

Chapter 2 My Bodies

Chapter 3 Internal Enemy

Chapter 4 Negative Influences

Chapter 5 Fear

Chapter 6 Rejection and Abandonment

Chapter 7 Promises.... The False Reason for Living

Chapter 8 Guilt

Chapter 9 A Promise Not Fulfilled.....Sure Punishment

Chapter 10 Sexuality

Chapter 11 I Am Innocent

Chapter 12 My Parents Are Innocent

Chapter 13 Law of Cause and Effect

## **SECOND PART**

Chapter 14 Different situations

Chapter 15 Review

Chapter 16 Starting to practice

Exercise 1 Self evaluation for promises

Exercise 2 Self evaluation for guilt

Exercise 3 Self evaluation for punishment

Exercise 4 Self evaluation for fear

Exercise 5 Self evaluation for anger

## Do I need to read this book?

***Take a minute to complete this questionnaire, and decide!***

	YES	NO
In social, family, or work situations or with people you don't know, do you frequently feel that what you say, do or stop doing was wrong so that you are uncomfortable with yourself?		
Do you often feel that you should do as your friends or relatives tell you, even though you don't want to?		
Do you feel that you have not done enough for your parents, brothers or sisters or any other relative, or that you can give them more?		
Do you try to help others, giving them the best even though you don't really want to?		
Do you often feel that the people around you try to take advantage of you or of your good will?		
Do you believe that others criticize, judge, condemn or envy you, no matter what you do?		
Do you get angry easily, and then feel bad for having lost control of yourself?		
Do you like to show off or be recognized for the good things you do?		
When you go shopping do you feel that everything is very expensive or that it's not the right time to buy, or that you don't really need what you are shopping for, even though you have the money?		
Have you ever thought you would like to just disappear?		
Have you ever thought that you were adopted?		
Did you ever live apart from your mother or father when you were a baby, child or adolescent?		
Have you ever felt like you are not part of your family?		
Have you ever wondered what your reason for living is?		
Do you often try to fix the problems of others when they haven't asked for your help?		
Do you feel that your father or mother have never loved you?		

**IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, THEN YOU NEED TO BUY AND USE THIS SYSTEM!**

We thank God for the current success of our emotional and spiritual experiences.

We give thanks to our beloved Teacher Jesus and to the angels for guiding us through this transition, the most beautiful that a human can experience, from pain to happiness; and for His help in this blessed mission.

To Xavier`s parents, Olga and Agapito, his children Javier and Faviola; and to Rosario`s parents, Luis and Maribel, her daughter Creel, and her sister Pilar. We thank them for providing the life experiences that made us search for and find what we share with you today in these words.

It is impossible to list all the people who have left a beautiful impression of their learning and love upon our lives, some through their literary efforts, others through schools and seminars, and the closest through their invaluable friendship. We thank Mrs. Ma. del Socorro Perez, Dr. Leonardo Cue, the instructors of the Regina Center.

And make special mention of our friends John and Richelle Parker who have aided and supported this mission from the first day they gained the knowledge.

To our friends and adversaries, to each and every one of the people who throughout our lives shared only a moment, a day, months or years with each of us - your presence has been a gift of learning.

To each and every one of you, THANK YOU for having helped in this life experience.

Xavier and Rosario.

# Foreword

Over the past 25 years the composer has experimented, analyzed and found solutions to each and every one of his emotional conflicts. This learning now allows Xavier to transmit his experiences with emotional healing through music.

His joy at having found a way to heal as a result of his reconnection with God and his Superior Being has allowed him to express this self-research and success in music. It is said that Music is an expression of the Soul; in this case the soul of Xavier is full of joy, for over time it has learned how to free itself of emotional blocks.

With the help of God and the angels, this project has proven even more magic, with incredible results. The healing resonance is expressed through music. As you listen, you will feel a profound vibration inviting you to free yourself; and if you are ready, to eliminate the emotional blocks within yourself.

Music has the power to move and almost instantaneously produce an emotion or feeling, according to the emotional state in which the composer and musician find themselves at that moment. In this way Xavier has discovered the ability to express through his music an invitation to the emotional healing that he himself has experienced.

KHABINAH

# INTRODUCTION

Welcome to a new concept in self-transformation through music. Finally you will be able to achieve true changes in your daily life, understanding the reasons why you think, feel and act the way you have throughout your life. You will no longer feel guilty, wrong, out of your correct place and time, inept, angry, unsatisfied, frightened, doubtful, depressed, a failure, and many times without the will to go on.

***Soul Symphonics*** is appropriate for use by all races, so that anybody with an open mind and ready to change, to receive the message and understand themselves better, will be able to answer the questions that have always troubled them. Why does the same thing always happen to me? Why do I feel guilty? Why is it always me who suffers? Why do I have such bad luck? Why is there so much pain in my life? Why do I feel so empty and unsatisfied?

What does this change consist of, and how can you achieve it?

The music of the Soul Symphonics system that accompanies this book is the key to connecting with your higher self, with your soul and Superior Being. It will help you to understand that as a human, like all others on this planet you are confused, with guilt, fear, sadness, anxiety, anger, doubts, resentment, etc., believing that you have done something wrong, that you are fated to live in suffering the rest of your life. This reconnection will help you to understand that this is a LIE - that there is no need to suffer. All that is necessary is to uncover this lie. The essence of your Self is good--a noble being that deserves to be happy, because in you exists the divine essence of Love.

Soul Symphonics is made for those who are confused, like you searching for the truth; and for those ready to accept it. You have been led here by the angels of love, so that you can find the answers that you have been seeking through this information that we now share with you. You will find the way to free yourself of those unpleasant emotions that invade your life, emotions that tell you that what you are doing is wrong or bad, making make you feel guilty of everything that happens in your life without knowing why, even when you are not responsible for what happens.

You will understand the lies and the confusion that you have lived; and not just you, but your parents, grandparents, great-grandparents, society itself. You will see the truth of your life and the ignorance in which you have lived all these years, denying who you really are, believing yourself guilty, bad, stupid, a failure, mediocre, angry, fearful, impatient, a liar, envious, etc.

You will discover that you have denied yourself the opportunity to be happy; you will discover in yourself a being full of unlimited qualities, a good person, loving, innocent, successful until finally you can say...

## I AM INNOCENT...I AM FREE!

As you work with the Soul Symphonics exercises you will find the truth of your life. Like the other people referred to in the examples, you will reconnect with your Superior Being to understand both emotionally and intellectually that you have never been bad or guilty, but rather just confused because you did not know the truth. If you wish, you may begin to work with the practice book as you

read the theory presented here.

Soul Symphonics will open the channels of energy in your body and eliminate the negative feelings that have accumulated over your life.

The second CD contains audiovisual aids with beautiful views of the Maya World in the Yucatan Peninsula of Mexico, which you can enjoy as the music brings you peace and harmony. The places showed are well known as high-energy zones for providing inner peace.

You will have to install the Quick Time program on your computer to be able to see the audiovisuals. You can download it from the Internet free of charge, from the webpage [www.quicktime.com](http://www.quicktime.com) <<http://www.quicktime.com>>.

Listen to the *Soul symphonics* music as you read the theory in this first part of the book. If you wish, you can begin to work with the audiovisuals as described in chapter 17.

# The Authors

**Xavier** . . . My life is the same as anybody else's, except that God gave me the opportunity to serve others through this system. He has helped me and many others through this music, and now we wish to share it with you.

As I grew I experienced many situations common to most families. These situations were fertile ground for me, demonstrating the promises made when one is barely a child, in my case due to the unstable presence of my father, the death of a younger brother and the constant suffering of my mother. These situations led me to feel abandoned, rejected, fearful and guilty--the four tyrants of my life which years later with the help of God and the Angels I was able to uncover.

I left home at the age of 16, working as a guitarist with a musical group then famous in Mexico. At 21 I married and experienced the incredible joy of becoming a father. I have two children: Javier and Faviola. Unfortunately after several years and without really understanding why, the marriage ended in divorce. I was tormented by the need to leave everything behind me. Anguish and guilt burned within me. Years later I was a successful writer and producer, well-known in the publicity and music industries. I became aware that my music has a special impact on people. One day a psychologist friend used my music as part of her therapy, with great results. To date she continues using it.

However my personal life was falling apart. Nothing satisfied me, I felt a great emptiness inside. I had fallen into alcoholism, and it was destroying me! One day I awoke in the yard outside my house; I knelt down and begged God . . .

“Father, take me out of this Hell. If you guide me and rescue me from the confusion and enormous vacuum in which I live, then I will serve you through my music.”

Since then, God has answered me, and the music that I have written has been dedicated to healing.

A short time later God brought different people, books, and seminars into my life, as well as my beloved Teacher Jesus and my beloved Angels, who have been my guides and teachers. My life changed; and I wish to share this wonderful opportunity with you through my music. In the early stages of this musical project I had the pleasure of presenting it in Puerto Rico, and years later after much more work the complete system was born. I have had the honor to share this system, together with my wife Rosario, in Mexico and the United States. This will later come to you in a simple and practical form. Today I invite you to try to free yourself through Soul Symphonics.

**Rosario** ... My childhood and adolescence can be considered good, quiet. I was born into an apparently harmonious and stable family which many envied. Unfortunately even the most normal and peaceful of individuals on this planet carries an inheritance of parents and grandparents, full of misunderstandings and confusion.

My father had a scientific mind. He was a perfectionist; most of the time he was absent from the home due to the huge amount of work he had. My mother was a perfectionist, tremendously organized and very intolerant. Both gave their children the best they had. My older sister was very distant from me, and like any other individual with their big or small experiences, the confusion I felt changed the true essence of who I am.

From the time I was a child I remember feeling confused and empty as well as a deep feeling of anguish, fear, blame, of being out of place and with a constant need to be noticed and accepted by others. These emotions accompanied me for many years.

At one point in my life I felt that my only hope, my only strength was my daughter Creel. Confusion and emptiness overwhelmed me, intensifying my search for an inner change. I practiced meditation, I attended seminars. However despite the appearance that all was well, I still had to apply what I had learned. Meditation made me appear calm, but in reality it was not so. I remained the same, with no internal change. All that I had learned in the courses had remained in my mind; I could not put it into practice. I saw my same mistakes, the same repetitive behavior. I felt as though I had no strength, defeated, lost. I punished myself for many years, dragging my daughter with me. I knew it, but I could not change. I sought the company of instructors as if they could fill the void within me, hoping that at some moment one of them would be able to give me the key that would allow me to leave the place where I found myself. All was in vain.

One of the workshops that I attended had an exercise where we had to cover a poster board with magazine cuttings or photographs expressing what we wanted from our lives. The boards of my fellow attendees were full of pictures of beautiful houses, cars, travel, perfumes, clothing, etc. Seeing these, I felt empty. I knew that even though I needed money and some of the things that it could purchase, none of these things would fulfill me. I felt sad, because even though I appeared happy, the void was too deep. Once again I didn't fit in, I was out of place. Nothing that I wished to say could be expressed through photographs, and so what I did was write.

And this was my request: "Father, I wish to erase the emptiness and the confusion that I feel; clean my channels so that I can be free to develop myself spiritually and serve Your divine plan."

A year later I met Xavier, now my husband. From the first time I spoke with him on the telephone I felt as if I knew him. I felt joy and a sensation of relief. My Superior Being let me know that finally my voyage had ended. God answered me; he sent what I had asked for and I began to heal. The next step, as I had offered God, was to serve. I learned the system and joined in, helping in individual and group sessions.

Today I have the honor to respond to God with all my love, (with out been a writer) explaining in writing this marvelous system of self-liberation through music, making it accessible to you. In this way I share my happiness for the many gifts that God has given me through our emotional healing and through clarity in our lives, opening our future to a panorama of love and light.

# Am I Innocent and Good?

**T**hrough our quest to change our lives and help others, we have become aware that people are submerged in the mistaken idea that they are guilty; and this feeling of being bad and guilty is the main reason that for the majority of people life is constant suffering. As we discover this feeling of blame, of guilt, we understand that it is a false appreciation of the events that surround our lives; we realize that blame is just a concept that blocks individual peace and the clear vision of what we really are.

God created man and woman as perfect beings, good and innocent; and this is how He created you. He gave you the marvelous gift of "Free Choice". You have the freedom to choose what to do with your life and how to direct your path to perfect spiritual, emotional, mental, and material development.

But ... you say... there are also bad people.

The world of humans contains more good than bad beings. Unfortunately some souls are more confused than others; even though created by the same Divine Source, they choose to use their freedom in denying the truth, following what is false, denying **GOD** and **LOVE**, truth, peace, beauty, and forgiveness. These beings consciously carry out destructive or criminal acts against humanity. However they are the minority. The great majority are confused beings, where pain and suffering have clouded the true love within them.

Your soul has led you to read these pages so that you can find the truth in your life, the truth of your innocence. And if you have erred it was only because of the confusion in which you were living as well as part of your life experiences. You can now wake up and discover that now is the moment to change, because there is no evil within you.

Fear, the belief that you are doing bad things, that you are guilty and undeserving, that the experiences that you have lived always resulted in sadness and fear. These have confused you and made you believe that you are bad and guilty. If you wish to change your life, you must take this need for change as a sign that you are good, that you never wished to do bad things or hurt others. And if you did, then you must understand that there are many other reasons that you still don't know. You will discover, little by little, that you were led to act as you did, to the actions which now make you believe that you are not good. Today you have taken an important step towards understanding why you acted in a way that you did not wish.

It is possible that many of the situations that I have described here actually happened, or that you begin to justify the conduct of your parents or other individuals which played an important role in your life. If this happens, you must make a special effort to continue working. You must be honest with yourself and connect with that emotion that you know is hurting you and that is related to some of the situations described.

The purpose of this book is to free you from emotional suffering. It is never our intention to judge your parents, grandparents, brothers and sisters, or anybody who played an important role in your life. The intention is to find the reasons that led you to believe that you were rejected, unloved, that made you feel bad, guilty, incapable, in the wrong time or place; that filled you with fear, anger, sadness, etc.

As you read this book you will find that some concepts are repeated. This is to help your mind retain the information, as the assimilation process requires.



# My Bodies

Human beings are more than just a physical body (formed of a material which is condensed energy). There are another six bodies formed of very fine energy that cannot be seen, touched or smelled:

- Physical or biological body\*
- Ethereal energy\*
- Hologram\*
- Emotional body\*
- Mental body\*
- Spiritual body\*
- Atmic body\*

These seven bodies of the human being are interconnected and energetically feed each other. Here we will speak only of the Physical, Emotional and Mental Bodies.

The physical body is the biological vehicle that also performs normal physiological functions. Every 60 minutes it produces a residual body of ethereal energy as the energetic waste of food, water and air\*.

**Emotional Body:** This body has seven biogenerators or chakras that provide the energy necessary to express feelings and emotions. This body receives and gives energy to the physical body, and is connected with the emotional and spiritual bodies. It is affected by negative vibrations from emotions and thoughts; these vibrations block the biogenerators and the electronic circuit.

The Mental Body performs all thought processes while you are in a state of waking or while you are alert. It also performs the processes of imagination, ideas and understanding; mental processes that occur during sleep; and the called sensorial processes. It uses the mind of the biological body to perform these processes, receiving energy from and giving energy to the physical body. It is connected to the emotional and spiritual bodies.

The spiritual body connects the source of superior energy and encompasses the soul and the Superior Being -the union with God. Both the mental and emotional bodies can provide for the spiritual body, and this in turn serves the emotional and mental bodies, if mental blocks allow.

Unfortunately, the great charge of negative energy that blocks the mental and emotional bodies does not allow a definitive connection with the Spiritual Body. This only occurs occasionally while in a state of meditation or prayer, and unfortunately upon the closing of these states the connection is once again lost.

It is important for all the bodies to be in line, since it is through his integration with his Superior Being (you with your God) that the individual can work and live with his seven bodies functioning completely.

# Internal Enemy

**T**he present in which you live is a reflection of the past, and this past is covered by a dense veil of confusion and misunderstandings that block YOUR TRUE REASON FOR LIVING. Emotional ignorance, confusion and falsehood have covered the truth of who you are. This is why you must search your emotional roots, to find the answers to:

Who am I?

Why do I feel bad and guilty?

Why do I have to feel out of place?

Why do I feel rejected or criticized?

Why do I have to feel ashamed?

Why am I so anxious or worried?

Why am I always angry?

Why am I afraid?

Why do I feel like a failure?

Why do I feel dissatisfied?

Why do I have to show myself to others as someone that I am not?

Why do I have to act vain and important?

Why do I think of dying?

Why do I have to use alcohol, tobacco, medicines or drugs to calm my anxiety?

Why do I like to engage in dangerous sports?

Although it is true that each individual's character is influenced by genetic information and attitudes learned from parents during childhood, the predominant part of your character is a result of the accumulated charges of negative energy produced by you--what is known as the Internal Enemy.

The human being produces three kinds of energy (etheral energies) which are linked.

### **First kind of energy:**

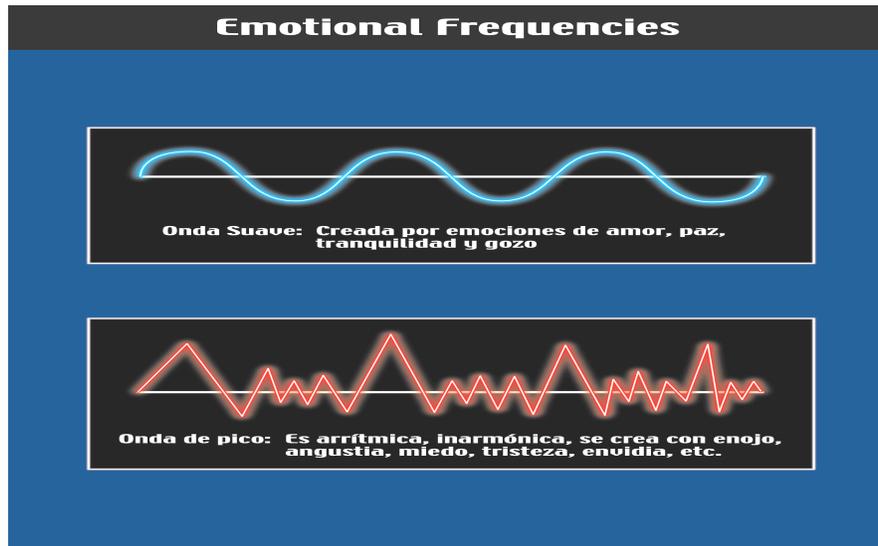
Every hour the physical or biological body produces a body of etheral energy as waste, the result of assimilation of food, water and air (picture this like the fine skin of an onion). When a person makes few movements for various hours (like being seated for two or three hours) this energy accumulates\*.

### **Second kind of energy:**

The second kind of energy is related to the mental body through thoughts which send out

vibrating waves. The kind of wave generated depends on the quality of the thoughts generated by the individual, which are either harmonious or polarized.

The Harmonious Wave is generated by the True Mind. It is soft and harmonious, generated by positive thoughts, love, meditation or prayer.



is generated by the Liar Mind. This wave is arrhythmic and irregular, and is created by negative thoughts and low frequency, fear, ire, selfishness, vanity, lust, etc.

### Third Kind of Energy:

The third kind of energy consists of vibratory waves related to the emotional body, feelings and emotions. Like your thoughts these send off harmonious or polarized waves depending on the vibration in which you find yourself.

All of these vibratory waves come together each hour, forming a body of ethereal energy. If the individual is in a state of love, harmony, peace, joy, meditation or prayer, then the accumulation of energy generated during the past hour moves, leaving the body as the individual exercises each day, or simply walks everyday for a period not less than 30 minutes. However every time you vibrate with negative emotions such as sadness, blame, anger, etc., then the energy produced each hour cannot leave but rather is accumulated, creating a destructive force within you, the Internal Enemy\* (If we could see this outside the body, it would look like a dark gelatin covering you from the top of your head to the base of the trunk of your body.) This Internal Enemy is connected with the Mental and the Emotional Body, and as a form of energy it is constantly pulsing within you every time you feel anger (rage), guilt, sadness, etc., creating a layer of negative energy that every hour adheres and accumulates, increasing the size of this enemy until at any given moment it is so great that you lose control of yourself. It is like a demonic monster torturing you little by little\*.

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Information base on EL ROSTRO DEL ANGEL by Ma. Del Socoro Pérez. Editorial SIRIO. México

Perhaps you or another person has lost control in a situation, later saying, "I don't know what happened to me, I couldn't control myself. It's like there was something inside me making me act like that." Or on the contrary, perhaps there was a situation where you knew that it was important to defend yourself, to act or think quickly to receive the answer you required at that moment, but you simply could not find it, you stood mute or frozen. Something inside you stopped you, prevented your reacting. If this has happened to you, you must not ignore it. Take care of it, because the purpose

of the Internal Enemy is to destroy you, to use your emotions and thoughts through your mind, which is divided in two. To identify these thoughts we gave the Liar Mind.

**Liar Mind:** The Liar Mind creates negative thoughts, reproducing memories of negative experiences that were recorded (mainly during the prenatal period, childhood or adolescence) during painful situations. The Liar Mind seeks to deceive you, and lies to you. It speaks negatively, telling you things that make you act and feel bad, making you think negative thoughts, and forcing you to act in a negative way. It makes you feel the blame for everything. You get angry, you lie, you feel fear, you act with envy and jealousy. It makes you feel rejected, you shout, run away from situations that make you tense, with no control over your actions. You become sick, depending on alcohol, tobacco, drugs, compulsive eating or lack of eating. Everything worries you, you deceive people in personal and work situations, etc. And, it makes you think, "(They) don't love me, don't like me, I'm just a problem;" "I never do anything right, I'm just a klutz . . ."; "My friend just ignored me, he's hiding from me, he doesn't want to speak to me;" "I'm ashamed of myself;" "I'm so fat, I'm really disgusting;" "If I fool him then I'll get more money;" "It's not worth the effort, I'm not going to win anyway," "I want to die", or "I'd like to just disappear;" "Life has no sense;" "What am I doing here? I'm tired, I don't want to keep on."

**True Mind:** Your True Mind creates positive thoughts of love, peace, success, wisdom, confidence, strength, harmony, beauty, abundance. It is the antidote for the Internal Enemy; it quiets it, neither allowing it to speak nor to send negative emotions or thoughts. It is connected to positive memories of love, happy moments in your life, with a sunset, flowers, the country, all those things that you like and enjoy doing, the support of those who have helped you, your successes, etc. It is what tells you, "Have hope! Keep on, don't give up;" "Be happy, look for happiness wherever it may be!" It is the part of your mind that is connected with God, and that doesn't allow you to give up because it knows that you can be happy.

Remember seeing cartoons of a person in thought, and next to his head appears a little angel telling him only good and positive things? This little angel is the True Mind. On the other side of his head is a little devil, inciting him to do bad and negative things. This is how we can visualize the Internal Enemy, continuously vibrating and connected with your Liar Mind using bad memories, anger, sadness, fear, failure, etc.

Imagine that within you there is a complete videotaping equipment with the ability to record and store every second of your life, and which also records and stores emotions. The experiences recorded are positive and negative; the video file is working 24 hours a day. Since it is connected to your emotions, every time a situation in your life arises similar to past events, the video cassette starts playing and connects.

Unfortunately your ignorance alone of the existence of the Internal Enemy allowed it take control of your life. This enemy uses only negative experiences to make you always react, think and feel the same in situations that occur in your daily life. For example, if you see a dog while walking down the street, perhaps you had a bad experience with dogs in the past or when you were a child or somebody said, "Careful with the dog! It may bite you!" then the Internal Enemy automatically uses this recording, making you vibrate with fear, reliving that moment. Without realizing it you feel the fear sent by the Internal Enemy, and while connected to the Liar Mind you act as though by instinct. You run, thinking, "It's going to bite me, I may get rabies." You are so afraid that you run without direction until you trip and fall, hurting yourself.

The Internal Enemy has fulfilled his mission-torturing you emotionally with fear, mentally with negative thoughts, and physically with the pain of falling and hurting yourself.

**Example:**

*In a regression session, Paul discovered when he was a child that although his mother loved him, she was very demanding and occasionally hit him, saying he was stupid and bad, that he never did anything right; she scared him by saying that when his father arrived she would tell him so that*

*Paul would be punished.*

The child Paul recorded this on his videotape, as follows: Fear of being punished, fear of authority (mom and dad), he believed he was bad because his mother told him so; he considered himself stupid and to blame because he never did anything right.

The negative vibration created by fear, the belief that he was bad, guilty and stupid could not leave him. These feelings remained, stagnating, vibrating, constantly sending off signals of fear, thus feeding the Internal Enemy.

*P. said that when he was young he would play alone in his room or in another part of the house. If he heard any sound he would immediately jump up and become very nervous the Internal Enemy through the Liar Mind told him, "MY MOM IS COMING! SHE'S GOING TO PUNISH ME! I'M DOING SOMETHING BAD! etc.)*

As the years passed, the child P. grew up as a very nervous person, always with the sensation of doing things wrong. Every time his employer (authority) asked to see him he felt that he was going to be fired for incompetence, although there was never a reason.

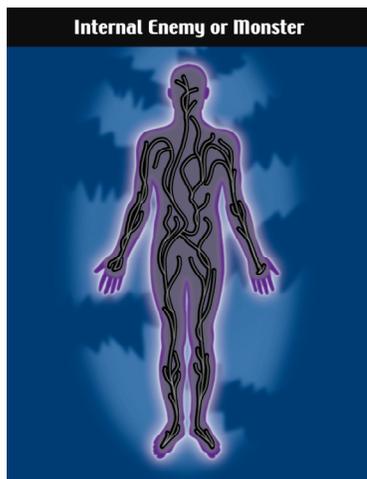
P.'s Internal Enemy, created when he was small, every day increased in size, until it had become a monster that prevented P. having any confidence in himself. The Internal Enemy spoke constantly through the Liar Mind, torturing Paul through his emotions and making him afraid, not trusting himself, feeling bad and to blame for everything.

In this way, in similar or different situations, the Internal Enemy enters you, making you feel bad, to blame, incapable, a failure, dissatisfied, incompetent, stupid, angry, defeated, etc.

The Internal Enemy and the Liar Mind take advantage of these situations, great or small, constantly moving you closer to people and situations that will lead you to live your life differently than you have before, experiencing fear, blame, anger, sadness, anxiety, failure, etc. in the different stages of your life, until finally the pain and suffering make you change your patterns of conduct, seeking a way out and finding the way to free yourself from the slavery of confusion, and the life that you have lived.

It is the Internal Enemy and the Liar Mind that makes the human being frequently and easily remember all his negative experiences, on only a few occasions remembering something that caused joy, peace and happiness.

Only you, and nobody else can understand like you that you are the slave of the lies of the Internal Enemy. You know even the deepest, darkest and smallest secret about yourself. You must be honest with yourself, no matter how painful or uncomfortable it may be. It is important that you confront those secret emotions hidden in the deepest part of you, which many times you don't even know are there.



# Negative Influences

Before you were conceived, your soul was at peace in Heaven (or wherever souls await their coming to earth and being born). This place was filled with only love and truth; there was no fear, pain, hate, blame, sadness, vanity, lust, resentment, etc. Within you there was absolutely no trace of negativity, you knew everything because you were connected to God, the divine Source of Love, Truth, Beauty, Strength, Wisdom, Confidence, Harmony and Peace.

The bell rings and you jump and . . . take off! A panorama of love and light opens! The moment to go down to Earth! You are happy because the moment has arrived!

OOOH!!! Surprise!!...

The moment you make contact with the first layers of energy from the Earth --- Zaaap!!... The first thing to happen, the soul enters into a state of amnesia. Your memory is erased and you forget everything, leaving you ready to learn the lessons of life. Thus the impact of reaching earth causes EMPTINESS (original emptiness), caused by the separation of the soul from heavenly love. Shortly later you receive your **First negative influence: SADNESS**. Why sadness?

First of all you are leaving your place of origin, close to God; and secondly sadness is a feeling that envelops the earth. Men & women live in a world full of pain; generally speaking, every day the individual is full of worry, pain, anxiety and suffering. There are very few days in which one can enjoy happiness and peace; more days, hours and minutes are filled with emotional and physical pain, and as a result sadness.

**Second influence:** The genetic information received by an individual emphasizes various qualities, both positive and negative, in one's character. Unfortunately the Third and Fourth negative influences received have a greater impact on the individual's future behavior.

**Third influence:** This is related to pregnancy. Since very few men and women have the emotional and mental maturity necessary to be parents and to carefully plan the right time for conception, the majority of pregnancies are unplanned and the soul finds itself with another . . . SURPRISE! Mom is vibrating with negative thoughts and emotions. **FEAR!** together with the **Fourth negative influence: REJECTION!!!**

The situations presented in this chapter are for those who did not have the good fortune of being planned, of not having mature parents. If you are one of the fortunate ones conceived in love, in a planned pregnancy and/or of mature parents, then we ask that you continue reading, since what is described here will help further on as the basis for your internal work transforming the emptiness caused by your separation from heaven and the ills that you acquired after your birth, as well as the lies of the Liar Mind all of which are almost the same as those received by those who did not have the good fortune of being planned.

Imagine for a moment that mom and dad don't want to have any more children; they have enough already, or they are simply waiting for a better time. Mom's first reaction when she suspects or confirms that she is pregnant is **fear**.

*"OH NO, I'm pregnant! What am I going to do!?!"*

At the same time she sends feelings of **rejection:**

*"I don't want this pregnancy . . . " "We don't have enough money . . . " "We're still on our*

*honeymoon . . . “It’s too much responsibility . . . “We already have too many children!” ... etc.*

The moment that these negative thoughts and feelings are experienced by the mother, the baby records them in his memory as Fear and Rejection.

Occasionally the father too responds to the news of the pregnancy with Fear and Rejection, saying:

*“Why now?” “We had decided that we were going to wait . . . “ “We aren’t ready . . . “ “I don’t want this child!” “That baby is not mine!” “I don’t want to be tied down to a baby!” “We don’t have enough money right now . . . “ etc.*

Confronted with these reactions the mother generates more fear, feels rejected, guilty, alone, etc.

Since the baby is connected (through its umbilical cord) both physically and energetically to the mother, the baby feels as one with her. Mother gives it energy, blood, food, air, Life; Mother is its “Creator”. Thus, if the mother feels fear the baby too feels fear; if the mother feels rejection the baby also feels rejected, etc.

The baby is connected to its mother on three levels with a different reaction on each level:

**Level of the Physical Body** - The positive and negative vibrations sent off by the mother are recorded in memory cells.

**Level of the Emotional Body** - The mother’s positive and negative emotions connect with the baby’s Emotional Body; if the mother is vibrating in love, the baby will feel loved and will love itself; however if the mother is in her negative Internal Enemy, then she will send out pulses that contaminate the emotional body of the baby, causing the baby to feel fear, anger, sadness, etc. Even though according to natural law, as an individual independent of its mother the baby creates its own emotions, simply its presence in its mother’s womb opens it to messages from its mother’s Enemy Within. As a result these messages are created in the baby who begins to vibrate on the same negative frequency as the mother, causing the baby to begin to generate its own Internal Enemy

**Level of the Mental Body** - The mother’s thoughts are received by the baby and connect with the mental and physical body of the baby. The baby records the positive and negative thoughts of the mother in its mental body, accepting them as its own since it feels itself as one with the mother. On the other hand and by nature the baby creates its own thoughts since it is an individual independent from its mother.

It is here, when the baby comes down to earth, that the contamination begins, with the baby receiving the impact of negative influences that change and cloud the truth of its life, confusing it and causing it to forget its True Reason for Living.

As it forgets its True Reason for Living, the new being has no purpose for being born and living; the parents are not expecting it meaning that it has no place in life! There is no place for it in its new home, so there is no reason for being there. Remember the original emptiness, the existential vacuum. If there is no reason for living, the question is . . . Why be born? But the soul knows that as a human the baby must and wants to live, and therefore must find a reason for living.

# Fear

Fear is the most destructive of human emotions. Fear is what causes the individual to attack, kill, make war, envy, lie, commit fraud, become angry, cry, become depressed, seek solace in alcohol, etc. In this aggressive world it is fear that may harm a person: fear of ending with no one, fear of being rejected, fear of not having a place in life, fear of dying, fear of living and confronting the future, fear of the unknown, fear of the original emptiness.

One of the most common fears inherited by women is that of pregnancy. This fear prevails in the most advanced countries--even those of the first world. Despite advanced medical technology, despite the fact that the mother receives regular doctor's care checking the pregnancy each month to ensure that it is developing normally, that there is "no risk". The murmur of the Internal Enemy is always present, sending fear and worry about the baby's development and the mother's health. And this fear is felt by all women, young as well as those over 35, when supposedly the mother's age makes the pregnancy high risk. In less developed or third world for women over 35 years of age as well as young women, pregnancy culturally translates into the risk of death. In some communities you can still hear conversations like the following:

### Example:

*How is your daughter, Julia?*

*Well, she's "malita" (not very well) . . . (Note: pregnancy is strongly related to illness)*

*Ha! And when will she be relieved (delivered) ?*

*The doctor says that she will be relieved in three months.*

To be "not very well" subconsciously is related with illness, but actually means she is pregnant. "She will be relieved or delivered. . ." means that she will give birth, subconsciously it means she "will be healed" or "will be saved" . In terms of maternity this programming continues to be transmitted from generation to generation. Even though within the past few decades and thanks to medical advances childbirth is no longer a major cause of mortality. tradition causes this programming to continue; the message is spread in a way that carries risk and fear of dying.

On the other hand in both first world as well as third world societies the fear of natural childbirth is traditionally irremediable. People know, and say that birth is one of the worst pains that the human can experience. This belief is a banquet for the Internal Enemy, since the pain of childbirth is already recorded, and thus the future mother is programmed to suffer unbearable pain. The pain takes advantage of this--even before the onset of labor the mother is worried, fearing the pain that she will suffer. The moment arrives and the mother, already programmed and filled with fear, finds it impossible to relax, her body contracts causing even greater pain and consequently making the natural process of birth more difficult, more painful.

On numerous occasions fear impedes the baby's natural birth as originally designed; some new mothers not having experienced the natural process of childbirth are so afraid of this process that, moved by that fear, they elect to have a Caesarian section (surgery), a process entailing even greater risk and pain with the mother requiring even more after the birth, due to the time required for her to heal. And as the mother suffers all this fear and pain during the process, the baby records it in its memory, forming part of its file and increasing the size of its Internal Enemy.

When the pregnancy is unexpected the first reaction of the mother is fear--fear of the responsibility implied by this new being, fear of pregnancy and the changes it will cause in her health, fear of what will happen with her life, fear of not knowing if she will be a good mother, if she will have enough money to care for her baby, fear of the enormous responsibility represented by a child, fear of what her husband or parents will say, etc.

### Example:

The parents planned the pregnancy and followed doctor's orders, but mom is a nervous person, worrying about everything. *"She was sick during the pregnancy and was afraid that something was wrong with the baby"; "Grandmother told her that her uncle had mental problems, so she is afraid the baby will inherit those genes and not be normal", "Mother still suffers a lot of pain because she had an accident before she got pregnant, she hurt herself and the pregnancy made it worse, she's afraid of moving or forcing herself"*. The mother's fear is received by the baby and recorded in his mental and emotional memory cells; what the mother feels the baby feels, so this planned baby begins to feel fear.

### The fear is split into different kinds, as follows:

**Primary Fear:** *Fear of Dying* - Every living being naturally defends its life, it does not wish to die. It knows that life is a gift from God and that it must survive. To this fear we add the opposing emotion felt by the majority of human beings: *Fear of Living*.- the experiences of daily life. The Internal Enemy uses the painful experiences of the present, past or both, taking advantage of them and making you believe that the future will also be painful. Since the future is uncertain, unknown, the Internal Enemy sends fear. Since we don't know what is going to happen, we fear living with pain in our daily life. The Internal Enemy makes you fear being hungry, not being able to pay the bills, not being able to pay the rent or monthly mortgage payment, fear of not being able to pay the new car, fear of losing a job, fear of becoming ill and not having money to pay the doctors and hospitals, fear of failure in your business, etc.

### Example:

**Fear of dying:** *"The mother feels that the baby may be in risk and is afraid that it will die ..."* *"The mother thinks or tries to abort the pregnancy ..."* *"The mother simply does not want to be pregnant and is angry throughout the pregnancy ..."*etc. The baby knows that the mother has the power to decide if it is born or not, and records in its memory fear of dying.

**Subordinate fears:** These come from the fear of living and include fear of rejection, of being judged, criticized, envied, emotionally and physically hurt, fear of failure, etc.

The first Fears of Dying and/or Living are felt by the baby while still in its mother's womb, as a result of situations the same as or similar to the following:

### Example:

**Fear of living:** *"The mother is worried because she doesn't know if she will be a good mother ..."*, *"If she will have enough money to take care of the baby ..."* etc. These worries about the future are fear of living.

Visualize fear as an octopus. Its body is formed of fear and its tentacles or arms are doubt, rage (anger), jealousy, envy, avarice, vanity, arrogance, lust, guilt, impatience, hurry, etc. To this list, add all the negative emotions that come to mind.

### Example:

**Fear of Rejection:** *"People won't want you as a friend anymore."* *"They will reject you.."* *"They will deny they know you.."* *"The people of your society will reject you because you did not reach your proposed goal.."* *"They will never believe in you again.."*etc.

**Fear of Criticism:** *"What will people say, your family and friends?"* *Why didn't you achieve your goal in business, in your studies, etc.*

**Fear of Condemnation:** *“They’ll say you’re useless..” “Good for Nothing..” “You’re all talk..” “They can’t depend on you..” “They may arrest you and lock you up..” “They’ll say you’re a phony..” “They’ll think you’re crazy, that you should be locked up..” etc.*

**Fear of Abandonment:** *“The people around you that told you how intelligent you are, how wonderful, etc. will never want to be with you because you’re a failure, you’re not important like you used to be, you don’t have the position and power anymore, you are no good to them anymore, they’ve lost interest in you now that you haven’t lived up to their expectations, they’ve lost their confidence in you.”*

All possible forms of fear are a delicious banquet for the Internal Enemy . Every moment that your thoughts and feelings issue a frequency of fear, you are feeding this demon within you, and it will continue demanding fearful thoughts and emotions.

This is why when a person is in a situation where they feel fear, if they do not gain control the moment it begins, then the feelings will increase until they lose control of themselves. In many cases this leads to panic and then to situations of risk or destruction. This also happens with anger caused by fear--when the individual is in a rage, if this rage is not controlled it may lead to even criminal acts.

Now let’s talk about another form of fear- **Inherited Fear**. This consists of the memories of fear transmitted from mother to daughter, generation after generation. This fear is transmitted not just genetically, but also energetically through a vibration produced by the human being in a state of fear relating to the mother’s memories of her own experience while in gestation.

**Example:**

*Anne was rejected by her mother (Elizabeth). The fear that she experienced before birth caused by her mother’s rejection was recorded in her, producing her Internal Enemy. When she got pregnant and was awaiting her baby (Monic) with joy, her Internal Enemy and her negative memories contaminated the baby (Monic).*

*Monic commented that all her life she had felt that her mother didn’t love her. She was afraid of being hungry, always bringing some kind of food in a bag: fruit, crackers, etc. Anne remembered the following:*

*Monic: My mother was afraid when she was pregnant with me. I felt that she didn’t love me. She didn’t eat, my stomach hurt, I didn’t have enough food, I was born very small and skinny. That’s why I’m afraid of being hungry! She didn’t eat and I still feel that fear. I always have the feeling that I’m going to be hungry, so I carry food in my purse.*

Various sessions later, Anne explains to her daughter what had happened with Elizabeth:

*Anne: In one session of regression I remembered that my mother didn’t want me and took something to cause an abortion. I was afraid and rejected the food that came to me. I don’t know how, but I stopped eating for a few days until all the poison was gone. After that I barely ate. My stomach hurt a lot, it scared me.*

When A. was pregnant, her Internal Enemy contaminated M. making her experience rejection, the same rejection that A. felt in her mother’s, E.’s womb. At the same time she was afraid and didn’t eat well, and M. felt the rejection and fear that her mother felt in E.’s womb. Anne stopped eating during her pregnancy since her memories of the prenatal period were of fear of food. This is why M. felt hungry, and her memory recorded fear of hunger. Because of these memories of fear, M. assures herself that she will never be hungry again by taking food with her wherever she goes.

## Anger....

### Defense against fear.

Human nature and behavior is a big puzzle with a countless amount of pieces. These must all be set in the correct place at exactly the right time, to give them the original form of the true identity of the person. Since each one of us has a different pattern, we are all unique, this puzzle is very complex; and its complexity begins from the very moment in which the soul comes down from Heaven and first encounters its earthly parents.

One of these puzzle pieces is the influence played by energy radiating from the stars to the earth at the moment the person is conceived, in addition to the energy produced by the parents in the act of conception. These charges of energy mark the quality of the energy which will affect the individual conceived: high dose or low dose.

The dose of energy carried by the person from the time they are born determines the way in which they confront life and resolve the different situations that arise. That is, the dose of energy with which the individual is born is the basis of his reaction to fear.

Anger is transmitted genetically since it is also used as an instinctive survival and emotional protection mechanism-the way in which an individual expresses his anger depends on his individual energy dose. A person with high energy normally expresses his anger and lets others know that he is angry; anger is spontaneously used as a form of defense. Unfortunately the Internal Enemy , as with all emotions with dense frequencies, takes advantage, forcing the person to become angry even faster, until the moment arrives when anger becomes a natural attitude. This is the new face of the individual since in any situation, however small, his natural reaction is anger. This is the typical angry person, angry day and night, that you can detect from miles away.

Individuals with low energy react with anger only occasionally. These people barely recognize what it is to be angry. Due to their low energy they are easy prey of fear; they cannot express their anger because their fear of becoming angry is greater than the anger itself. Thus, their anger is repressed and controlled by fear. Internal Enemy sends them fear of their reaction to their own anger; in other words, on many occasions the person feels more fear of being angry, than he fears pain or any risk in which he may be involved at that time. The Internal Enemy and the Liar Mind tells them that anger is bad and that horrible things may happen if they get angry. But this doesn't mean that they never get angry - of course they become angry! Their emotions are repressed by fear.

#### Example:

*Alice is a person with low energy, afraid of being criticized and rejected. One day she goes to a store and the cashier becomes angry because she has no change. Alice feels rejected because the cashier doesn't want to wait on her and speaks to her rudely asking for change. Alice becomes angry, but her fear of being criticized has always made afraid of expressing her emotions. Most of the time she denies being angry because her emotions are repressed. She says to the cashier, "I'm sorry, but I can't do anything. This is all I have." The cashier, very angry, takes the bill and makes change.*

*The cashier is a woman with high energy; she makes it clear to A. that it was very bad that she had no change. But A., unable to express her anger, instead apologizes and feels to blame for not having change as well as for being angry.*

This happens because when you feel fear, you feel attacked, rejected or criticized, the Internal Enemy sends anger, your Liar Mind rapidly prepares a reaction to make you feel strong, protected and powerful against your aggressor. So you become angry and feel stronger than the other person. In this way your attacker stops his aggression, since your anger has made him feel fear. He is thus intimidated and flees.

## **Rejection and Abandonment**

**W**e must remember that for generations the majority of mothers and fathers have been emotionally divided by the struggle between the emotions and thoughts dedicated to their children, the internal struggle unconsciously created between loving and accepting their children, or remaining distant and rejecting them, all propitiated by the promises and confusion in which the human has been immersed for centuries. To all this we add the fear produced when the mother has an unexpected pregnancy, causing an automatic rejection due to the life situations experienced by the mother or father.

We must remember that the great majority of cases of rejection by the mother are automatic or unconscious since the fear sent by the Internal Enemy connects to their own experiences and promises, causing the mother to feel fear and reminding her that a pregnancy at this moment is just not the right thing to do. Her fear and rejection create a greater quantity of negative energy, increasing the size of her Internal Enemy and contaminating the baby with negative vibrations, engraving themselves on the Emotional Body of the baby.

As mentioned in previous chapters the baby is a being independent of the mother, with its own thoughts relative to the information received from its mother. Thus the baby feels fear and rejection from the mother. With the help of its own Internal Enemy which is already forming, it interprets the fear and rejection from its mother as, *“They don’t love me...” “I’m a failure ...” “I’m not in the right place or time ...” “I just cause problems ...” “I’m a hindrance ...” “I cause pain ...” etc.* But this rejection doesn’t remain there--it goes deeper. Since the baby feels as one with the mother, IT REJECTS ITSELF. The Liar Mind tells it, *“Since my mother rejects me, I reject myself...” “If my mother doesn’t love me, then I don’t love me ...” “If my mother doesn’t love me, than I’m bad. I’ve done something wrong or there’s something bad in me”.* And here the baby begins to feel a painful confusion.

Unfortunately there are mothers that not only reject the baby within their wombs, but also ABANDON it. How? In their mind and in their heart the baby doesn’t exist, so they don’t send it thoughts or feelings of love or tenderness--they simply let it grow. In some cases, after birth the baby is ignored, abused, abandoned in the street or given up for adoption.

Rejection causes a feeling of not having a place or a reason to live. Not having a place the baby feels that it must return to where it came from, while at the same time it knows that this is not possible because that would mean dying. It must live, it has a purpose to fulfill, but the fear, rejection and confusion felt by its mother and father confuses it, making it forget its true purpose in life.

The rejected baby is rejected because it has arrived at a time when it was not expected, at an inopportune moment, whether the parents are adults, young, married, single, with money, without money, etc.-- simply when conditions were not right. The baby therefore feels that it will always be out of place, inopportune, there at the wrong time. And most importantly, if the parents do not want it, it will feel that it has no value. Since it has no value for them, neither does it have any value for itself. It rejects itself, feeling that it’s a nothing and a nobody. And upon having no place in its parents’ lives, then it feels that it deserves nothing. Finally it judges itself as I AM NOTHING, I AM NOBODY, I DON’T DESERVE ANYTHING, recording that it has no value, also known as low self-esteem.

### **Rejection During Pregnancy:**

Following are the situations most often found during the gestation period, when the baby records rejection on all three levels (physical, mental and emotional):

**Financial problems:** “The couple is having economic problems..” “There’s not enough coming in, there’s not enough money ...” “The man has no job ...” “They’re buying a house and have a lot of expenses; financially speaking, this is not a good time ...” etc.

## **Social conditions:**

1. **The couple has an active social life**, with constant appointments, meetings, parties, trips, conventions, etc. A child would represent a hindrance to their social life and activities with their friends and work. The baby reads these thoughts and feelings as rejection.
2. **The father or the mother is in jail.** The mother doesn’t believe that this is a good time to have children. She is ashamed of what is happening, there is no money, etc. The child feels unwanted, out of place or at the wrong time, its mother rejects it.
3. **The country is at war.** The father is in the military and has to go to war, or the war is internal. There is a constant fear of dying. This is not the moment to have children. The child feels that its mother rejects it because it has arrived at the wrong time, it feels out of place, a bother, it did wrong by arriving.

## **Other situations:**

**The mother’s body:** The woman is always concerned about her figure. She must be slender, have a good body and look good. A child will deform her figure, she will be fat, begin to show cellulitis or stretch marks, etc.

**The woman who studies or works:** At this time in her life the most important thing is her work, her career. A child would cause her to leave her job or her studies, etc.

**The father is aggressive, an alcoholic or drug addict:** “The woman is afraid of her husband’s abuse. Every time he drinks, takes drugs or becomes angry he beats her. She fears for the baby or doesn’t wish to have it.” In these cases despite the fact that the mother wants the baby, the baby feels fear and rejection. The baby feels that the mother’s fear of the blows and insults are for him. It feels rejected, beaten, humiliated, the same as the mother. The baby reads the aggression as: I am bad, I am rejected, I am not wanted or loved, etc.

**Large family:** “The couple already has many children. The mother is both physically and mentally exhausted, and doesn’t want another child.”

**Age:** “The couple believes that they are too old, over 40 years old, to have children..” or “They are too young for this commitment, or believe that they are not intellectually or emotionally mature enough to raise a child.”

**Health problems:** The woman is sick, and knows or believes that the pregnancy may worsen her physical condition, perhaps even causing her death or that of the child.

**Divorce:** Before a divorce, generally the ties between the couple are broken. A baby would make the individual needs of each partner, and the divorce process, more difficult.

## The most frequent rejection by unmarried mothers:

**Single woman:** “The woman has a stable relationship with her boyfriend. The couple is not mentally or emotionally prepared to take care of a baby.” In some cases the couple joins and forms a family, in others the man only takes responsibility for the baby, but in both situations the baby feels rejected, since it is not planned.

In others the man **abandons** the mother, never seeing her again. In this situation the child knows that it is rejected and abandoned, since the father has left them.

**Sexually active single woman:** The woman enjoys the company of intimate friends, with no ties. “In some cases she doesn’t know who the father is ...” in others “The relationship was established with no ties, no commitments, so the father doesn’t accept responsibility.”

## Rejection and abandonment before birth:

**The grandparents reject the pregnancy:** “One of the couple’s parents doesn’t accept their son (or daughter) having a child, believing that they are “too young ...”, “sick ...” or “they aren’t married”, they “don’t like their son- or daughter-in-law...” “they don’t have enough money, how will they eat?...” etc.

**Father who travels.** Father leaves on a trip; mother feels lonely, abandoned. The baby feels itself abandoned.

**Angry (short-tempered) parents:** If the mother is constantly angry, the baby in her womb receives the charges of this anger and believes that he is the cause. When the father frequently becomes angry with the wife, the child feels that the father is angry with it (the child).

**Baby’s sex:** On many occasions, the parents want a baby of the other sex. Even though advances in modern medicine allow a couple to know the sex of their child, their comments are often: “HA ... it’s a girl. I would have liked the first to be a boy. Well, it doesn’t really matter,” or “OH, it’s a boy; I would have liked a girl to have one of each ...” etc. All these thoughts and comments from the parents are perceived by the children as rejection.

### Adultery:

1. “The mother knows that her husband has a lover. She is upset with her husband, and doesn’t want a child.”
2. There are cases where in the first few months of pregnancy, not knowing that she is pregnant and while married to the baby’s father, she has a relationship with another man ... In this case, since the child is physically linked to the mother it feels that it, too, is deceiving the father; it feels bad, dirty, a liar and adulterer.
3. “The mother is the father’s lover, and she knows that the baby is illegitimate...” The baby thinks what the mother thinks, and therefore feels bad, “not allowed”.
4. “The mother is married but the child is not her husband’s, but the child of another.” The mother knows that the baby she is expecting is not her husband’s. By deceiving her husband and never revealing that it is another’s the baby knows and feels bad, a liar, illegal, he is confused about his identity.

**Sexual abuse:** In the majority of cases where the pregnancy is caused by an act of sexual abuse, the

mother hates and rejects the child and thinks of aborting the pregnancy. The baby feels bad, dirty, the product of a criminal act; it feels guilty for all the pain and damage suffered by its mother.

## Abandonment and Rejection After Birth

### Rejection after birth:

**The ignored child:** In some cases the child is “ignored”: he receives the minimum amount of attention necessary to cover his basic needs. This situation is due to different reasons: “The mother has a lot of children ...”, “the mother has to work ...”, “she’s a new mother and doesn’t know how to take care of the baby, she is easily flustered ...”, “the father arrives home from work and doesn’t do anything with the children ...” “the stepfather ignores him ...” etc.

### Example:

The stepfather does not love his new wife’s child. He is not interested in improving the relationship, and shows his rejection by ignoring the child’s presence in the house. Perhaps during mealtime when everybody is united around the table the stepfather doesn’t talk to the child, acting as if it doesn’t exist. He excuses himself, saying that he doesn’t want to interfere in the relationship between mother and child.

**Angry (short-tempered) parents:** Frequently a child is born into a home where one (or both) parent is chronically angry, which does have repercussions on the child. If the father, the mother or both are constantly angry, the child feels that it is to blame. Some parents fight, insulting each other and at the same time insulting the children. When this happens, it reconfirms the child’s rejection. “I can’t stand you and those kids, I’m sick of all of you. Get out of here, I don’t want to see any of you ...” etc.

**Imperceptible rejection (subliminal):** As mentioned before the human being records and stores in his memory the social customs of his family and his society. Both men and women bring this information with them into their marriage; it is therefore common that the couple marries and has children.

Many married couples don’t want to have children but do not dare to express this desire for fear of flying in the face of custom or “losing” their spouse. Thus the individual desire of the man or the woman is repressed. In many occasions the couple or the individual are not aware (conscious) of this; they never really ask if they want children, and if having children is an individual desire as a human being, then this is recorded in the family and social tradition--to marry and have children, to “make a family”.

Repressing one’s desires to follow tradition causes the mother to constantly show intolerance, dissatisfaction, frustration, anger and rejection of the child born, without consciously realizing the rejection that this presents throughout the relationship, or throughout their lives.

This rejection comes from the subliminal mind. The individual doesn’t realize that he is receiving or sending a message, since he doesn’t realize the existence of that feeling or thought.

Attitudes say more than a thousand words and a thousand blows. On many occasions we have heard people say, “I would have preferred that he hit me, or insult me-his attitude was worse, that hurt me more than if he had hit me.”

### Example:

Florence: I don’t like children. When I got married I didn’t want children. I would have loved to continue enjoying my marriage without children, for me and my husband to be free. But I got

pregnant to please my parents and my in-laws. I love my daughter, but I wish she could go away to college soon. She will have to go away, because there are no universities here. I don't know why but I want her to go.

Even though she loves her daughter and they have a beautiful relationship, the initial rejection upon becoming pregnant continues today. She wants her daughter to go, so she can be alone as she has always wanted.

Hilda (Florence's daughter): I love my mother very much, but I always have the feeling that there's something wrong. There's nothing between us, but I feel angry with her; I feel that nothing can please her. There's something there, I don't know what it is, sometimes I'm afraid to tell her something because I think she will get angry, even though she's not like that with me."

Marian: Since I was a child every time I went to kiss or hug my mother, she would make a gesture and move away. Once I asked her why she did that to me, and she said, "It's hot, that's why I don't want you to hug me." M. continued: "But that wasn't the truth. She was like that all my life. I stopped trying to get close, and she never asked me for a hug or a kiss."

Blanca: My grandmother didn't love me. She lived a block from my house, and when I was young I would go visit her. I knocked on the door and it wouldn't open, it seemed as if I weren't there. She would see me come and hide. One day when I saw her through the window she ran away. I knocked various times and she wouldn't open for me. I stopped visiting her. She never asked me why or asked why I didn't go visit.

## **Abusive parents**

Unfortunately there are few cases of the ignored child. The majority of cases are of rejection accompanied by abuse. When an individual does not love another, normally the person rejecting the other shows their disapproval with force, superiority, power; and the medium used to express their anger, disapproval, and rage is abuse.

There are three forms of abuse: Physical, verbal, and sexual.

1. **Physical abuse:** The individual uses brute force, blows or torture, physically hurting and humiliating his victim. For example: "Pedro's father beat him with a riding crop, with a belt, with a rod, with his hand ..." etc. "Carmen commented that her mother tortured her, making her kneel on bottle tops until they became embedded in her knees and her knees bled."

2. **Verbal abuse:** The father, mother, guardian, grandparent, teacher, etc. can express verbal rejection through threats, insults, criticism, ridicule (of their victim) of the child or adolescent, when they are alone or in front of others. If the victim of the abuse has any kind of defect, mockery is often used.

The abuser issues a verbal threat, saying, "I'm going to hit you, kill you, tie you up, kick you out of the house, give you way," etc.

He calls his victim names, such as gimpy, blind, orphan, etc.

"You're going to pay for that!"

"You're only a bother."

"You're good for nothing."

You never do anything right.

You're an idiot, I tell you things over and over but you don't understand.

You forget everything.

You're lazy, a bum.

You're so dirty, you look like a pig.

I don't know why you fix yourself up, you'll still be just as ugly.

I don't love you, I don't know why you were born.

I'm ashamed of you, etc..

3. **Sexual abuse:** Sexual abuse of children, both boys and girls, is frequent in many families. In addition to feeling bad, the victim feels guilty and dirty as a result of the abuse, rejected since by nature he knows that the parents are there to care for him and protect him. Thus, to the child this abuse proves that his parents don't love him, don't take care of him, the mother or father was not there to protect him from harm.

## **Abandonment after birth:**

**Death of the mother or the father:** The death of a parent always leaves the baby, child or adolescent feeling abandoned.

**Adoption:** Every baby knows who its biological parents are (who gave it life). When it is abandoned in the street or given up for adoption, the baby reads this act of being handed over to another person as proof that it is of no value, that it did something wrong and therefore deserves to be abandoned. In cases of kidnap the child also feels abandoned, since it expects its parents to come and find him quickly. When this does not happen, the child feels abandoned.

**The hospitalized baby:** Some babies or children must be hospitalized for days or months. If the rules of the hospital and the parents' work do not allow them to remain full time with the child, then the child feels that it has been abandoned. It believes that it has done something bad, because it is suffering and the parents are not there to take care of and console it.

**Divorced or separated parents:** The child feels abandoned when the father or mother leaves the marital home where the child lives.

**Both parents work:** When the parents work the child passes all day or part of the day "alone at home or with its brothers and sisters .." "in day care..." or "with somebody who takes care of him." The child feels abandoned by its parents.

**A sick parent:** After the birth the mother is physically delicate. She can't see the baby because she has to recuperate for various days. The baby does not see its mother and feels abandoned.

When the child is older, if the mother or father gets sick and the child doesn't see them, it feels abandoned.

# Promises ...

## False Reason for Living

**T**he promise is an energy link that blocks the emotional body. This can be established at any age. It respects no time, distance, conditions, or circumstances of the individual's life. There is no excuse for this energy link; it demands satisfaction, whether you agree or not with what you promised. The promise is a weight that you carry with you, like an anvil hanging from your neck, preventing you from moving freely through life. A child's energy, which is very powerful, remains totally concentrated in fulfilling the promises for the rest of his life, regardless of whether they were made before or after it was born.

When the Soul separates from Heaven a great vacuum is formed and the soul enters into a state of amnesia, causing confusion and a great sorrow for having left Heaven. The Soul remembers Love and knows who its earthly parents are. It hopes to find the love that it had in Heaven within its family, because there is a great emptiness that it needs to fill, and which can only be filled with Love. But if the baby is not expected, it is contaminated by the negative impact produced by the mother (her Internal Enemy). And even though the mother later accepts and loves her child, the little Internal Enemy that has begun to develop in the newborn is already vibrating. The vacuum created upon its arrival and the Internal Enemy will make it believe that it must seek a "reason for living" to fill that emotional void, or vacuum of love. It is here that the long, painful search for acceptance begins, the search to be valued, recognized and accepted, always seeking to be important in the life of another through promises.

Generally speaking, the individual becomes a slave to its promises made from the time it is in its mother's womb. When the baby feels rejected, in a desperate search to let his mother know that it wants to be born, to live, that it is part of her, that it is good, that its presence is right; its feeling of rejection makes it believe that it has no place within the family. If it has no place and nobody is awaiting it, then it believes that there is no reason for living. It seeks a reason for living, something that will give a purpose to its life. Otherwise it would die. The baby knows that it must live, and so it makes a promise. These promises become a **False reason for living**, making it feel that it has a place in its parents' lives. It believes that it is making and fulfilling promises which will give it acceptance and importance from them; that these are useful, even indispensable, and it therefore feels the importance of being valued by others.

If the mother for even a moment thinks, "This isn't a good time for this pregnancy; it's better that I abort it." The baby receives this message and makes the promise. It believes that if its mother allows it to live, it is because it made a promise. Thus, its life's purpose becomes fulfilling the promises made, giving life a value, and making it accepted and important to its mother.

### Example:

*Laura remembered, "My mother already had two children and was getting divorced. She wasn't living with my father when she found out she was pregnant; she felt completely alone, believing that nobody would accept her. Many times she wanted to have an abortion. I wanted to be born. I promised to be good and always be with her . . ."*

The baby uses the information that it brings from Heaven to make these promises. It believes that it can help, for it is still connected with the Superior Being, God. This connection confirms its

belief that it can fulfill this promise, for it has divine powers to fulfill its True Purpose for Living, its initial purpose before arriving on Earth to love and respect itself and to find God (in addition to many others, depending on the life mission or lesson brought by each individual from Heaven). However the baby doesn't take into account the limitations presented by birth:

1. While still in the womb the baby is in a cocoon, protected from external influences from its environment. Although it receives negative influences from the mother, there is no physical harm (its wounds are emotional). However the recent arrival from Heaven, the baby, still has a slight connection with the Superior Being. It notices what its parents are going through, and the happenings around it. Its superior psychic powers still function although at a minimum level. At the moment it makes its promises, it believes that it can fulfill them and help its parents pass through the bitter phase that they are living.
2. Upon being born, it receives a strong impact with its environment. Its electronic circuit begins to short out and it forgets, or files away in its memory, the promises and occurrences experienced during its time in the womb. The individual grows and develops, ignorant of the fact that it is tied to the mother or father through its promises.
3. In the first years of life, its physical, emotional and mental condition prevents it from fulfilling the promises made by it, since its little body requires care and guidance from its parents for a long period of time.
4. On the other hand, after birth its connection with the Superior Being saves it from weakening and blocking, until finally this increase in negative charges blocks the individual almost completely from its connection with the Superior Being.

To clarify this, imagine yourself within your mother's womb. Your soul is connected to a source of energy - God - through a cable of 7 filaments bearing 1000 watts each. The negative influences that you receive cause your emotional body to short circuit, the filaments begin to block and as a general rule the promises made in the womb are forgotten at birth. Generally speaking, major blocks occur in the first seven years of life and later continue blocking until you are ultimately left in a shadowy 20 watt light (unconscious of God's law). You have lost the awareness of who you are, where you come from, and the true purpose of your life. You no longer remember what you experienced and promised while in your mother's womb.

Again, these promises are filed away in the memory files of your Mental Body, creating energy links that tie you down. They can't be seen, but they do exist. Do you know which ties are the most frequent? Of course! Those that prevent separation from parents. Although invisible, these are strong; indeed, some are so strong and heavy that they become obvious to others. This is when you hear, "That person is still tied by the umbilical cord!" Surprise! This saying is literal: the energy tie is formed at the moment in which the first thought of commitment or promise is made, whether within the womb or after birth, as a child, a teenager or an adult; at 2, 10, 15, 20, 30, 50 or 100 years of age. Each time a promise is made, the individual forms a life-long tie, losing the freedom to live and enjoy as he chooses all that God has given. Promises made in the mother's womb or in the first few years of life are even stronger, because the child's entire force of energy is directed to fulfilling the promises made, even though he doesn't remember them.

The false beliefs and lies in the life of the individual make him fulfill the promise, becoming his "reason for living". Of course this is a false purpose since the true purpose of his life, the reason for which we come down to Earth, is brought from Heaven. But the confusion that provoke fear and rejection confuse the baby, making it believe that the promise made by it, is actually its reason for living.

It is for this reason that in many cases, even after the death of the person to whom the promise was given - parent, spouse, children, etc. - the individual continues mourning for years; suffering, feeling guilty for the absence of the deceased despite the fact that years have passed since the person died. This is all due to the promise that became his false Purpose for Living. Guilt causes the

individual to continue attempting to fulfill these promises, to carry them like a load. He forgets the true personality of the person who died, frequently remembering the deceased as a wonderful person, even though the deceased was actually a tyrant.

**Example:**

*Tania: My father was a mean man; he hit me and my mother a lot. He was - very macho. Once when I was about seven years old he was sick with the flu and he asked me to bring him some soup. I was playing, so it took me a minute longer than he expected. He got very angry when he heard me laugh. He got out of bed and beat me very hard with a riding crop. I begged him to stop, and I promised to always take care of him, so nothing would happen to him.*

*I got married but I wasn't happy. Every day I went to visit my parents, to make sure they had all they needed and to make sure my father was well. He was sick and complained that my mother didn't take care of him. He was always screaming at us that we were useless and good for nothing. My mother couldn't take care of him alone, and I didn't think she was doing well. He was always in a bad mood, always insulting her.*

*Well, nothing ever changed, and when he got sick he was worse. It made my husband very angry, because he said my mother could take care of him alone, they didn't need me. I felt very guilty, because he wouldn't let me spend the time with them that I wanted to. He felt that it was unfair. Finally I got divorced, and then I took care of him (my father) until he died. I feel guilty because I think that I didn't do enough to keep him alive. He was so good, he didn't deserve to die. My poor father.*

The promise is so strong that when the person dies the person who made the promise feels terribly guilty. Promises related to caring for, protecting, making happy, being good, etc. are lifelong. This means that the death of the person for whom the promise was made would be synonymous with failure to fulfill their promise. Their failure to keep the loved one alive proves that they were not taking care of them-that's why the person died, and the one who made the promise did something wrong.

The promise is always connected to the Internal Enemy. The Liar Mind tortures the individual, making him believe for the rest of his life that he is to blame for the death of the loved one. The individual enters into depression, anxiety, melancholy, feeling that part of his life went with the person who died. His false reason for living, to care for and protect that person, is gone and he is now left without a purpose-he has no reason to live.

**Example:**

*Janette, 57 years old, began by saying, "I'm desperate. Since my father died 5 years ago, I can't feel happy. I miss him a lot, every day I think of him and sometimes I speak to him as if he were with me. Every Sunday I go to the cemetery; I talk with him and I take flowers. When I can't go I feel guilty, as if I were abandoning him. I have no desire to do anything since he died; I've lost all interest in anything. I don't go out, even with my children. My savings are running out and I need to get a job, but I feel so bad that I don't want to do anything. Sometimes I think that the best thing would be for me to die."*

J. remembered that when she was young her mother rejected her, didn't pay her any attention. She criticized and mistreated her. It was her father who defended her and protected her. By protecting her, J. felt that her father saved her life, she was important to somebody. There was a reason to live, and in thanks she promised to always care for him and protect him. He got sick and J. promised that she would take care of him so that nothing would happen to him.

The promise to take care of someone forever is a tie that goes beyond death, a promise to protect someone so nothing will happen to them is to keep them alive forever. These promises become a reason for living. J. lived to take care of her father; when he died she lost the will to live (her reason for living); life held nothing more for her. She felt lonely and depressed, and wished to die.

The most dangerous element in these kinds of promises is that in order to care for any person you must be with them--It is impossible to care for anyone by long distance. Thus the promise to care for someone becomes a double promise: I PROMISE TO ALWAYS BE WITH YOU. And if the person dies, then whoever made the promise will wish to die in order to follow him, because he or she has to care for him forever, even after death. This is the mind, coldly recording everything and not allowing exceptions or suppositions.

The promises made by the baby during the prenatal period are related to situations similar to those mentioned in the chapter on Rejection and Abandonment. They are also made at any age after birth.

## **Most frequent promises:**

*I'm going to make you happy*  
*I'm going to be good*  
*I will always be with you*  
*I owe you my life*  
*I will always take care of you and protect you*  
*Nothing will happen to you*  
*You will never lack for anything*  
*I'm not going to cause any problems*  
*I'm going to be quiet*  
*I'm going to be perfect*  
*I won't be a problem*  
*I'm going to be like you*  
*I'm going to make you proud of me*  
*I'm going to be the boy or girl you want*  
*I'm going to show you what I'm made of*  
etc.

## **Most frequent promises made after birth**

**Father or Mother is jealous of the child:** One of the parents is jealous of the child, believing their spouse gives the child more attention. The jealous spouse often protests, "You don't pay attention to me since the baby was born, you barely listen to me ..." "It seems you have only a child, nobody else is important to you ..." "Leave that kid and listen to me, come here with me ..." etc. The child, hearing this kind of recrimination, feels that he is causing problems between his parents; and feeling rejected by the jealous parent, he makes promises such as, "I'm going to be like my dad or my mom so they accept me ..." etc.

### **Example:**

*Soledad: From the time I was born my mother has been angry with me. She says that before I was born the two of them were always together. When I was born all the attention was given to me. She says they never went out alone again, they always took me with them; and when he arrived home there was nobody else for him but me. That's not true, because when he was at home they would sit embraced in front of the television while I played, sitting on the floor beside my father. She has always blamed me because my father was not as close to her after I was born.*

**Death of the father or mother:** When the child is rejected or mistreated it believes that it is rejected because it is bad. It feels guilty of something it didn't do. As a result it feels responsible for everything that happens in the home, including the father's or mother's illness. The promises made as a result frequently take the form of, "don't die, I promise to be good ..." "give me your illness, it's better that I die ...", etc.

In some cases, when the father is dying he asks for a promise from the children, for example saying to the oldest, *“Take care of your mother and brothers and sisters. Now you are the man of the house, you’re in charge ...”* *“Don’t allow any other person to take my place ...”* etc. Or he may say to all the children, *“Take care of your mother..”* *“Do what your mother asks you, be good children ...”* etc.

**Example:**

Gabriel, 35 years old, comments, *“My father died when I was 7 years old. He told me to take care of my mother and little brothers and sisters. So I took care of them when my mother had to work. I helped them with their homework and I fixed their meals. When I was 9 years old I started to work as a carpenter’s apprentice and I began to give money to my mother. I worked and I went to school, I finished college. Now my mother doesn’t work. I still help my brothers and sisters. I’m helping the youngest pay for his university studies. I don’t think I’ll ever stop helping them, I feel very close to them. They are my responsibility; I promised my father.”*

The oldest son, no matter how young, takes on the role of father, the patriarch. He is responsible for the family’s well-being. This child or adolescent begins to care for his mother and sisters; he wants to impose his will as though he were the father. Soon he will be of an age to go out and start to bring money into the house to maintain or help the family.

Rafael: *When I was 9 years old my father got sick. He suffered a long time. We all took care of him, especially me because I’m the oldest. It was up to me to help my mother in whatever she needed because my father was sick. When he was about to die, his last wish was to ask me not to allow anybody else to take his place. That is what I have done; between my mother and me we have raised my little brothers and sisters. When I was 17 my mother had a “friend” that wanted to marry her. I didn’t allow it. I liked him and I grew to love him, but I had promised my father that nobody would take his place. I spoke with my brothers and sisters, and together we all forbade it. Now I’m a father and I realize the big mistake I made. I feel very guilty, but I had promised my father on his deathbed, I couldn’t let him down.*

**Promises for competition:** Although some promises like these may appear to be correct, they actually aren’t. Each promise is a bond that denies the individual his freedom; and where there is no freedom there can be no happiness. The child promises *“to be the best”, “not to let anybody beat him”, “to do things perfectly”,* etc.

You ask, What’s so bad about those promises? They’re good promises. They do have a positive side since the individual gathers his strength and energy to shine at whatever he undertakes. But the other side of the coin is that inside the person has no true purpose. His efforts give him no joy or happiness. His is motivated by the need to please others so they don’t judge him. He is not moved by his own free will or to please himself, the purpose of competing is to show that he is the best, and to be accepted.

**Example:**

Elsie comments: *My older sister was always very studious. She always had her nose in her books, doing her homework. She did everything my mother asked her. I on the other hand never felt the need to be the best at school, I was happy with just getting good grades. My mother tried to keep me busy all the time because I was very restless, but I didn’t like what she wanted me to do--things like knitting or embroidery. I told her no and she would get mad. She told me I was lazy and that I should be like my sister, always studying and getting excellent grades in school. In addition my sister never caused any problems, where I was rebellious and lazy. My mother was always making us compete, saying, “You should learn from your sister ...”. “Whoever finishes eating last does the dishes ...”. “Whoever gets the best grades gets a new dress ...” Since this always bothered me, I promised myself that I would show them what I’m made of. When I turned 18 I went to college in another state. I began to be successful. I started working while I was still at school, and I was always recognized by my teachers and at work as a hard worker. I thought, What would my parents say if they could see how successful*

*I am? Would they be pleased? Shortly after graduation I got promoted in the company, and my father told me, "How wonderful that you are so successful! But have you ever considered finding a job in another company, where you would get more benefits than you have now? Look at your sister where she works, she even gets free trips." The saddest part of all is that I don't like my work and I can't make them feel proud of me. I feel stupid and I wonder why God didn't make me more intelligent.*

*Cristal remembered: When I was little my mother used to make us compete. When I was 4 I was in the hospital and the doctor recommended that they do some tests to find out my IQ, to determine if there was any injury. It was then that my mother decided to give the same test to all my brothers and sisters. Their results came out wonderful, I was normal. This caused my mother to demand more of me; she would always use my brothers and sisters as examples, constantly pointing them out as intelligent and good students. I couldn't be like them, they were better. One day, even though I worked hard and studied to get excellent grades, I couldn't. The grades I brought home were not good enough for her. She got very angry and said "she was ashamed of me, that if I didn't pay more attention to school and get better grades, she would forget that I was her daughter". That hurt me very much. I promised myself and her that I would show that I was the best, always the best.*

Despite the fact that this promise has helped her to become a prominent executive, the need to prove to others that she is the best has left her with a constant need for approval, to prove to others that she is good, intelligent, efficient, dependable and successful.

**Promises made because of the mother's suffering:** When the mother is mistreated or knows of her husband's adultery, although wishing to separate from him she decides not to so that "the children will still have a father and means of living". She lets the children know this, so they will realize that their mother is suffering because of them. The children as a result make promises: *I'm never going to get married, I'll always be with you. You won't lack for anything, I'll defend you, you won't suffer anymore, etc.*

## Life Promises

**Death of a brother or sister:** When one child dies, the mother or the father may feel that they die with him. The child, seeing the pain that the parents are feeling and trying to heal their pain, promises *"to take care of the mother or father ..."* *"to be like the brother or sister that died ..."* This means changing his personality, taking on the characteristics of the dead sibling, if not physically then certainly his or her habits and beliefs. As a result of their loss the parents may say, *"Now you are the oldest or youngest ..."* etc.

**Responsible for the life of his parents, spouse, etc.:** As in the last case, when the parents suffer the loss of a loved one, be it their parents, spouse, boyfriend or girlfriend, etc., they feel a profound emptiness in their lives. They feel that their children or spouse are their "saviors"; they live only for them, because otherwise life would have no meaning. They tell the child, adolescent, spouse, etc., *"You are my reason for living..."* *"thanks to you I continue living ..."* *"if you didn't exist I would die ..."* *"if you ever go I would die of pain and loneliness ..."* The person, seeing the pain of the other, takes on the commitment and the role of savior to relieve the pain, establishing a link to life.

### Example:

*Rosa, 14 years old, remembers that she was two months old when she became sick. The doctors said that there was little hope. My father, who had always suffered depression, told me, "We need you..." "Don't ever leave me, you're my only reason ..."* *"Without you life has no meaning, only you make me happy..."* *When I was a year old my parents divorced. I have spent very little time with my father. I used to see him every two months because he wouldn't come to visit me. He made another life with another woman. My mother spoke to him because I was always asking about him. I felt the need to be with him, to know if he was all right, and when I don't speak with him I feel guilty or like something bad will happen to him.*

Babies accept everything their parents say, do and feel as truth. Rosa assumes that thanks to her, her father continued living, turning her reason for living into being with her father to see that he lived. When she didn't see him, she felt that she had to look for him, to "save him, if they aren't together he may die". Although the father did not come for her and really had no interest in being with her, she took this as a punishment, feeling she had done something wrong and therefore he did not want to see her.

## Adult Promises

**In response to Religion:** Some religions like Catholicism view marriage as the union of two people that join their lives, and "promise before God to love each other and respect each other all their lives, until death do them part". There is no divorce; thus the union established by the couple is life long. But what happens if this couple separates or divorces? The union made in church is not broken, and neither is the energy link established through their promise. They continue connected until the death of one of them.

**Promises to children:** The father or mother promises the child to care for it and love it forever. In some cases this "love", based on the promise, becomes a sick love, an absorbing, possessive and obsessive love that doesn't allow the child to grow.

**Promises made by spouses to their parents:** In many cases one of the spouses has promised to live with his or her parents--to be there for them or to take care of them forever. Obviously the arrival of a baby makes this difficult, implying more responsibilities as the individual's new family grows and making it difficult for the individual to fulfill the promise made to his or her parents.

**The parents live far from their family and country of origin:** In many cases the individual has married a foreigner, deciding to move from his or her country to that of the spouse. In cases where one of the spouses made a promise to live with his or her parents, to be with them or take care of them, the geographic distance represents one difficulty to their fulfilling that promise. Then when the woman becomes pregnant, the pregnancy is rejected since the child will make it impossible for the individual to eventually return to his or her family, and therefore impossible for him or her to fulfill the promise made to the parents.

### Example:

*\*Andrea: My husband is German. I met him in Mexico, and after we got married we moved to Germany. I love my husband but I feel very lonely. I wanted children, but I also knew that with a family I would have less money to travel to Mexico to visit my parents. When I became pregnant I suffered a lot. I felt very lonely, until my mother came to see me just two months before the birth. But even with that I would have liked to have my father with me. I have always felt a little guilty that I left them, even though they aren't alone because I have a lot of brothers and sisters. But they are sad because we barely see each other.*

A. didn't remember the promises she had made to her parents; however her parents reminded her of these by following her, making her feel lonely, sad and guilty for not being with them and fulfilling that promise. Even though A. loved her husband and was happy in her marriage, subconsciously the promises made to her parents let her know that having children was not the right thing, since this would make it even more difficult for her to return to her parents and fulfill the promises made in childhood. As a result the baby felt rejected, believing it was not wanted.

## Social customs, traditions, or ... promises?

Over the years some promises become family traditions or social customs. They pass from generation to generation, from family to family until they finally become tradition or social custom. Some examples of these are:

Some societies still have the custom of demanding complete submission from the child or adolescent to demonstrate honor and respect for his or her father and mother. This means that the child does only what the parents order. In some societies this sounds like some madness from the medieval era; but it's not. Today some families and societies still demand complete submission, converting the individual into almost a slave with no self-will. In the same way it forces women to submit to a man's will. In both situations, adults or men (in the case of women) may exercise their authority over children, adolescents and women in humiliating and even aggressive ways.

Children may be mistreated and abused by the parents or adults, or women by men. They have no way of defending or protecting themselves since according to their traditions, the parents, adults and men are unconditionally honored.

Some cultures have the tradition of requiring the youngest son or daughter, when an adult, to take care of and be responsible for the parents.

What has this got to do with the promise?

Before becoming a family custom, the initial promise was: *"I will always be with you ..."* *"I will obey you in everything ..."* *"I won't cause any problems ..."* *"I will always take care of you no matter what happens ..."* *"I'm going to be like you ..."* Children learn this from their parents; they teach their children and so on, transferring the promise from parents to children from the great, great, great, great etc. grandfather, until it finally becomes family tradition or social custom.

**Example:**

*Isaias: My mother says that all the men of my father's family are the same as him. My father's mother told me that her mother used to say that everybody was afraid of her grandfather when he was angry. He used to say, "I'm like my father! He always gave the orders for everything in the house, and my mother always obeyed. I also like for my wife and children to obey me the moment I order them to do something; otherwise they're going to be in trouble ..."*

*All the men on my father's side are the same. I promised to be like them so they would accept me, because as a boy they made fun of me when they saw me helping the women. But I don't like it, I feel guilty when I threaten my wife and children. I don't know what to do, it's almost a tradition that the men mistreat the women and not let the children be free.*

# GUILT

## Are You good....neither good nor bad...Normal...Bad?

If you consider yourself good then you don't feel guilty. If you believe you are normal, you doubt, you believe you have done something wrong. This means that you feel a little bad and a little guilty. If you believe you are bad, there is no doubt that you feel completely guilty.

If you feel bad why do you feel guilty? According to both our society as well as within ourselves, the person who has done something wrong is guilty of having done something wrong. That is why he is declared GUILTY.

The thick veil that covers the truth of an individual's life is found in this small concept with only five letters: GUILT; but if we analyze it further, it is actually an enormous monster that blocks the individual's development, in both his every day as well as in his spiritual life.

Have you ever felt guilty of everyday things such as . . .

- A few days have passed since you saw your parents or spoke to them on the telephone, or you don't want to go to their home. However you go to visit them, because you feel bad for not doing so?
- You buy some new clothes, and then you feel bad about having spent the money instead of saving or buying things "more important?"
- Your best friend calls and you don't want to take the call because you are busy; then you feel guilty?
- Your friend, the person you work with, your boss, parents or someone close to you is angry; and even though you don't know why, you feel that you are the cause. You ask yourself, "Have I done anything to make them angry?"
- Have you ever felt guilty for another person's actions? When someone close to you makes a mistake, do you feel embarrassed or guilty for his or her actions, as though you had done it yourself?
- Do you normally get up early, but the day you sleep longer than usual you feel guilty?

If none of these examples apply to you, try to remember things that made you feel bad or uncomfortable with yourself. The sensation of discomfort and non-conformance or embarrassment, is guilt.

Guilt is a consequence of the first message of rejection and of promises not fulfilled. Remember when the individual feels rejected, the Liar Mind and Internal Enemy are activated saying, *"They reject me because they don't love me...."* *"If they don't love me it's because I'm bad..."* *"I did something wrong ..."* *"I shouldn't be here ..."* *"I only cause problems and pain ..."* *"I'm no good ..."* *"I'm a bother ..."* *"That's why I'm bad ..."* *"I am bad; I am the reason my mother suffers ..."*, etc.

It is at this point that the veil of lies begins to weave. The Liar Mind together with the Internal Enemy take control of your life, making you believe that you are very bad-*"Because of you,*

*Mom, Dad or both suffer; they are unhappy, and that's why they reject you."*

What happens when someone feels guilty? The biggest problem with guilt is that the individual who feels guilty looks for P U N I S H M E N T, emotional, physical and/or mental. Remember that punishment is NOT a conscious mechanism; it is prepared by the Internal Enemy.

Guilt is not just a result of rejection, but rather the result of promises not fulfilled.

### **Example:**

*Alicia: My parents were the perfect couple. They enjoyed their free time at parties, meeting their friends. My mother was slender and very beautiful, my father enjoyed going to the soccer games every weekend. They were a great social success. They were happy until my mother got pregnant. It wasn't the right time, they didn't want to give up their social life, they were afraid of the responsibility. They were very young-she was 20 and he was 22.*

*My mother was afraid of what my father would say. He would have to work harder and wouldn't be able to meet his friends anymore. My mother was very worried about the physical changes in her body-she would look fat and ugly. She didn't want her stomach to get big. She had almost no stomach; she hid me so her stomach wouldn't show, so I didn't grow because if I did it would hurt her. I didn't feel any connection with my mother, she didn't send me any loving thoughts.*

Alicia recorded fear, rejection and guilty. Fear because her mother didn't want to be pregnant. She was afraid of her husband's reaction, and the baby felt and recorded that fear (fear created by the Internal Enemy. The mother contaminated Alicia, who began to vibrate in fear, creating her own Internal Enemy. The mother didn't want the pregnancy and rejected it. The baby felt rejection and guilt. If the mother was afraid and didn't want the pregnancy because it wasn't the right moment, the Internal Enemy told her that she was causing problems, her mother was unhappy, her father would have to work more and leave his friends. Because of her, her mother's body would be deformed. She had done wrong by coming, and therefore she was GUILTY. Alicia believed everything the Internal Enemy was saying, and accepted her guilt.

## **Other situations that cause guilt:**

### **Jealousy**

The daughter's mother or the son's father: Both of these people often show the same attitudes and emotions towards their children. The parent's envy of his or her child becomes an enormous burden for the son or daughter. Feeling terribly guilty for the "unhappiness" that they create for their parents, they sabotage, or block their own development and success with the hope that the parents will stop comparing themselves with them, stop competing and envying them, since nothing that they do will be good enough to satisfy the needs of the jealous mother or father.

The mother or father would have loved to have been as pretty or as handsome as their son or daughter; to have been as intelligent, good in school, sure of himself or herself, having the same opportunities as their child, etc.

In the majority of cases the parents are not conscious of what is happening; the children receive the message of jealousy either through the parent's actions or in verbal form.

### **Example:**

*Teresa: My mother is jealous of me. From the time I was a teenager I have felt like she is competing with me. It's as if she wished she were me. I remember very well that when I was in high school on three different occasions I invited some friends to the house, just to talk. My*

*mother always broke into the conversation, and after a while it was as if I weren't there. They stayed talking with her all afternoon. After a while they became her friends, not mine. I used to dress with short jackets and have long hair. She began to dress like me and let her hair grow. If I bought a new car or went on a trip, she wanted to do the same.*

*Miguel: My father used to tell me, "Son, I didn't have what you have now. I would have liked for my parents to give me what I have given you. I would have loved to be able to stay in school like you, to have the safety and strength to make the decisions that you make, to have the wife that you have, the luxuries that you have, the work opportunities that you have, etc. Don't take this wrong, but I envy you. I never could have dealt with the situation with the courage that you have. Good!" This is "good" envy.*

If as children the parents wanted or now want what their children have, it is as if the parents are competing with their children. This is envy and jealousy, and in the majority of cases the children are also criticized; no matter what the child does, "positive or negative, success or failure", there is always something wrong in the eyes of the jealous parent--envy used against their child.

### **Example:**

*Alberto is a very talented musician, a beautiful pianist since he was a child. Although his father was also a good musician, he was unlucky, never having the opportunity to rise. Suspecting that his son had great musical talent, he never pressured him to study nor to perfect his technique. Through these small actions, A. received messages of his father's jealousy. Needing to please his father, he promised to help him, to take care of him and make him happy.*

*A. studied music and began to get some important jobs, but his guilt at being more talented and successful caused him to punish himself, to prevent himself from "hurting" his father. He began to sabotage his own work. An extraordinary pianist, he always tried to remain in the shadow of others so he would not stand out. From the time A. entered music school, his father unconsciously reminded him of his jealousy. On two different occasions A. arrived home and found that the piano bought by him with great effort wasn't there; and when he asked his father what had happened, the father replied that he had sold it because he needed money.*

The Internal Enemy made A. believe that if he succeeded as a musician, his father would suffer. He would be bad and guilty of the pain that his success would cause his frustrated father.

In the majority of cases of parental jealousy, the jealousy is checked when the child finds himself in painful situations, either emotional, financial or other kinds. The parents generally help their handicapped children, aiding them no matter what is happening. Their paternal or maternal side is full of love, helping and supporting these children. But there are also cases where the children do not receive the aid of their parents, since the father or mother still holds a truncated adolescent or child within. This jealousy and envy is all the stronger since the Internal Enemy has taken them over and made it impossible for them to remember their love for their children, to help them in these difficult times.

**Sexuality:** In some social groups and societies sexuality is still considered a taboo, something that is simply not talked about. This prohibition means that sex is bad or damaging; when the individual performs any act that he knows is condemned, he knows he is guilty of having disobeyed the law. In terms of sexuality, if his sexuality is not "allowed" and he dares to explore it then he (or she) is doing something bad; however, the crime is greater when he dares to enjoy and experience the ecstasy of sexuality.

The fact that he is joined to his spouse according to the law of his society is unimportant since his programming in regards to sexuality was received during his childhood and adolescence, teaching him that this was bad, dirty and forbidden. The individual is trapped by guilt, like a thief who has committed a crime.

Some religions and societies forbid the child, from the time he is a baby, to touch and explore his genitals. He is told, "Don't touch there, that's dirty ..." "Take your hand away from there ..." "Aren't you ashamed that you are touching yourself?" and his religion forbids any kind of activity related to sexuality, such as masturbation. As an adult he cannot have sexual relations except within marriage; otherwise it is considered a sin. Thus if he masturbates or has extramarital relations then he is committing a sin, and consequently is bad or guilty and deserves punishment.

### **Example:**

*Joe: My mother has been very devout all her life. She was raised in a convent. When she married my father, she had been out of the convent only a few months and my grandparents married her to him without consulting her.*

*During a regression exercise Joe remembered being in his mother's womb, and said ... When she was pregnant she felt unclean; she was embarrassed to expose much less open her legs to a doctor; when I was born she almost died of shame. She was embarrassed for having had sexual relations with my father; the pregnancy was a torment for her, the shame and humiliation of being exposed. I feel sad for her; I feel frustrated and anxious that I can't help; I don't want to leave and she doesn't me to be born because she doesn't want to open her legs. I told her it would be all right, don't be afraid; I promised to always be with her to take care of her because I should she could not survive with me. I feel like I am hurting my mother, and that is why I am scared to hurt anybody else.*

The baby or small child naturally exploring his genitals learns that his genitals are dirty, something to be ashamed of. And the individual that clings to this doctrine and takes care of his physiological needs by masturbating or having pre-marital relationships believes himself guilty and bad. The programming relative to sexuality is that it is bad-this is recorded in the child or adolescent, and upon reaching the age to marry the blame recorded in his childhood is revisited in an unconscious feeling of prohibition, blame and fear.

The human being is born with sexual energy which is used naturally, positively, to benefit his development in the first years of life. It is for this reason that the baby touches and explore its genitals, helping to recycle the energy created by the biogenerator found in the genitals to provide energy to other biogenerators.

This energy is used as the child grows. It is natural for the child to know that this energy is sacred, that only he can use it during the first years of his life, that he cannot share it with anybody until his physical body has the maturity necessary and he is emotionally ready to make use of it with the person he chooses.

**Sexual abuse:** The victim feels guilty because the natural instinct for preservation makes one feel the necessity to protect oneself, but fear for one's life allows the completion of the act. It is impossible to prevent the act; but the victim feels guilty, despite their physical and/or emotional disadvantage at the time.

Sexual abuse does not necessarily occur in violence; it may also take place in peaceful form, through deceit or using the authority the abuser may have over the victim.

In a violent act the victim resists, the aggressor is stronger and mistreats the victim physically and verbally. The victim cannot defend him- or herself; he or she feels bad and guilty for not having the strength to stop the act.

In non-violent form, the abuser recognizes and uses his or her control over the victim; the victim cannot and does not intend to defend himself because he or she is weaker, and the abuser's authority is so great that the victim fears him. The victim knows that what is happening is wrong and

should not happen, but fear stops him or her from reacting, and he or she feels guilty.

In the majority of cases of non-violent abuse where the abuser is known to his victim, the victim is forced to promise, usually by threats, not to say anything to anybody. Unable to tell what has happened, the victim is guilty of covering up, becomes an accomplice to the abuser. The victim fears for the other members of the family, feeling that they may be at risk, and therefore feels guilty.

In both cases the victim can mentally block what has happened and not remember it, but the sensation of fear, of being dirty and bad remains.

### **Example:**

*Carla: When I was 6 years old, after going to mass every Sunday we would go to visit my godparents. One day in their back yard my godfather called me and hugged me. I stayed by him, and he started to rub my legs until his hand reached my genitals. I got scared but he stopped me and continued touching me. He told me not to say anything to anybody, that if I did my mother would get sick. So he continued doing it. And even though I didn't want to go to his house, I couldn't say anything to my mother because if I did I would make her get sick. I have always felt dirty and bad; every time I remember that I want to hurt him; and that in itself makes me feel guilty, because I'm not a violent person.*

*Marian: My uncle, my father's brother, used to live with us. When I was 8 years old I used to go into his room and play with him. One day he invited me in to see some magazines. They were pornographic magazines, and when I saw them I said no but he said there was nothing wrong, that I had to learn, and he forbade me telling my parents. He said it was a secret, and that they would not understand because they were very old-fashioned. He said that they would make him leave and he wouldn't have anywhere to go. I began to cry, I was so sorry for him because nobody loved him. So I kept the secret and listened to what he told me. About two months later he began to masturbate in front of me. I didn't look, but later he began to abuse me. This lasted about two years, until one day I couldn't stand it any more and I told him that if he didn't stop I would tell my parents. I feel guilty for letting him abuse me for so long. One part of me hated what was happening, but the other liked it. It felt nice, and that made me feel that there is something wrong, something bad in me. I feel dirty and guilty for what happened.*

*Margarette: I never remembered it; it was as if it were a nightmare, but it really did happen. When I was 7 the whole family was together in my grandparents' house. I went into a room, and my aunt's husband, who was drunk, raped me. I couldn't scream or do anything, I was too scared. But when he began to caress me I think I must have liked it. That's bad, isn't it? When he had almost finished my father came in. He was very angry, he took me by the arm and shook me and said, "Get out of this room!" I left, and I don't remember anything more. They never said anything, but now I realize that since then my father changed toward me. Now I feel as if my father blamed me for what happened. I have always felt guilty for my sexual behavior. I don't know why, but it disgusts me.*

# **A Promise Not Fulfilled... Sure PUNISHMENT**

**W**hen the individual carries out his promises, it is in the belief that he will find a reason for living, a purpose for his life, something that gives us a reason to live since fear, blame and our own negative recordings from our mother in addition to our Internal Enemy as a child made us feel like a hindrance, an obstacle, something undesired, in the wrong time or a danger to our mother's health. We felt so much confusion that we believe we shouldn't be born because we are going to create problems; but our soul forces us to move forward. It knows that we have to be born, and then justifies our being born. Through the PROMISE we find a reason to live. In the majority of cases the promise is not consciously remembered and is therefore not fulfilled. The person feels that he has failed; or in cases where he partially fulfills his promise, he feels that he is not doing things well, or guilty and deserving of punishment. But at the same time he feels that he has no reason for living, since the purpose for which he was born was to fulfill his promise, and he is not doing that. Since he does not carry out his purpose, he has no reason to live; and so the Enemy Within takes advantage of that guilt and loss of purpose to make the individual unconsciously seek death. Why death? Because death is the result of having no reason to live. If there is no purpose to you life, then neither is there a reason to work or study, and the next thing to look for is death.

Punishment is accepted by means of a mechanism where the Internal Enemy interferes with the correct flow of vital energy, sufficient to keep the human body working perfectly. This together with the human's feeling of guilt, mentally accepting the illness or suffering as part of his destiny without knowing the mechanism of the Liar Mind and the Internal Enemy, may destroy him, weakening the person's energy field and thus causing the physical body to weaken its defenses and allow the entry of illness. Some people with low energy have no chance of fighting and defeating the Internal Enemy, believing everything the Liar Mind tells them and on many occasions even programming themselves to attract an illness or accepting their punishment of death, be it through illness, accident, addiction, negative friendships or sentimental relationships that cause suffering. Other individuals with high energy may overcome this and confront the attacks of the Internal Enemy. They continue living, but punish themselves. If the guilt they suffer is to a lesser degree, then they may punish themselves with something as small as a headache, the loss of a wallet, etc.; if their guilt they feel is greater, then they may punish themselves with something as serious as a long and painful illness, painful accidents that do not cause death or causing a part of their body to be deformed or amputated, scars or obesity, as well as such punishments as financial failures, loss of their employment, sentimental failures or divorce, etc.

Any situation that makes them feel that they are not fulfilling the promise will make them feel that they have lost their reason to live, even though this may be a false reason, like the promises.

## **Example:**

David remembered his mother's womb during one regression exercise: *My parents lived in the US at the time of the recession. When my mother found out she was pregnant she was very frightened. She didn't want the pregnancy because they had no money for another person in the family. In addition she was afraid about what my father would say. He had a very bad temper and was always shouting at her. I felt very bad; I promised to be good and help them with everything; that I would always be there to help them.*

*At 5 years of age I began to help my mother with my brothers and sisters. I never asked for anything. There were times when my shoes were too small, but I never said anything for fear she would have to spend her money. I began to work at the age of 8, and I gave all my money to my parents. When I got married at 24 I couldn't give them money. I went to live in another city, my life became chaos. I couldn't concentrate, I suffered every day from headaches and fevers. The doctors couldn't figure out what was wrong with me. My character changed, I was angry all the time, I didn't get on with my wife, I felt tired. One day my wife couldn't take my bad temper anymore and left me. What I did notice was that after she left my anger began to go down. Without knowing why, I decided to return home to my parents. I feel happy with them. Since I've been back the tiredness, the headaches, the fevers, the lack of concentration and the bad temper have vanished.*

David believed that he was causing his parents economic problems, because he had promised to always be with them and help them, making these promises as part of his false REASON FOR LIVING. When he left his parents' home, it was impossible for him to fulfill these promises. He felt guilty and bad, and therefore deserving of punishment. The Enemy Within, taking advantage of this sent him physical illness as his punishment, along with anger. The pressure finally caused his wife to divorce him, therefore taking away the cause of his abandoning his parents: his marriage. He finally returned home to his parents, again taking up his false reason for living. The promise as a result stopped punishment him, and allowed that he had a right to live.

**Victor:** *My first clear and conscious memories go back to when I was 3 years old, but I know that since my parents married the life he gave my mother, and later me, was full of pain, disdain and deceit. He had another family; and when he arrived at our house weeks after having disappeared, he would run us out, saying, "Get out of my life!" When I was 6, I responded by asking my mother if we could go live with my grandparents or uncles and aunts, far from my father, but she said, "No, we can't do that. If we do you won't have a father anymore and there will be nobody to take care of you." When her father (my grandfather) visited us and saw her suffering, he became angry and told my mother clearly, "Between this child and your husband, they're killing you." And so it was clear to me that because of me she was suffering and dying.*

*When I was 6 my mother often let me go play with my neighbors. After playing, I went in the house and found my mother crying. I asked her, "What are you doing?" "Nothing, just ironing your father's shirts, and here he has abandoned us. I should have told my father that I wouldn't marry him. I should stayed at home. But that's nothing to do with it, now it is my obligation to stay with him and suffer so you can have a father. And all for nothing, because when you grow up you will marry and leave me all alone." And I answered her, "No, Mommy! Don't worry! I PROMISE that I will always be here with you and I'll never marry!" Years later when I was 23 I decided to get married. My mother reproached me, reminding me of my promise, "Remember that you were never going to marry?" So I decided to live with my wife in my parents' house. Soon after that my mother declared war on my wife. I decided that we would leave her house and live alone in an apartment. A few months later I began to feel consumed by anxiety. I didn't know what was wrong-I began to drink to put out the fire of this strange illness that nobody could diagnose. Years later I was divorced. I married again and divorced again. My alcoholism became worse. I was dying; I had two accidents while I was driving under the influence. I was on the point of dying.*

When Victor heard what his grandfather said, that between him and his father they were killing his mother, he believed that he was causing his mother's death. Obviously it was his fault that his mother couldn't get a divorce. He therefore promised to never marry and to take care of her so she wouldn't die. At that moment these promises become his false REASON FOR LIVING. When he married, V. lived with his mother, but upon leaving her he began to punish himself physically, emotionally and mentally. He felt bad and guilty; his Internal Enemy sent feelings of anxiety for failing to fulfill his promises. His punishment was divorces, alcoholism, the impossibility of feeling good with himself, until finally his Internal Enemy led him to greater punishment with accidents which almost took his life. Why? Because the greatest punishment for guilt is death. There was no longer a reason for

him to live, since, as he believed, the reason for his existence was to be with his mother, live with her and care for her.

**Daniela** is 40 years old, a mother of two children. She sought alternatives to heal her emotions and help the treatment that she was undergoing for stomach cancer.

*She began to tell of her life from the time she was a child, saying, "I had 4 brothers. The oldest left home before I was born. The second was 8 and I was 6 when my mother got sick, and there were two little brothers, the youngest was only 2. My mother had stomach cancer. My father was a drunk, he was never home, and when he was all he did was hit my mother, even when she was sick.*

*When I was 7 I asked my mother what was wrong with her. She was very close to death. She told me she had cancer and was going to die, and I said, "Don't die! Give me your sickness, but don't die. It's better for me to die instead of you. I'll take care of you and nothing will happen to you." When she was dying she told us to take care of my little brothers, and then we were alone. My father appeared a week later. Even though they had sent word to him he never came to see us. My uncles and aunts took care of my mother's last expenses, but they couldn't take us because they too were very poor. As we had promised my mother, my brother went out to find us food and I took care of my little brothers. My father came to see us once and then never returned. He lived with another woman and had other children.*

*A few months later my little brother, the one born after me, left the house one day and never returned. We never found him though we looked for days. We still don't know if he died or was kidnapped. I didn't know how to take care of him. I've always carried that blame.*

Xavier: *How old was your mother when she got sick?*

Daniela: *40, just like I am now.*

X: *Where was her cancer?*

D: *In the stomach.*

X: *Where is your cancer?*

D: *In the stomach.*

X: *Did you feel guilty for your mother's death?*

D: *Yes. I asked her to give me her illness, and when she died I believed that I had not taken care of her as I had promised. I had told her that nothing would happen to her.*

X: *Do you believe that you should have kept her alive?*

D: *Not now, but when I was a child and she died I believed that. I was sure that if she had given me her cancer she would have lived, but I couldn't do it.*

X: *How did you feel when your brother was lost?*

D: *I wanted to die, to disappear. I still believe that it was my fault.*

X: *Do you realize that you are repeating what happened to your mother? At 40 years of age you have stomach cancer, the same age in which you found out your mother had cancer and in the place as her. That means that when you asked your mother to give you her illness, you opened your energy field, the Enemy Within waited to fulfill your desire at the same age when your mother's problem began, and the guilt that you carried with the disappearance of your*

*brother was the perfect fuel to fulfill your wish to die.*

*When she told you she was going to die, you told her that you would take care of her so she would get well. This became your reason for living. When she died you changed that reason, that purpose (promise) for the promise to take care of your brothers. When your brother was lost, you lost your reason for living (promise) and you wanted to die. You still believe that it was your fault, and your wish to die also continues because you did not fulfill your promise to take care of your brothers. You therefore have no reason to live, so your first wish to get cancer is carried out, as your punishment.*

*When your mother died she changed your promise, leaving you with a reason to live; take care of your brothers.*

**Megan:** *When my husband died I was very sad and alone. I felt that part of me had gone with him. I thought that I would never forget. My 5 children also suffered a lot, especially the oldest who was very close to his father. When his father died, Enrique, my oldest, told me not to worry, that he would always help me with the others. I couldn't let him do that, so I told him that they were my responsibility; and from that moment on my only reason for living has been them. Now I remember that I silently promised myself, wrapped in pain, love and compassion for my children; I said, "I will never abandon you, I will always take care of you."*

*As the years passed some men were interested in me, but I never wanted to marry again. I have not been able to forget my husband, and also my children came first with me. Since I didn't have to replace their father, I wasn't going to risk marrying somebody that would distract me from my first and most important purpose of taking care of my children and giving them my best.*

*Now my children are big. They have their own businesses. Some are married and others are still single, but financially they are all doing well. I decided to accept an offer to work in another city. I went there, but I don't know what happened to me. A few months after I had moved there I began to feel bad. The doctors couldn't find anything wrong in all the tests they ran, but I suffered constantly from stomach pains and attacks of anxiety, as well as dizziness and fainting spells. I began to lose weight, and felt so bad I believed I was dying. I decided to come home to be close to my children, and little by little, with no explanation, I began to feel better. The doctors have no idea what happened, much less me.*

**Xavier:** *Do you know how many promises you made?*

**M:** *Yes, one was to take care of my children. I feel very good because I did very well. They are all good kids and happy.*

**X:** *No, you made three: "To take care of the children", "To always be with them," and "To never forget your husband". Do you know why you got sick?*

**M:** *No, I told you that nobody found what was wrong with me. Do you have any idea?*

**X:** *I'm going to explain it promise by promise so you will see.*

*First, when your husband died you made a silent promise to never forget him. That promise was constantly present in your life, and therefore there was no room for another person in your life, except for him. As a result you have never married again.*

*Secondly, you made two promises to your children: to never abandon them and to always take care of them. This means that all your life you had to be with them. When you moved to another city, you broke those promises. You were doing something bad, meaning you were a bad mother. As punishment, you felt all those physical symptoms that no doctor could find a reason for. The reason is that they were not in your physical body, but rather caused by your Internal Enemy. When you made those promises they became your false Reason for Living. This*

*doesn't mean that without those promises you would have let your children fend for themselves; but when you made those promises your energy became committed or concentrated on fulfilling them and being with your children. When you left because your children were grown and didn't need you anymore, your false reason for living demanded that you continue to fulfill those promises. When you didn't, then you may as well have died, because you no longer had a reason for living. Of course all this is at a subconscious level.*

# Sexuality

**F**or centuries western religious institutions have played an important role in guiding individuals in their attempts to reconnect with God. Unfortunately, the confusion felt by the individuals within these institutions caused their teachings to be hidden due to misinterpretation. Against this the schools of hidden sciences, better known as esoteric schools, had the great privilege of preserving knowledge so that at the right time, man may have access to it. The cover up of the truth regarding sexuality has caused man to remain ignorant of the true purpose for the union between man and woman, which is the reconnection of his spiritual conscience and liberation of his soul to reconnect with his origin. This has led to misinterpretation and created a turgid and dirty ambience when dealing with sexuality, generated in the person's confused emotions of desire-guilt, fear-enjoyment, and the individual is unable to feel TRUE LOVE at the time of the sacred act of intimate union with his partner.

The ancient Egyptians, Hebrews, Greeks, Mayas in Mexico, Incas in Central America, Chinese, Japanese and Hindus considered sexuality as the Sacred Science that elevates sexual energy in a link that unites the couple on the road to God.

Treatises accepting sexuality as a Sacred Science state that in every sexual relationship the partners exchanged their energy, uniting them energetically. In the act of ejaculation, the man leaves within the woman particles of energy that act as an energy connection with the pair for various years.

In a **stable relationship**, these particles in no way affect the individuals, since the purpose of both partners is to use the experience of survival in their development as individuals, as a couple, a family, and (although they may not consciously realize it) in their spiritual development.

**Temporary or casual relationships** do not deal with love, but rather only sexual attraction. In this case the energy particles deposited in the woman serve as an anchor, blocking the spiritual development of both individuals. As a result the woman is at a greater disadvantage in temporary or casual relationships, since the energy particles deposited by the man contaminates her, and the mixture of these particles results in an acceleration of her energy and physical wear, increasing the power of the Internal Enemy who sends sexual impulses and stimulation with greater frequency so the woman continues with this disordered sexual activity, with a constant physiological need for orgasm. Her energy is constantly drained, shown in premature aging as well as other signs of weakness, together with emotional problems such as guilt and self-hate, at the same as she feels unable to stop this compulsive sexual conduct.

When the man uses his sexual energy in temporary or casual relationships, through his semen he loses the energy collected from all parts of his body, in the long run cause his physical weakening and cutting his life short as well as increasing the Internal Enemy, which sends sexual thoughts and needs until it cause a compulsive and unstoppable act, causing guilt, self-hate and rage towards himself.

Each time you have an orgasm without Love, with the false purpose of enjoying physical satisfaction, both individuals lose energy, they are drained. The ecstasy is momentary, only lasting a few instants because it is empty without the most important ingredient, Love.

It is for this reason that all cultures, from remote times, have never recommended and indeed forbid the practice of casual sexual relations (currently called affairs), since multiple relationships dirty the woman and energetically drain the man, setting blocks in the electrical current and impeding the energetic flow, preventing spiritual evolution.

This means that the love relationship carried with your stable partner through sexuality unites the energy field, interconnecting them and energetically feeding them. This establishes a sense of union with your partner (where there is love you wish to be with your partner, enjoying their presence and sharing with them all that you are.)

When a stable relationship for some reason or another is separated, such as in the case of divorce or death, at the time that one partner disappears the one remaining feels a great void, an emptiness; the individual says, "I feel torn apart ..." "I feel as if a part of me has been torn away ..." This is no metaphor; it is real. A part of your energy field has been torn away, since where there was once a union through sexual interconnection, upon separating so dramatically or brusquely the field formed is broken, forming a hole.

Actually we find that the opposite is also true. Contrary to religious beliefs the individual has become sexually liberated due to the great manipulation of the communications media transmitting messages inciting the individual to take on promiscuous attitudes and vices. These are carried through music, videos, movies, television, magazines, etc. The promoters of using sexual energy for its true purpose of elevating the human spirit. They manipulate and turn sexuality into a mode, as a symbol of "liberation" and "modernity" which united with alcohol, tobacco and drugs causes the individual to follow these tendencies, draining his sexual energy and leaving him ever further from the possibility these ideas are ignorant people and institutions working against humanity's of reconnecting with himself and his Soul, causing an enormous void in the individual. Leading him to believe that it can be filled through his unchecked sexuality and other vices, this void actually leads to his self-destruction.

Sexual liberation or breaking of taboos and sexual inhibitions should be focused in a positive spiritual direction, one that leads to full knowledge of oneself with one's Superior Being and leading to reconnection with God. Otherwise the different and new sexual experiences cause an existential vacuum, a void relating to the meaning of life. The individual loses his sexual or sacred energy, blocking his mental, emotional and spiritual growth.

In no way is sexuality bad, dirty or forbidden. It is a tool given by God to man to be used not only for procreation, but also to raise his energy and find the way to connect with his Superior Being, carrying him to the final goal of evolution and reconnection with God.

# I Am Innocent

### “FATHER FORGIVE THEM, FOR THEY KNOW NOT WHAT THEY DO”

**H**ave you heard this phrase from our Lord Jesus? He asked His Father to forgive those who were sacrificing him. He asked forgiveness in the name of humanity because He knew that humanity was submerged in ignorance and confusion.

Yes, all of humanity is full of misunderstandings and confusion, and it is for this reason that we have not been able to remember our true reason for living, the true purpose of our lives. The purpose that we must remember is love itself, true love that strips away the veil of ignorance and confusion; true love and the forgiveness that dissolves blame, guilty, resentment, greed, fear. The true purpose of our life was never to be important, influential, rich, with many women or children. The true purpose of life is to find within oneself love, and through that love to find wisdom, God’s wisdom.

This chapter began with one of the most important legacies that Jesus left humanity, because in this saying he reminds each individual, **“I forgive you for your ignorance. You don’t know what you are doing; and if you don’t know, then you are innocent. If you are innocent then you are free of guilt; if you are free of guilt and free of punishment, then you deserve FORGIVENESS from God and from yourself.”**

Having received God’s forgiveness, then you must forgive yourself. To not do so is to be guilty of arrogance-you believe that you are more important than God, that you have more authority than God by not forgiving yourself. How can you refuse to forgive yourself, after Jesus and God did so centuries ago?

You wonder, how can I apply this to my life?

The formula is in letting yourself believe dialogue sent by your Liar Mind and the Internal Enemy, speaking of situations such as those already mentioned in previous chapters, the human loses his true reason for living, the true purpose of his life. In the case of unexpected or unplanned children, these have felt guilt from the time they were in their mother’s womb; in the case of planned and wanted children, these began to feel guilty as a result of negative influences received after birth for something that was not their fault, taking on the responsibility of the life or happiness of his parents, siblings, aunts and uncles, grandparents, etc.

If you are the child of parents who did not plan their pregnancy, then your mother’s pregnancy was never your fault. She and he decided to pass some moments with love or sexual excitement, from which you appeared. You never forced them to produce you! You are free of guilt! Whether your mother or father rejected taking responsibility for themselves, choosing to engage in sex, each couple knows that every sexual relationship has the possibility of ending in pregnancy. Therefore, you are innocent!

If you are the result of a planned pregnancy and had the misfortune that your parents suffered negative situations after your conception or birth, causing you to make promises that you have not been able to fulfill, the great news is - You are innocent! By Nature’s and Divine Law, you will never be able to change the life of another or take responsibility for the happiness of others. This can in no way be your role; by nature’s law the parents are responsible for the children, not the opposite; and not the children’s responsibility to care for their parents.

Let this be very clear: Whether planned or unplanned, the belief that you can cause another's suffering is FALSE; that you can cause the illness or death of another is FALSE, that you are responsible for the happiness or unhappiness of another is FALSE, that you can choose for others is FALSE.

When God created man, He gave him a gift, one of the most wonderful gifts: the gift of FREE CHOICE (the right to decide). Each and every human being has this quality, and it is the decision of every individual to seek and to find his happiness, peace and wellbeing. Nobody in the world can force you to be happy if you do not wish, just as nobody in the world can sleep for you and enjoy your hours of rest if you don't do this for yourself. This same principle applies in all senses of your life and for everybody around you, your parents, spouse, children, siblings, nieces and nephews, etc. Nobody can change the life of another person if that person does not wish.

This may all sound selfish and arrogant, but it isn't. As an individual our growth occurs on two levels: emotional and spiritual. As these two levels fill with love and self-esteem, then, and only then can we share with others.

In no way does this harden your heart, preventing you from feeling for another person, leaving you indifferent to the pain and suffering of others, making you a despot or a threat against the life or physical safety of another. Neither does it cause to repent for any negative acts you may have committed in your past as a result of your confusion. Never! This would be to flout Divine law. The lesson is Each person is responsible for his own acts; in no way is he guilty. As said before, guilt brings punishment, and a person ignorant of his acts should never be punished, although he should be made responsible for his actions.

#### **Example:**

*Jhon: I am an alcoholic. My wife doesn't want to stay with me anymore; she says she can't stand that every weekend I go to see my mother, who is also an alcoholic, and I return to the house drunk. I don't know what to do; if I don't go see my mother I'm afraid that something will happen to her. She is very sick. She drinks a lot every Sunday; if I'm not there with her I feel like something is going to happen. I have to take care of her, but I can't help drinking when I go.*

*She says that she began to drink after I was born. My father left her because of me, she had me even though he didn't want children. From as far back as I can remember she always drank, and I promised myself that I would be with her to take care of her. I began to drink because when she was drunk she told me that she had become a drunk because of me, and that I should accompany her in her drinking.*

J. took on the role of his mother's protector, because he felt guilty for her being abandoned. She reminded him constantly of this guilt, and he agreed to drink with her, becoming an alcoholic.

J. wishes to change his life. First he must take the responsibility for his own alcoholism, understanding that nobody forced him to drink. His mother may have invited him, she may have suggested it to him, but she didn't force him. He made that decision, due to the guilt he felt. Secondly, understanding that he is innocent of his father's abandoning them and understanding that there is no justification for his mother becoming an alcoholic, that many women have been left by their husbands and they choose to work and live a decent life, instead of taking the path of self-pity as his mother did. He is innocent of his mother's pain; it was her decision to make love; in no way could J. have forced her to engage in the sexual act that resulted in his conception.

By understanding this he is freed of guilt, he begins to value himself, he accepts that he is good and innocent, and was only confused by the situation in which he grew up. In no way did he need alcohol as a punishment. For the first time in his life he felt success, confidence, love and respect for himself. Freeing himself of the guilt and promises he had made, he was freed of the emptiness, the void of love that he had felt since he was a child. He had the opportunity to see life through the eyes of another, those of a free being that feels fulfilled, that loves and respects himself. He understood in his heart the meaning of Free Choice. He realized the pain that his mother had

suffered, he felt compassion for her, and with love and humility he forgave her mistakes. He tried again to help her, although this time his help was different: this time he respected the choices made by her and he respected her. Since his mother rejects the opportunities for healing that he offered her, J. continues visiting and helping her, but only when she is free of the effects of alcohol.

Remember our Teacher Jesus said, "Love your neighbor as you love yourself". He never asked you to love others first and then yourself, but rather that if you do not love yourself then you cannot love others. If you believe that this is selfish or wrong, then you are misinterpreting Jesus' message.

# My Parents Are Innocent

**A**fter reviewing the situations that made you feel a failure, guilty, angry, desperate, etc., and having discovered that the root of all these emotions and your unhappiness in general, come from the actions of your parents. We know that your emotions relating to them are disgust, and surely a lot of anger. For that reason, this chapter is dedicated to explaining why they are innocent of the hard life, full of suffering and confusion that you have lived until today.

Like you your parents have lived in confusion and misunderstandings. Like you they too surely felt rejected. If you investigate the history of their lives, you will see that the suffering that you have experienced is the same or similar to that suffered by them all their lives, without knowing why.

If you believe that your parents are bad for the way in which they scolded you, judged you, insulted you, punished you, and surely many of them continue doing so. You must understand that they are ignorant beings-ignorant because they don't know the reason for their fear, blame and resentment. They are ignorant beings, that never had the opportunity for somebody to tell them, as you have been told, that they are good and that they never harmed their parents.

If your parents are still alive, we invite you to begin to really know them. By tradition parents rarely talk about their lives. In only a few cases does a child know about his parents' lives, making their parents true strangers to the children. Interfamily communication is almost nonexistent, making the children just as unknown to their parents. In very few families is communication completely open, expressing likes and dislikes, feelings, thoughts, desires etc., and with each member of the family an active participant in the relationship.

We therefore again invite you to open a line of communication with your parents, so that you can begin to understand their lives and find the reason for which your father or mother raised you as they did. This will help you understand why they made you feel so humiliated, unloved, judged, etc.

It is completely possible that your parents will not wish to speak of their lives, or avoid the questions you need to know. If this is the case, or if they are no longer alive, try to speak with other people close to them, cousins etc. If there is no way of doing this, then just think the best of them that you can-that they had nothing more to offer you, and if they were hard on you and didn't show their love, it is because nobody showed them how.

The next example will help you to understand why we suggest that you open a relationship as friend with your parents, so that you can speak about their lives, and thus help you to understand your origins.

Olivia could not remember situations lived while in her mother's womb, and therefore used information described in previous chapters and given her by her mother about her birth. Understanding them would free her of resentment, and allow her to forgive her parents.

### Example

*Olivia: All my life I have been confused; I don't know what to do. I have lived in various countries of the world. I am 32 years old and I don't know what to do. I have studied two different careers, and feel like I am carrying a great weight. I have no boyfriend or spouse; I cannot carry on a long term relationship with anybody. I have always felt like a weight only my parents. They irritate me. My relationship with them is bad, especially with my mother. I can*

*never please her. My father always makes me feel stupid. I can't stand my brothers and sisters, I hate being with them, they are all alcoholics. When my mother was pregnant with me she suffered a lot. She felt very lonely, my father worked all day.*

Rosario: *Why was your mother sad?*

Olivia: *She is Venezuelan. She married my father, who is Dutch, and they went to live in Holland. She felt very sad and lonely. My grandparents didn't like her because she was Latina. They looked down on Latinos, believing they are inferior.*

R: *Did your mother want the pregnancy?*

O: *My mother says she was happy about being pregnant, but very sad because she wanted to go home to her parents. She felt very lonely in Holland. Her parents didn't want her to marry the Dutchman, because he would take her far from them. She got very sick, and almost died just before I was born.*

R: *Did your father accept the pregnancy?*

O: *They said they were very happy.*

R: *Now that you understand the mechanism of the Enemy Within, do you believe that your parents really wanted the pregnancy?*

O: *Well, if what my mother wanted was to go home then the pregnancy was really not at the right time for her, because going home would have meant getting a divorce. That would have been very difficult if she had a child. On the other hand, my father has never been able to please his parents; they have always criticized him for everything. Since they never accepted my mother, then their child would also be rejected just like her, and so once again he was doing something that his parents didn't approve of. And that ... no, no I don't think they wanted a child.*

R: *Do you believe your parents made promises to their parents?*

O: *Of course! Like I said, my mother has always dreamed of going back home to live with her parents. She complains that now that they are older she cannot be with them to take care of them in the last years of their lives. This means that she made a promise to care for her parents.*

*And my father, from the time I can remember, all his life he has tried as hard as he can to please my grandparents, but everything is in vain. They treat him like a stupid idiot. That means that he too has some kind of promise, like making them happy or doing whatever they want, being good and pleasing them so they will be proud of him and accept him.*

R: *So with these conclusions that you have drawn, do you believe your parents love you, and that if these promises hadn't existed they would have been better parents?*

O: *Yes.*

R: *Can you forgive them?*

O: *Well, I understand, but they are adults and I am the child. Why didn't they try harder?*

R: *Because they couldn't. Like you, the promises left them with their hands tied. Your mother promised to take care of them and then never could, so when she was pregnant she got sick. That was her punishment for not fulfilling the promise made to take care of her parents, and the punishment was death because she lost her reason for living. But we see that your mother is*

very strong and “negotiated” with life. Instead of dying, she accepted punishment, to pay her guilt for not taking care of her parents. Remember that this is an unconscious mechanism that acts through the Enemy Within. But her female identity, the loving wife, wanted to have a baby and form a family. When you felt your mother’s loneliness, you too made a promise...

O: Yes, to take care of her forever and prevent anyone from making her suffer. And look at me-I’m always trying to run and hide from you because, s you said, I feel that my mother is a heavy load that I can’t bear anymore. And I can’t prevent my brothers and sisters from being alcoholics. I feel bad and guilty. Well, in addition everyone tells me that I am very bad.

R: The burden that you feel relative to your mother is the promise you made. Until now you have had the energy to free yourself of her, although with a lot of emotional punishment, because you couldn’t be happy anywhere.

But let’s return to the subject of your parents’ promises to your grandparents. Your father clearly made promises as well, and it seems the most important was to “be a good son”. Since he has not fulfilled that promise ...

O: He is completely submissive. He never takes responsibility or confronts things. His punishment is to feel less. That is why I chose my mother, because according to my grandparents Latinos are inferior, so she is a mirror for my father in the eyes of my grandparents.

R: Explain again, please.

O: He feels less, so he chose a Latina. And since my grandparents despise Latinos, they despise him more through his family, so they also despise us. We are not their favorite grandchildren.

R: You believe that your father is submissive and foolish as well, right? And if to you he is foolish, then you cannot relate to a fool since you have copied your attitude of superiority from your grandparents, by genetics and by imitation.

O: That is why I can’t relate to him! I seem him as a weakling, useless, but at the same time my father makes me feel foolish, just like my grandparents make him feel. Of course! That’s why I hate to talk with him, because he repeats with me what his parents do with him-THEY MAKE HIM FEEL STUPID, AND HE MAKES ME FEEL STUPID.

R: So do you see that neither one of them have hurt you because they are cruel or bad? That what they have given you is all that they have? Let me give you an example to make it clearer:

Imagine that love is like water. When you come down from Heaven you have to make a long journey which makes you very thirsty (thirsty for love), because you become disconnected from Heavenly love. You come down with the hope that your parents will quench the thirst with gallons of water until you are satisfied. When you arrive, you realize that all they have is a glass of water each, and that glass of water can only be given drop by drop for the rest of your life. Obviously this makes you very frustrated and angry with them, because you always believed that they would provide enough to satisfy the thirst that you built during your journey.

But you have never thought that within you there is a source that will provide all the water you need, and more. Because the source within you has never been discovered. This discovery is the true purpose of your life, the purpose for which you came to this planet Earth, to find within you the source that will fill the emptiness formed at the moment you came down from heaven, the source that will satisfy the thirst for love caused when you became disconnected from Heaven and stopped receiving that love.

You will have contact with that source when you stop believing and demanding the love of

*others, when you search within you and throw out the misunderstandings and sick dependence that you have created about your parents or other people, when you stop believing that your parents are guilty for your problems.*

In no way are your parents, who have only been channels to provide for your body on this planet, responsible for your unhappiness. They have only been the custodians of your life for a short period of time, to help you grow and give you the tools necessary so you can discover the elixir of life that you have so anxiously sought and the people commonly believe is outside, without realizing that the great secret of life is within themselves and that they must reconnect with the divine source of love which is God.

This is precisely what you have discovered, the same as your parents, your grandparents, great grandparents, etc., every member of the human race has had to suffer the pain and false beliefs with spiritual ignorance and emotional pain to arrive at the point to which you have arrived, to find the truth that nobody has been the cause of the pain, confusion and suffering that you have gone through.

This is the time for you to wake up and stop believing that you are bad or that your parents are worse than you because they caused you this pain. All that they have done has been through ignorance, mostly repeating the way in which they were treated during their childhoods, taking out their anger against others, anger caused by the false belief that they are bad. Not understanding the pain they felt because of this and believing in their own evil the Internal Enemy and the Liar Mind makes them explode against the weak or innocent, their children. Without knowing why nor how, they could never stop. They felt more angry with themselves, bad, guilty and ashamed, looking for punishment. Their lives because a series of vicious circles of pain and suffering, dragging their family with them.

But now you know the truth, and you know that within each individual, including your parents, grandparents, brothers and sisters, loved ones or strangers there is an Internal Enemy that takes possession of the person's will, taking control of their lives, turning them into angry and confused beings. It is up to you to have a moment of silence and stop listening the Internal Enemy and the Liar Mind, so that you can understand that others are also suffering the confusion and the pain that you have felt. That it is time to stop thinking that they are bad and you the victim; it is time to stop the dialogue of your Liar Mind and set the Internal Enemy aside, saying, "I AM GOOD, I AM INNOCENT, I AM FREE". My parents and everybody else that I believe has hurt me are ignorant beings, confused, and dominated by their Internal Enemy. I forgive myself and I ask God's forgiveness for them, and I FORGIVE THEM BECAUSE THEY DON'T KNOW WHAT THEY DO.

# The Law of Cause and Effect

**T**his subject may be known to many, and completely unknown to others. We believe that it would be very useful to give a brief explanation of the Law of Cause and Effect.

There is a Universal Law that rules all the planes of evolution. All the thoughts, words or actions produced by a person generate a charge of positive (of love and service), or negative (fear, hate, sadness, etc.) energy. The first of these charges of energy is called **Cause** (both negative or positive) which attracts an **effect**. The union of these charges generates a particle that is printed on causal space.

Imagine that above your head there is a circle of blinding light composed of millions of particles of positively charged light. The center of this circle is the soul, the energy of this circle of light is very powerful and bright, spinning very rapidly. When the person does anything negative, either in thought, word or deed, then a negative point is recorded. If after this negative action he exerts a continuous and strong positive action, then more light is created, erasing the black point. But if he returns to doing something negative, then the black points multiply, becoming negative charges and running the risk of attracting something negative to himself. The dark energy is very strong, but by doing something good the negative points are cleaned away. Thus, instead of the black points attracting more black points, the good acts fill the circle of light, erasing the black.

When you are attracted by negative situations you learn, and by learning you clean the negative or black in your causal space because learning creates conscience and conscience is light.

All the charges generated by you, by your thoughts, words or deeds are **causes** whose vibrations attract an **effect**. This means that nobody can reward you or punish you; pleasant experiences are simply the result of your thoughts, words or acts. In no way are pleasant or unpleasant experiences caused by God or Fate; these are caused by your own charge filling your causal space, the area of your soul. These negative or positive particles are evolving particles, and serve as magnets to attract events that will cause you experience a situation not yet evolved.

Ignorance, confusion and imitation cause the individual to repeat the same acts that his parents taught him. If were treated harshly and with cruelty, then it is very probable that you will repeat the treatment received by you in the way you treat your children. This does not mean that you are bad; it is the only way you know how to treat your children, it is ignorance. Since you do not know the law of cause and effect, you continue committing the same act until you learn the lesson. Each time you mistreat your children is recorded in your causal space, and these recordings produce negative charges against you.

### Example:

*One day you decide to accept a religion or philosophy that leads you to understand God's law and you stop mistreating your children. Instead of the way you have treated them in the past, you begin to give them love and do good things for others. You have learned and evolved through the broadening of your conscience. However if on the contrary you never sought to learn about God and his law, you continue mistreating your children and others, the negative charges recorded on your soul attract lessons of pain so that you will learn through that same pain.*

In man's process of evolution, we must remember that the Soul does not die; only the biological body dies. The Soul has been wandering about; when the Causal Space or place where the thoughts, words and deeds are recorded is discovered free of negative charges, then the Soul has the opportunity to pass to a superior form of evolution. But if the causal space continues full of negative

charges, then the Soul continues on the same level of evolution, continues cleaning and learning. Earth is like a school, where the human is trained and taught until it becomes a master in the art of loving. This is when the soul decides that it is enough, and stops seeking and passes to a superior plane of evolution in the universe.

This is why our Teacher Jesus asked for forgiveness for humanity: Because he knew that humanity was ignorant of the Law, they did not know that they were hurting themselves, hurting their evolution, since this law is the basis of evolution.

If the Law of Cause and Effect can be applied to all that you have lived or caused, then it is wrong to believe that you are guilty of having chosen poorly. You must accept responsibility for and change your actions and understand the confusion in which you have lived, because by accepting fear, anger, resentment, hate, you are guilty and bad, then the Internal Enemy will trap you into continuing to think, speak and act negatively. Whether this be against yourself or against others, the effect is the same: you generate more negative charges which by the law of Cause and Effect brings you more suffering and pain until you learn the lesson.

The lesson is understanding that you have never been guilty. False beliefs about yourself are fantasies produced by erroneous interpretations. You have never been bad, much less guilty. You are responsible and ignorant. God has therefore given you the opportunity to correct the path of your life, of erasing and changing the misunderstandings relative to who you are. God is giving you the opportunity to reconnect with the Divinity of Being and your Soul so that you recognize yourself with Love.

# DIFFERENT SITUATIONS

Before beginning with the exercise, we wish to show you some other examples to give you a more comprehensive idea of how fear, rejection, promises and guilt act on the individual, weaving a spider's web of lies and misunderstandings that confuse one's mind and feelings.

You may identify with some of the cases presented here. If as you read you begin to feel uncomfortable, then please continue- your Internal Enemy is trying to stop you from reading, making you feel that this information will not work or trying to persuade you that you cannot achieve your goal of emotional freedom; fight this, and continue.

### **Promises made before you were born:**

**Martha:** *I'm divorced, with an eight year old son. I was divorced when he was three. For the past five years I have lived with somebody that I don't want to be with anymore, but I cannot find the way to get out of this situation. I've looked for work, but I don't have the energy I need to work. I want to leave this man, and I need to work. I feel like I don't deserve much. I feel guilty with my son because I have not been able to give him what I hoped: a stable family with all the basics. And even though we want for nothing, the relationship with my spouse is bad, for both me and for my child.*

*I have committed many mistakes in my life and that makes me very ashamed. I graduated from university but I don't work my area of study. I know a lot, but I don't feel capable of doing anything. I have nothing. I had a house, a car and money in the bank when I met my husband. I trusted him. I sold all my things and I loaned him the money without getting anything signed. The money I had in the bank also went to pay expenses for the house and others. I thought he would pay it back, but he's not going to. He told me that he is not going to give me one cent. I feel used and stupid. He is passive aggressive, I'm afraid of him. I have seen that he has done dishonest things in his business. I don't like it, but I can't say anything. I don't know what to do. I want to run away, but I have no place to go.*

*I live with the feeling that I am doing something wrong, I feel guilty about almost everything. I have no friends, relationships with women have always been difficult for me.*

This is a summary of our first interview with Martha. For her the apparent reasons for her confusion and pain came from the situation in which she was living, the status of her life. She knew that she felt guilty about many things, which were the most relevant for her at that time.

In the second session Martha decided to follow the problem to its root, so I led her to her memories from when she was still in the womb:

*I'm cold---my mother is angry, she doesn't want to be pregnant, they want a divorce...they don't want me. I feel uncomfortable, I want to return to where I came from but...I can't, I have to stay here. I'm causing problems...I shouldn't have come, it's my fault that she is angry, she doesn't want to have me. I promise to be good, to always take care of her...you're going to be proud of me...*

Martha understood that her guilt and her feeling that she was doing something bad originated in her mother's womb. Her feeling of unworthiness is related to having a place in the family because they didn't want her. Her mother didn't want her, so in order to have a reason for living, she made promises.

During the following sessions she found that she constantly felt rejected by her mother:

*I remember when I was a child she would get angry when I tried to hug her, saying, "Get away! Can't you see that I'm busy? You are such a pest!"*

*That made me feel bad, it was as if I were doing something bad. Both my father and my mother always criticize me. They are perfectionists, and nothing that I do is enough. And if they do approve of something they still find some little imperfection in everything I say, everything I do or in the way I look. My father is very methodical. Anything that is outside what he believes is wrong. He criticizes my beliefs and way of living. My mother is not quite as difficult. She criticizes the way I dress, the way I comb my hair, the way I speak. For example when I am all dressed up and my friends think I look good, she always has something negative to say, "You look nice, but fix your hair. You're not going out like that are you?"*

*If I am at my ideal weight and working out, my mother will say, "You should go on a diet. You're fat."*

*And as for my father, when I don't agree with his ideas about life or work, he will say things like, "I don't understand you. Your ideas about life are very strange, you're never going to grow up ..., you're a misfit..., you would make anyone crazy..."*

*My mother used to tell me that she would have liked to have studied in the university and studied piano as well as work. She tells me that I am very lucky and she would have liked to be in my shoes. Sometimes she has even said that she is envious of me in a good way. When I was a child she would say, "You should be thankful for what we give you. I would have liked to have the opportunities you have had. I never had what you have."*

*She never asked if I wanted to study piano or not, she just made me go. Actually I never liked it, I continued playing to please her. Once I received a prize (nothing important) for the way I played at a recital, but my mother instead of congratulating me said, "You played well, but your shoes didn't match your dress, and it was very obvious when you were sitting at the piano."*

*She was the only one who didn't like them...As hard as I try I can never make them proud of me. My grades at school and in the university were good, but they were never enough. They constantly reminded me that my brother had better grades than me and that I should be like him. I could do nothing right.*

*I don't know why I couldn't satisfy them. I feel like a loser. I try to overcome this, but I can't. One thing that always happens is that just as I am reaching my goal, something happens or I simply walk away from I have worked so hard to achieve. I walk away from everything...I don't finish anything, I lose interest. I always feel like a failure. I always think, "What would my parents say?" I'm afraid of their criticism, their shame and blame. I would like them to be proud of me, but I just can't achieve that.*

*We must remember that one of the promises that Martha made to her mother when she was still in the womb was: "You are going to be proud of me". Her failure to fulfill this promise makes her feel that she is failing in her false reason for living, since her promise made her believe that she was born to satisfy her parents. Martha will never be able to please her jealous mother-her mother is filled with the desire to do many things like those Martha does, and this makes fulfilling her promise impossible.*

*When I started university I stopped living with my parents. I started to study but I was lonely. I felt guilty because of the enormous economic sacrifice my parents said they made to keep me in the university. I visited them every weekend. I always had the feeling that I was doing something wrong by being away from home, it was as if I hadn't asked permission.*

*I graduated and came back to live in the same city, but I didn't move back home. I was*

*somewhat successful and could have been even more, but I didn't believe in myself. I was offered various jobs...I was so afraid of not being able to do them that I turned them down or simply didn't go to the interview. The job I took was mediocre and I knew it. Even though my bosses congratulated me on my work I was very harsh with myself and I was never satisfied with what I did. I have never believed in myself.*

*My parents did not like the man I married. We worked together. I knew that he was as mediocre as I was. I thought he was the perfect match. Even though physically I didn't like him we got on very well. But we were becoming alcoholics, we drank every day. Our relationship started to fall apart, and we were divorced shortly after my son was born. Once again I felt like a failure and ashamed. I knew what my parents were going to say, "We told you not to marry him ..."*

*For the first time I felt like they were behind me, they let me move back home. I worked all day and my mother took care of my son...He stopped calling me Mom. I was angry, but felt guilty because I thought that our staying with my parents was a burden on them. I also felt guilty with my son for leaving him without a father, so I let him call my parents Dad and Mom and I let him call me by my name."*

*Years later I met the man I live with now. I feel lost with him. My parents love him but I can't take any more of him. He criticizes me all the time, he's arrogant-he is a lot like my mother-he has taken all my possessions, and even the little dignity I had. My son does not like him. I'm afraid to leave him because I don't know what my parents will think. I have nowhere to go and I would have to back with them. I don't want to because I know they will be very disappointed-once again their daughter is a failure.*

It is impossible for Martha to succeed at any job because that would make her mother jealous. (Remember that the girl or adolescent-negative-part that feel jealous or envious of their children makes the child feel guilty and believe that he is doing something bad). Martha's guilt, together with her promise to be good, made it impossible for her to succeed at anything because this would make her mother jealous. Her mother criticized her, making her feel guilty and a failure as her false purpose for living-her promise- was not being fulfilled. As a result Martha believed that she did not deserve to be happy and successful.

On the other hand, Martha's promise to always stay with her mother made it impossible for her to find good jobs that would prevent her from being with her mother. She subconsciously chose to marry a man she didn't like; first because she didn't deserve anything better since she had failed to keep her promise, and secondly because this person's "mediocrity" (as Martha termed it) guaranteed an eventual break-up of the relationship so that Martha could return home to care for her mother. In addition, leaving the spouse that her mother would have wanted left her free of her mother's envy.

Finally Martha's inability to make her parents proud of her led her to believe that she was unworthy of anything. She allowed her son to stop calling her Mom and she found a second spouse who took everything she had. Martha allowed this as a punishment for having failed to keep her promise to be good, for getting divorced and again failing to make her parents proud of her. Her punishment for this bad behavior was to choose her second spouse who took all her possessions and made her afraid. Martha's Internal Enemy led her to believe that she deserved nothing, not even her freedom.

Martha was trapped. She would never be able to keep her promise to make her parents proud of her. If Martha excelled at any activity and thus fulfill that promise, she ran the risk of making her mother jealous; as a result her mother would be unhappy, meaning Martha would have failed in keeping her other promise to be good. Martha could only fail to keep her promises, leading to guilt and punishment.

When the individual fails to fulfill his false purpose for living (promises), he often has a fantasy of dying. The Internal Enemy through the Liar Mind, hands down its final sentence: The purpose for which I was born is to please my parents and I have failed. As such I am going to die.

But who wants to die? Nobody! Fortunately we cling to life. Our Superior Being invites us to move forward, even as the weight of our unfulfilled promise continues to remind us that we are bad. So we negotiate with life: punishment instead of death.

Innumerable punishments, both large and small, are chosen as payment for our right to live. How many people laugh, enjoy speaking of their illnesses or accidents, and feel better after having survived a surgery, broken bone, or after a bad accident? This is because we have paid the quota of pain for the false evil that allows us to continue living.

### **Promises made after birth:**

**Lilly:** *I was six years old when my older sister, a daughter from my mother's first marriage, died in childbirth. We were at home when my mother received the news. She cried so hard, I asked her what had happened, and she said, "Your sister has died and I have died with her."*

*I was very frightened, and said, "No, don't die! I'll do everything you say, I'll be good, I'll always be with you and take care of you. Don't leave me!"*

*She dressed in mourning for three years and constantly reminded me, "If it weren't for you I would die. How I wish you were like your sister!"*

*I always did what she wanted. I studied Law like she asked me. Finally I got married. She didn't want me to, I don't know why. It was as if I were still living with my parents. I went to see them every day and spent the afternoons with my mother. When I got pregnant she was furious, and said, "Why did you get pregnant? Children only make you die."*

*I lost my baby in the fifth month of pregnancy. I was hospitalized for a week, between life and death. Three years later I got pregnant again, and I almost died during childbirth."*

The main promise Lilly made was related to total obedience, a strong promise. One of her mother's wishes was for Lilly to be like the older daughter who had died. While Lilly was with her mother and wasn't married she did everything her mother said. However the moment she married she broke her most important promise, "*I'll do everything you say...*". Even though she somewhat kept her promise to take care of her by visiting her every day and living with her as she had when she was single, she married against her mother's wishes. The moment she got pregnant without her mother's approval she again broke her promise, and Lilly's Internal Enemy took her mother's message, "Children only make you die," and put it together with Lilly's promise to do what her mother said. As a result Lilly tried to please her mother by fulfilling one of her mother's wishes, to be like her older sister and put her life in danger. Fortunately Lilly is a very strong woman, and managed to defeat her Internal Enemy by not dying like her sister as a result of her pregnancy.

Lilly continues:

*When my son was four years old I was divorced. My husband wanted us to move to another city to live and I refused. He didn't want to change his job but I couldn't abandon my parents. They needed me! So I was divorced. I went back to live with my parents and later bought a little house next to theirs. I always took care of them.*

*Years later my mother got sick, she had a weak heart, and from that time on I took care of her. When she died my brother blamed me, saying that I didn't do my best to save her. It wasn't true; I took her to the best specialists but they couldn't do anything. I was depressed for two years after she died. I had just enough energy to go to work; as soon as I got home I would go to bed and sleep. I didn't want to do anything. Shortly after that I developed coronary problems and was operated on. Since then I feel like I am dying.*

Lilly got a divorce because she didn't want to live far from her parents. Her promises were too

strong for her to leave them. She fell into a deep depression when her mother died, because she lost her false reason for living when she lost her mother. Another promise was to always be with her and take care of her so she wouldn't die. When her mother died, Lilly's Internal Enemy gave her the way to always be with her mother: she developed coronary disease. Although the causes were completely different from those of her mother--according to the doctors, Lilly's problems were due to chemical substances that Lilly worked with--she was operated on just like her mother. According to the promise, the next step would be to die in order to be with her, as she promised. And this is why since her mother died Lilly has felt that she is dying.

Paullina.- Since the time she was married, Paullina's sexual relations have been very painful due to very little lubrication. Despite medical treatment, pain is always present.

*When I was ten years old I heard my mother tell my sister, who was 15, that the only thing a man wants is sex, and that women have to be careful and never do anything we might regret. I promised myself that I would never have sex, because I didn't want to be bad.*

*Years later I was married, with my parents' permission, in the church as well as in a civil ceremony. But I always felt bad and guilty after having sex. I felt that I was doing something wrong and forbidden; I felt dirty.*

*I have constantly suffered small vaginal infections, problems with lubrication. I didn't say anything to my husband because I didn't want to hurt him, but the truth is I always blamed him because the only thing men want is sex.*

*Now I understand that it was my mother's words and the promise that made me feel guilty. I promised myself that I would never have sex, to do so would be bad. And since I now have a sexual relationship I am bad and I am punishing myself with vaginal problems.*

### **Promises made as an adult**

April 7:

*Ben: From the time my mother died, ten years ago, I began to put on weight. I gained 50 pounds. I have tried all kinds of diets and I cannot lose weight. I don't feel comfortable, she always hated it when I was overweight.*

*My mother loved her younger sister, Lucille, like a daughter. Even when she was married she was always worried about her. It seems her husband mistreated her and my grandfather said that his son-in-law would be the death of her. I think that that is why my mother was always so worried about Lucille.*

*When she was dying my mother asked me, as one of her last wishes, to take care of Lucille. I didn't object; I have always loved my aunt very much, she's like my second mother.*

*For many years Lucille and her husband lived alone. They only had one son and he lives in a different country. So I decided that the best thing would for her to come and live with me. Her husband was very stubborn and refused come for a long time; I was very worried because they were almost 80 years old and had no one to take care of them. In addition I lived far away from them, too far to be constantly visiting. I didn't know what to do.*

August 19:

*Lucille and her husband have finally come to live close to me. Their son has moved into this area and they have agreed to live with him. For a while I was not as worried; they are closer to me and I can visit them more often.*

November 26:

*Finally I've beaten the old coot! Even though it's only his remains I have finally got them to come with me! I offered to bury him in the family plot with my grandparents and my mother. They accepted because he loved my grandparents. At least dead they will be with me. I immediately tried to convince Lucille to live with me, because I don't think her son can take care of her.*

January 8:

*I can stop worrying now. My cousin, Lucille's son, is moving out of the country and I have convinced her to move in with me. I am so happy! This takes a real load off of me; I've been trying for ten years to get her to move in with me--I thought I would never make it.*

April 5:

*I've done it! Lucille is living with me. I feel so much easier, less stressed-I've kept my promise. From the time she arrived she has watched my food, and in only three months I've lost 35 pounds.*

Ben had a list of promises that he prioritized. The promise that we described was reviewed at the end of his treatment, it was more his luck that everything worked out so that he could keep it.

Ben's mother did not accept her son being overweight, she disliked it very much. As such when she died and he could not keep his promise to take care of Aunt Lucille, he began to gain weight as a form of punishment. Finally, when Lucille decided to live with him and he could finally keep his promise, he rapidly began to lose weight and stop punishing himself.

# REVIEW

Man was created in the image of God. This means that if God created man/you, then you come from Him, from His energy. Being part of His energy means that at one time you were part of Him, you participated in the ecstasy of being and knowing that God is complete love.

When you came down to earth, which is not Paradise but rather a planet of pain and suffering, and when you separated from God you felt an indescribable separation from love. Amnesia has made you forget your origin and connection, but within you is the memory of Paradise. As such, when you arrived on earth the first thing you did was to search for love to reconnect it with your origin.

If your parents in their confusion rejected your arrival, then you felt a void, a vacuum without love. When you did not find love you lost the hope of reconnecting with God, in this way losing your true reason for living. You created a false purpose for living, the promise. At the same time you were contaminated with negative energy from your mother's Internal Enemy, accepting fear and rejection and causing you to begin to create your own Internal Enemy.

Sine the psychic mind of the baby continues open in its mother's womb, it can hear what its mother thinks and feels. The baby can also hear the people around its mother, and many can see complete scenes in which its mother is involved. The baby therefore believes that its mother can also hear and feel, and tries to communicate with her.

In its need to reconnect with love and having been contaminated with fear and rejection arising from its mother's confusion, the baby makes even greater efforts to communicate with its mother. It begins sending messages to let her know that it's presence in her life is positive; that it has value and a purpose. It therefore decides and/or promises, *"I'll be good ..."* *"I won't cause any problems..."* *"I'll be at your (the mother or father's) side to take care of you ..."* *"I'll work hard to support the family ..."* *"I'll make you proud ..."* *"I'll make you happy..."* *"I'll always be the best..."* *"I'll show you..."* etc. These promises become your false reason for living-you believe that your parents did not want you so you have nothing to do in this world and no place in the family. Having no place in your parent's lives and nobody who loves you, you have no reason to live. These promises allow you to live; although false, they give you a reason to continue living.

And then you are born, forgetting the promises or decisions you made in the womb. Or rather, your conscious being does not remember them, but the subconscious sends the information that you are obliged to do something for your parents. If you are lucky then the information filtering through your subconscious will help you to keep your promises to some degree. But most of us never fulfill all the promises we make much less with the precision with which they were expressed in the womb.

This leads to a feeling of guilt and failure, because the purpose of fulfilling these promises is to be accepted by mommy and daddy, to finally find a place in the family and have a reason for living even though it may be false. In this way we have a right to live. This is the passport to life without which we have not right to live and therefore die. Failing to keep these promises leaves us with a feeling that we are bad although we don't know why. The reason is that you believe that, *"You did not make your parents happy ..."*. *"You haven't taken care of them ..."*, *"You didn't stop them from getting sick ..."*. *"Your parents are suffering ..."*, etc. You create a feeling of guilt for failing to fulfill your promise, even though you don't consciously remember it. Why? Because the promise is an energy tie that is not limited by time, age, marital, health or financial status. Nothing is important to it. It forces you to comply or it creates a feeling of guilt for not fulfilling the false reason for living with which you

were born.

Remember that every guilty people deserves to be punished. As such if you fail to keep your promise, your Internal Enemy will punish you in different ways, attempting, if you are not careful, to cause your death.

This is why we must discover each and every one of the promises we made to our parents or guardians, promises that may have been made in the womb or after birth. And then we must locate all those made during our lifetime, either to our children, our spouses, uncles, aunts, grandparents, friends, etc. Promises that enslave us, preventing us from reaching our perfect emotional and spiritual development.

# STARTING TO PRACTICE

Before beginning with the following chapters, we suggest that you move to an area that is comfortable and private and where you can listen the *Soul Symphonics* music as background music.

Discipline is very important. The conscience is jealous and needs privacy and time. If you wish to free yourself then you must begin by creating an environment that allows you to be with yourself, where nobody will interrupt you. This is a time dedicated only to you. Even though you don't deserve your own time and you feel bad for using it, you must make an effort to continue working at least one time per week for at least two hours a day. If you believe that you are too busy and have no time, then check your agenda and make a date with yourself. Yes! Write it down in your agenda and think of this as the most important appointment of your life. You cannot cancel it for any reason, because this appointment is with someone you want to win over, it is a date with Love. The love that you were seeking outside, waiting for someone to give to you or to find within yourself. Stop looking for it in vain; open the box of negative surprises, which you never expected to have, and get rid of them. Find what you have been searching for for so many years: a reencounter with your own being ... with yourself.

We must remember that the one ingredient that is essential for this work is courage. Memories can be painful, you may feel ashamed; you may even start to believe that your memories are only a product of your imagination. But this is not true. The music helps you to connect with your Superior Being, to remember events, people and sometimes, if your Superior Being decides that you are ready, you may find situations from prior lives that you never imagined you had experienced.

Be brave and never doubt yourself. The secret to knowing what you are is remembering that the thoughts that come into your head are true. These consist mainly of the emotions you feel at the time you remember, that emotion will let you know if it is true or a product of your imagination.

It is important that we make these clarifications, so that the Liar Mind does not force you to stop. The Lying Mind can be activated by the Liar Mind, speaking and making you resist continuing with the practices, sending you fear or doubt. Be Brave and Take Control!

Your Internal Enemy has never let you be happy. All these years it has taken away your life, making you suffer and believe that happiness is only a fairy tale. But that is a lie. You can be happy! You can win by taking control! Don't believe what it tells you! It may tell you that what you are doing is nonsense, sending you feelings of doubt and anger, making you feel tired; or the work in your office, home or school will increase and you will have the pretext that you are very busy, or you will begin to have other commitments. It will make you feel that you are sick and should go to see a doctor. If this happens, never cancel your appointment with yourself! Find another time in the same week; remember that there is no appointment more important than that of finding your self.

Never ask yourself, "*How long do I have to do this?*" This is a project that will take only the time necessary for you to know yourself, for you to pull back the veil of ignorance and see the truth of your life. Never put limits or say *I'll do this for just two months, or six months or a year.* Don't! Work the time necessary with yourself, because your happiness is in the balance. Continue, be tenacious, never give up until you have found that reconnection with your Superior Being. Then you will know when and how to finish your work. Some people require more time than others, it depends on how ready you are to free yourself.

Never think, "*This is so boring!*" Think only of the battle that you are waging with your Internal

Enemy. Realize that this battle began the moment you were in your mother's womb; in the gestation period you were contaminated by your mother's Internal Enemy, by her negative emotions. Now imagine that during that period a pile began to form with different layers of energy, fear, rejection, anger, etc., layer after layer, more each hour that negative vibrations invade and accumulate throughout your life. Calculate the thickness of the Liar Mind that you carry with you. Now think how many hours of work you will need to remove it. This will give you an idea of the impossibility of changing and vanquishing your Internal Enemy in just a few sessions.

But don't worry and don't get discouraged. The time that you use defeating your Internal Enemy will be just an instant compared to the years it has taken to create it. The period that you will need for this work will depend on how deep you wish to go; if you wish to resolve only a few months, if you wish to resolve your entire life then you will need a few months longer.

This is why you have all the tools provided by the *Soul Symphonics* System as an ally, to accelerate the process of eliminating the Internal Enemy.

The response to this work may be reflected in your physical body. Some people feel the effects in their legs, their arms, fingers, face or other parts of the body. It shows itself through twitches in the extremities, trembling, chills or cold, electric shocks, small cramps, a little pain or sensation of pressure in a specific area of the body, crying. Do not in any way let this frighten you. Let the negative energy flow away. Remember that the Internal Enemy is leaving and these responses are positive, an indication of the blockages that you are eliminating. You will eliminate and create fewer levels of negative energy, causing the Internal Enemy to lose strength and to weaken. You will lose your habits of bad thoughts, words and deeds. You will begin to take control of your life and recuperate your true identity, recognizing yourself as a being of love.

*"Help yourself so that I may help you."* Do you remember who said that? Go ahead, take the first step, begin to help yourself. Put this new knowledge into practice and you will receive the help that you asked from God. Jesus our Teacher and the angels will be with you.

There are times when you will feel that this is a war without any hope of truce or end, that there is no way to defeat the beast you carry within. This is a lie! That beast was created by you, and just as you created it you can destroy it! This beast is only energy, negative energy, and it is connected to the Liar Mind. It speaks constantly, making you believe that it is impossible for you to change. Don't believe it or give up! With a strong will, with decision and with constancy you can get rid of that beast.

If you forget and believe that you are fighting a lost battle, then open these pages and play the *Soul Symphonics music*. This will help you remember that you are never alone, that God and the angels are with you in your struggle. It will comfort you to know that others like you have passed through this same struggle. We too have had highs and lows, but we know that we can do it and you can too. Remain firm, and this certainty will help you to finally achieve what you have longed for for so long: freedom and peace, translating into happiness.

You have with you an important tool of *Soul Symphonics* music. This has been created so that you can consciously open your memory archives, remembering the most important events that marked your life as you neutralize, unblock and expel the negative charges of the Internal Enemy, helping you to understand the reasons for the different events of your life.

The *Soul Symphonics* System also has a second compact disk which can be used as a meditation resource. It includes two Slide shows, one with zones of the Mayan legacy of the Yucatan Peninsula in Mexico whose energetic nature aids in strengthening your interior and vital force and reconnecting with your Superior Being, helping you to find emotional and mental freedom.

The second one is a Cromotherapy slide show, whose combination of colors will help you to find peace and harmony.

**Recommendation for daily life:**

1. You should keep a balanced diet of fruit, vegetables, cereals and pure water. Try to avoid alcoholic drinks, but if this is not possible at least try to avoid drinks with a high alcohol content as well as drinking in excess. If you drink coffee then you should limit your normal daily intake to one cup a day. Drink more water. Exercise your body for 30 minutes every day. You don't need to go to a gym, walking is sufficient. All these habits will help you to have a better balance of energy.

2. Avoid watching movies or television programs or reading magazines and books which contain violence, hate, pornography or terror (sadism). The Internal Enemy, deprived of the stimulus of fear, sadness, anger, anxiety, excessive sexuality, blame, etc. will demand that you give it negative loads through these media.

3. Music, movies, music videos, video games and some television programs allow subliminal messages to infiltrate, lowering your vibration and as a result hindering emotional, mental and spiritual development. It is therefore necessary to select very carefully whatever you are going to see and hear.

4. Heaven's Messenger, the angels, have let humanity know that it is possible to exchange the suffering of our lives for two things: first we must work to free ourselves, work like this and which you have begun to make a profound change in your attitude towards life; and second, through service.

What does this last mean? It is possible to accelerate the internal change process with service. Seek for an opportunity to serve, at least one hour a week. Help because whatever you do for others will come back to you, accelerating your process of freeing yourself from suffering.

The moment has arrived when you will begin your self-liberation exercises. Before starting, we want to remind you of our suggestion: find a comfortable and private place where you can play the *Soul Symphonics* music. Find a place where you can work without interruptions from the telephone, doorbell, people, tv, etc., and where you can comfortably lie face up, preferably on the floor or carpet. You can use blankets or mattresses to lie on. Your arms and legs should be extended during the work period. Use loose clothing, take off your shoes and all the metal you may be wearing: buckles, jewelry, hair clips, coin purses, keys, etc. This will help your energy to flow more smoothly throughout your body.

You begin your work with a prayer to God. Ask the angels to help you in your emotional, mental, physical and spiritual liberation. Remember that the goal is to reconnect with the Divine Presence of the Being that is within you.

1. Use a special notebooks for this work. Always have it at hand so when you finish your session you can write down all that you believe is important to remember as you continue working.

2. Read the instructions for each exercise before beginning.

3. The exercise plan is designed for you to carry out one exercise per day. However if you feel the need to perform two in the same day, then that is all right.

4. Use the music in order:

5. It will be necessary to repeat the same exercise various times, because the Internal Enemy has to be dissolved slowly. In addition, you will slowly be reprogramming the memory cells of your physical body as well as your emotional and mental body with positive information.

6. While you are remembering, let yourself cry, talk, shout, beat pillows and even swear if that is what you need to let out negative charges. In no way is insulting or assaulting the person you work with valid. This work is for you to do with yourself. It is up to you to change your life, not others. Remember that if somebody hurt you, it was only because of ignorance.

7. If your body begins to tremble, you feel cold, you feel your extremities start to go to sleep,

you become nauseous or want to vomit, then vomit-don't stop yourself. These are good signs: the Internal Enemy is weakening and you are pushing it out. However if none of these things happen, it's all right. You are still freeing yourself of the Internal Enemy.

### **HOW TO USE THE AUDIOVISUAL AIDS:**

1. During the first few weeks you will meditate using the slide show of archaeological zones--one site per week, following the meditation instructions indicated on each.

After the first month of work you can use these slide show as meditation instruments at least once a week. Let yourself flow with the music, reconnecting with your own energy.

2. The Cromotherapy should be used alternately with the work as indicated in exercises 1, 2 and 4; however if you wish to use it as a relaxation exercise then you can. Fix your gaze on a specific point in the drawing and let the music carry you to the state of relaxation that you desire. Feel free to rest and meditate. Allow your Superior Being to give you the peace you need.

## Exercise No. 1

# Self-evaluation of your promises

1. Wherever you have chosen to carry out your self-liberation exercises, play the *Soul Symphonics* music while you answer the following questionnaire.

Mark the phrases that you identify with and you believe may be promises, also possibly called decisions or commitments, that you may also have made to yourself, to your parents or to another person such as a brother or sister, grandparent, spouse, lover, uncle, aunt, cousin, etc. when you were a child, a teenager, or even as an adult.

	Mother	Father	Other person
I'm going to be good.			
I'm going to show you what I can do			
I'm going to take care of you.			
I'm going to help you to be happy.			
I will never forget you.			
I'm going to please you in every way.			
I'm going to make you get on well.			
I'm going to be like you.			
I owe you my life.			
I'll make them love each other again.			
You'll never lack for anything.			
I will always be with you.			
Give me your sickness.			
I will never leave you.			
I will never cause problems.			
I don't want to grow up.			
I will behave.			
I will work so that you have everything.			
I'm going to give you everything you need.			
I will always love you.			
I will be the bond between you.			
I will do everything I want.			
You will always live in me.			
I will be with you until death do us part.			
I will be the best, No. 1. Nobody will beat me.			
Other:			

\* Continue your list in your notebooks.

2. Read the following carefully at least once and up to three times. This explains how these promises affect your daily life.

## HOW PROMISES AFFECT YOU?

First of all, I want to remind you that there is nothing wrong with wanting to be good or wanting to help your parents. The problem is that promises block the energy that allows a person to act freely for spiritual, emotional and material growth. Promises block unconditional love, causing fear which

stops the individual from acting freely.

**I'm going to be good... I'm going to behave... I'm going to please you in every way ... I will never cause problems...** These promises or false reasons for living are related to all situations of life.

To be good means that you must please your parents and others. They force you to feel that everybody with whom you interact should be satisfied with what you say, do and think. When they do not agree with you, you feel bad, rejected or guilty. Unfortunately this promise is not focused only on complying with the person you made this commitment to, but rather extends to all others with whom you interact, even strangers.

**Example:**

**Emily:** Promised to be good and always behave so that she would not give her father a reason to be angry with her. From the time she was very small she helped her mother with her sisters and brothers and with the house. She was always a good student and did everything she could so that everything was in order and her parents would not fight or punish her and her brothers and sisters. But Emily could never keep her promise in the hostile environment in which she lived. For as hard as she tried, her parents made her feel that she was not good. They constantly punished or scolded her, not because she was disobedient or didn't do as she was told but rather because her parents/aggressors could not change their behavior and stop fighting, showing their anger and frustration that took the form of aggression towards their children.

Emily's false reason for leaving was to be good. When she was criticized, punished and rejected, she failed in all her attempts to keep her promise. As a result her fantasy of death was activated, because she had no reason to live.

**I'm going to show you... I'll be the best... Nobody is going to beat me... I will do everything I want...** These are the only promises that we could say have a positive aspect-they push the individual to success. The negative aspect is greater since the motives causing these promises are tied to the need to make somebody know that *you are worthy of attention, of being listened to, accepted, etc.* On many occasions we don't care if we don't care if we step over another person, to show that we are the best and to feel important.

This promise can be fulfilled by very energetic beings who under the scorn of one or both parents, and sometimes their sisters or brothers, concentrate all their energy on proving to the family what he or she is capable of doing.

The individual's false reason for living changes into showing them his intelligence, his abilities, his strength, his courage, etc. There is a constant need to draw attention to him or herself, and if this is not achieved, then it is no longer a reason for living, and there is no reason to live.

To be the best and Number 1 means that nobody can ever beat you; it means that you will always want to be right, even though you aren't. It means that all your actions, thoughts and words include some kind of competition--for you to be Number 1, then automatically somebody has to be number 2.

These promises interfere in a loving relationship. Since the person who made this promise will always want to force his beliefs on others, there will be frequent arguments and disagreements between the two partners.

**Example:**

**Lauren:** *My husband always wants to be right. I feel like he is constantly competing with me. No doubt he is very good in his business. At home his advice and opinions are very good, but sometimes he doesn't let me express my opinions and generally does not take what I say into*

*account. I have to be very subtle if I want to explain what I want and get him to accept my opinion, without him saying something to show that he is better than me.*

***I'm going to take care of you... I'm going to protect you...*** These are promises that bind for life. They are truly destructive, destroying every attempt to have an independent and free life. In order to keep any of these promises you have to be there, present, living with the person you made the commitment to. It is impossible to fulfill or attempt to fulfill living apart.

To care for a person requires being with them 24 hours a day, caring for them, attending to their needs, making sure they lack for nothing or that nothing happens to them. This also happens when you offer to protection. Protection means that 24 hours a day you are watching out for the individual so that he or she is safe and nothing happens, keeping them free from the risk of accidents, illness and death.

**Example:**

***Gilbert*** is a very successful doctor. He is 50 years old and has never married. He is independent. He lives next door to his parents, respecting their privacy but always there to care for them. When he was a child his parents had an automobile accident and he promised them that he would take care of them and protect them so that nothing would happen to them. This promise has continued throughout his life, first because he chose to be a doctor so that he could care for them and protect them from illness, and secondly because even though they live "apart", their house are next door to each other.

***I will never leave you... I will always be with you... If anything happens to you, I will die... I will be with you until death do us part...*** These promises imply that subconsciously there is no possibility of separation after death. Unfortunately if you promised or made any of these decisions and the person receiving the promise dies, then unconsciously you will look for the way to be with them. Your false reason for living is to be with them.

Generally people who make this kind of promise never come out of mourning. They always miss the loved one. They cry frequently and feel a great emptiness.

**Example:**

***Allison:*** *I never knew my father. I was always very close to my mother. I adored her and she me. I promised to always be with her. Since she died, two years ago, my life has had no meaning. I feel like I am dying. I have always been healthy, but from the time my mother died I have had heart problems. Even though the doctor says it's not serious I know that I am dying.*

Allison's false reason for living (promise) was to always be with her mother. When she died, Allison felt she had to follow her, she could not stay away. Her Internal Enemy began to send physical symptoms, looking for a justification to rejoin her mother. Although the doctor says that there is nothing wrong, Allison really believes that she is dying, until finally her heart begins to fail.

The evolution of the individual does not include children living with their parents or being their nannies forever. The evolution of the individual requires freedom to live, to experience the situations that we all face in our life. This does not mean that when our parents truly require our help, we should not give it to them. Of course we will, but with freedom, using our freedom to choose how, when and where we can best do this in relation to that moment of life and without the weight of the promise-guilt-that forces us to be there, next to them, just because we *have to...*, even though on many occasions we may not want to or cannot.

***"I'm going to make you happy..."*** Impossible! There is no way that anybody can keep this promise. A person's happiness depends only and exclusively on that person. It is like eating or sleeping--nobody can sleep for another person!

A child's promise to its mother to make her happy because its father is a violent man is impossible to fulfill. The child cannot force its mother to leave the man that she chose as her husband and that she herself has decided not to stop in any way. This is a lie that many mothers tell their children:

**"I'm living with your father for you. I am unhappy because I want you to have a father..."**

The mother lives with her husband because this is what her own promises, fears and guilt demand, or because she doesn't have the courage to go out and look for work, or confront society, or many other reasons.

The child never forced his or her parents to marry, much less to make love in order to conceive the child.

Happiness is private, individual and unique.

**Example:**

*Jose says: My wife says I'm not a man, because when my mother calls me I go see her immediately. But she is very alone and unhappy because I am far away. Well, we live 30 minutes from her house. But I feel guilty because she tells me:*

***It hurts me that you are not here, you are far away from me...*** The possessive mother, without consciously knowing that her son has made promises, uses this formula to manipulate, and since the son feels guilty because he has not fulfilled his promise, his guilt makes him allow the manipulation.

***I will never forget you... I will always love you... You will always live in me...*** Frequently the Internal Enemy uses these promises in a cruel way. Since this prevents a fully loving relationship because subconsciously the love you want to give your lover or spouse cannot be 100% because this place was occupied first by the person to whom you made a promise.

**Example:**

***Roselle: I was going to marry my first boyfriend, Alberto, and I always thought that if anything ever happened I would never forget, that in spite of the distance I would always love him. When we decided to marry Alberto changed. He became very jealous and possessive. We began to fight, until finally I decided not to marry him. His jealousy terrified me. I remember him with a lot of love, I have not been able to forget him. I feel very guilty with my husband because I cannot love him as I would like.***

Promises made to oneself to never forget and to always love continue; through these promises the ex-boyfriend is occupying a mental and energy area that blocks the love she could have for her husband, and her Internal Enemy makes her feel guilty.

In this absurd way we commit ourselves for all our life, holding on to a devotion to people we will never see again.

**I'm going to make you get on together... I will be the bond between you ... I will make you love each other again...** These promises are made by children for their parents who are divorced or whose marriage has gone bad. The child's false reason for living becomes a struggle to help his parents come back together or get along even against their will. When he cannot unite them he feels like a failure, guilty that he could not achieve his false reason for living. In no way is it the obligation of the child to change his parents' decision; it is the parents who are free to choose with whom they live and how to manage their relationship with their partner.

**Example:**

**Silvina**, 14 years old, says: *When I was four years old my parents divorced. Before they separated they fought constantly. I promised myself that I would make them get along so they would never separate. The arguments continued until finally they separated. When my father left I decided to be the tie between them and make him come back. I was a very happy child before that, but from the time he left I changed. My mother says that I became very quiet and didn't want to be with anybody. My mother remarried, but I never accepted her new husband even though he is very good and treats me like his daughter. The week I turned 13 years old my father called me and said that he had remarried. I felt terrible and was very depressed. Since then I don't want to do anything, I don't care about anything.*

When Silvina's parents separated she lost her false reason for living, which was her promise to make them get on and prevent them from ever divorcing. When she heard her father had remarried, she lost any hope of reuniting them.

***I'm going to be like you ...*** In an attempt to please our father, mother, brother, sister, we wish to become like that person. As we grow we take on different characteristics, both physical as well as character traits, becoming a bad copy of the person we wish to imitate. Generally this similarity is emphasized in adulthood, where the similarity can be appreciated in the way we express ourselves and the way we act; physically the similarity can become extraordinary.

**Example:**

*As the years pass I look more and more like my mother or father.*

There are many cases in families where the father or mother is a lawyer, that the children become lawyers.

If the mother married at 16 years of age, the daughter will marry at the same age.

This promise may seem harmless, but it isn't. The program does not discriminate, it includes both positive and negative things. The individual acts without thinking about what he likes, wants or desires; he accepts the tastes of the person he wishes to imitate as his own. If he can no longer fulfill his promise, his life becomes a constant attempt to be the same as the father, mother, brother or sister.

***I don't want to grow up ... I don't want to be big ...*** The problem with this promise is that the child subconsciously blocks the process of physical and emotional development. These promises can be caused by overprotection by the parents; or when the parents' beliefs are by the child observes who out of fear decides not to grow; or when the parents' expressions and petitions to the children such as, *"I wish you could always be a child..."*, *"I wish you could always be my little boy..."*, *"children don't suffer, they just enjoy childhood..."*, etc.

**Example:**

Italia's mother was worried because her daughter was not growing. At 11 years of age she was far below average height.

**Italia:** *I don't want to grow. If I grow I won't be a girl anymore. I am afraid of being big. Adults suffer, like my mother who has to work all day. Adults have a lot of worries. Children only have to play. My grandfather told me that he wished I could be a girl forever, because the only obligation children have is to play. And I want to play forever.*

When Italia understood that the growth process is inevitable in humans and that there was nothing wrong with being an adult, her physical body grew various inches in a couple of weeks. Emotionally he began to act like a girl her age, leaving the behavior of a little girl behind.

***I will work so you never want for anything... I will always give you all you need...*** You will

never lack for anything... The usual behavior of the person who makes this kind of promise is very clear. He is constantly aware of the needs of those he made this promise to, giving them money and gifts even when they can work and need no special attention.

**Example:**

**Blanca:** *My husband invests almost all his money in his parents. We have been married for four years and live in a small house because everything he earns he gives to them. Six months ago he bought a new living room set for his parents. Our house has an old, broken living room set, it was used when we bought it. Nevertheless he looked after his parents first, before taking of our own home. We have argued about this a lot. Sometimes my children have no clothes, but he buys clothes for his parents before for his children. Once he told me, "My parents were first."*

*I am the oldest, it is my responsibility to take care of my brothers and sisters...* This is a great lie; it is the parents who are responsible for taking care of the children. For generations they have asked the older children to take care of their little brothers and sisters, because the parents are busy or one of the dies. It is against the laws of nature for one child to care for another. The "older" child or teenager has the same needs to be taken care of as the younger children.

The confusion begins when the child accepts the momentary responsibility of caring for his or her brothers and sisters. The child or the teenager's Internal Enemy takes advantage of this and creates a lifetime commitment, preventing the person from developing his or her own life because of the much more important obligations to their siblings.

***I'm going to be perfect... I want everything to be perfect...*** The people who make these promises tend to be constantly dissatisfied, angry, critical. They are intolerant and authoritarian. They demand perfection from themselves and cannot accept their errors because they cannot see them--they are, after all, perfect. This means that if they make a mistake and are obliged to accept it and feel foolish, embarrassed and angry with themselves. And if things do not turn out the way they planned then they become angry with everybody else, criticizing the people and the system in which they live, wanting to force their opinion or order that things come out "perfect". Their expectations are always greater than the reality of their lives.

Perfection is impossible on this planet Earth. The human being is constantly learning. Learning implies making mistakes, resulting in imperfection.

***I have to love you because you are my father or mother...*** This promise is self-imposed due to the guilt created by abandonment, rejection and social beliefs. Love is a seed sown in the child and cultivated like a plant. When a person is mistreated, rejected or abandoned, that love becomes clouded, erased due to the interconnection of reciprocal energy from this obstructed love.

For a child to love his or her parents, the parents must earn the respect, love and trust of the child. It is impossible to demand love from a person to whom you offer only blows, scolding, insults, and physical, verbal and emotional abuse. The only feeling this child can have for his or her parents is an enormous fear and an enormous guilt created by the false belief that he or she is bad. But society and religion tell us that you should love your parents simply because they gave you life. It doesn't matter that you have been mistreated or that you will never again see that parent that abandoned you. At the moment the parent returns, you should open your arms and say *I love you*. How romantic! But it doesn't work that way. Mistreatment and abandonment create resentment, fear and guilt. In no way should you feel guilty because you cannot fulfill the promises you made to love somebody who never gave you love.

This does not mean that you should feed your hate-that, never. First we must try to stop feeling guilty for not loving those who gave us life but who could not give us love. Second, we should feel compassion and forgiveness for those who in their ignorance hurt us.

3. After reading these examples, lay down on your back, relax, let the music wash over you

like you are washed in light.

4. With your eyes closed, concentrate on the area of your navel. Allow yourself to remember how you acquired these promises (if you can't do this don't worry). Let the energy that connects you to those promises dissolve and leave you, renounce those bindings and recuperate your freedom, use your free will to freely decide without guilt, fear and resentment.

5. Focus your attention on your navel (where all dependence energy is stored). Order the Internal Enemy to leave you. The energy of dependence is related to the promises that through the Internal Enemy force us to depend on others.

Now focus on the center of your chest (where all fear accumulates) and expel it as if it were a source of dark energy springing from your chest and navel. Let it leave as you renounce any slavery to the promises that caused you fear and guilt, that make you feel that if you do not comply you are evil or doing things that are bad.

\*Alternate Step 5: You may use the following Step 5(a) instead of Step 5 above.

5(a). Use the Cromotherapy slide show. As you watch it maintain the intention to eliminate the Internal Enemy related to promises. Eliminate that energy from you, expelling it through the center of your throat, your chest, the mouth of your stomach and navel. Free yourself.

6. Let the music continue playing until it ends, finishing the exercise. If you have fallen asleep that's all right. The music acts for itself and your bodies will work in the order of liberation that you have at the beginning of the exercise.

7. If negative thoughts such as "*I'm wasting my time,*" or "*I'm not achieving anything*", etc. come to mind, or different thoughts that distract you from your objective, let them go. Don't stop when these occur, continue working, focusing on what you are doing.

8. Work every day with one of the promises you marked, as well as those that you added to the list. Repeat the exercise until you feel they have no longer have an influence on your life.

## Exercise No. 2

### Self-evaluation for guilt

1. In the place that you have chosen to practice your self-liberation exercises, play the *Soul Symphonics* music while you answer the following questionnaire:

Identify if you have lived or are living any of the following examples or that may be related to your feelings of disapproval of yourself, feeling bad or guilty:

	Yes	No
When you finish something do you have the feeling that you should have done it better, and later do you get new ideas that you think are better, making you feel bad or guilty because you think that what you did wasn't good enough?		
When you made a purchase or payment such as a house or car payment or something for yourself, do you feel or think that you shouldn't have done that because that money would have been better used for your family (parents, children, siblings) rather than for yourself?		
Do you feel that you have not done enough for your family (father, mother, children, spouse or siblings)?		
When somebody from your family, work, school or friends complains that the things that you are involved with never turn out well, do you feel guilty or believe that they are blaming you even though you have nothing to do with what they are complaining about?		
Do you feel you should have done more to prevent the death of a loved one (mother, father, brother, sister, child, grandparent, spouse)?		
Do you feel you should have prevented your parents from separating?		
Do you feel guilty for mistreating or mocking a person who became ill or died?		
Do you feel bad because you didn't visit your parents on weekends or frequently call them on the phone?		
Do you feel bad because your family is "very close" and you cannot be close to them because you live in another city or country?		
Does your mother or your father make you feel bad or guilty when they tell you they are lonely, they are very old or tired, etc.?		
Do the comments of your family, your friends or acquaintances easily make you feel bad or guilty?		
Do you consider yourself foolish or worthless?		
Do you think your spouse suffers because of you?		
Do you believe your parents suffer because of you?		
Do you feel your family is a burden?		
Do you think you are the cause of your spouse's bad mood?		
Does your spouse say you make them jealous and you accept it?		
Do you feel guilty because you cannot have a good sexual relationship with your partner?		
Do you believe your children suffer because of you, because you did not raise them right, because you worked too much and were not with them, etc.?		
Do you believe you never should have been born?		
Do you feel bad for scolding your children even though you were right?		
Do you feel guilty when you stop people from coming too close?		
Do you feel guilty because you are divorced and "left your children without a father"?		
Do you feel like the <i>black sheep</i> of the family?		
When you get sick do you feel guilty because your love one have to take care of you and you are causing economic problems?		
Does your spouse make you feel bad because you do not work and bring in money?		
Do you fee that everything that happens around you is your fault?		
When somebody close to you does not behave well do you feel bad, as if it were you acting like that? Do you feel embarrassed for him/her?		

\*Continue the list in your notebook. Work with each of these items as follows:

2. Lay down on your back, relax. Let the music wash over as if you are washed in light.

3. Your will and the music are the key for your Internal Enemy to leave your body. Order it firmly to leave.

If the Internal Enemy answers sending physical or emotional irritations, get control, avoid losing control because of these symptoms. You are in control, you created it!

4. With your eyes closed concentrate on the area of your navel. Work with one of the problems that you marked each day, as well as those that you added to the list. Repeat the exercise until you feel that the guilt has left you. Dilute *the* Internal Enemy hat you created with promises and guilt. Declare yourself good and innocent.

If you deliberately participated in acts that hurt others, forgive yourself because you were ignorant and not aware. God has already forgiven you.

5. Focus your attention on your navel (where the energy of dependence is stored). Order it to leave you.

Now focus your attention on the center of your chest (where fear accumulates) and expel it as if it were a source of dark energy springing from your chest and navel. Let it leave as you renounce slavery to the promises that caused you fear and guilt, and that make you feel that if you don't accomplish anything you are bad or doing bad things.

\*Alternate step number 5 every day with step 5(a).

5(a). Use the Cromotherapy audiovisual aid. Observe it as you maintain your intention to eliminate from you the Internal Enemy related to your guilt. Expel the energy related to guilt through the center of your throat, the center of your chest, the mouth of your stomach and your navel. Free yourself, declare yourself good and innocent.

6. Let the music continue playing until it ends, finishing the exercise. If you have fallen asleep that's all right. The music acts for itself and your bodies will work in the order of liberation that you have t the beginning of the exercise.

7. If negative thoughts such as "*I'm wasting my time,*" or "*I'm not achieving anything*", etc. come to mind, or different thoughts that distract you from your objective, let them go. Don't stop when these occur, continue working, focusing on what you are doing.

### Exercise No. 3

## Self-Evaluation for Punishment

### Relationship between guilt and punishment

1. In the place that you have chosen to practice your self-liberation exercises, play the *Soul Symphonics* music while you answer the following questionnaire:

Identify if you have lived or living any of the following examples or that may be related to unfulfilled promises that have become a motive for punishment.

	YES	NO
Have you ever had an accident?		
Do you frequently have pains in any part of your body such as headache, backache, pain in your knees or chest?		
Do you frequently forget important things?		
After your divorce did your ex continue making you participate in unimportant decisions that may bother your current partner or interfere in your life?		
Do you get angry and then feel sorry, telling yourself you are stupid, dumb, etc.; or do you even hit yourself?		
Do you make quick decisions without thinking about them, even when dealing with something important, and then have problems later?		
Do you easily lose friends?		
Do you lose and forget objects easily?		
Do you get the same illnesses as your parents, both hereditary and not?		
Could you have had a stable financial life but now find yourself in economic problems due to bad investments, too much trust in your family, friends and partners?		
When you have had to make some presentation at work or school have you had accidents or forgotten something, delaying or preventing the presentation?		
When you are about to leave on a trip or during a trip have you forgotten or lost important documents or objects?		
At important meetings where you have to look good before all the others have you done anything ridiculous?		
Knowing that this could happen, have you been in situations where the police have had to intervene and you were blamed for the problem?		
Have you had an illness that the doctors did not recognize?		
Are you a habitual user of alcohol, drugs, tobacco or cola drinks?		
Do you have to work without rest, and feel anxious when you are not active?		
Have you had bulimia?		
Does your body disgust you so that you wish you could change it?		
Have you had anorexia?		
Do you have friends or a partner that despises you or mistreats you, but whose company you still seek?		
Do you lose money making foolish purchases, giving it to people, treating your friends and family, easily spending all your money and then feel worried because you have nothing?		
Do you buy clothes and then decide that what you bought doesn't fit, makes you look bad so that you are always unhappy with what you wear?		
Do you ask yourself why things happen to you and not to others (feel self-pity?)		
Are you afraid of dying of an incurable disease?		
Do you have phobias?		
Have you ever had an operation?		
Have you ever had an operation for some illness which returns after a while?		
When you are with your partner after sex do you feel dirty, bad or guilty?		
Do you have any pain or other problem during or after sex?		

Have you ever had an illness in your genitals?		
Does your partner physically, verbally, emotionally or mentally abuse you?		
Other:		

\*Continue the list in your notebook. Work with each of these items as follows:

2. Lay down on your back, relax. Let the music wash over you.

3. Visualize a white screen and project on it your image. Follow our memories. Choose one of the situations that you marked in your evaluation.

4. Ask your Superior Being to guide you to find the truth and recognize how the situation that you are watching is related to your promises or childish experiences. See how these have caused you to feel guilty, unconsciously using the situation that you chose as a form of punishment. For example, if there were any prior events that may have been connected to your accidents. (These events do not necessarily have to have occurred the same day as the accident, they may have occurred years before the accident.)

If you deliberately participated in acts that hurt others, forgive yourself because you were ignorant and not aware. God has already forgiven you.

**Example:**

On February 10, 1996 Nicholas had a car accident. A year before he and his father were angry with each other and not talking. It was his father's birthday.

*"I punished myself. Yes, now I can see it clearly! From early in the morning I told myself I would go see him, but...I think I was afraid of having to face him again. So I decided to not see or talk to him. It was the first birthday that we had not spent together since the time I was born. I felt very guilty because I wasn't with him on such an important day. I punished myself for being so bad...I didn't notice how I was driving and I crashed!"*

5. Let the memories and thoughts come to you. Accept them without question. The Internal Enemy may try to make you doubt your findings. The positive thoughts that explain the punishment that you are seeking are thoughts that come from your Superior Being, the negative thoughts leave you more confused and discouraged. These come from the Internal Enemy. Don't listen to them; ask your Superior Being to help you connect with the trust that you are seeking and freedom from guilt, anger, sadness, pain, fear, shame, etc.

6. Imagine fountains of dark energy is springing from your navel, the mouth of your stomach, the center of your chest and head. These flows of energy are the negative emotions and the Internal Enemy. Order it to leave you, use your will and the music to expel it. Accept that you are good and innocent. Renounce the punishment.

7. Work every day on one of the punishments that you marked, as well as those that you added to the list. Repeat the exercise until you feel that you have freed yourself from the Internal Enemy and the energy of guilt that created the punishment.

## Exercise No. 4

# Self-Evaluation for Fear

1. In the place that you have chosen to practice your self-liberation exercises, play the *Soul Symphonics* music while you answer the following questionnaire:

Mark the phrase that you identify with and note any other fears that do not appear on the list.

	YES	NO
I am afraid of dying.		
I am afraid of suffering.		
I am afraid of being rejected.		
I am afraid of being criticized.		
I am afraid of having an accident or getting sick.		
I am afraid of being unemployed.		
I am afraid my partner will abandon me or cheat on me.		
I am always worried about money.		
I am afraid that something will happen to me, or my family.		
When I leave my house I lock everything up thinking that somebody may try to rob me.		
I am afraid of the dark.		
I want to get a divorce, but I am afraid because I don't know what to do with my life. Where will I live, how will I pay for everything, etc.?		
I am afraid of being alone.		
I hate any change (I am afraid of change).		
I am afraid of crowds.		
Other:		

\* Continue your list in your notebook.

2. Lay down on your back, close your eyes, and relax. Let the music wash over you.

3. Visualize a white screen and project your image into it. Choose one of the situations that you marked in your evaluation.

4. Ask your Superior Being to guide you to find the truth and recognize how the situation that you are watching is related to your promises or childish experiences, or caused your fear.

5. With your eyes closed, concentrate on the area of your navel. Remember fearful situations that you have experienced and free yourself of that situation. Dilute the Internal Enemy that you created with your fear, promises and guilt. Declare yourself as courageous, good and innocent.

Now focus on the center of your chest (where fear accumulates), and expel it as if a fountain of dark energy springs from your chest and navel. Let it out as you renounce your slavery to the promises that caused you fear and guilt, that made you feel that if you did not fulfill you were bad or doing bad things and in risk of dying.

\*Alternate Step No. 5 with Step No. 5(a):

5(a). Use the Cromotherapy audiovisual. Watch it as you maintain your intention to eliminate the Internal Enemy related to fear. Expel it through the center of your throat, the center of your chest, the mouth of your stomach, navel and head. Free yourself, declare yourself good, innocent and brave.

6. Let the music continue playing until it ends, finishing the exercise. If you have fallen asleep that's all right. The music acts for itself and your bodies will work in the order of liberation that you had at the beginning of the exercise.

7. If negative thoughts such as "*I'm wasting my time,*" or "*I'm not achieving anything*", etc. come to mind, or different thoughts that distract you from your objective, let them go. Don't stop when these occur, continue working, focusing on what you are doing.

8. Work each day on one of the fears that you marked as well as those you added to the list. Repeat the exercise until you feel that your guilt has disappeared.

## Exercise No. 5

### Self-evaluation for anger

Check here

I believe that I am a person who does not get angry easily —

I believe that I am a person who gets angry only for a reason —

I believe that I am a person who is easily angered —

No matter in which of these three categories you find yourself, we invite you to review the causes that may have sowed the seed of anger in you. On many occasions people who get angry very slowly tend to control their emotions due to promises such as: *I'm going to be good, I will never cause problems*, etc.

1. Make a list of all the reasons for your anger and resentment.

1. \_\_\_\_\_ |

2. \_\_\_\_\_ |

3. \_\_\_\_\_ |

4. \_\_\_\_\_ |

5. \_\_\_\_\_ |

6. \_\_\_\_\_ |

7. \_\_\_\_\_ |

8. \_\_\_\_\_ |

9. \_\_\_\_\_ |

10. \_\_\_\_\_ |

11. \_\_\_\_\_ |

12. \_\_\_\_\_ |

\*If the number of situations that make you angry and that bother you is greater than the lines here, continue the list in your notebook. Work with each one in the following way:

2. Lay down on your back, close your eyes, and relax. Let the *Soul Symphonics* music wash over you.

3. Visualize a white screen and project your image onto it. Choose one of the situations that you marked in your evaluation.

4. Ask your Superior Being to guide you to find the truth and recognize how the situation that you are watching is related to your fear.

5. With your eyes closed, concentrate on the area of your navel. Remember fearful situations that you have experienced and free yourself of that situation. Dilute the Internal Enemy that you created with your anger and resentment. Declare yourself good and innocent.

Focus on your navel (where dependence energy accumulates), and order it to leave your body. Now focus on the center of our chest (where fear accumulates). Expel it like a fountain of dark energy springing from your chest and navel. Let all the anger leave you through the mouth of your stomach, ordering the Internal Enemy to leave with it. Feel peace, harmony, strength, confidence in yourself and forgiveness.

\*Alternate Step No. 5 with Step No. 5(a):

5(a). Use the Cromotherapy audiovisual. Watch it as you maintain your intention to eliminate the Internal Enemy related to anger. Expel it through the center of your throat, the center of your chest, the mouth of your stomach, navel and head. Be free, feel peace, harmony, strength and confidence in yourself.

6. Let the music continue playing until it ends, finishing the exercise.

7. If negative thoughts such as "*I'm wasting my time,*" or "*I'm not achieving anything*", etc. come to mind, or different thoughts that distract you from your objective, let them go. Don't stop when these occur, continue working, focusing on what you are doing.

8. Work each day on one of the areas of anger that you marked as well as those you added to the list. Repeat the exercise until you feel that your guilt has disappeared.

END