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CARPE DIEM

María Belén Aguilar Carrera

I hope this book will serve
you well, to fill your
search with light and to
find your inner answers
together with the true
essence and balance in your
life.

María Belén

DEDICATED TO

This book is dedicated to you.

To my dear family and friends.

To all those who defend their convictions, maintaining peace and with their example of unconditional love and support they put to the service of others.

To all those who were, are and will be part of my life.

Thanks to the supreme source of all knowledge.

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CARPE DIEM

The name I gave to this book "Carpe Diem", is a phrase which came to my mind all of a sudden and remained there.

It is Latin meaning "seize the day" or "take the moment", meaning "not to waste or delay to tomorrow what you can do today", "live every moment of your life as if it were the last day."

It is a very profound statement, because there are many times when we stop doing or saying something and let the moment pass. Time is short and what really matters is to know how to live each moment with intensity and believe that your environment is full of love, joy and optimism.

A few days after this phrase came into my mind, I told my sister about it. She was visiting us with her family at that moment to spend our holidays together. We decided to visit, among others, the Loire valley in France where we rented a 200 year old house in "Chaumont sur Loire" to enjoy the surroundings.

The moment we arrived at the house, my sister alerted me that there was an old sign above the entrance with the words "CARPE DIEM". This made me realise again that everything happens for a reason.

While writing the content of this book I thought about a title and thought of many, until the words "Carpe Diem" again came into my mind. I said to myself that these words should be the title of my book, and that is how the title was born.



The house in Chaumont sur Loire, France



Chaumont sur Loire, France

PERSONAL

10

MOTIVATION

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PROPHECY

60

LOVE

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THOUGHTS

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PERSONAL



WHITE AND BLUE CRYSTALS

White and blue crystals surrounding his space.

He opened his eyes to the world clamoring hear.

A thousand faces crossed his surroundings.

A thousand voices shouted his name.

Rules and standards were imposed.

They took his natural light.

He was forced to fight to win.

The size of his mind was reduced.

He grew up in a world full of envy and jealousy.

Lived restless nights in fear and loneliness.

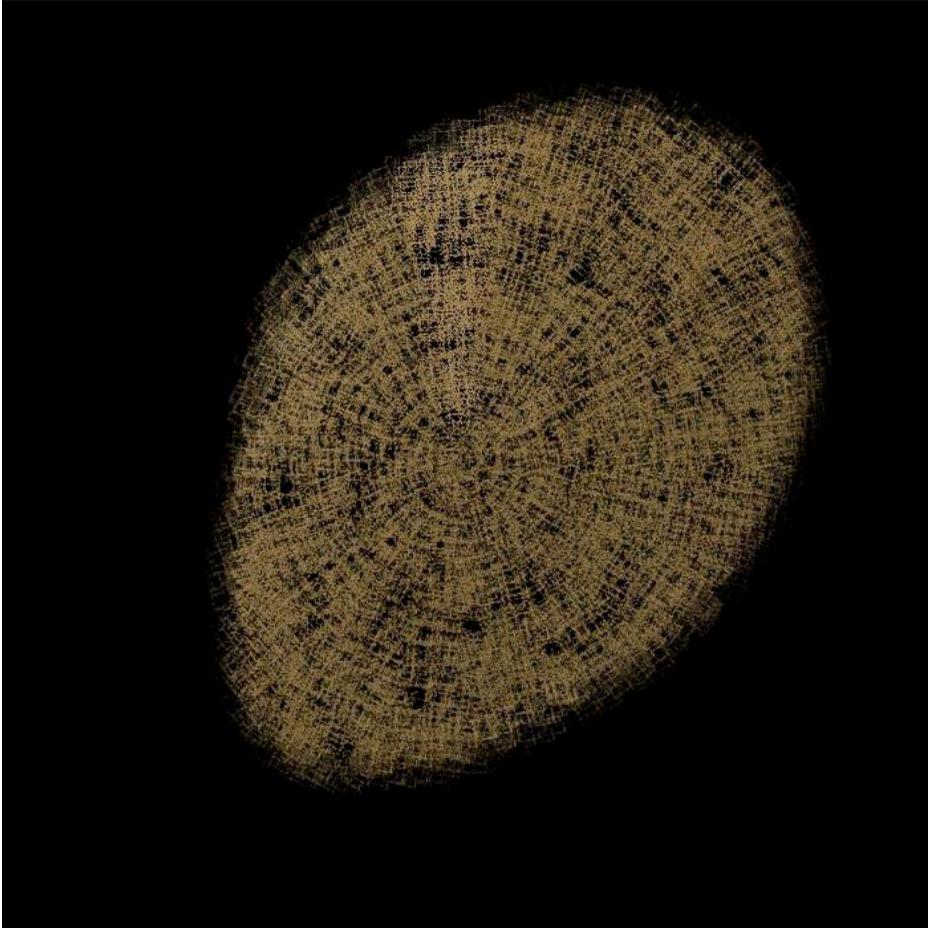
He sang so loud that the moon eclipsed.

Blank partitures awaiting diffuse notes of a wounded heart.

Hoping to regain what was lost.

In order to reach the threshold.

María Belén Aguilar Carrera



Identities

The amount of work does not matter, it's the quality of the oeuvre which characterises it.

The poison that claims the most victims, comes from the mouth of unevolved beings which pollute the universe with their words.

Do not blame others for your own mistakes, confront them yourself because you will learn from them.

For the sense not for the fulfilment.

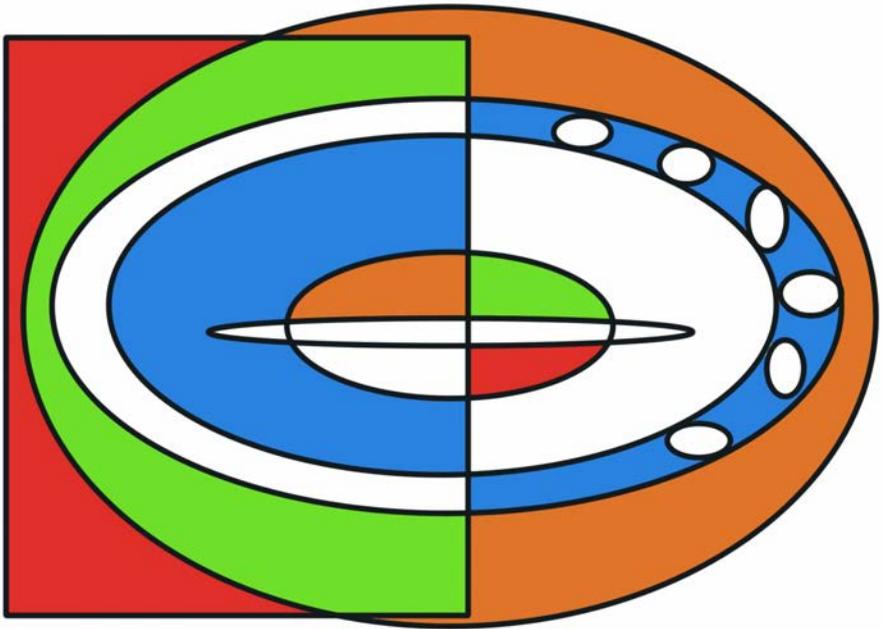
Do not waste your help with the folly and ingratitude of people, use it to make your way from the dark and to reach your fullness.

Incorporate understanding in your routine and feed it with good deeds.

Eventually we all judge our good and bad deeds that we created in the course of our lives. This means that many have grown and many have to grow to new experiences.

The solution to many problems is not searching for a solution but actually finding it.

The divine and human differ in the essential vision between to be and being.



Parallel universes

What is inspiration, if your soul does not travel beyond an infinite consciousness.

Visible is not only what we can see, but what we want to see, even if it is not there. Invisible is what we can not see or do not want to see.

The danger lies in your bad deeds and thoughts, as these are floating along with similar vibrations, returning to you with greater intensity.

The why of things comes from the creation, namely it has always existed.

The way to educate yourself is to learn from mistakes and to live with the knowledge -disconnected from the worldly.

Success has different interpretations that vary according to their content; sometimes temporary and other times durable. Temporary when it is not well acquired and we sink into the negative. Durable when we enrich our soul.



Castle of Blois, France

If you concentrate on something for a while and leave aside what is really important and do not see it, you lose the sense of time and lock yourself in the prison of your subconsciousness.



Raising ideas

In the labyrinth of life, each entry has its exit if you know how to find it.

Do not rely on a relative truth full of promises and sweet words. Many of them bring war, death, chaos and desolation.

An invention is the use of intelligence and imagination embodied in a work, creating something that has always existed, just in a different way.

Do not seek the truth in the lies you need want to hear. You will live more desolate and in bitterness, and that will be your only way out.

No entity has power over anything, only when you invite it and let it enter in conscious and unconscious ways.

Do not deny that the voice that alerts or and informs you, it will help you in many situations, but do not confuse this voice with negative frequencies, that will bring you many problems.

Envy is the output for those people who are dissatisfied with themselves, and who enjoy the suffering of others. These insecure people do not know that they hurt themselves, and their evolutionary process is delayed.

Time passes quickly, do not miss every instant without growing your spirit and enrich your life and that of others.

Material things free you from some problems, but many of them can not buy wealth.

Today's society is involved in worldly pleasures, forgetting that these are the worst enemy to the human progress.

The skin color is a characteristic hallmark of races like the color of the soul.

If most of your time is occupied in mundane things, so will be your environment and only the mundane and emptiness will occupy your space and become your reality.

Depending on each decision you make, you will get a certain result.

The world is full of people who are positive and negative, this difference is large when you reach a state of pure consciousness.



The source

The energy around you changes according to your mood. The more we are in harmony with ourselves, the more powerful it will be.

If you are not happy with your surroundings, look for ways to improve or change those points that are not balanced inside yourself.

The need transforms itself into prayer. The moment of identifying an erroneous action is identified that differs from the eternal consciousness.

The wandering ego of a lonely soul, is the answer to life without knowledge and meaning.

Do not bless everything around you, as there are things that you have allowed to be blessed which can create chaos.

Every criticism is given in a constructive or destructive way. The difference is in that the power which at that moment which influences people either positively or negatively.

The emphasis is in the predisposition of being within reach of wisdom. Without this we have much to learn.

Do not be blinded by greed and the neglect of the spiritual; material goods and vain disappear: the things that remain are the good deeds.



1000 Islands, border Canada and the United States of America

Many questions appear in your mind and many answers live within you.

Some words are convincing, while others do not carry out their task. These can be sincere or full of low significance. It is up to you to know when these are exposed with the truth.

If you compare yourself with others, you are denying the opportunity to expand your horizons.

Do not judge people without knowing them; not for their appearance, not for their actions - not knowing their past or the state they are in, because you do not know what they have gone through and this does not prove who they really are.

If you put yourself in the situation of somebody else, you will understand how you feel, but not the other person's feelings.

In the world of hope there will be always be a waiting time.

The need for a daily impulse is measured with equality. Every day you learn something new, but sometimes we do not notice.

The truth is the essence of the reality.

An unconscious consciousness, represses the being of knowledge.

The matter which is transforming gives way to different forms.



Now I can see

The distance becomes shorter when the knowledge returns to you.

Comfort for the grief. They need each other to survive.

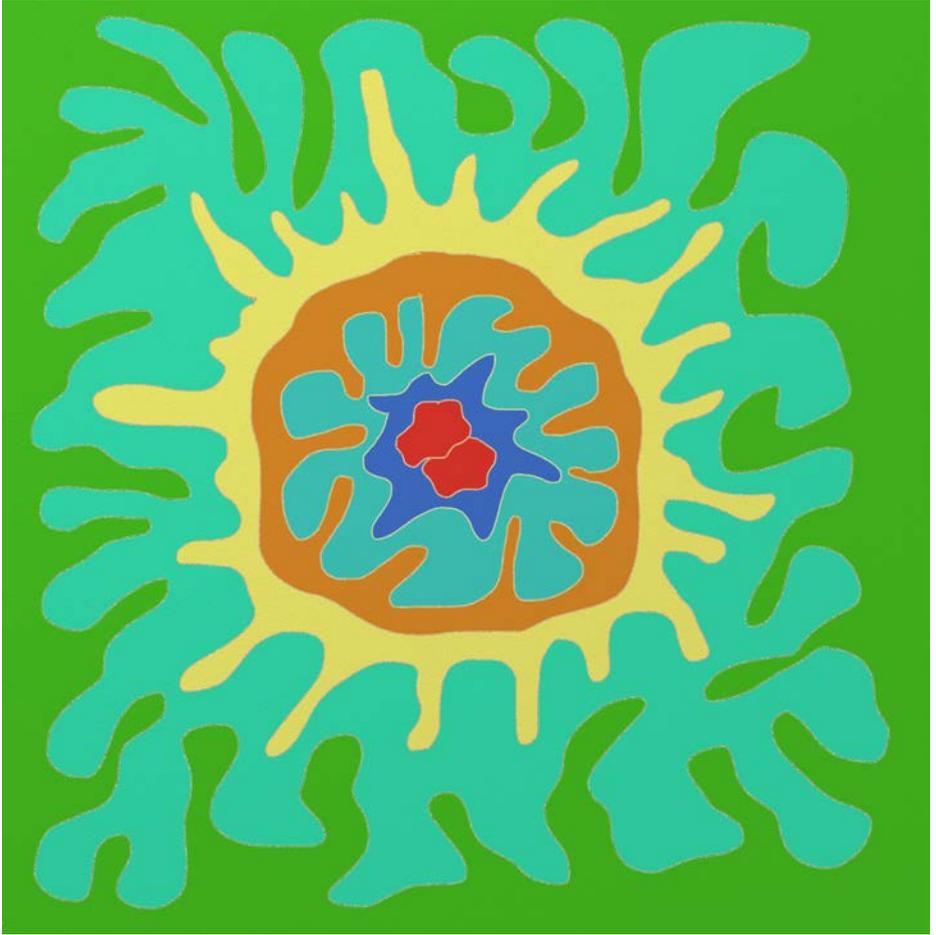
Take the time to understand that the universe is a combination of different energies as those energies are the product of individuals and collective contents.

Remove the blindfold that covers your eyes and see the wonders of creation.

Everyone knows the The road to get to heaven everyone know, yet the challenge is how to reach it.

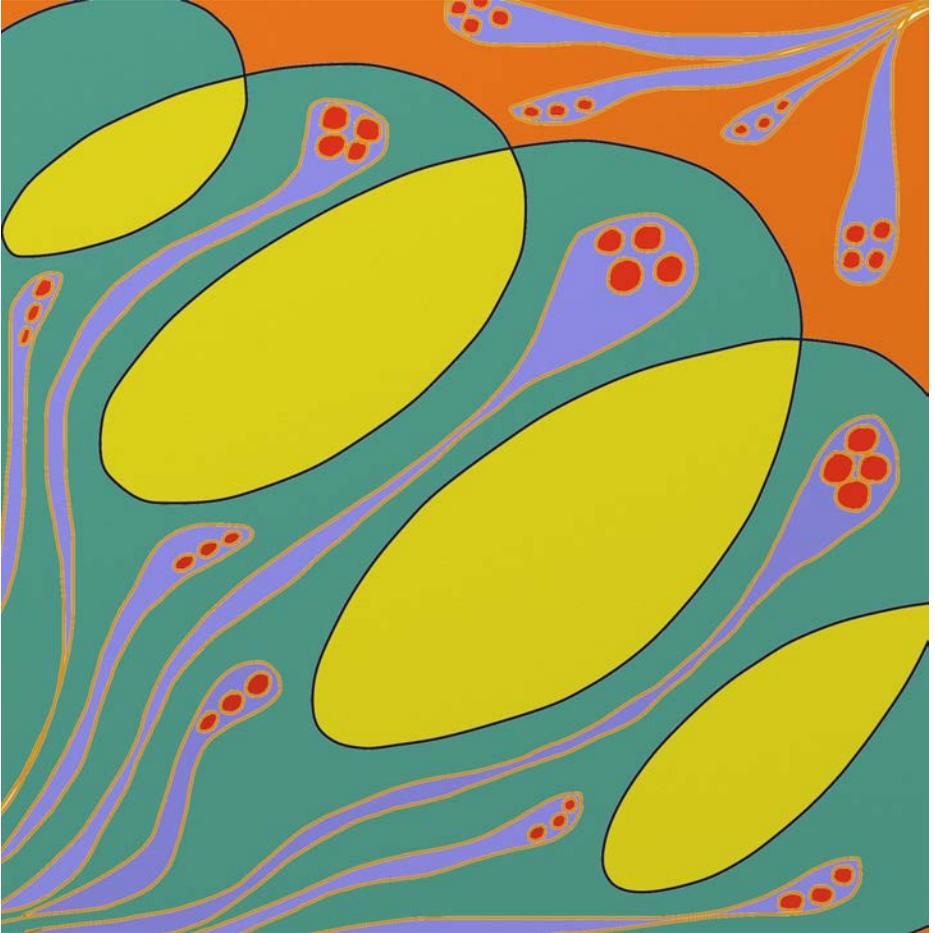
When you look around you and observe negative people. Stay away from them and feed your positivity with those who fill your space with joy and love.

Be yourself and have your own personality, though do not destroy it with the mask of vanity.



Changing forms

From the minuscule cell, the greatest creation is formed.



Following

Everything is important, even the tiniest of beings. Don't despise for size or shape as we are all divine creation.



Bringing back the lights

If you have a thirst for knowledge, drink it from the source of wisdom.

We are all energy. The difference lies in its magnitude.

See the faith from a pragmatic point of view, as the dogmas are preset; existence is universal.

If you are looking for attention, it's because you lack affection.

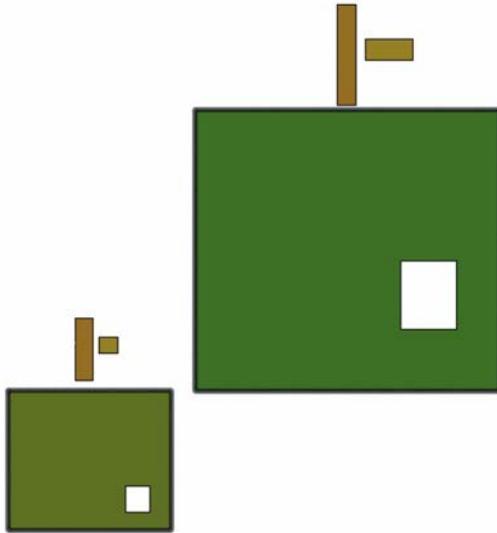
Disregard envy and falsehood, but rule your life fully and fill it with lots of happiness.

Do not use your arrogance to give and receive healing.

Look at the way you're living and what you decide that is your choice, but remember that every action has a reaction.

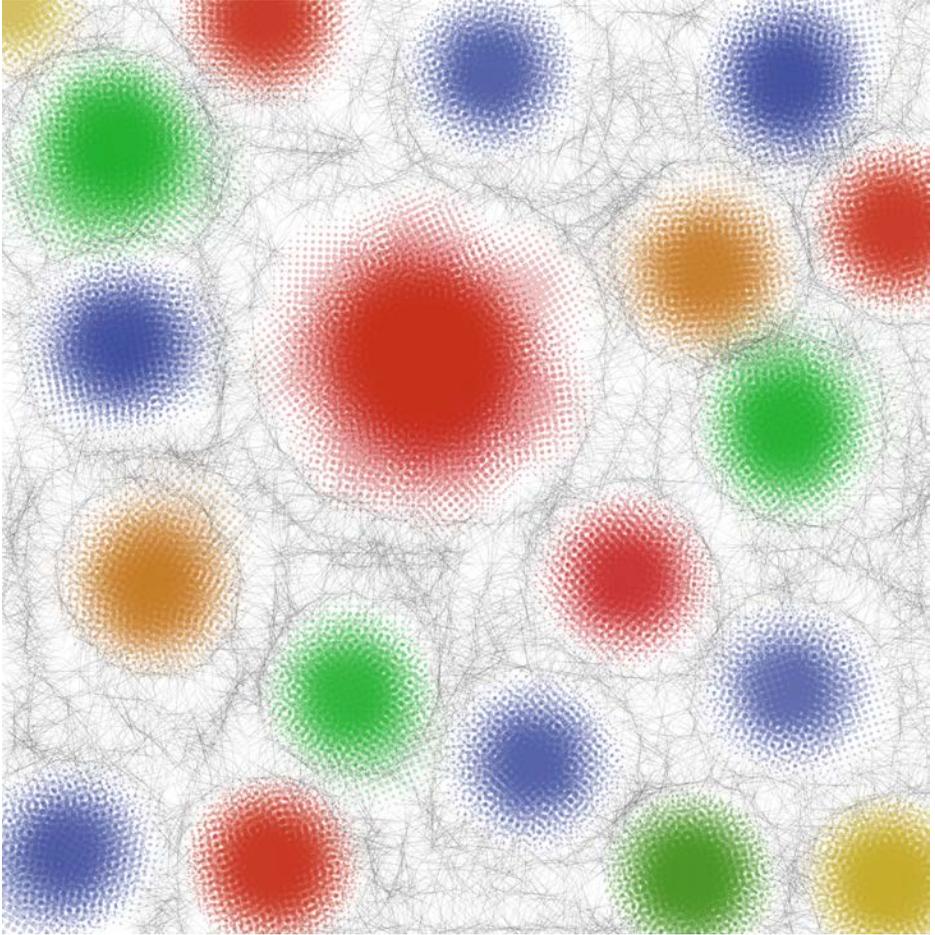
May your criticism help build a better world. Do not destroy that which took long to reach its existence.

Flow and dissipate your spirit away from the ephemeral and mundane. Vibrate and resonate in complete harmony with nature and the environment.



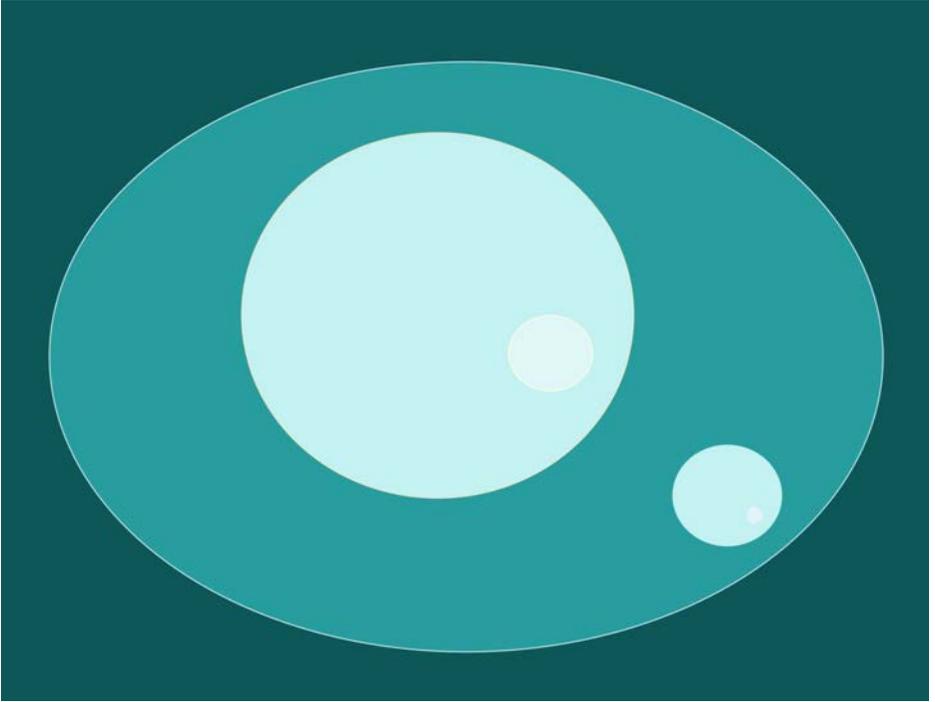
Green moments

Feed your body with useful things because the useless will destroy it and make it sick.



Frequency

Let your ideas explode like an erupting volcano and scatter it as the fertile soil in search of new life.



Hold my hand

Each creation is governed by its adaptation and the environment in which it was developed.

Do not be blind to accept the truth as it comes.

From the vastness everything seems small. We should think about that when looking at the anguish and suffering.

You do not always have to see to believe, but to feel.

The system is designed to control, but it is up to you to take away the bindings and react.

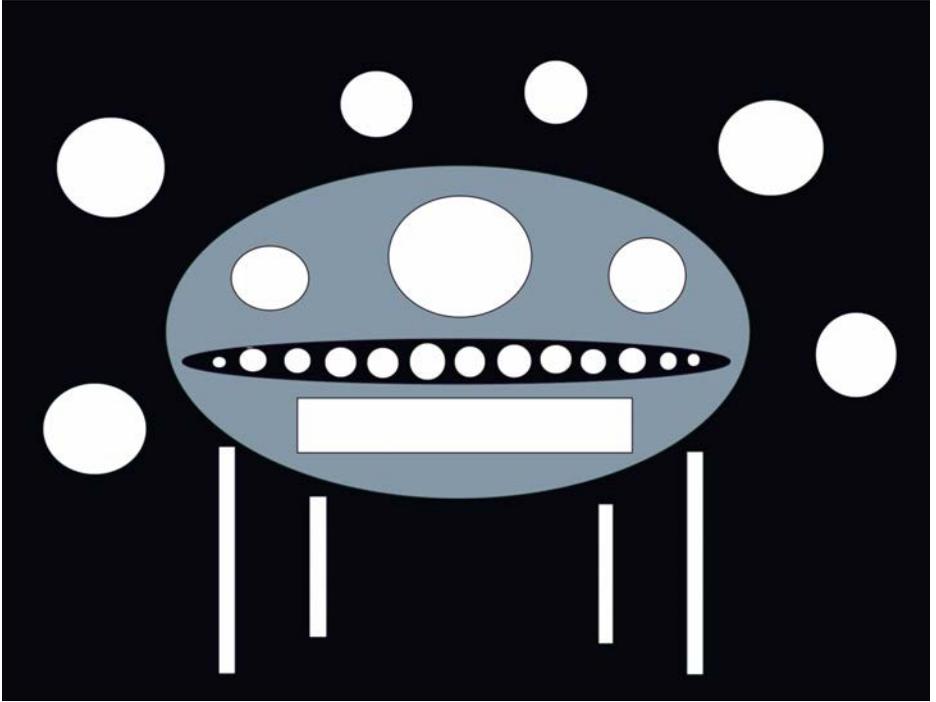
If you get to the top at the expense of others, then your descent will bring anguish, sadness and loneliness.

If you have limited thoughts, your life will also be limited.

If you've ruined your confidence, you have ruined your dignity.

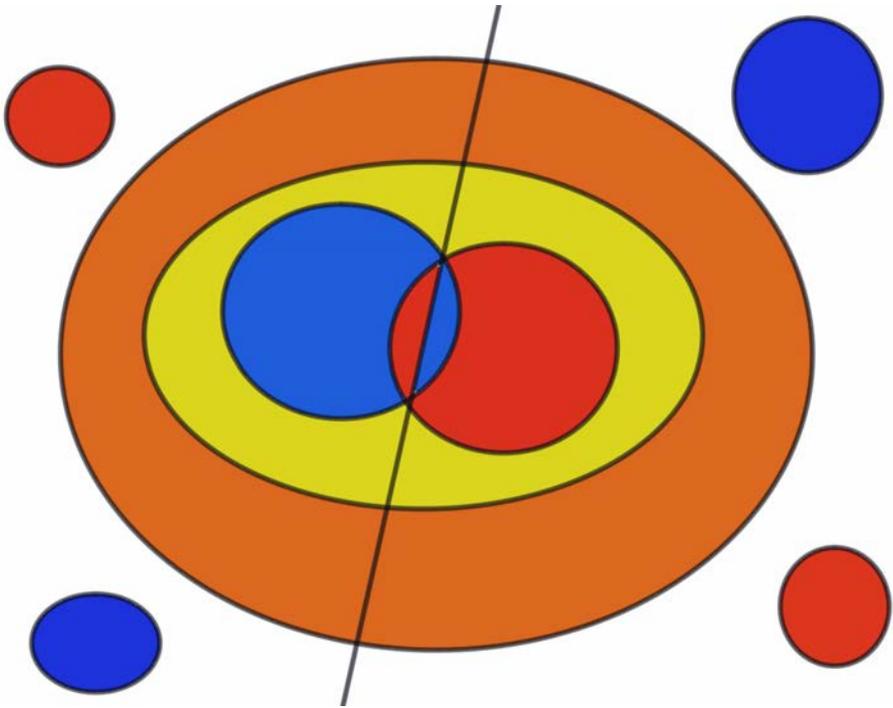
Spiritual growth occurs in each individual. Maintaining its identity by keeping it free of preconceptions and wrong ideas.

The ideal is not to have an ideal.



Back home

My reality does not necessarily have to be your reality, but it has been forged by my own experiences.



Separation

The union between the positive and negative creates the force for movement and development of polarities.

Do not humiliate or defame your fellow creature. If you do, your life will be surrounded by darkness.

Do not settle for false and unnecessary suffering: settle when you reach your peace and you are in complete harmony.

Relieve your thoughts, so you can stream and float into the vastness.

When you think you've finished learning, your path begins at that point.

If you do not want to see with your eyes, learn to see with the eyes of the soul.

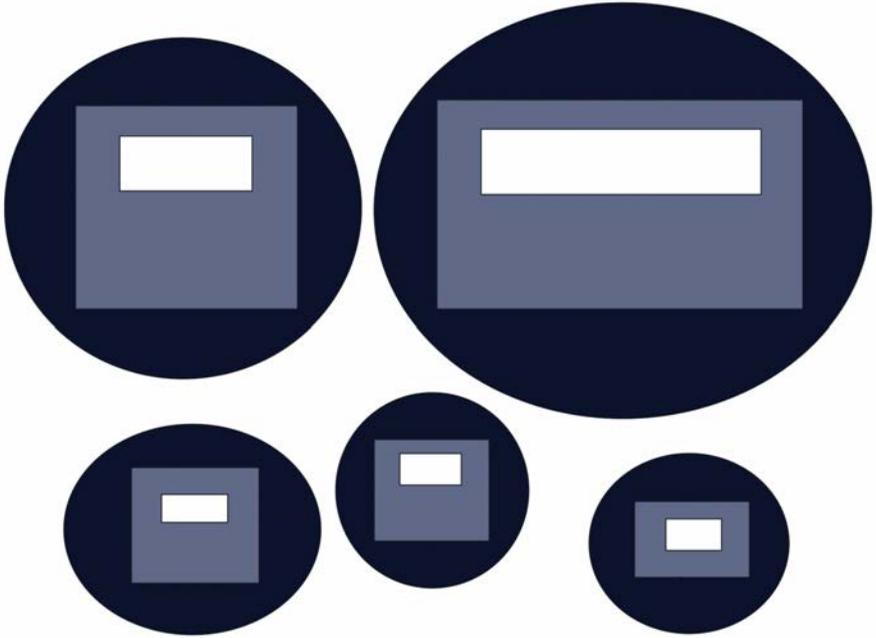
The reason is an illusion if it is not united with intuition.

Who seeks you only for his own interest, is one that takes advantage of your kindness and lives off your goodwill. Stay away from them, let them learn and look around for people similar to you.



Unconscious

Never let the child in you die, because if you do, your innocence will die with it.



Circles of life

All your good deeds and works have to start from your home.

Do not let your crystalline soul change and don't get lost in earthly pleasures.

Everything in the universe has a number and each number has its own meaning.

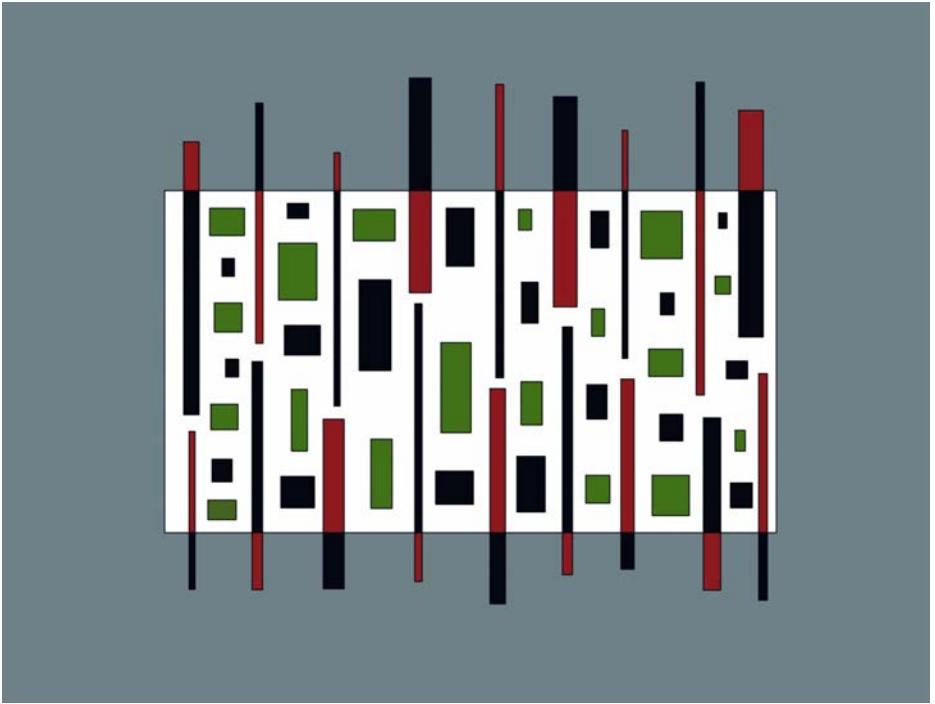
The sweetness of a tender look, softens a sick heart pleading to beat in harmony.

Each extreme is a misperception of reality and the result of an exposed and vulnerable consciousness.

Thoughts are for free: the good ones will enrich you, the bad ones will cost you a lot.

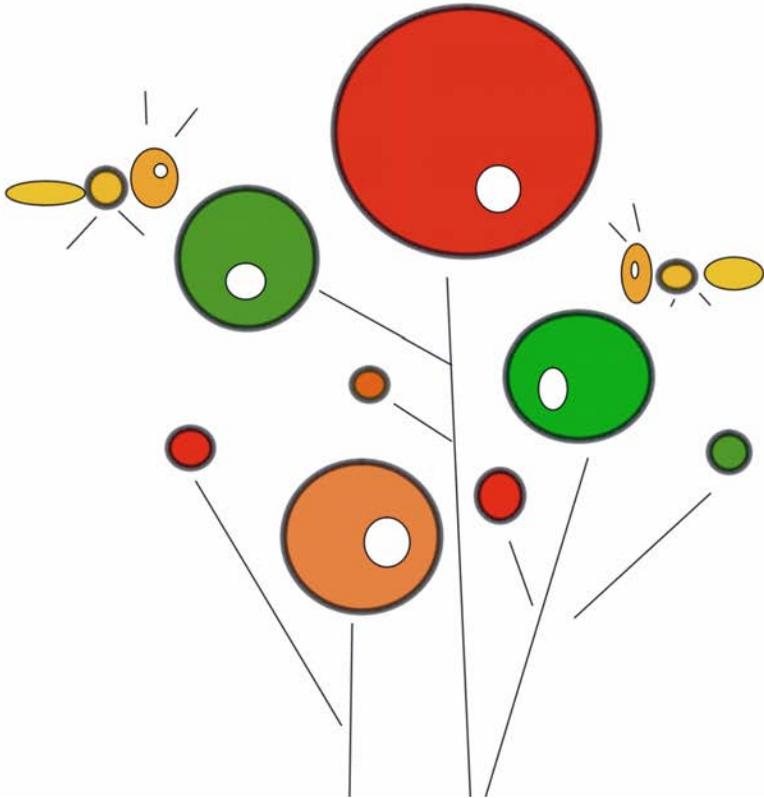
Rejoice for the happiness of others, but not for their misery.

Do not forget to be grateful, and when you do, do it with your heart, you will live in plenty and your life will be filled with many satisfactions.



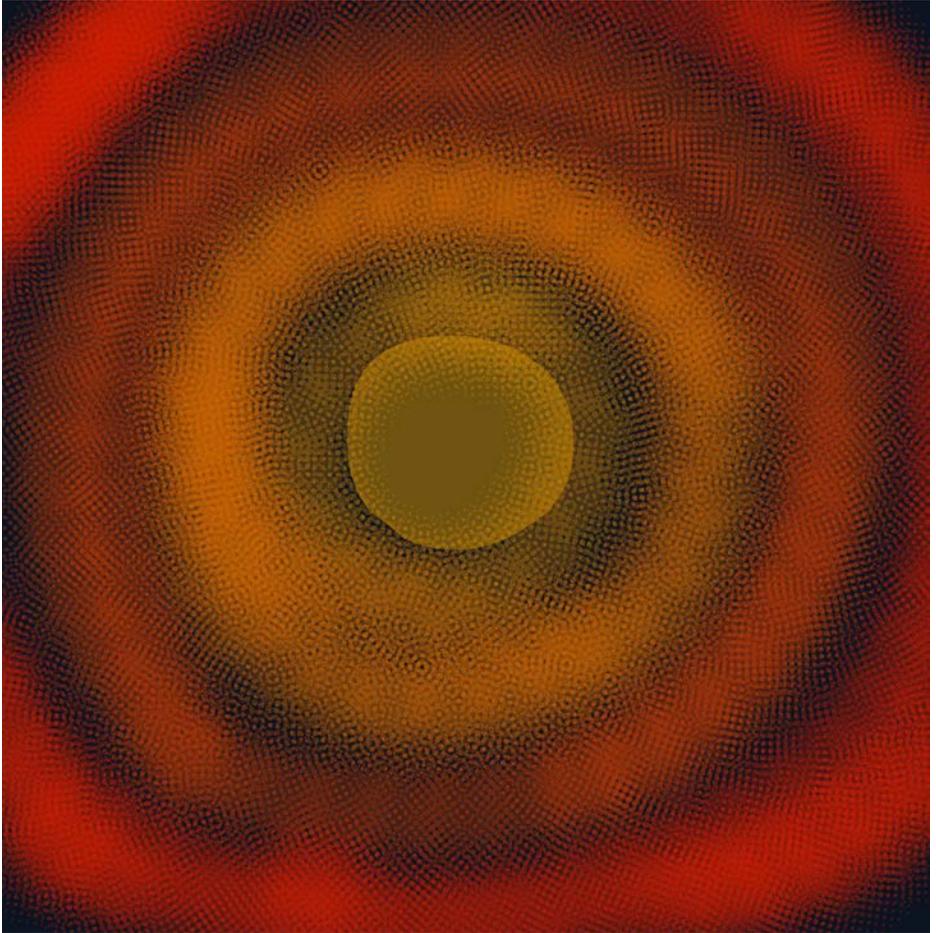
Same way

The ideas come together to shape the final product.



Together in harmony

We feed ourselves from the earth and it feeds from us.

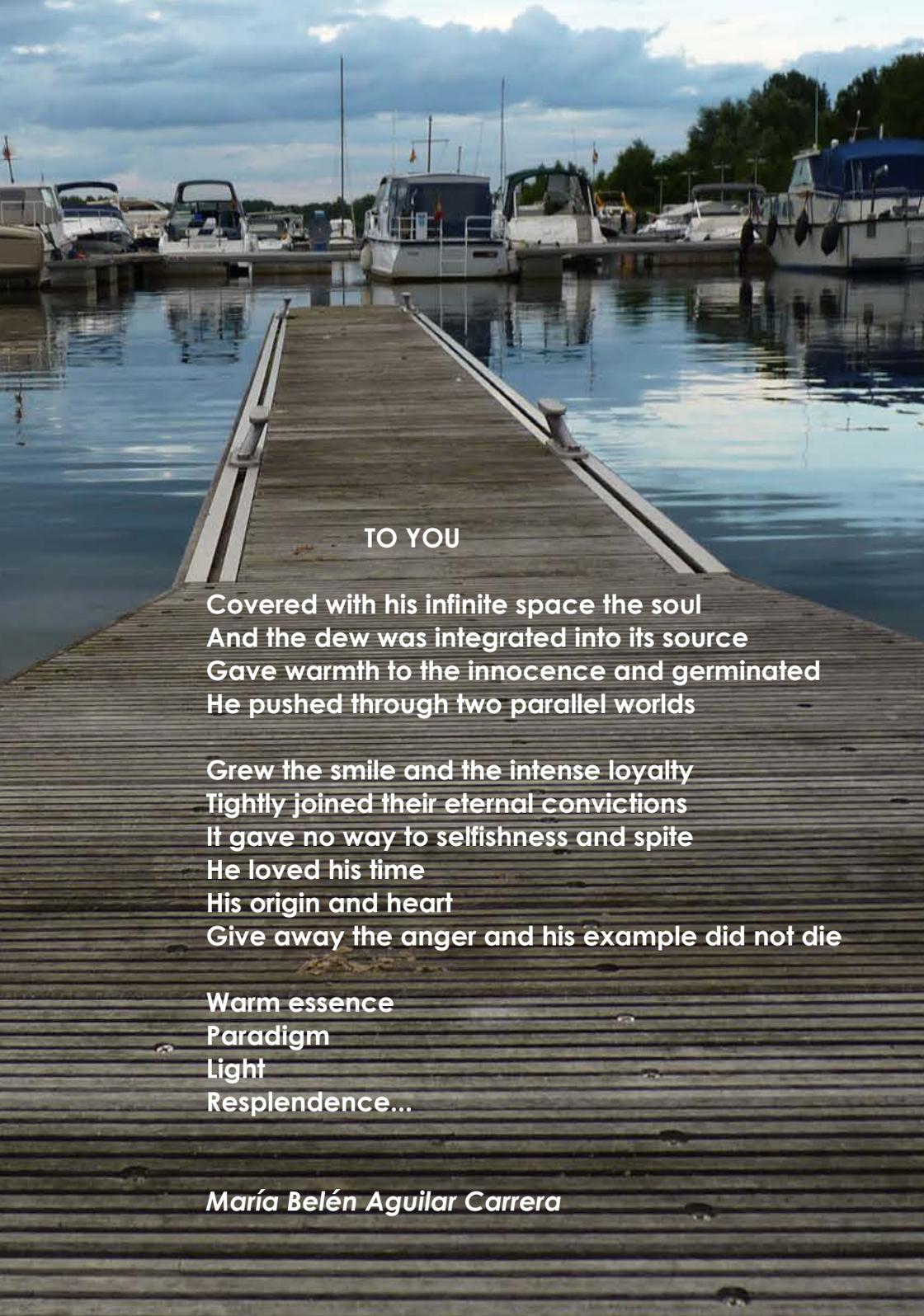


Behind the veil

Be aware of every action you take and every word you speak, because everything is converted into energy.



MOTIVATION



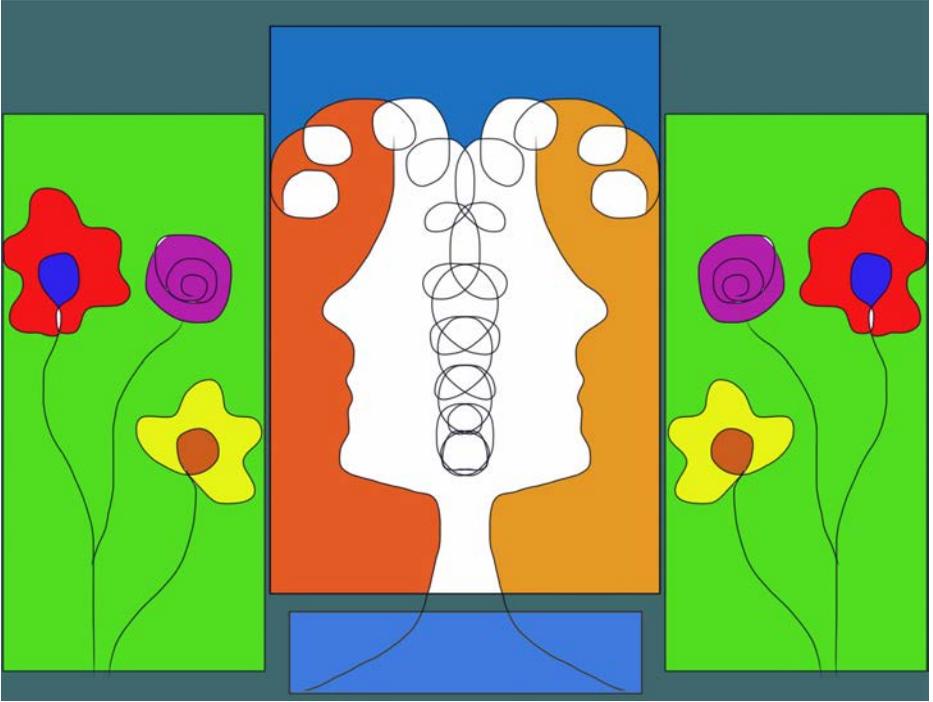
TO YOU

**Covered with his infinite space the soul
And the dew was integrated into its source
Gave warmth to the innocence and germinated
He pushed through two parallel worlds**

**Grew the smile and the intense loyalty
Tightly joined their eternal convictions
It gave no way to selfishness and spite
He loved his time
His origin and heart
Give away the anger and his example did not die**

**Warm essence
Paradigm
Light
Resplendence...**

María Belén Aguilar Carrera



Together again

If you seek me I will always be there, even if you think I left.

Look at me; I have noticed you always.

Remember that every word your mind evokes, produces a positive effect on you and helps you to find the essence.

Blessed is the one who suffers guiltless and continuous with his head held high. All this pain will be rewarded with great grace, happiness and wisdom.

Loneliness is just a word, you're never alone, because you're always surrounded by energy.

Only light shines its way into the darkness and pain. Open your mind to clarity and living in harmony.

Constancy and perseverance go hand in hand with discipline and bravery.

Forgiveness does not remove your wounds, but helps to heal them.

Do not let the light of your eyes vanish because of the irony of life, but be alert and continue to seek so that every day shines with great intensity.



Happy in color

Smile, because smiling is the best therapy for a healthy and balanced life. This improves your mood and takes you away for minutes from your concerns.



Floriade 2012, Venlo, Nederland

The best treasure you can own is a pure balance and harmony, to radiate to others and thereby improve your spiritual advancement.

With patience you will achieve greatness, as it will improve your life and your existence is doubled.

Live life to the fullest with great moments; give yourself to the gifts of grace and divinity.

Good music sharpens your senses and transports you to places and events that go beyond a simple experience.

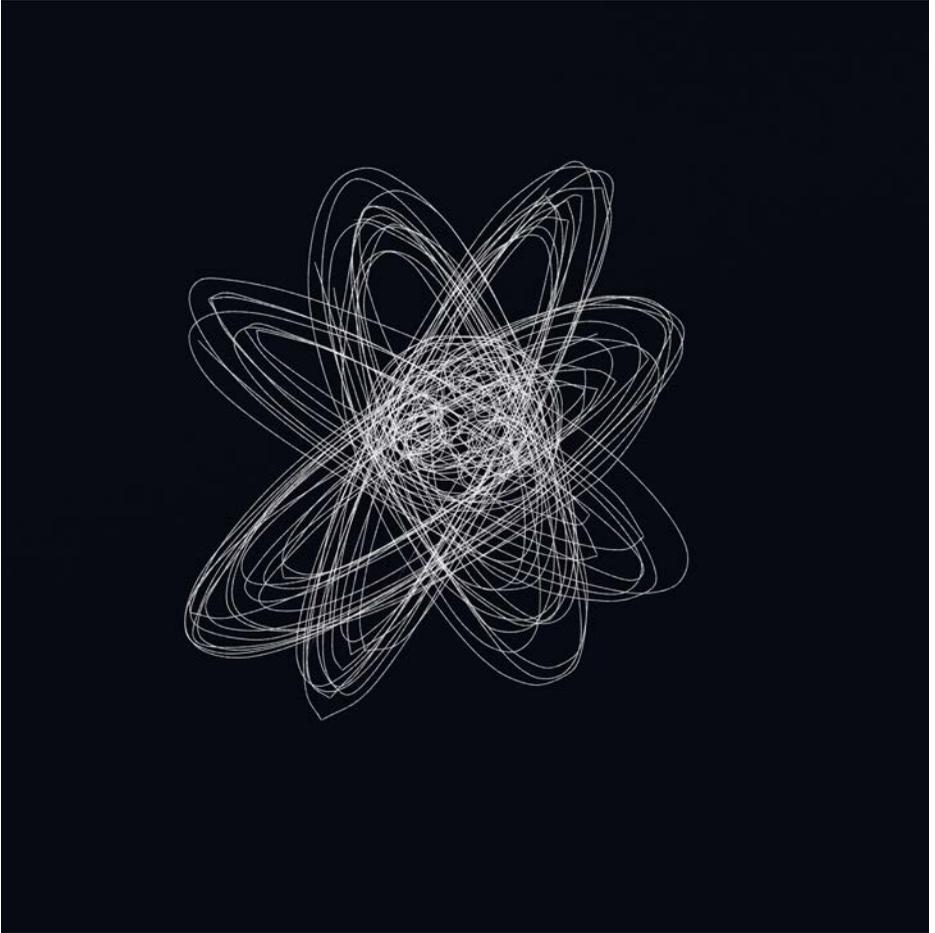
Life is full of surprises. You don't know if you are going to like them, but they will forge your personality.

A criterion said with wisdom is very valuable and has power among all who hear it.

If you want to heal your body, heal your soul first.

Every situation that happens is for you to have more experience and help you on the path to growth.

Every time you feel bad, try to find a way to cheer yourself up, thinking that this is just a situation that will pass.



Moving fast

Who coexists in harmony, coexists with the universe.

Don't make from every situation that you encounter an inconvenience, because these are tests to overcome

The true perception is achieved with the purity of the spirit.

If there is harmony, chaos will not enter.

Every step you take leaves a trace of happiness. Every word you say will fill your surroundings with joy and peace. Every smile you give, draws their faces with love. Every moment you live, raises your being to the immensity.

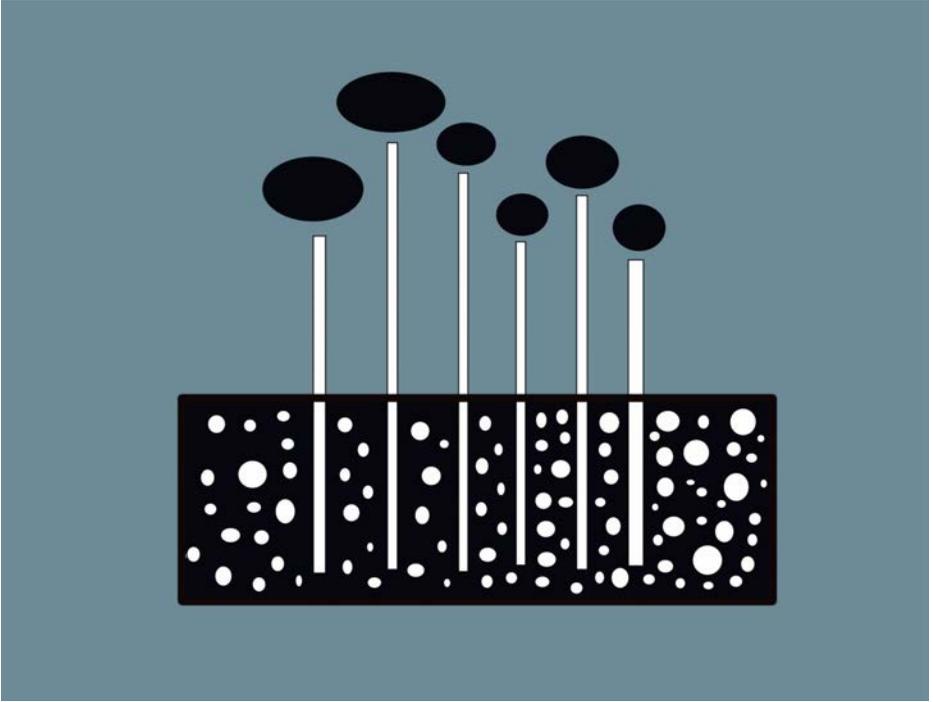
The distance is shortened if your thoughts are always connected with your inner self.

Defend your beliefs and ideals, if these bring peace, love, unity and harmony and will help to improve your surroundings and those of others.

The greatest lesson to learn, is to know how to act sensibly, give a sincere smile and live in peace.

Keep your courage and posture, free yourself from the chains of oppression.

Do not doubt the moment of realisation, because the doubt represses you and plunges you into uncertainty.



Real thoughts

Awake your senses, and don't let them sleep anymore;
realise who you really are.

Your prayer is an echo that reverberates loudly and exists in the presence of superiority.

If you have any pain or illness, you have to start from your heart and identify the cause.

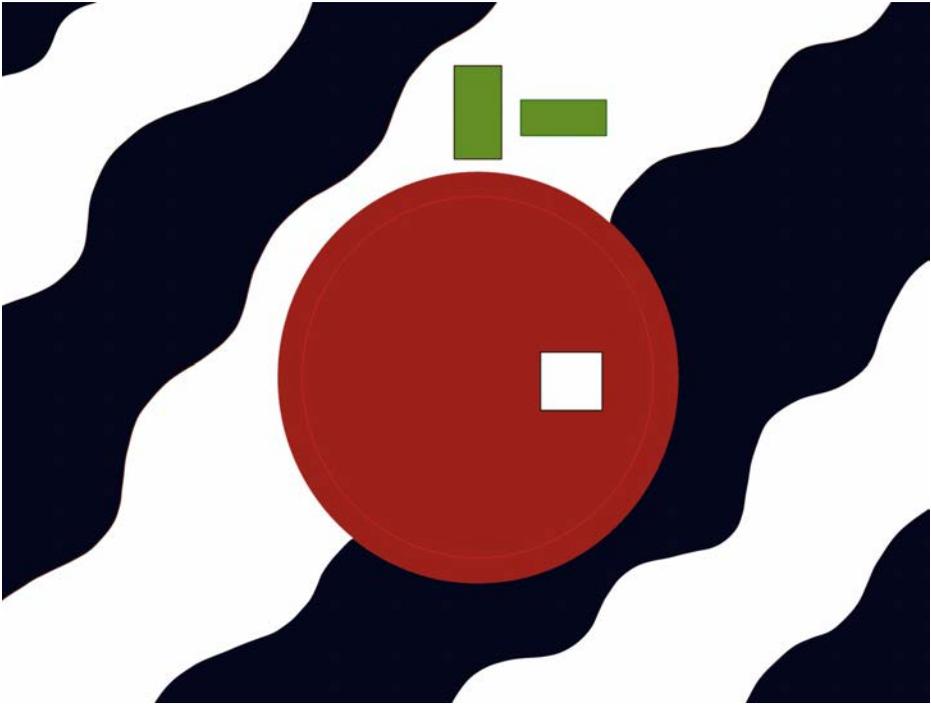
If you want to be in absolute grace, look inside yourself and expand your essence around you.

When you free yourself of all your addictions, you will be free of all your diseases.

Train not only your body, but your mind and spirit as well.

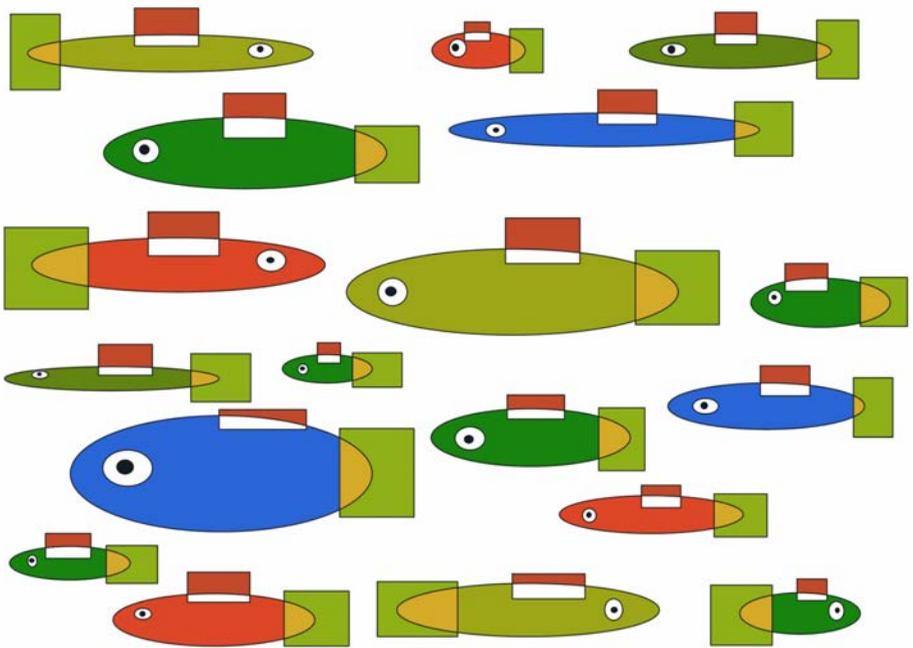
Becoming reborn from the ashes is not easy but it makes you courageous and strong.

The lack of something, is the lack of knowledge.



Red sweetness

Change your habits and your life will change.



Against the stream

Keep in mind that every step you take will be firm. Do not let obstacles stop you when you go your way so as to come victorious out of the battle. Leave a legacy of kindness behind you and surrender to the superiority.

Do not feel affected by what others say because their souls have a lack of love and don't fear their words, because it is them who have to fear for their actions.

Establish the union together. We redeem our personal wealth, we promote change, we need to transform our environment and love the infinity.

Face your fears and become friends with them.

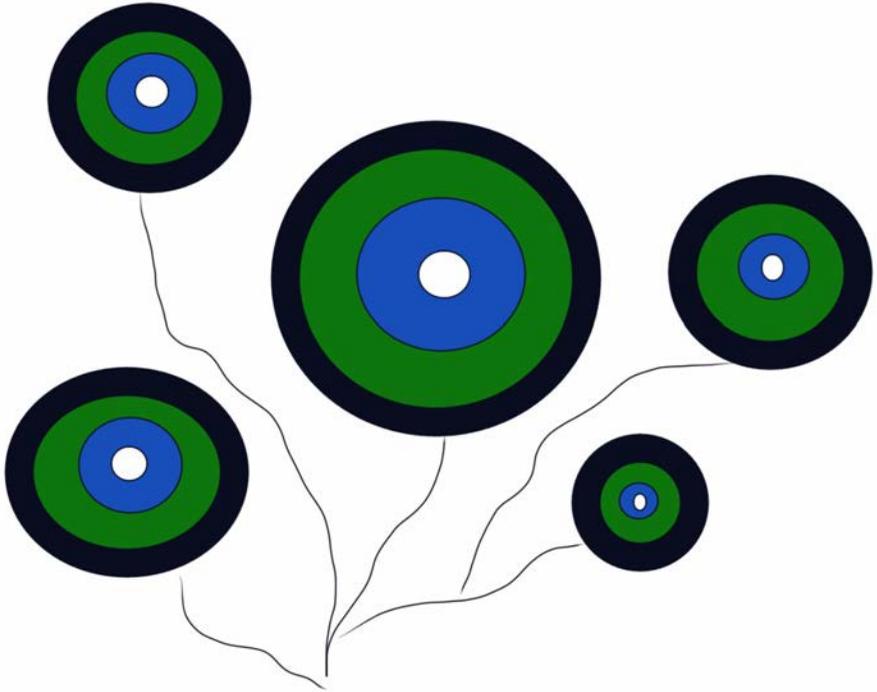
Mercy is one of the gifts necessary to reach universality.

Gelukkig is hij die slaagt voor alle testen en de oppermacht bedankte door de moed te hebben ermee te worden geconfronteerd.

Let the kingdom of love welcome you, take you onto its lap and take the pain away from you.

Defeat your fears and do not be misled by them. Relax, because behind that door is a new space that is waiting for you.

It wasn't only pain forged your existence, but also the great moments and emotions that were created around you.



Be the difference

Let the light come inside you and transform everything in its path, let that energy source be born and grow in you, let it bear fruit and be reborn.

The human law of coexistence is governed by the universal law.

Do not drown in many concerns, learn to let go of the weight you carry. Release it, so as to be free and fill yourself with love.

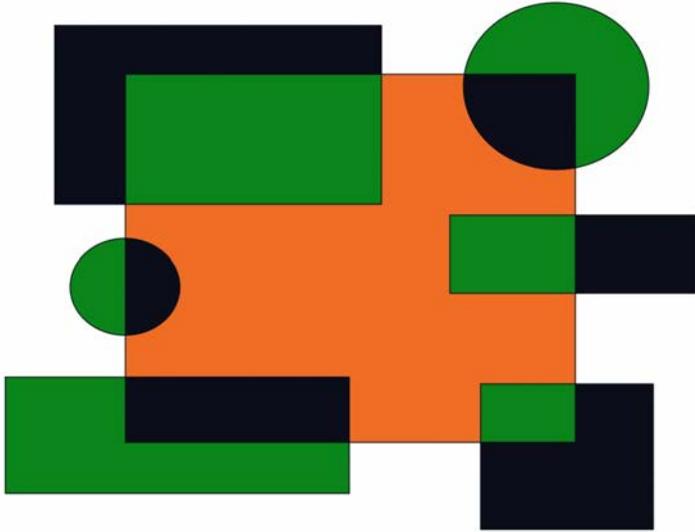
The consumer society makes you their puppet and moves you according to their needs.

Everything is subjective; essence lies in being.

Start from the past to improve the future.

Do not hide your virtues, because they will lead you to the truth.

Start from yourself to get to 'you' and love yourself so you can love others.

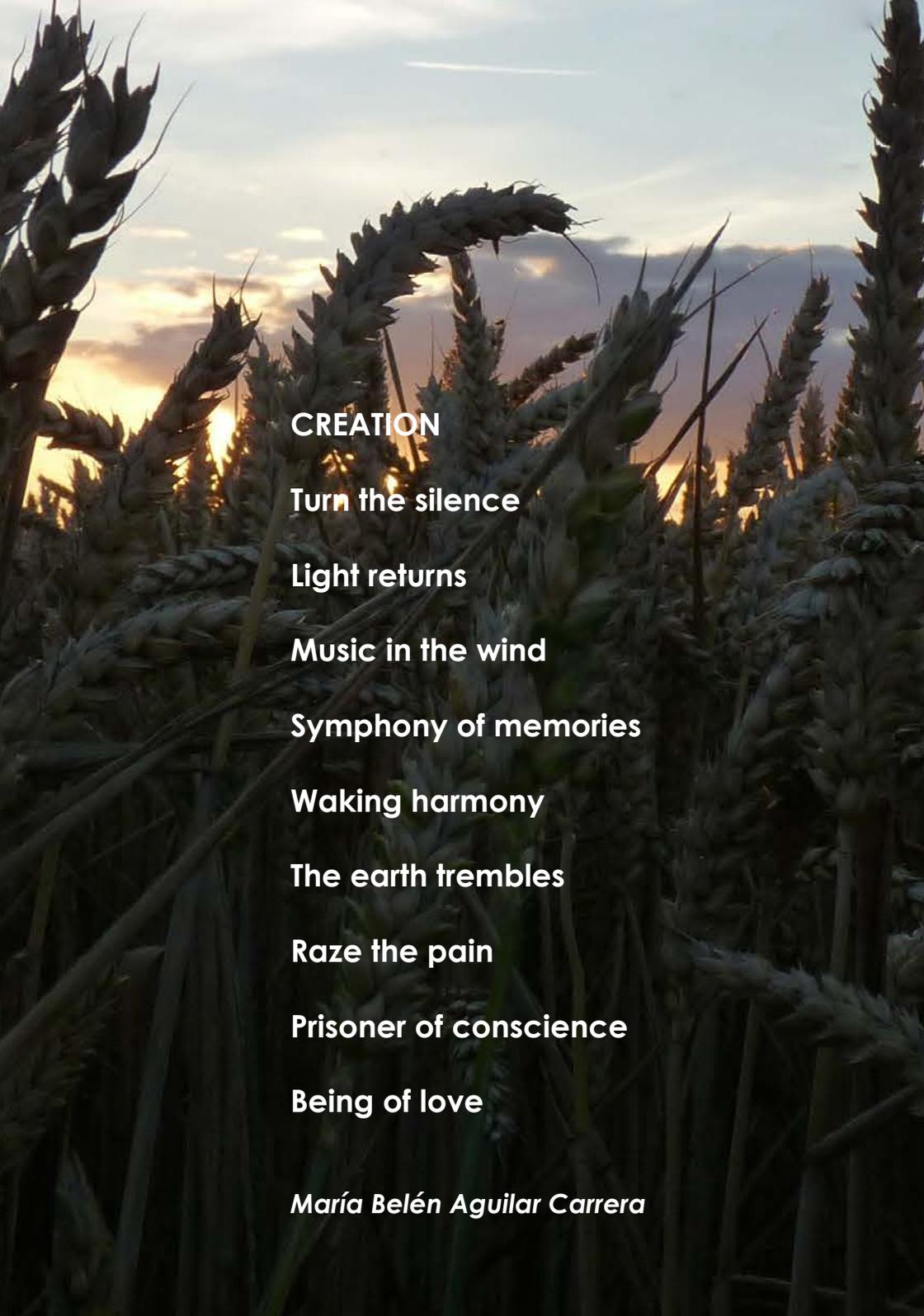


Returning to one

Focus your energy on a specific point, so that it can take different directions.

An aerial photograph of a vast, flat, light-colored landscape, possibly a salt flat or a desert, under a cloudy sky. The terrain is covered in a dense layer of white or light-colored material, with some darker patches visible. The horizon is visible in the distance, and the sky is filled with soft, grey clouds. The word "PROPHECY" is written in white, stylized, cursive capital letters across the center of the image.

PROPHECY

A close-up photograph of wheat stalks in a field during sunset. The sun is low on the horizon, creating a warm, golden glow that filters through the clouds and illuminates the edges of the wheat. The sky is a mix of soft pinks, oranges, and blues. The wheat stalks are dark in the foreground, with some catching the light from the setting sun.

CREATION

Turn the silence

Light returns

Music in the wind

Symphony of memories

Waking harmony

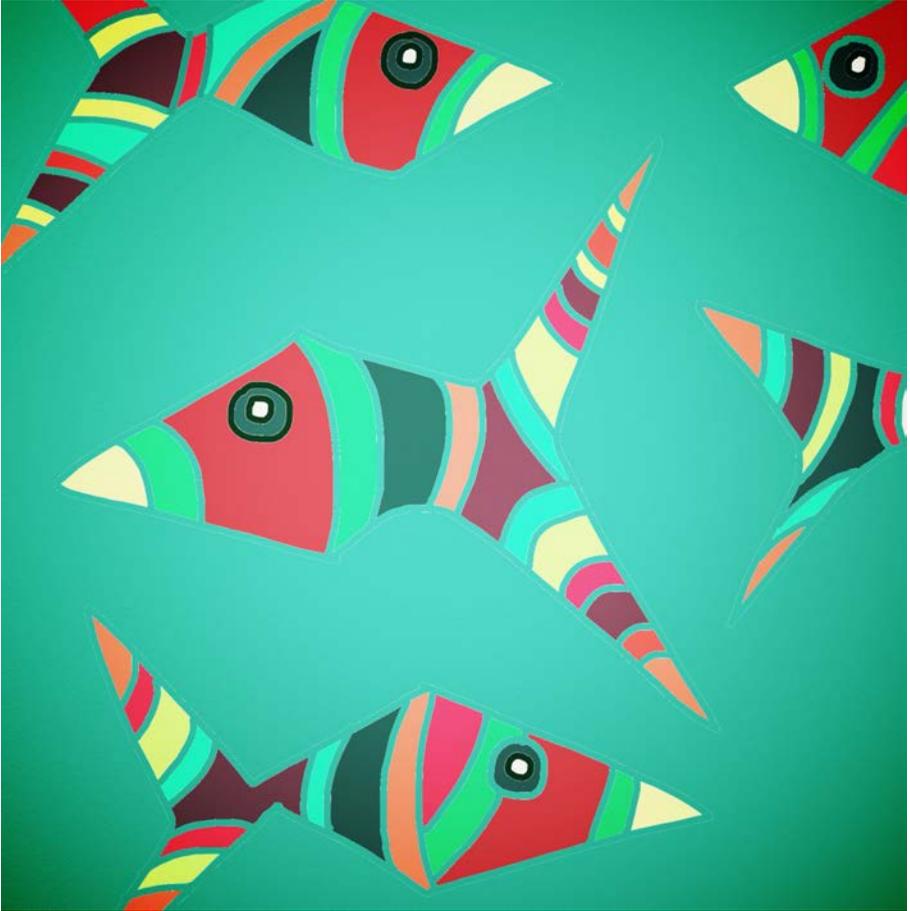
The earth trembles

Raze the pain

Prisoner of conscience

Being of love

María Belén Aguilar Carrera



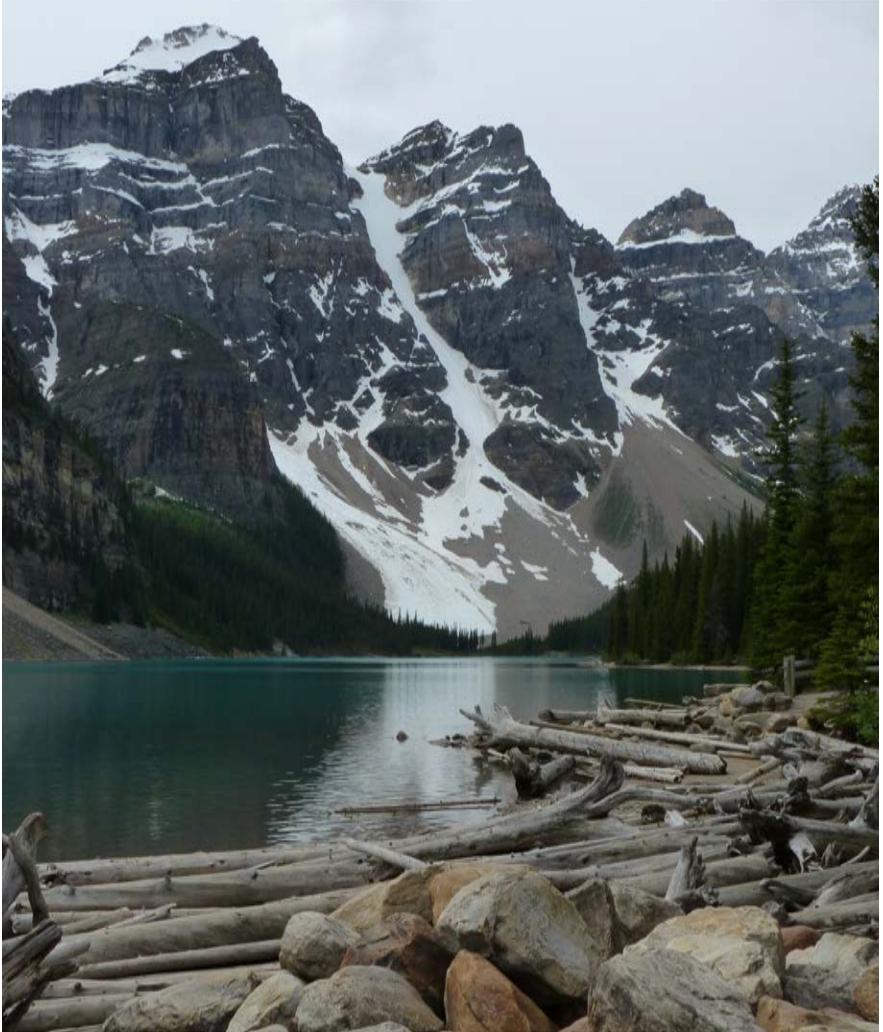
Under

The extinction of many species was caused by the release of energy which expanded almost over the entire planet. This release was caused by a strong impact on the earth, which resulted in a string of disasters that ended the existence of many species.



Facing the truth

Because of the abuse of power and defying the laws of nature, many civilisations were also destroyed.



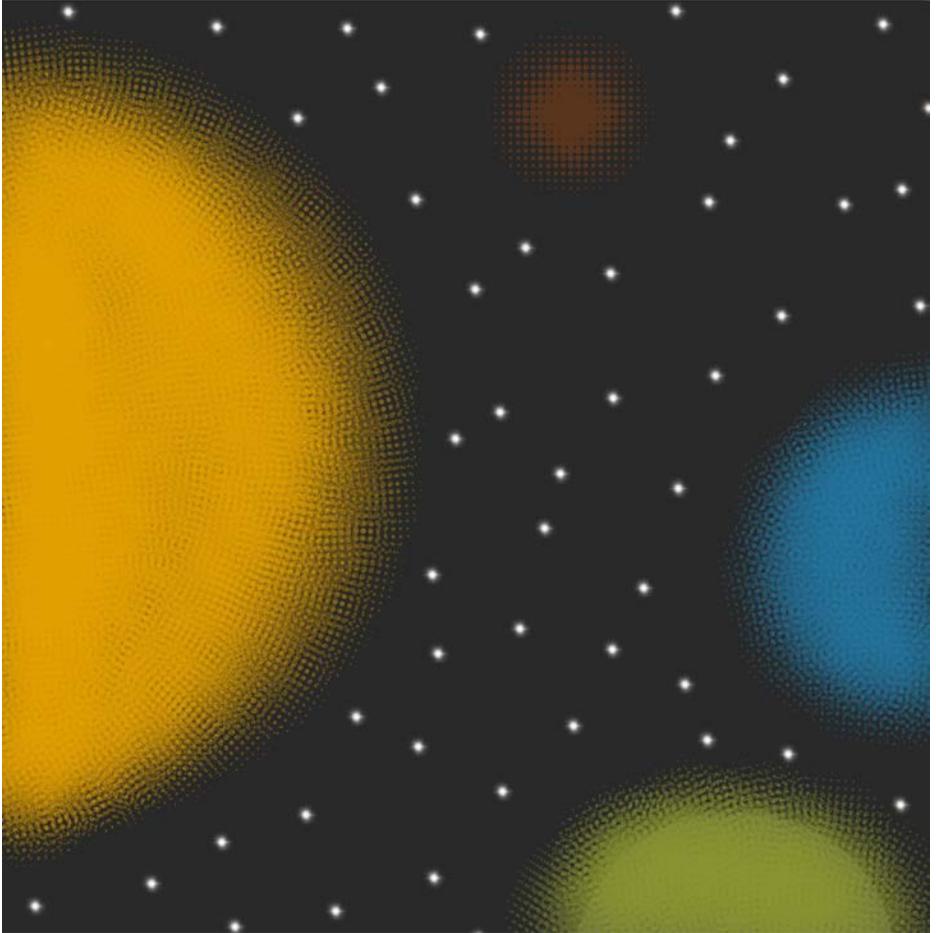
Moraine Lake, Alberta, Canada

A new geography appears, the land is renewed.



New South Wales, Australia

Entire places were covered, sweeping it with pleadings, laments and memories.



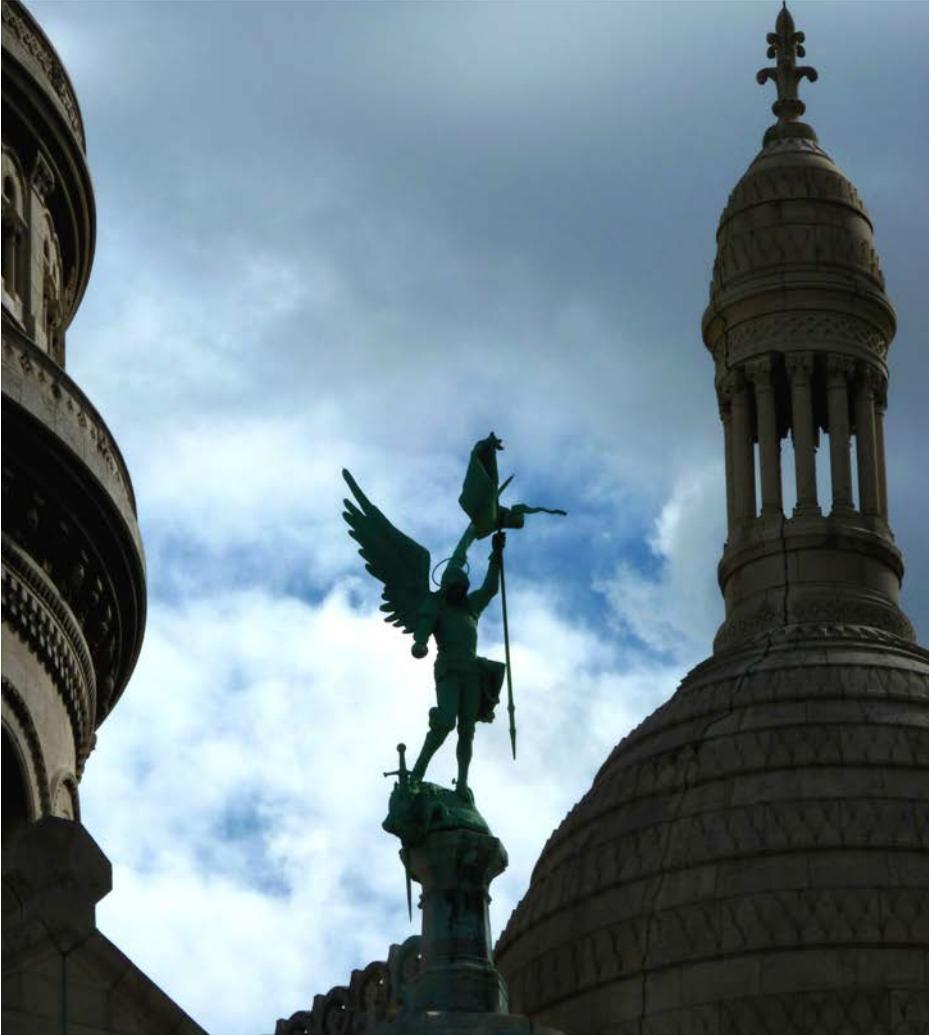
Light in the dark

Our origin is not earthly, it is universal.



The Hague, The Netherlands

And the light was united with the earth and turned brighter and darker. This brought chaos, intense sounds - and then deep silences. This was the beginning of an end.



La Basilique du Sacré Cœur de Montmartre, Paris, France

Do not fear what will come, fear what will follow.

Faces full of pain and suffering, fleeing, crying, looking, traveling aimlessly, lost souls, the air becomes dark, open your eyes because the exit is just around the corner.

The time is no time, everything stagnates in the past. The old ways are reborn and the union is forged between men to survive.

Joining is not enough, because the word has been said and we have to face it.

Let me think that I live in a world of pure unconditional love and support, and I let you think that it takes much to achieve this.

Look at every color, every landscape, every place, every form and face, because you are going to miss it when you the least expect it.



Quito, Ecuador

Behold the veil that covers the earth, will be opened again
- full with light and heat.

If you feel how the earth feels, you will feel its desire for change and transformation.

Do not assume what it may be, because it will be, without a doubt.

The end is not the end, it is the beginning, the initiation of being.

Dates made are causes without effect. Unspoken dates will become true.

Captives of an ethereal dimension are causing superb desolation. They marginalise the world, radiating destruction. All of this is predestined and awaiting to be released.

From the darkness you will notice a luminous point, follow him, for he will lead you home.

Give priority to the fact - knowing the difference between the good and the bad seed at the time of the great harvest.

There is no nation as poor as that nation that is blinded by power and full of greed.

Do not waste all your strength. Save it for the end.



No Robots

Technology brings many advantages and at the same time disadvantages which will eventually turn against humanity.



Floriade 2012, Venlo, The Netherlands

Create a great river from the desert. Flourish it and bear fruit. It melts in his essence... life which will sprout from the ashes.



Bilzen, Belgium

Hurry; time is short and the will is made, so fly, free yourself and emerge into the celestial light that is waiting for you.



Walk with me

Your mind is so powerful and able to create unimaginable things as long as you know how to use it.

A romantic sunset over the ocean. The sun is a bright, glowing orb in the upper right, casting a shimmering path of light across the water's surface. The sky is filled with soft, golden clouds. In the lower left, the dark silhouettes of two birds are visible on the water. The word "LOVE" is written in a white, elegant cursive font in the center of the image.

LOVE

MEETING

Night light

Quietness

Emptiness and sadness in the soul

**Space surrounded by stars and figures of different shades,
so close I could almost touch them**

Immense and beautiful creation

I inspired to the universe and ask for you

**I connected with the whole, and I felt that you were
listening**

**Over the years, they told me about you, and when I saw
you, past memories came to my mind, moments I already
lived, surrounded by an intense love and pain at the same
time for the separation**

**Those memories live with me, and will remain with me until
the final meeting**

María Belén Aguilar Carrera



Moving waves

Give life to that energy of love which flows inside you.
Multiply it... this will help you and fill your life with happiness.

When love overcomes the boundaries of consciousness, everything is possible.

The contact is maintained; it is always there, no matter where or when, or how, and this is strengthened by joining a similar frequency.

Not only with the light are you able to see, but with the feeling in your heart you can live unforgettable experiences.

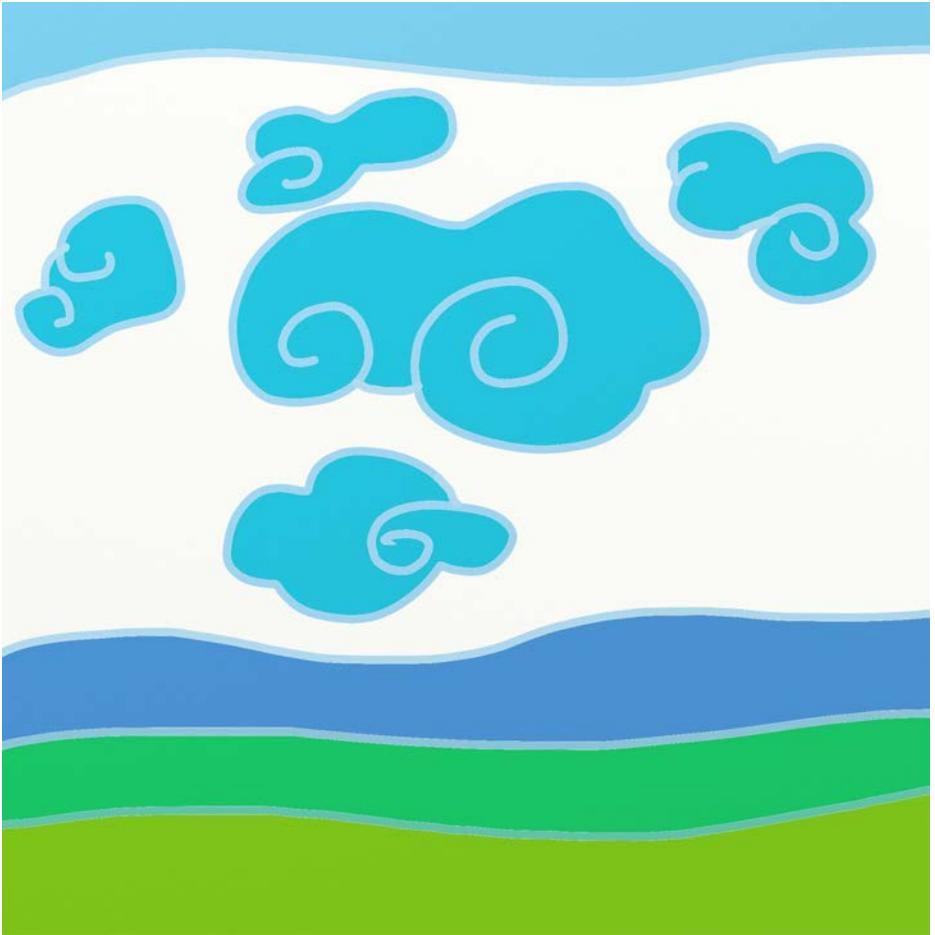
The binding occurs suddenly when the spirit is ready and the debts are settled.

The truth comes from a pure and healthy heart, the lie from a diseased and repressed heart.

Do not deny happiness. This comes to you when you are looking for it, and moves away when you live in sorrow and distress.

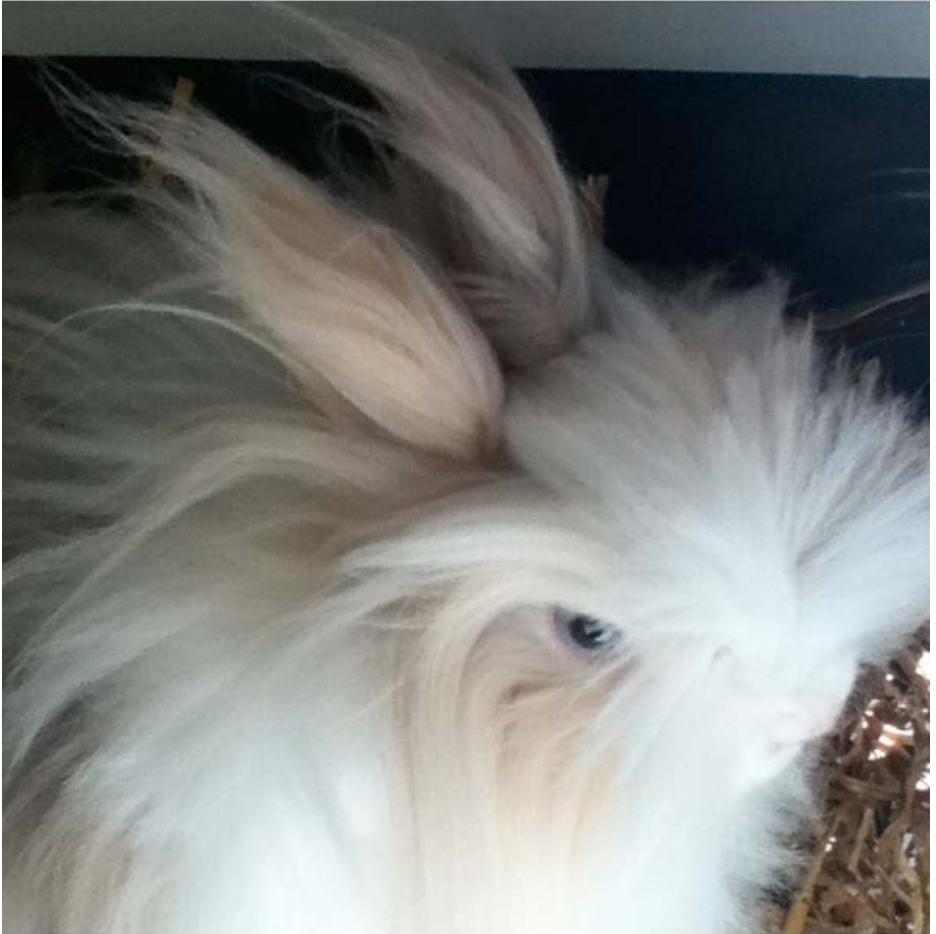
If you want something with all your heart, and it vibrates with you, it will fill your environment.

The tuning of words that are crossing your mind and forming phrases which are told with reason, send you messages with loving answers.



Happiness in movement

Synchronicity happens when your spirit has grown and recognises its divinity to complement and form a whole.



Vlokje

The sweetness comes from a pure and transparent soul.



Jurmala, Latvia

Deep love is that which fills your space with abundance and brings you closer and closer to your objective.

The path is short when you radiate unconditional love.

The illusion is only a thin layer that disappears over time but the truth prevails and is the essence.

If you are seeking and can not find it, it is because you have predisposed it. A change in your mindset will open many horizons

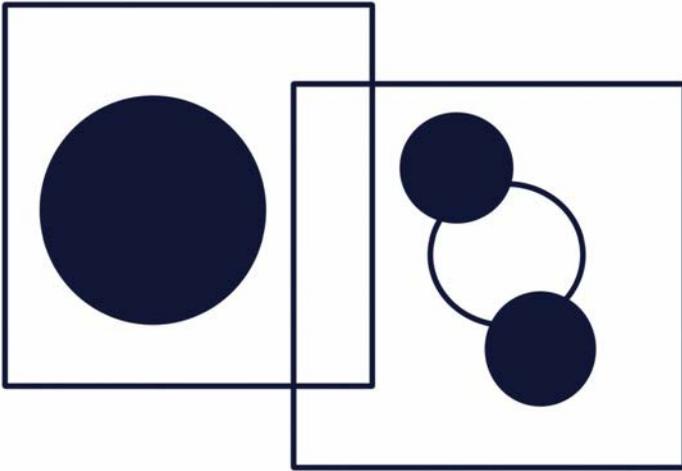
The need for affection is the search for what you are missing.

Each vibration is connected with its state and each state depends on your vibration.

Do not stop the need to find what you are looking for, and in that search be alert choosing the right path.

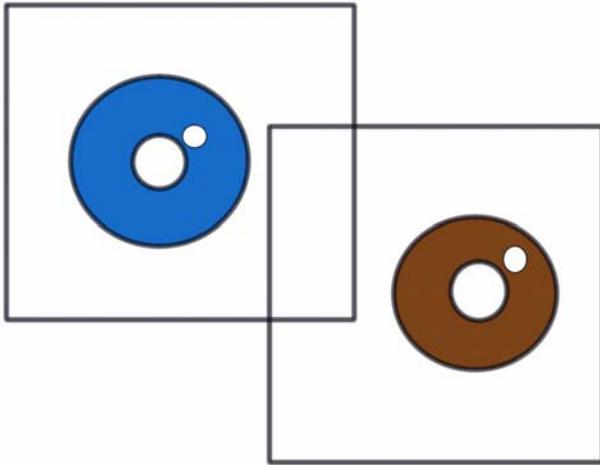
The greatest work that mankind can create, is the love that comes to itself and to others, capturing it in mankind's best creation.

Follow your intuition and it will give you the reason.



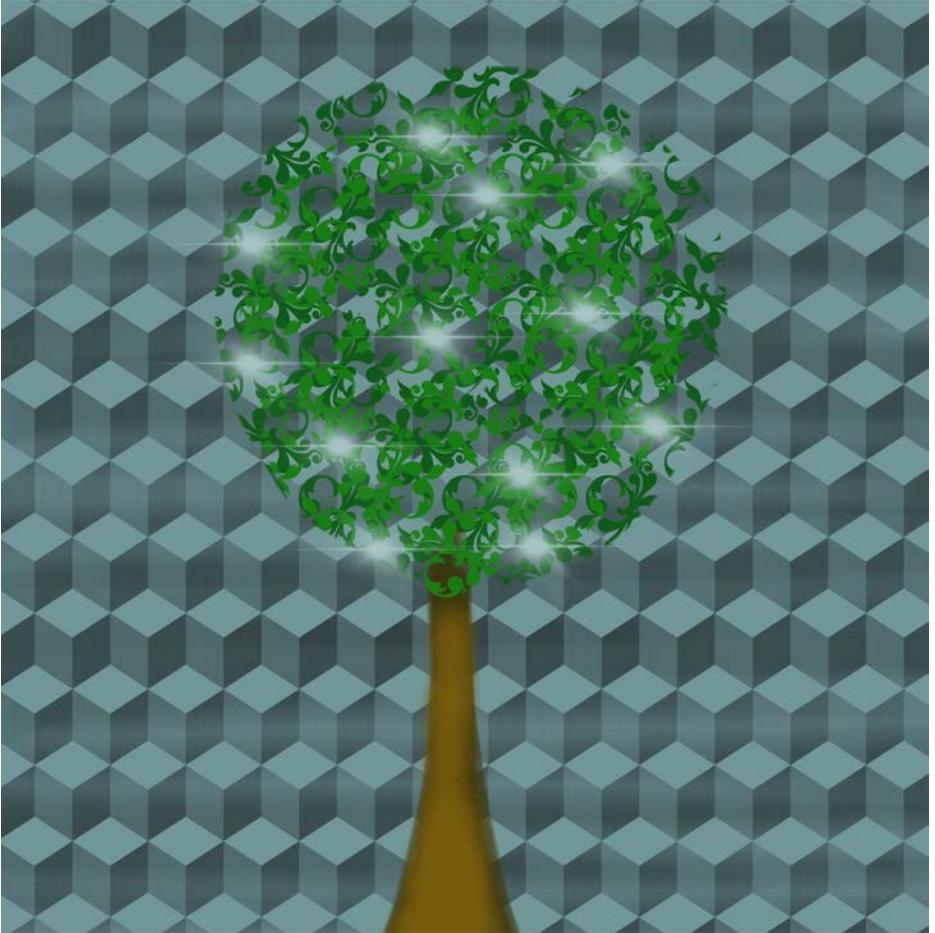
This is what happened

Tune your consciousness with the universal consciousness and vibrate according to the positive power of love and fundamental union.



Same view

The complement of your being is attached to you and will never be separated, it will just live different experiences in time and space. Look inside your and you will feel a deep love.



Bring me in your heart

Eat from the tree of knowledge, its fruits will nourish your soul.



Lisse, The Netherlands

If you don't let bloom what's around you and do not feed it, but neglect it, this will wither and die.



Boldt Castle, Heart Island, New York State, United States of America

When your complement is complete, you will be united.

If your heart is not tuned with the essence you don't perceive your way and will stray.

The purpose is to achieve the search for the union between matter and the spiritual world.

Do not hide your true nature when it is pure and sincere.

When you have found your equivalence, the way to the top will be a reality.

If you give unconditionally, you will reaffirm the state in which you are.

Do not forget that with bravery you can overcome all the obstacles and with love, happiness is achieved.

When you close your eyes to happiness, you are denying the paradise.

The divine designs are limitless.

The way in which you decide to go, is the way that you have chosen long before following.

A sweet and gentle spirit is the awaiting desire of a life lost in the void, which enhances its life with its meeting.

Feeling is communication with the heart.

Give thanks to the supreme and commend him in order to accomplish your mission.

Those who seek, find.

Complete yourself with the grace of being and existing.

If you want to change something in you, first change your way of thinking and acting.

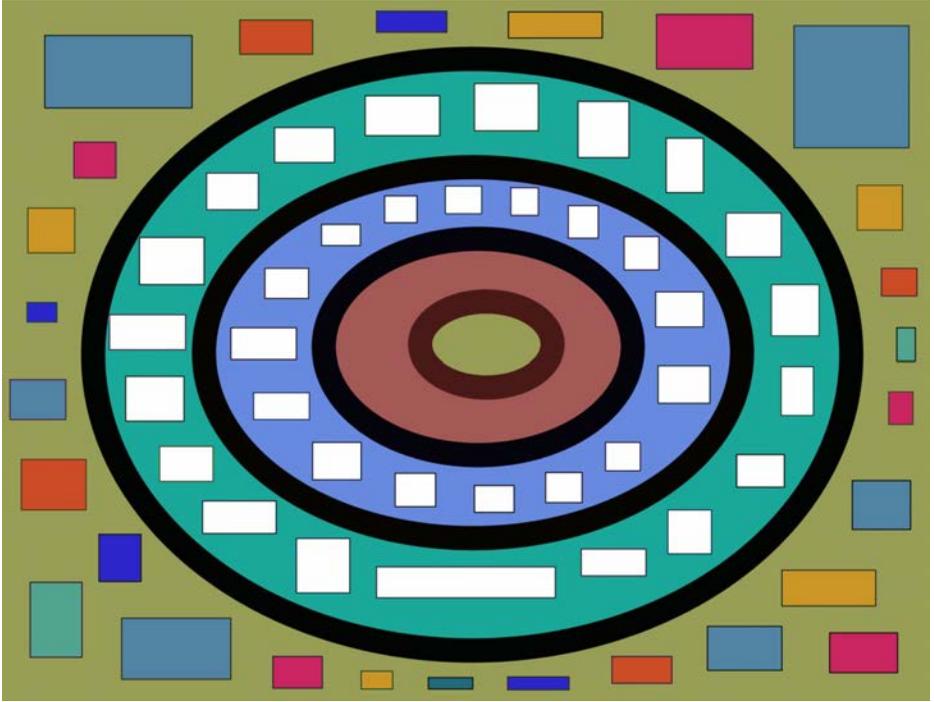
To forgive is to restart

The choices you make throughout your life are those that will forge you as a person for the rest of your days.



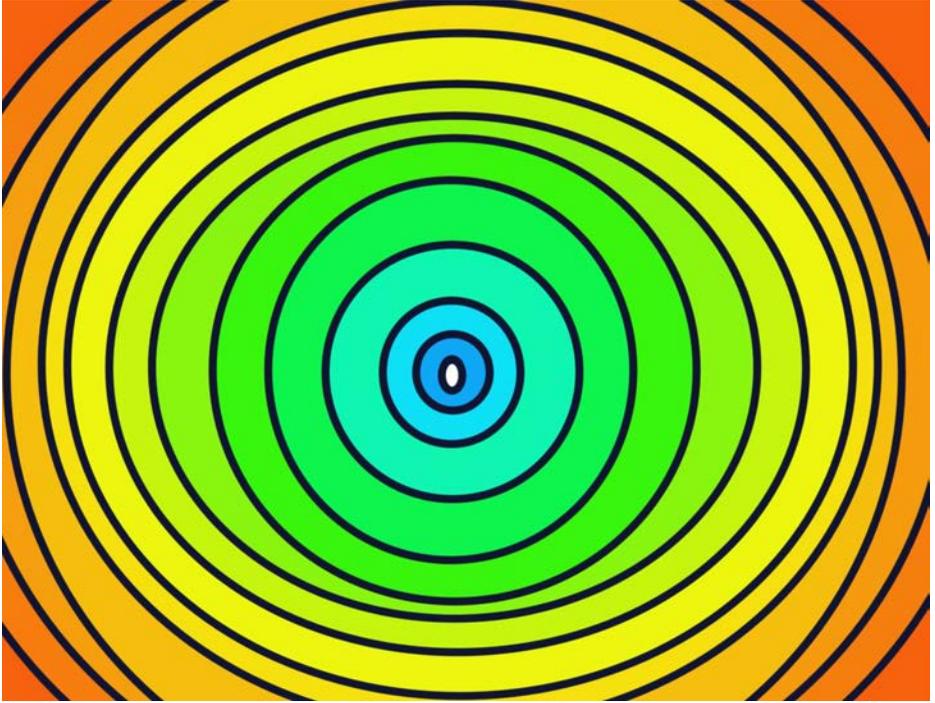
Brooklyn Bridge, New York City, United States of America

What vibrates in you is your reality.



Passing by

We belong to the infinite universe and each one of its laws.



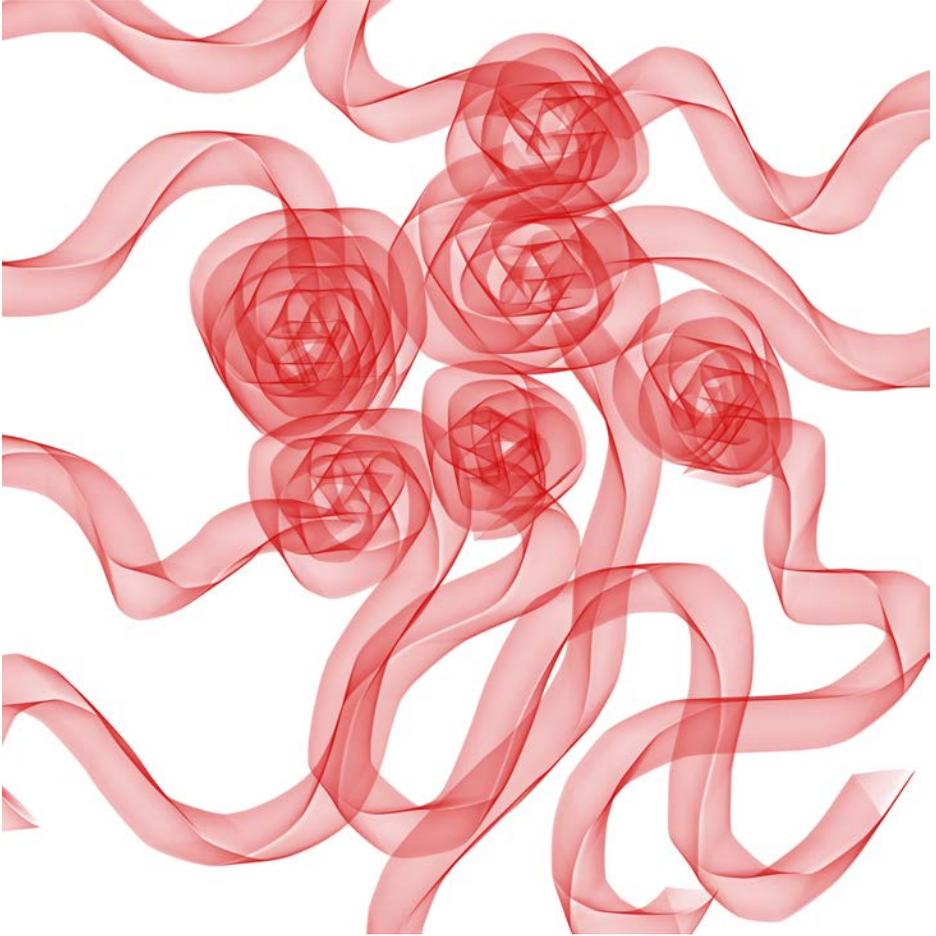
Intensity

The charm of a universal being transcends all limits of consciousness.



The Hague, The Netherlands

What vibrates in your heart will be your connection.



Dancing inspiration

Wishing all the best to others is spreading your unconditional love.

I gave you the tools, so it is up to you how to use them to create what resonates in you.

If you do not notice what's around you, you will not notice a lifetime.

Use your wisdom for the good and in the service of others.

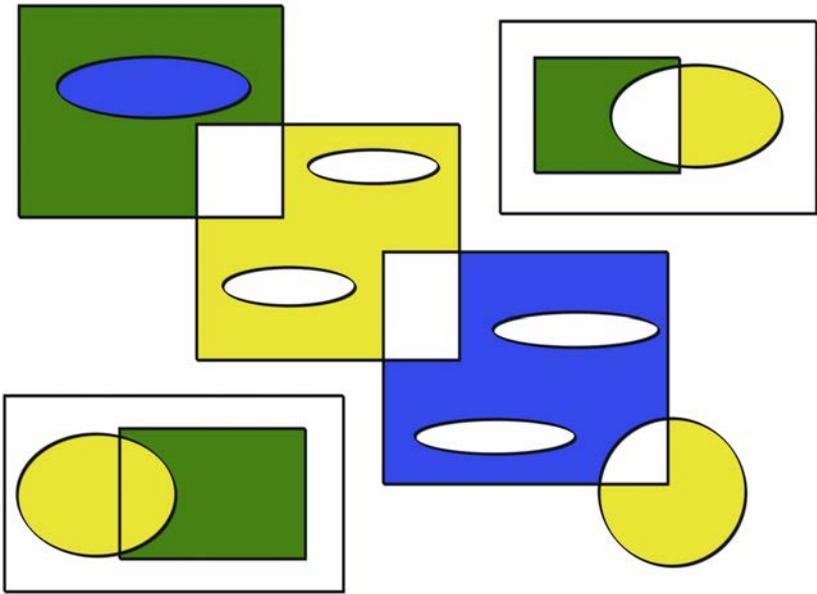
Open your heart to the reason and diversify it to expand your knowledge through your entire being.

If you want to know what the other person feels, would do or would not do, or if your decisions would change his course, then you have to sharpen your senses and raise your heart.

You should pay more attention to your conscience when it acts with the truth.

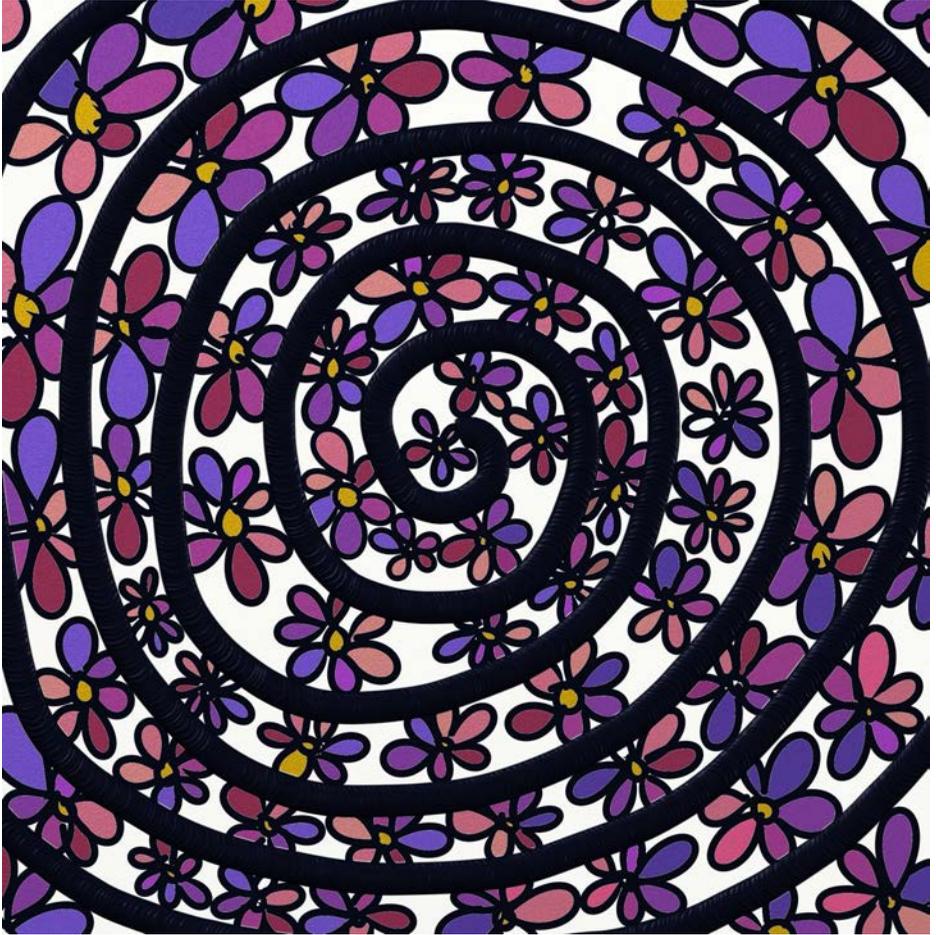
Discern between all your thoughts and you will find the answer in the end.

Start from yourself to get to you.



Are you ready....

Unify your spirit with the being and expand it to the infinity.



The way back

The power of attraction is bigger than the reason.



Renewing your soul

If you don't let that your soul expand, you minimise your growth and it will be delayed.



Lake Minnewanka, Alberta, Canada

True love looks beyond borders, overcomes all obstacles, loves the essence as it is, vibrates in harmony and fills you with happiness.

Dare to find the truth in your dreams.

Love yourself, respect your body and love your eternal existence.

A decision from the heart, represses pent-up emotions

Friends are those who not only cry and laugh with you, but those that make you laugh and cry of happiness.

One who does not love, is not ready to accept the challenge

Everyone who follows the rules of love, can reach the infinite gift of the immensity.

Listen to your heart and follow it, it will take you to the truth.



Synchrony

Divinity is one, at the time of the union.



THOUGHTS



Search for me in your dreams, in your quiet moments. Look at me in the warm light, feel me in your heart and listen to me in your thoughts.

María Belén Aguilar Carrera



Near Banff, Alberta, Canada

To all of you who feel lonely and joyless I tell you, it is not like that. Look inside you and around you; take the positive from everything and be patient, because those who practice it are full of grace.



Jurmala, Latvia

I wish that every morning will be filled with joy and that every moment in life will fill you with satisfaction. Let every word you hear enlighten your soul, and let this thought become true.



Near Watertown, New York State, United States of America

Let my words come to you, with translated phrases deep and clear, which accumulate in your thoughts and evoke pleads of an eternal feeling of rebirth from the hidden corners of your heart.

Diffuse forms and almost imperceptible, clamouring light and longing for a guide to leave the darkness.

I am the one that wakes you up in the morning with a sweet melody. I am the wind that speaks and whispers in your ears. I am always thinking about you as I am the eternal guardian of your soul.

The light that enlightens you every morning is not the same that lights you at night.

Age is not only reflected in the physical but in the time that has passed, so that our soul can continue to experiment.

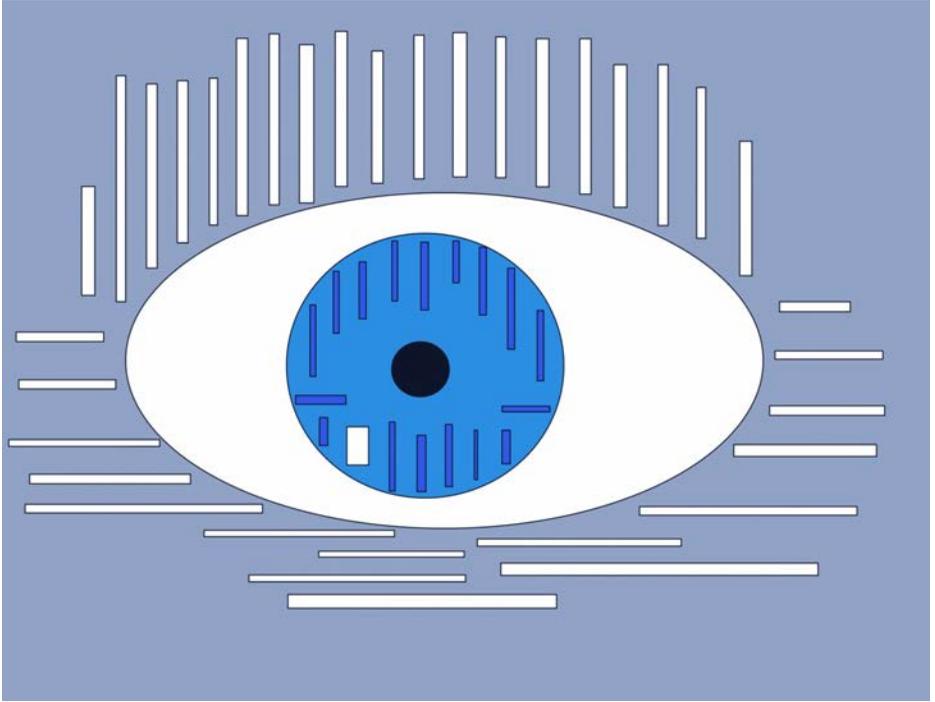
The fact that each person is a world, lies in the experiences that were gathered over time.

The balance in your life occurs in the way each mission is interpreted and is put into practice.



Vallée de la Loire, France

I lifted up in high-flight and I felt the wind in my face. Everything happened so fast; it was an unforgettable experience. There was a lot of peace and silence: there was a lot of love and you were there.



Pure soul

Look at the eyes that awake in you memories, filling your space with an immense love.

Related energies are those that bind and meet to move on together.

That door is waiting for you again, and there, all your memories are captured.

The veil of time covers the wound but does not remove it. It serves as a learning tool and leaves us a wise lesson behind.

The subtlety of your soul carries my senses and leads to remote places, landscapes and eternal experiences.

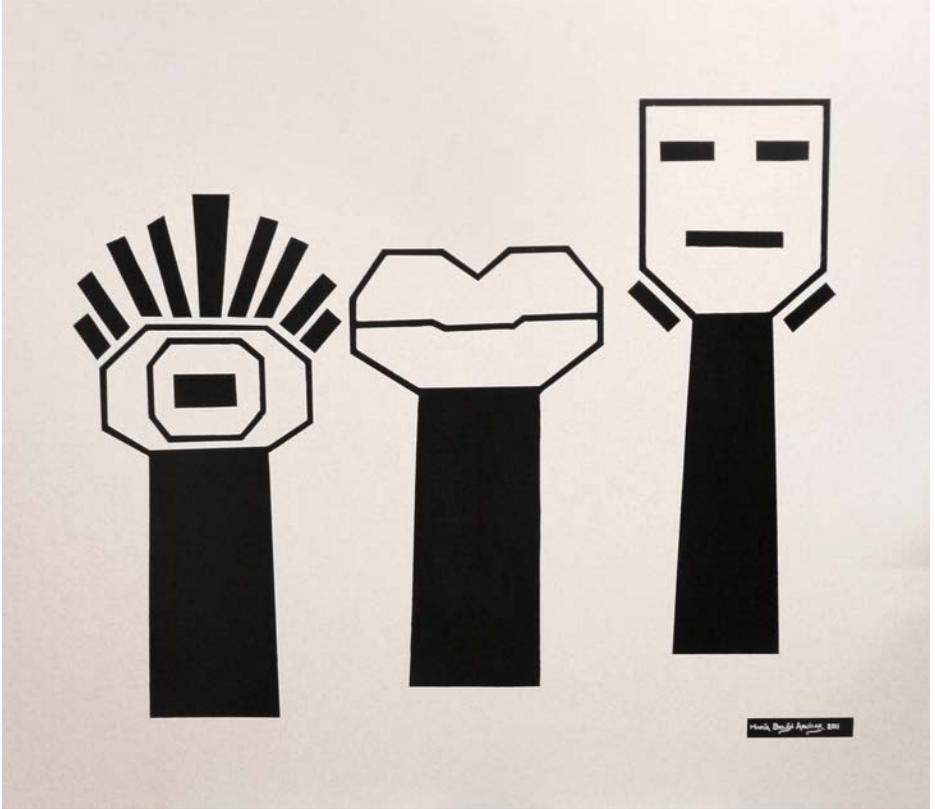
Live in this life what you still need to know, but live those experiences from a higher point of view.

Everyone who follows the rules of love, will reach the infinite gift of divinity.

Death is not the end; it is the beginning of another life.

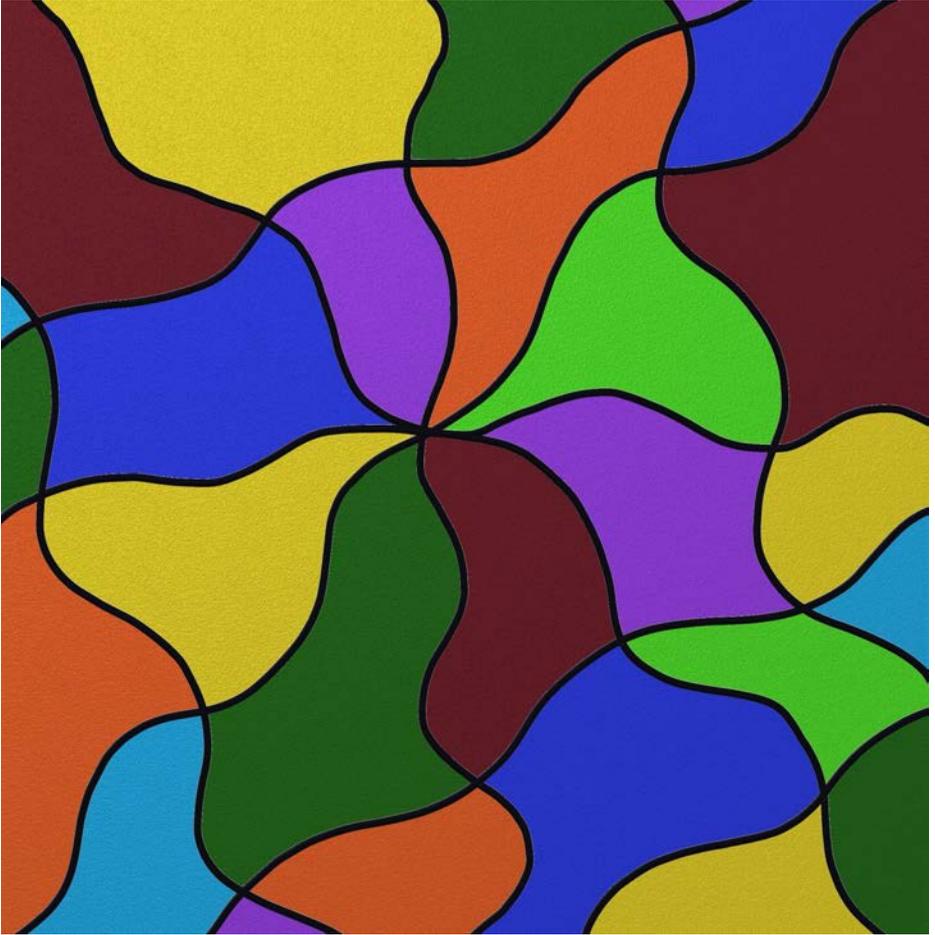
Give time to the time without missing your mission. Then, follow your growth to a higher form.

In the book of life everything is written with the ink from experiences.



Creation of being

Seek first who you were to know and to improve who you will become.



Always there

Let your mind fly and search in your journey shapes and colors that brighten your spirit.



I know who you are

Dreams are the compendium of facts from the past, present and future that have occurred, occur and will occur in a language within the unconscious.

Do not waste your energy on facts that are not in your program, but locate your ideas and put emphasis on your spiritual dimension.

The best memory is the one that changed your life in a positive way and that is always present and is not forgotten.

Time is the owner of each event, but you are the owner of the content.

I dreamed what was, dream what is, and will dream what will be. I know that because I know.

It is nostalgic that time cycles mark the cycles of life.

The weight you carry with you, disappears when you understand the purpose.

Find the source of your illnesses and turn them into virtues.

*THE TRUTH IS WITHIN
YOU, YOU JUST HAVE TO
FIND IT*

About the author



María Belén AGUILAR CARRERA is born in Quito, Ecuador.

From an early age she had great interest in different forms of art and followed different courses and training in painting, sculpture, photography, singing, music and more.

She feels a great passion for architecture, design, writing books and movie scripts too.

María Belén studied radio and television in the institute Cuest TV, as a producer.

From an early age, she had a different view of what was presented to her as reality; which was not in accordance or in agreement to her, because the control and use of fear as a method of education is not part of her principles.

She knew that everything had its purpose and reason and that there was something bigger and more powerful, which goes far beyond the earthly consciousness can understand and assimilate.

That is why after some time she could understand the meaning of many events that happened in her life, the different memories, the received information... and received answers to many questions.

A handwritten signature in black ink, reading "María Belén". The script is fluid and cursive, with the first letters of "María" and "Belén" being capitalized and prominent. The signature is centered at the bottom of the page.

In this book, I try with phrases to focus on the reason for our existence, the mystery of love and relations, the meaning of life, where we come from, who we are and where we are going to. It is an invitation to find our true goal, all with a wide spiritual vision.

As part of my growing up in this world, there have been many situations that helped me to learn, analyse and remember events. Because every situation was, is and will be an experience that I have lived, am living and will live.

I would like to share this information with you and wish to be able to enrich your life with it.

María Belén Aguilar Carrera

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