

MY REBIRTH

Autobiography
of Lilian Kellemburger

Lillian Kellemburger

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I thank my family, my mother, my children,
My grandchildren, especially my granddaughter
Florencia who helped me writing while I was telling her
part of this book; To Cecilia Rimoldi who helped me
finish it, Carlitos
Piñeyro who worked with me for several years and to
Agustín, partner of my life for seven years.
There are a lot of people I would like to thank, for all
the support you gave me all these years, this book
wouldn't be enough, so I only have one thing to say:
thank you, thank you, and thank you.

FOREWORD

The third-dimensional socio-cultural world that we live in, try to lead us away from the mystery of life, and permanently induce us into the act of survival, and left us in the hands of control and rationality.

We were introduced to models and ways of successes and failures, through facts, realizations, achievements and acquisitions, always materials, measurable and competitive.

So we, humans, in our society, are closely linked to models of life that may no longer be useful. Patterns based on material values and egocentric orientations that seem to wreak havoc on ourselves and our planet. We no longer have satisfactory answers to the phenomenon of our existence and the challenges that presents the evolution of the Universe and the planet.

Each of us is a story of life, and generally we do that story through cultural patterns based upon model of this positivist and rational dimension.

But our true existence has to do with who we are, with our sensitivity, with the acceptance and perception that we are gaining day by day, by awakening to a new consciousness capable of profoundly transforming us. And when someone is transformed, their story transforms others. And is in that act of change where healing appears, that

which all of us seek and yearn for in many cases without being entirely conscious of it.

As the scientist Ilya Prigogine, a Nobel winner in 1997 on his theory says, "The transformations that we are undergoing are perhaps a crucial moment in which the tensions and conflicts of our time can push us towards a new and higher order." Lilian's story deserves to be told because it is one of those stories that show how we were transforming and through that, we transformed our world, while facing the trials and adversities that life presented to us. It is in this way that the stories acquire their true value and meaning. The accident that happened to her on December 23, 1997 introduced her into the mystery of life, death and love. From there everything changed and it opened interdimensional doors that led her to discover her hidden gifts and her mission in this incarnation.

She became a healer and especially a channeler. The mission of her life pushed her to help others and herself to awaken consciousness. Let us deeply appreciate the value of Lilian to convey her story and open our heart and intuition. Finally, I want to say that this cannot be understood by the rational mind of the Ego. Let this book open our wisdom, and thus awaken the deepest awareness of our existence.

Carlos Piñeyro.

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CHAPTER I

TESTIMONIES

I want to thank all the people who took the time to write me their testimonies. There were many and I had to choose some of them: for me, they are all important. I clarify that I copied the mail and pasted as the patients expressed it, I just changed some names. I hope the reader can understand more clearly what deprogramming is all about.

Mila S.

Hello, Lilián! What a good thing what you're doing! My 16-year-old daughter did therapy with you, I do not know the exact name of it, but you worked with her from the energy, regression and experiences in other lives; She identified where she felt something and pulled it out (something like that). The results were incredible: she came from months of depression, with psychiatric control and medication. She had panic attacks, and each time more intense, she could not go to high school, or go out on street alone; she had a change of medication and her response to the consumption of it was a kleptomaniac, which after a crisis left her with a strong depression.

She was doped, horrible! The first day she went with you, to the center, she crossed the

avenue holding my arm, was difficult for her to walk; but she left the first session laughing and telling everything she had seen. She went two months, one time per week, to the third session she began to leave the medication and after two and a half months, she left everything behind. Now she is 18 years old, she study and work, she is a super cheerful girl, and she has a completely normal life! I have no words to describe how thankful I'm to you! Send you a big kiss.

Sandra L.

Hi Lili, for me the most important thing was to leave a pathological relationship, that with the deprogramming sessions we saw why I was so involved with someone in a very unhealthy bond. On the other hand, also with the deprogramming therapy I was able to solve the asthma issue I had when a duel came, before some death of loved ones. I tell you that thanks to the last session, my grandmother passed away and I did not attacked of asthma. Thanks, kisses!

Enrique S.

Lilián, it is not easy to comment briefly about the episode I lived, but I will try to describe it as concisely as possible. The reason why I did therapy with you, was that I suffered all day strong spinal

pain in the upper and middle part of the back, at the same time muscle pain at the base of my neck, in the moments that did not hurt, a simple unexpected physical movement appeared that a sharp pain returned. At night the pain woke me up, or sometimes I simply could not sleep, so I was forced to get up and after a few minutes I felt better, but because it was late at night I had to go to bed again for the reason that the next day I had to work very early ...

It was by the method of deprogramming, that I could see a being all in black who was standing at the foot of the stretcher, he was in my life to torment me, to harass me all the time, this negative being from another world, from another time, from another dimension was in my life to not let me progress aggravating my health and any personal improvement.

It is important to note that today I am a healthy human being and I tell you why: when I finished therapy and sat on the stretcher I felt much lighter, loaded with energy, I could hear much better and that discomfort was gone forever. But in the depths of my soul I had small doubts; unconsciously I thought that the pain could reappear at any moment. And so hours, days, months, the time passed, and I never suffered any pain again. Something happened and it was very good.

Today me and my family are very grateful for everything you did for us even though we had never met before. You came to Salto covering all the relevant expenses, the meeting was successful even though we were a few in that huge room, and you told me "do not worry, Enrique, here are those who have to be ...". This story is one more of the hundreds that you are going to receive; I hope that this small contribution will be useful in case if there is another problem to solve. Thank you, and as you write this new book, I wish that success embrace you and I hope you will be recognized with many awards. Go for it!!! Greetings. Enrique and family.

Carmen M.

Hi, Lilián, of course we can help with the testimonials.

I'm Carmen, and I think you'll remember my case. The deprogramming therapy helped me a lot to clean Karma to feel more and more light and happy. Since then, sometimes when I meditate, I can detect past lives that are affecting me at the moment and I can release them.

Now I am more aware that when I am affected by things that are not logical or do not understand where they come from, I immediately reflect that it must be a program of another life and that helps me a lot to understand me better.

Vivian F.

Hi, Lilián, it's Vivian. My case was like this: you looked at me and listened carefully to the description of my life at that moment and my state of health and you said to me in all simplicity: "Your body is talking to you, and it is asking you to decide if you want to continue living or not. If you really want to continue living, then you will have to make urgent changes that will save you"

I think sometimes we just need to be told face-to-face what we already know.

In my case, that encounter with you was very healing and launched all the mechanisms of change that I could find in me, also using deprogramming therapy.

I also learned to read and respect the messages of my body, so I could heal and move forward. I am very grateful with you, for sharing your wisdom with me, and I hope that although this story is nothing new or spectacular, it will help you to add more to the achievements that you have obtained as a therapist.

Paula S

Lilian, how are you? About seven years ago I came to you with gynecological problems.

An injury to the cervix and two miscarriages. We did deprogramming therapy of emotional implants in three sessions or four, I do not remember well, and even though I decided to do surgery, the injury was greatly reduced and did not

bring me any complications when I soon became pregnant and I had my child with no problems at all. The deprogramming helped me to understand the reason for what was happening to me, and how to overcome it, I really enjoyed the experience and I will forever be grateful to you for that.

I hope that my testimony will help you, and I'm here for you if you need anything else, send you a kiss!

Elena A.

I moved on, of course you helped me. I went with you for being angry with my past, with my life, with everything. With a single deprogramming session I began to feel different, strong, I learned to forgive, to understand many things I had not understood in 55 years. Thank you very much. A kiss!

Adriana C.

Hi Lilián, how are you? I feel really good; I'm at the office for a little while, taking a time to answer. I will tell you briefly which my case was.

I came to you for an epilepsy problem in 2010. I was diagnosed when I was 12 (year 2000) when I had my first seizure.

My episodes were sporadic and were generally provoked by situations of stress or lack of good rest. Traditional medicine never detected anything

physical, I did many studies (computed tomography, magnetic resonance, common electroencephalograms, etc.) but all came out normal, therefore always attributed it to the emotional part, as a mechanism of defense for certain situations.

I was medicated with anticonvulsants and with tranquilizers (valproic acid and clonazepam), they gave me a pass to the psychiatrist who also wanted to medicate me but I never wanted to, I suppose it was typical of the rebelliousness of my age. Then when I was 19, I had my last episode; I was discharged after two years of medication until 2010. I started with seizures in March, attributed to my enrollment to university and to my promotion in my job for which I had new tasks in a new department, etc.

They medicated me as always, but in a few days I had another episode; Then another more in a month. At that moment with my mom we began to worry about the frequency of my crises. Another two or three months passed and again seizures. In between I became sick several times of throat problems, and even I had mumps and everything attributed to the stress.

In that year I changed medication several times to see if the crises ceased, I saw different neurologists, I made special consultations, I tried with acupuncture because I also suffered from migraines, but all of this with no result whatsoever.

Until in November of the same year I had a convulsion in the street, crossing one the zebras of the Plaza Independencia when I was going home from the office. There some people helped me, also a taxi driver who had stopped at the zebra to let me pass. It was a big shock for me because I realized how lucky I had been and that it could happen again and I did not know if I would have the same luck; And for my mother too, who lately lived just for me, to see if I was well, and every time the cell phone rang and I was not with her, she picked up with fear. That was the episode that made us say, "We need a solution for this, we need to know where it comes from and root it out."

Then my mother, who had taken a couple of courses with Carlos Piñeyro, asked her classmates if anyone knew of any alternative therapy to treat epilepsy. Someone mentioned you, they said that there was a person named Lilian who was doing regression therapy and that it worked, especially in people with psychiatric treatments. After that, in a few days, my mother realized that she knew you, that she had seen you once on a trip to the "Valle del Hilo de la Vida", where you had a very strong experience. When you returned, my mother went on your bus, and during the trip you sat next to her and gave her a wonderful message (about her mother, her husband, and her brother). Then my mother said: we have to make an appointment with her! We did a lot to find you cell phone number, but finally one of her classmates, Lucía, gave her your

phone number and address so we could contact you. We made an appointment.

In my first session with you, you explained how the system was, how the deprogramming therapy worked, then we told you my situation and we started deprogramming that same day.

All the sessions were very strong; I kept going to your office for a month and a half, once a week. We were always in contact; we went to Cordoba in early 2011 and joined the group on Fridays. Since then I never had a seizure, in November this year, will be five years since the last crisis and I feel healthy, strong and above all I learned to see things in a different way, to value what is really important and to listen My body when it makes a call of attention. I am so grateful to have come to you, and to have had the possibility of healing myself as I did.

Of course we have to continue working with ourselves, but the best and most important thing is to have found the way! Hope this can help you! A big kiss and a hug! See you later!

Roberto C

Hi Lilian, I'm Roberto. You treated me for drug addiction (base paste). Before going with you, I did many other treatments, all made me quit my addiction for a while but somehow it came back again. That happened almost for four years, until a friend of my sister who had made an appointment

with you, tell us about your therapy and sends us a book by e-mail to see how you worked and see what it was. I had never read a Book, your book touched me and I read it very fast, which I never do.

With my family, tired of so many things that I had tried, and that none of them gave me result, we came to the conclusion of trying with your treatment. From the first session I noticed a change in me, I had changed my mood, I did not suffer from abstinence anymore and as days went by I changed little by little, it changed my life, and even my brothers were surprised by the change that your sessions had made me, to the point that my sister Laura went with you and my mother too. Today I went back to being the old Roberto, who cares about his family, who values everything I have, the one who wants to live again, with no longer interest in drugs.

Today I can walk with money in the streets and I know that I will arrive at my house, without spending it. I no longer have to be depending on someone to leave my house and I can go without saying where. That my family sleeps without worrying is already a lot.

Thank you, you helped me to be who I was and gave me back the desire to live.

Greetings.

Tamara K.

I know you're compiling testimonies and maybe you're interested in mine: I'm Tamara K., Roberto's mom. He started having a drug problem almost five years ago. We went through many things as family, it was very difficult.

At first he escaped every day, things began to be missing from home; we did not know what to do.

We went to many places, psychiatrists, psychologists and found no results. Roberto was okay for a while but then he began to be missing for one or two days. Until a friend of my daughter sent us your book, I read it in a few hours and I told him if he wanted to read it, so he did (he doesn't read anything). We cannot believe the person who he came back to be, that Robert we know and want. Thank you for returning my son's life.

Sonia R.

Hi, I can tell you that the results I have obtained with the Deprogramming therapy have been excellent.

More than five months without any pills for depression, it simply disappeared. And I feel splendid.

And the second and also very important was my fear of water, to dive into the sea or a pool. Well, I just came back from a few days in Florianopolis and I dove! My daughters were by my side (I did not tell them anything), and suddenly I

did it. They, who were attentive to me, shouted and could not believe it.

They said "Mom dived!" I am happy! And I love water!

See you soon!

Claudia T

My name is Claudia; I met Lilián through an internet conference. For a long time I was looking for something that could help me solve my "karma", which felt not real in me. After a time of listening different people's opinions, I found her in a conference on YouTube and her words touched me deep in my being, I discovered that she was the person I had been looking for.

When I talked to her, I was full of what she calls implants: the main conflict I had was my lack of self-esteem, and in deprogramming I could see a girl who suffered a lot and did not want to let me go, A girl who during her life was mistreated and humiliated by her mother, she was not wanted, had many deficiencies of learning, poverty, humiliation.

After that session, I felt much better and continued deprogramming more emotional implants. In the third session I told her about a situation that had happened to me, where I was in class and the teacher was explaining a task to solve and suddenly I felt a great disgust and something that said "I cannot, I do not know, I'm not

intelligent "And that made me cry. So when we continue deprogramming I realize that the girl I had seen in the first session was not completely gone and was she who made me feel that anguish in class again. It was not easy to release her, she resisted, until we could help her to leave, was then when I felt a real change. After so many deprogramming sessions, the one that resisted leaving was this girl. I thank God for putting Lilian in my path! Today I feel better and able to do what I set out; I have more confidence with myself.

Judith U.

I am aware that many years have passed since I received my degree in medicine (34), and that I decided to specialize in ophthalmology, it was a resolution a little surprising for me and much more for my environment, I felt that the surgery was my destiny, I felt trapped in my dream that in the end could not materialize.

I do not deny my choice, I do it with dedication and love for what I do, fate wanted me to be formed in other areas that also subjugated me and I fell in love with what I did, I felt that at that moment I had the fortune of do what many times I had dreamed to do ... My professional life and my personal life were mixed in a sort of affective and labor turbulence, with five children.

Then divorce came, a complicated moment, between children to support, a demanding job and study, a master in the direction of health services, a whole complex of things that tested me. Life tests us, and if we have it, it is because we have the capacity to deal with them. All these moments passed with the ingestion of painkillers for my chronic osteoarticular suffering since childhood, the only painless moments in my life since 12 years old were the five years I was pregnant.

But how did I discover a new world? This scientific mind, which believed in the somatization of disease and bad energies, discovers that deprogramming is the key to the cure of chronic diseases that have martyred us in our lives and is now so clear, but so clear!! ... Then the reflection I make is why didn't this healing key appear before? And I have also the answer: I am now ready for this!!!

From the moment I met Lilian, a world of new opportunities opened up, to understand and help me and others, and to question myself about so many things!!!

What is sure is that we are full of implants that detonate in every moment and are these characters who are sick and not us. This is so easy now to convey, I could not believe!! I experienced it and then the blindfold fell and I began to understand what was happening to me and what was happening to many of my patients. The deprogramming is the truly healing way, finding the

character and taking it out, and then ... feels free of that disease that is not ours.

Tons of love! Judith

Amelia F.

In my case my problem was a severe shoulder pain that had existed for more than a year and a half (diagnosed with bilateral omoalgia, and applying all treatments, the problem persisted).

In our first session of deprogramming I could not connect with anything, I was completely closed, because some personality would not let me do it, and I spent almost 30 minutes trembling, dizzy and crying.

In the second session I was able to meet three characters: one was a woman carrying a bag on her shoulders in another time, she was barefoot dressed in rags, with long black hair and very frightened, and she was hiding something in her bag.

The second was an Eskimo who was in his cave afraid to leave but with the responsibility of giving food to his family. The third was a redheaded girl with two braids running through a wheat field, and when she wanted to go into her house she could not, because someone would not let her open the door, she would force herself pushing with her shoulders to open the door but without succeed. After understanding the burden I had on my shoulders and get rid of these people I felt much

better, today the pain disappeared. Thank you very much. Greetings to you.

Daniel P.

I am 51 years old and my session with you in 2013 was for several things that affected me all my life, in my family, work, couple, etc., things that did not allow me to develop myself, which was always my desire.

It prevented me from completing my studies, everything I began, I could never finish, and so on with everything else.

I consulted for feelings of fear, anguish, loneliness, even if surrounded by people, guilt, frustration, not being able to express myself with words in an argument. In my first session, a character of a preacher locked in himself, homeless, without family, a walker who went from place to place carrying his preaching and teaching to the people, came to me. But despite everything visible, this preacher was trapped in his thoughts, his way of thinking, always giving the same message, did not want to change, he was empty inside. After the experience I felt a great relief, as if I were releasing several tons I was carrying on. The way I repress myself was seriously bad, it has affected me at work, in studies and in relationships with others. This character is a boy terrified of fear for a man who makes him live in awful conditions, does not let him grow, he feels repressed.

And then I consult for my fear of not doing things, fear of failure. This time the character has

made a mistake that cause the deaths of many people, perhaps related to my passion for aviation since I was five years old, and a lifelong interest in air crashes. I think it is related to that, I always had to know if it was a pilot error or technical problems.

Hence my fear to know, to finish my degree, fear of failure. Insecurity was always there.

In the second session I consult about when I argue with someone, I cannot answer at the moment, I remain silent and only when time passes by, came to my mind everything I should have answered to that person. I do not have a balance, everything except to expose what I think with words. The character that I found this time is a mute man who cannot express himself, but who lives in a time in which the people around him minimize him and make fun of, and he feels a lot of anger, desire to hit those who treat him like this, those who abuse of his conditions.

I have been on the spiritual path for a long time and I am a peaceful being, but being unable to express myself during an argument represses me, frustrates me. This goes totally against what I have been taught. After this character leaves, a journey begins for me, a journey into myself, towards my Light, and Lilian goes with me on that journey to the source, to take away the remnants of all this negativity that has tortured me for years. I go to the source, towards God, on a personal journey like never experienced before.

It was a very strong experience that marked from there a new life and conception of things, of life. With the passing of days, weeks, I was experiencing changes, life as I knew it was gone, and I was a much improved version of myself. And as I recorded the sessions, listening to them revived facts, ways of living, of facing life, and as Lilián asked me ... How could you live with this? How could you do anything in your life with all these implants?

It really surprises the changes I experienced. I am a person who has deepened his spiritual path and matured his family and work ties.

Thanks thanks.

Natalia F

A year ago I started with severe headaches; It gave me strong one-sided stitches that covered the temple and the eye. The pain was so strong that it made me dizzy and nauseated, and none of the remedies prescribed by the doctors were effective.

At first these pains appeared once a month so I did not pay attention to them, but the time went by and this was getting more and more frequent until it became daily. The doctors told me it was migraines, which are headaches that appears only in one side of the head and that affect your eyes as well.

I went to Lilian to get deprogrammed, so I could understand why this was happening to me. She helped me to see and remove all the programs

that caused these pains, and by doing that, not only helped me to heal the pain punctually but also to heal emotions that caused me certain situations in this life. After that day, five months ago, I did not have migraines again and I was not affected again by the present situations that triggered my headaches. Thank you, Lilian. I hope that testimony will be useful.

Rosario T

Today I am in good balance with my health, which I learned to treasure day by day. After experiencing a process of deterioration of health of more than ten years, manifested in several autoimmune diseases, and subjected to various medical treatments and multiple alternative therapies, I find Lilian Kellemburger thanks to an angel who manages to put her in my way when I felt that there was not much left to try.

We begin with the deprogramming therapy of emotional implants and after several sessions my health begins to be restored and balanced as never before. Accompanying this process, I make changes in diet with an alkaline diet and start physical exercise. I acknowledge in the deprogramming therapy of

Emotional implants, a fundamental pillar in the restoration of my health. I have adopted it as a tool to maintain that balance.

We should all learn to listen to our body. When we can understand its language, the signals it emits

are wonderful. Today I walk a new path, a new way of living, an immense work to unlearn, identifying situations and emotions that lead us to get sick.

I am deeply grateful to the UNIVERSE for having found Lilian and to help me remember that we all have the power to heal ourselves.

My name is Rosario.

Paola R

My experience rather than testimony is a great thank you to this Light and Guide, Lilian (and her partners Cecilia and Alejandra). Almost two years ago a friend gave me her book and when I was reading it I got very excited, I could not believe that someone else had gone through the same thing that I hadn't been able to get over.

This story surprised me a lot because I had suffered an accident where I lost my partner and I realized that we both had been through a very similar experience. We were both dedicated to selling (products), working with our vehicles and we were not involved at all in the intangible and esoteric world as many can call.

Then, without talking to anyone about the it (at that time I was still trying to find conventional answers but did not improve my emotional and mental state), I encouraged myself and called to ask for an appointment.

In the first session I realized and I said: "This woman knows". Beyond being as shocked as I was that our accidents were more than similar, it was

obvious that there was another reason for her to be there. She looked at me and described a being that was very close to me, and at that moment I felt there was someone who could help me, she confirmed something that I felt a long time ago, was a very dark entity that followed me, but nobody believed me. At that moment I surrendered to perform an exorcism, it was my desire to be free of this being and "Start living". From there I began to feel bad physically, I could realize how the entity would catch on to me, how it clung and did not want to let go.

Then I felt bad and ended up vomiting a dark thing, I was able to finally get that dense thing that was living with me. I began to feel tired and relieved; internally I was certain that what had been negatively interfering with my life for so many years was no longer part of me.

So it was, and words are not enough to express what I feel: I remained for the first time after so many years, freed from such a large, dark and heavy load. Today I can say that the only person who believed in me was her. Not only she listened to me, but she showed me that she can see beyond, by describing so clearly and literally something that only I could feel and that we can heal anything if we are open to that change.

Thank you, Lilian!

CHAPTER II

Introduction

The testimonies of the deprogramming therapy that you already read led me to rewrite my story, which begins on December 23, 1997. That day marks in my life a death and a rebirth.

After a fatal accident, I discover what life is like after death. Ten years later, my friend Verónica Noguéz urged me to tell my story and helped me write a book, which circulated on the internet in virtual form. But it was not published in editorial, I had not understood until some time ago why it had not been given that option.

One beautiful morning on January 2016 while I was drinking mate, I received the message that I should rewrite my story and tell everything that happened to me in the last few years to the present. I thought, "My life changed so much, it's worth telling it".

The tragic experiences marked in me a new awakening of consciousness learning to live, with the same body, another life.

Awakening consciousness is the way I do my mission, motivating each one to fulfill its own.

The facts I tell in this book are real, I just changed some names so the people involved do not feel so exposed.

My new awakening

My awakening began as a result of a traffic accident that changed my life.

Today I feel able to share my experiences so that other people, who suffered like me, are encouraged to tell their stories of life and thus help others to evolve without so much pain.

Emerging from the darkest and most painful side, but finally finding the light that allows me to have today the capacity to understand, the why and what happen to us certain situations in life.

Eighteen years ago, I was married, mother of three sons; two men and one woman. I had a good job in a tool business as a saleswoman, with a very good salary.

Apparently I was in good health. What more could I ask for? What could I complain about? It was everything that anyone can dream of, but undoubtedly, it was not enough, something was not right in my life. I discovered that I was not happy with my partner.

At that time, I was the people who live the crazy life, ran from one side to another.

I was very confident with myself, always saying: "I do what I want, when I want and how I want." I sought love outside my home and found refuge in the arms of a man whose work place was close to mine, and we lived an intense life of lovers.

We cared about nothing, only a deep love shone, that united us and blinded us.

We did not scale the damage we were doing to our families; for us the only thing that was worth was to lock ourselves in that wonderful story, where love was magically selfish, only the two of us.

One night we decided to spend it ... together.

I called my husband, I told him I had a farewell and that I would sleep at a friend's house. He said he would stay working in his office. They believed us: we were filled with love and joy. We did not know what fate had in store for us, we never imagined it.

Two weeks ago he had a car accident. For that reason he had rented another, which had crashed the night before, was dented in one mudguard. He asked me to pick up him in my car, so he gave his damaged car to the renter.

He told me to let him drive, that he felt safer this way, so I gave him the wheel.

He headed down the street in the wrong direction, and a front truck was coming, looking at the situation, desperate, I took the wheel and turned the car to the curb of the sidewalk. We stopped. We were both in shock.

I asked him what was going on, he replied that he did not know, that he felt weak, he was not very lucid and he said: "I think I'm in love." I replied that

this was not an excuse, and I also could not understand why this was happening to him.

Finally we went to dinner and later to the hotel that we frequented, due this relationship had a year and a half already. It was a night that I will never forget in my life, we loved each other and we told ourselves everything that until that moment we never dared to tell us.

The next morning he called my mother (they only met by phone), to meet her personally.

In one hour we would be at my mother's house.

It was December 23, 1997, I told him to go home, was the best thing to do, since it was his daughter's birthday. He said, "No, tomorrow is Christmas and we are going to be separated, is better for me to go today so I met your mother." On our way out from the hotel he asked me to drive, as I knew the way home, it was 7:30 am.

We left, and after only four blocks, we suffered a brutal and fatal accident, we collided violently with a waste truck. It was in a second, everything happened so quickly.

He died in the instant; I was unconscious in the steering wheel. Hours later, I woke up in a clinic. At my side was my friend Wilma, who had come from Italy on vacation. With her we were and we are great friends, she was always a very dear person for me. She was one of the few people that knew about my secret relationship.

She was the one who gave me the news; Manuel had died in the accident instantly.

When I found out, I had a nervous breakdown, I could not stop crying and they injected me with a tranquilizer. I was totally confused, I still had nausea from the loss of knowledge, and my head was spinning.

Hours later I became aware that I had lost him forever, I would never see him again. The pain was terrible, I just wanted to die, I asked desperate for my death, I did not want to live any longer.

The guilt I carried was terrible, I felt totally responsible for Manuel's death. For the first time I thought about suicide, I thought it was my only way out. It was 2:00 am, I thought about killing myself. I was going to let the air into my veins through the serum, I thought "if I do that in a few hours I will not be there, I will go with him".

I was not prepared for what was coming; I could not face my family and his family, my children and his children. I had already made the decision; I was not ready to be condemned for that situation.

In that a moment, I looked to my right, my daughter was there, who had fallen asleep because of the fatigue, and I thought, what would happen when she wakes up and sees me dead. It would be another tragedy for all, I couldn't do more harm. That feeling of pain overcame me, I couldn't do it, I cried, I cried and I cried. I did not stop until my tears drained, I touched bottom.

The next morning, I asked them to sign the medical discharge for me; I did not want to stay there.

On the impact, my head hit with his, and I lost consciousness, they did a computed tomography of my head, because it was full of blood. They cut my clothes, thinking I was badly hurt, because all the blood on my body, but it was not mine.

Physically I was intact, not a broken nail, not a scrape. I was in medical observation for the loss of knowledge. I voluntarily signed my discharge, making myself responsible if something happened to me, and I left.

I lamented all the time for being alive, "why him and not me?" At times I felt angry, I thought he had the easy part, he was gone and he would not remember anything.

I did not understand what death meant. To my understanding his life had ended there. That day, December 24th, was Christmas Eve, but for me, it was the worst night of my life, I thought I would never celebrate Christmas again.

I had no comfort; I wanted the earth to swallow me. My husband and my kids could not believe the situation we were living in. The celebration of that night, where peace, love and joy should reign, was transformed into a silence where pain and sadness prevailed. I thought about the suffering that the wife of Manuel and his daughters would feel at that moment. Her daughter's birthday had ended in a

funeral, her father's. All my surroundings and my life was destroyed completely.

Days passed by, weeks and I found no comfort, every day was a torture full of memories. I was slowly getting into depression, but I kept working, I never stopped doing that, I kept my head busy, but I was not attentive, always with a blank stare. You could see the sadness in my soul.

They told me to go to the psychologist or psychiatrist that I could not live like this, and I always refused. I believed that nobody would do for me, which I was not willing to do: forgive me.

Every night I lay down crying and woke up with tears in my eyes. It had been nearly seven months already. One night I was very distressed, I had a very strong thought "I have two options, to die or to continue living."

It had been a long time with a very strong pain in the chest that no one could heal. For the first time I said to God, "My God, I am willing to do anything, but get this pain out of me." After that thought, I fell asleep.

CHAPTER III

MY CONTACT WITH ANOTHER REALITY

The next morning something woke me up; I jumped out of my bed and sat down. There was a person with a very bright face that wore a white robe from his shoulders to his knees.

I could see wounds on his legs, where blood was running, it looked like recent wounds. The first thing I felt was the need to help him; I knelt at his feet and instinct made me want to heal him.

I exclaimed, "Oh, look how you got your legs!" I felt at that moment a force that raised me, had a very strange feeling, I was not afraid, but I was aware that that was not normal, he spoke to me with his mind, he did not move his mouth, then he handed me a tree branch, seemed freshly cut, I could feel the dampness of the sap in my hands.

He told me that the stick represented wisdom and understanding, that my mission was to raise awareness.

I felt so much peace and relief, like a feeling of softness in my heart.

At that moment I realized that he had taken the pain out of my chest. It was like daydreaming, but the sensations that he made me feel were very real.

In the blink of an eye, he disappeared. I thought, "I'm daydreaming!" I could not understand what was happening to me.

When I became aware of what I had just experienced, I said to myself: "I am going crazy." There is when my story begins and my contacts with another reality of which I had no idea.

Throughout my life, I grew up without a religious background, I did not know how to pray, I did not have faith, I only knew that there was a higher God and nothing else. This accident made me wake up to another reality of which I had no consciousness or knowledge about. I spend 22 years married to a man who I was no longer in love with. With my partner I was not happy, no doubt about it.

Somehow I had to react and realize that I was not doing things right. That is why I understand that many couples do not make the decision to get divorced, because it is very difficult to break the family structures and more when there are children in between.

Before the accident, I planned to separate but didn't do anything in concrete. I thought, "I learn from hard experiences, because I made the right decision after I left the clinic." I realized that I lived asleep all my life, as the vast majority of people does, acting unconsciously.

That contact I had with the angel made me see another reality that I found difficult to understand. I began to experience paranormal experiences, I woke up at two or three in the morning, and began to write in a notebook messages that I saw and felt

in my mind, about situations that would later happen in my life and in other people's lives.

I did not understand why and what was happening to me. I heard voices and heard them talk to me when I slept, until I woke up. I had the urgent need to write, and after I had it, I could finally sleep.

The next morning, when I read what I had written, I could not believe what I was saying, even my handwriting was different.

The only person who I talked with about this was my mother. She listened to me and said, "Stay calm, at some point you will understand what is happening to you." I told her that there was nothing to understand, that I was going crazy.

The incredible thing was that what I wrote then happened.

My mother made me see that I had to pay more attention because if I was really crazy, why did the things I wrote happen? At one point I opened up and started to talk to other people about what was happening to me, even with my family, but they looked at me weird.

They told me I should go to the psychiatrist. In a fit of rage, I broke all my writings: that thing complicated my life.

After experiencing those messages, which lasted approximately two months, I had to live another experience. One morning when I was showering, I needed to breathe deeply and felt a

presence in the bathroom, when I looked at my side, there was an Indian.

He began to talk to me, to tell me things, he told me that he had come to help me and that I would help to heal people. He said, "My name is Abayubah." I had a nervous breakdown and I said, "This is all wrong, it cannot be happening to me. Now I see spirits, it is assumed that the spirits cannot be seen, it had never happened to me and now I talk to them. "

At that time I was almost forty, thirty-nine to be more precise and it seemed crazy to me to be living that. Meanwhile I continued my work, selling tools, trying to make a normal life.

When I was busy, the hours passed quickly, but at my house, I was again with my loneliness, my guilt and my depression.

On top of this, the conversations with Abayubá. It was a constant struggle to try to live normally, facing the loneliness, the guilt and the paranormal things I was experiencing at that moment.

The Indian, who appeared that morning began to be part of my life, was always with me, never left me alone. He came with me everywhere, helped me with everything, being aware of what I was doing. He talked to me a lot and began to give me advices.

There are many anecdotes that have happened to me; I learned to see beyond the reality in which everyone lives.

I learned from my own experiences, from my behaviors and attitudes. It had been a month before I started having contact with Manuel, the man with whom I had had the accident.

One night I felt that Manuel was next to me, he started to talk to me, to cry by my side, to tell me that he was fine, that everything that happened was because we both had to learn. He had to die because he could not fulfill his life contract and he should reincarnate.

From there, I began to connect desperately with Manuel, we began to share long talks, I learned a lot with him. He taught me that death is only physical, that we are immortal, that the soul remains, until another body is granted.

Manuel died on the physical plane and came back with the same feelings for me. He then began to tell me that he loved me and we began to have a relationship from the spiritual plane, without the body, feeling only with the soul. In those moments I felt it the same way as when he was alive.

I began to understand that souls, when they leave the physical bodies, connect with us, speak to us and make us feel things that we are not aware of, because we are not prepared, we didn't made an opening of consciousness.

He was with me all the time, he talked to me but I could not hear him.

Now I understood why I had connected with an angel, with Abayuba and then with him, connecting with them first, allowed me to practice the connection with the mind.

Later it was easier for me to connect with Manuel and other spirits. By then I could see and hear the other side more easily.

Around the people I saw entities from other realities, angels and people who were close to them, already dead. I could hear them, but I did not want to.

I refused to talk to the dead people, I did not like it. When I was talking to someone, the dead relatives of those people mingled in my conversation. They wanted to communicate with them.

I was bothered by the situation; I did not want to hear them.

Until one day I went to deliver a tool order to a client. Being there, while talking with the owner of the business, next to him there was an entity, it was his wife who had passed away six month ago.

She began to insist that I should listen to her, she did not allowed me to remain attentive to the conversation, she interrupted me and would not let me speak. I started to get nervous, I told my client that I was very late and had to leave. I got out of the shop, got into the car, and looking through the

rearview mirror, I saw her sitting in the back seat, trying to tell me something.

It gave me a nervous breakdown, I started yelling at her to leave, I was not going to hear her, I was not crazy to talk to the death and she finally left.

"Lilian, this is not the way to treat the spirits, you hurt their sensitivity, you hurt them," Abayuba told me. I replied: "It's enough with you and Manuel, I'm going crazy, do not demand more."

I was very angry with the situation. The following week, I had to return to the same business to collect the order.

There was the eldest son, I asked about his father and he said, "Were you here last Friday?" "Yes," I replied. "On Sunday we went to the beach with my 13-year-old brother and my father. My brother was swimming, he had a cramp, we did not realize and he died, drowned," he replied. I was pale, breathless, I could not say a single word, I took the order, I got in the car and I was paralyzed.

At that moment Abayubá appeared and said, "Lilian, it is not your fault, but you had to learn from that situation." "What do I have to learn?" -asked. "You have to learn to listen. You are permanently refusing to connect with other entities, you cannot continue denying yourself," Abayuba replied.

I began to cry angrily because I also knew the child. I could not believe what had happened, I felt guilty about the situation.

Again I was learning from hard experiences, I had to suffer again. At that moment I made the decision to start listening and communicating more with the spirits who would like to transmit messages to their relatives, promising myself that I would not be ashamed to speak to the dead.

I said to myself: "Let people think what they want. If they want to believe that I'm crazy well, but I'm going to do what I have to do to help in whatever I can. "

When I was with Manuel and Abayubá approached, Manuel walked away. I did not like this situation and I asked him why he went away every time Abayubá approached. He told me it was because of respect.

The Indian had a greater vibration and had to let him talk first. After a time I realized that the spirits have hierarchies. I began to get tired of this situation, because I preferred to be with Manuel. With him I lived and enjoyed as when we were both physically together, as before the accident.

I told a friend what was happening to me and told me that she knew a lady who worked with the esoteric part and that she could help me. I went to that place, I explained to the lady the situation I was living and that I did not want to continue with that spirit.

Then she gave me an image of an Indian, told me to keep it in my hands and to ask Abayuba to stay in that place. And I told him that I was very grateful, but that I no longer wanted to be with him and that I was not going to cure anyone, that I'd rather be with Manuel because I already knew him.

I thank him so much for everything he taught me but don't persecute me anymore. The Indian understood me, stayed there and followed me no more.

It had been two months and I continued my relationship with Manuel. We talked a lot, he told me how he felt without his body, and he explained why he had to die. He had karma from two previous lives and in this life he had to change, not repeat what he had lived in other lives.

But it had become very difficult for him to change the attitude, this is why his evolution ended and suffered an accident at the age of 36.

God or the cosmos, or whatever you want to call it, used the accident for us to learn. He explained that accidents are not a coincidence, but causality. That no one dies or is born by chance, that is programmed spiritually, because we are that, spirits living in human bodies and we are governed by cosmic laws.

I say this to raise awareness, so that no one feels guilty for an accident. There are beings that are dedicated to make these arrangements, programming coincidences, so that everything is given in perfect time and form.

After a while I understood that when we are about to face death, these things happen; We feel overwhelmed, stunned, with little lucidity. At that moment, neither he nor I knew what was happening to us.

Manuel, before the accident, had been warned to make a change, but neither of us could understand them at that time.

We are receiving messages permanently through people and situations, to make us react and when we are not able to interpret those messages we experience unexpected or traumatic experiences.

We need to be more alert when a situation comes out of the ordinary or we unconsciously put ourselves in danger, it is because we are being warned that something is wrong. We must pay more attention because something is going to happen to us if we do not change the attitude.

There is a lack of awareness we need listen and understand. It's a terrible learning, I know, because I had to live it very closely.

A few months later I met my friend, the one who had taken me to that place, where I left Abayubá. "Oh, Lilian, didn't you go to the lady's house where you left the Indian?" My friend asked me. - "No, I didn't, but he never followed me again" I answered. "I went and the lady is fascinated with Abayubá, do you know that he has healed many

people? I was surprised and decided to go see what happened.

I asked the lady if it was true that the Indian healed, and she said yes, that he was very strong.

- "You did not realize, woman, what you left me here, this spirit is a guide who came to help you, but obviously you are not prepared," she replied. - "No, I'm not ready, working with a guide, and doing the things you do, I could never do it," I replied.

"Well, but for some reason it came to you." "Yes," I said, and continued, "He had confused me with someone else. -It is not like this. There's something you'll probably have to do later, "she told me." "No, no way" I insisted.

Time passed and one day my daughter called me to go and stay at her house to take care of my granddaughter Florencia, a year old, who was having an asthma attack while she called the doctor.

Being there, Florencia began to drown, gasping for air, I was very scared, I did not know what to do.

At that moment, Abayubá came to my mind. Without naming him, he came along with the thought. I felt the need to breathe hard and realized that he was connected through the breath.

He put his hand on mine - it was a much larger hand - and almost instantly Florencia began to breathe. When my daughter came with the doctor,

she was already well, she had nothing, no more crisis, she was normal.

"Mom, what did you do to her?" Asked Carolina. "Do you remember the Indian I told you about? Well, he came and healed her," I said. "Oh, Mom, you're back with those weird things, stop bothering" Carolina protested.

She did not believe me. The fact is that the asthma of Florencia had disappeared and she could breathe normal again, it was evident that the Indian had some special power.

It was my first healing experience with him. I thanked him very much and asked him to leave because I was not yet ready to do anything.

From that experience I learned that the spirits come by calling them with the thought. This situation gave me a lot to think about, I was beginning to believe that I really had a mission, because until that moment what I was most interested in, was to keep in touch with Manuel.

For the first time I appreciated the fact that I survived the accident, I was angry for a long time because I was "alive".

CHAPTER IV

ANOTHER CONTACT, A NEW GUIDE

A few months later I made contact, without searching for it, with a new guide, a Hindu spirit, with whom I had been learning for three and a half years.

He appeared in my car one day in the back seat, I saw him through the mirror. He began to connect with me. He told me that he had come to help me to learn about spirituality, about energy, and about the fundamental changes he had to make in me.

I did not know who he was, I asked him his name and he said, "Let's go to a bookstore." Being there among all the books, he made me choose one: "The Orange Book of Osho." "Who is Osho?" - I asked. "A person who has a very developed spiritual part," he replied. "Are you Osho?" - I asked. "No, I'm not," he said.

Then he explained that he had been his guide for a while. I turned the book around and read "Meditations to connect with the soul." "I'll help you to connect with your soul," he told me later.

I took the book and when I got home I started to read it. There were meditations of 15, 20 and 45 minutes, up to two hours. I told him I did not have time for that.

I asked him his name; I had to call him by some name.

He told me his name was a sound, which was very difficult and mine too. He would prefer that I name him after his real name but it would be very difficult. I asked if we were all a sound when we were "up". He said yes. "Your original or cosmic name is also a sound. Here on Earth you had many names and now in this incarnation they call you Lilian. He continued: "You put names to identify yourself, the names also have vibration but it is much smaller. You must learn to make your sound because when you do it you will be invoking all your spiritual strength to raise your vibration.

In this life you will have several guides who will join you on different processes of your evolution, but the guides, angels and other beings that are part of the cosmic plan for the Earth, do not care if their names are popular, often people say that they channeled very important guides with names like Jesus, the Virgin, etc., and is not like that, they are mocking spirits taking celestial names and all they do is steal energy and those people end badly, some in psychiatric hospitals, Others lose family, friends, everything.

I asked him, "And how do I realize that this is not happening to me? I do not want to end up like this!! -It is simple: when a guide is true, you will see him work with you from love, taking care of you and will show you the truth.

I understood what he wanted to say so I named him "the Gandhi", because he looked like him, he had a white robe; his legs crossed, very thin, his face thin and elongated.

He was always floating in the air, in a state of meditation. He told me that it was time to make changes in my life. That I could no longer be the same person, that I had to fulfill a mission.

I wondered if what I've heard and saw was real or a product of my mind, it was very difficult for me to get into that invisible world; I was always a very rational person. But "El Gandhi" knew how to make me understand and he asked me a very simple affirmation: "If I am not real, Manuel is not." I looked at him and said, "No, Manuel is real." Finally I accepted, if I had not, I would not have accepted Manuel, because he also came from the other side.

It made me reflect, reassuring me that I was not crazy, that I really had opened a door, which now I had to understand and learn. Allowing me to stop questioning my madness all the time.

The good thing about that contact was that when I talked to him, he gave me peace and confidence. I ended up accepting the spiritual world. I no longer objected, I said: "Obviously there are more people on the other side who want to communicate and if it's not like this, I would put myself in a mental home" I laughed at my own thoughts. That entity began to set the pace in each of my reactions.

Until that moment I had been a very rebellious person, in my house, at work; With lots of energy and a strong character. He told me that I should be a better person and connect with love if I wanted to continue on the spiritual path.

That I needed to know myself better to understand others. That I should not judge anyone, that each person lives the experiences they need for learn. That everyone wanted to talk, spit out, and lashed on others, but the human being did not know how to listen or hear themselves.

"You're not listening to me," said the Gandhi. "Yes, I'm listening." "No, you are not listening to me, I told you that there is someone else inside you and you have to know it," he continued. "Open the book I made you buy and choose a meditation.

I started to read it and none liked me, they were very long, I did not have the patience.

Until I found a meditation of one minute, it was the shortest. I told him that that would be the only one I was going to do. It had to be repeated at least six times a day.

That meditation consisted of an exercise: you had to breathe deeply to contain the air and to visualize a ball of light in the chest, letting that light spread to the whole room where one was. Then we spread up the energy to the head, until reaching very high, connecting us with the sun.

It is easy to do by breathing, because you get to connect. I started doing that exercise, every time

I remembered, repeating it several times during the day.

I usually practiced it while driving. I had to go through a dangerous experience to realize that it was not convenient. In a moment, I got out of the road, and felt that I went up and as if something had exploded inside me. In an instant I became "everything," the trees, the leaves, the wind, the sky, the clouds, the people, ALL.

"Luckily" I was driving slowly, so I stop the car and parked as I could.

I felt like something soft wrapped around my neck, had a lot of shine. With a very sweet voice, she said: "Lilian, it's me, your soul".

I could not believe it, I looked in the reviewer mirror, and I saw the Gandhi in a position of meditation and that light that said to be my soul hugging my neck. It was at that moment that I first made contact with her.

She told me that she was always with me, that she lived inside me, that she went out while I slept. She spoke to me with much love. I felt like I was two people at a time, a Lilian whom I knew best, as my own personality; The other was kinder, kinder and more affectionate that I knew deep inside, but much less.

That situation brought me a new conflict, she started to bother me, we were so different. I began to have an internal conflict, it bothered me that she questioned my attitudes and my actions. I often

said, "I'm like this, you're not going to change me. We're very different."

I had become dissociated from my soul. So I gave her another name, I said, "So this way there will be no more confusion, I will call you" The tick ", since you hold my neck to talk to me, and you chase after me like a tick. And I'm "Lilian", is that clear?!!

Without realizing it, I began to compete. She always spoke to me with a very soft tone. She was faster, when I was reasoning she already made me feel what she wanted. I was angry that the tick was never wrong, but I was instead.

Gradually I was losing myself, I thought: "I cannot live fighting with myself." That situation made me feel bad. Little by little I became more associated with her, listening to her when she spoke to me. I thought: "as if it were not enough with Manuel, Abayubá and "The Gandhi ", now the conversations with my soul are added.

There are many anecdotes that I remember of that period of my life, about the first contacts with her. Every day I learned something new and improved something that was not right in me. I was on the spiritual path. My opening of consciousness was expanding a little more each day.

Almost two years had gone since the accident, we were near Christmas. We had gone with my ex-husband, with whom I have a very good relationship, and my children, to a supermarket. It

was almost impossible to walk, there were hundreds of people there, so we split up; my daughter Carolina with me and my son Diego with him.

After doing the shopping we had to get together again, it was very difficult. My daughter asked me: "How are we going to find them? It's impossible with so many people. I answered: "I have no idea and I will not pay you all the things you got, you had arranged with your father that."

My soul told me not to worry. "Do you know where they are?" I asked. At that moment I flew mentally with my soul above the shelves and returned instantly, at the speed of light.

I felt her grip my neck. "They're in the third shelf starting from the top," she told me. At that moment I looked at my daughter ... "She says they are in the third shelf starting from the top. She looked at me very seriously and asked, "Who told you?" And then she exclaimed, "Oh, Mom, again with those strange things!"

For a moment I looked at her without saying anything, I paused, took a breath, and made a proposal. "Let me check if it's true." We were walking towards the indicated direction, when we saw Diego that came towards us. "We're in the third shelf starting from the top," Diego told us. Carolina looked at me, saying: "Oh Mom, you're crazy, the things you hear are true! You are crazy and for real!"

Like this experiences, I had many. With time I got used to it, I had already increased my confidence and accepted the help of my soul and my guides.

On one occasion while preparing an order at my work I heard my soul telling me: "Take the account statement of this client because you are going to have a drawback." So before leaving I asked the owner of the company, to print it for me. She knew my whole story because we were friends and we had worked together for many years. She was one of the people who supported me the most after the accident.

At that time we had great trust and a good friendship. She knew about all my spiritual experiences, but she turned off the computer and forgot my request. "Take the statement, you're going to have a drawback, bring it Lilian," she repeated.

So I went on to insist that please turned on the computer and get the document printed out. I explained that the Gandhi and my soul were warning me of a possible inconvenience.

She looked at me and shook her head, saying, "Please, Lilian, like if something is going to happen to this client, you have a good relationship with him, you never had a problem with, why would you have it now?; But it's okay, so you go calm, I'll print it for you." I went to my house with the statement on my agenda, it was too late.

The next day I went out to do the things I had programmed. On my way, the customer called me (the one who supposed to have the problem).

-Hello Lilian, are going to charge me today? - He asked.

-Yes, like every Friday. - I replied.

- But there is a problem here, you are charging me the same merchandise twice - He claimed me

- What are you saying? - I asked. - Yes, I have receipts that I already paid

- What are you saying to me? - I got Angry because I knew I was right and I wasn't charging him again

- I'm going over there - I replied.

- Do not worry Lilian, come when you have the account statement. He answered.

- No way, I already have it. In ten minutes I'll be there. I assure him, angry.

I got out of the way and I decided to go straight to that client. I arrived In ten minutes, when an employee of my company was lowering a commodity.

- You do not lower anything because with this client we have a problem

- I warned the boy. I entered in, determined to clarify the situation

- Good morning, Lilian you didn't need to hurry

- he told me.

- Hello, we are going to review together the receipts

And comparing it with the statement I had in my possession, we found that I was right. There were two equal orders, with the same amount, a few days apart. The payment receipt he had was from the first purchase.

"Forgive me, Lilian, at first I thought you were charging me the same order twice," he explained.

"I know, that's why I'm going to distrust you, too."

The new order will be delivered to you when you finish paying what you owe me. I replied angrily.

I got out of there, got in the car and my guides began to tell me: - All good, but all bad. He can think what he wants and you cannot think badly about him. Each thinks about the other according to their state of consciousness. If he thinks badly you do not have to think alike. This is one of the changes you have to make, learn to forgive.

- I'm not going to forgive him just like that, he should learn to ask before to think bad about me.

- That happens to him, it happens to everyone, people before asking or speaking prefer to think bad, he acted badly and you too. Then between you and him there is no difference

- They explained me.

"Enough, I'm tired of always having to change; Why do not others change?"

I asked, and then I told them

- I am like this.

- No, you are very good, you are like your soul, you have a lot of light and a big heart. Your ego doesn't allow you to see that.

- they spoke to me with love, to calm me down. But my anger was a lot, I was overcome with the whole theme of my changing process.

- I'm tired of that egos thing, my egos do what they want - I told them. Immediately I remembered what I said before the accident, "I do what I want, when I want and how I want" Enough Lilian! What else do you need to happen to you to stop being like this?" They alerted me. At that moment, I started to cry remembering everything about the accident. I kept silent for a minute. "It's very difficult to change" I said. When you start to change, you have to keep it straight so you don't get out of the line and that costs a lot.

To me, personally, that process of learning took me three and a half years. During all this time I was in contact, with "my soul", the Gandhi and sometimes Abayubá.

They were the ones that made me see my attitudes, but the connection with Manuel was the most mundane and also the conversations we had. In these years I learned a lot with my guides. The most incredible thing was that I did not have to read, I received all the information at the right time. There were situations where I needed advice to change my attitude. The biggest fight I had was to defeat myself.

I realized that my ego was very hard and that I

learned with a lot of pain. Tired of this situation, I asked Gandhi: "Is there another way of learning where I do not have to suffer so much?" - Of course: you can learn through love and not pain, as you are used to. He replied. "I like it, it sounds good," I said.

-How to do this? -I asked. "Connecting more with your soul, being one, you and she," he replied. - It is very difficult. If that were so, I would always have to do what I feel, I said. - Yes, this way you will never go wrong - he confirmed me. "You are asking me to do what she wants, what about me?" It is very difficult in this world that we live, to use my feelings before my head. My soul is too good, it would be a disaster for me, "I said. -That's why the world is as it is. People think first, then act and finally realize that they feel bad. If you want to be well, you have to take three steps in this order: first, feel what you want, then think about how you are going to do it and finally take action. If you act in that order your life will change completely. This is called learning through love, not through pain, as you are used to " he explained. I had to accept it, I had to get used to letting myself go, to let go control, I was always very controlling. Everything was going through my mind. This conversation made me think a lot and I was too tired to continue fighting and losing energy because at the end this was a matter of energy. From that moment I agreed with my soul.

- Well, now you command, what are you going to do? - I told him.

Nothing you do not want. Relax, relax and do not worry any more, just do something when I ask . You will learn to flow and you will like it- he answered me. -Should I do nothing? - I asked. " No" he said, and gave me an example, " Pretend you're going in the rapids in a canoe, the oars are of no use to you, if you want to push me, you hold me back, just let me guide you." It was not easy, but I learned it. My life was changing dramatically. Gandhi taught me about energy.

By then I could see the aura of other people. - Why do people have different colors? - I asked. He explained to me that it had to do with evolution and state of mind. He told me that we have energy centers where we accumulate more energies which are called chakras. These centers can be closed or open. Either end is negative. That happens through situations that affect our Emotions.

I started to like it, at first I took it as a game, I looked at the people, I interpreted their colors and I told them what was happening to them at that moment. They asked me how I knew and explained that it was because of the color of the aura. It started to spread the word and more people came to me asking me what I could see.

So I started to see that it was true. And on top of it, I spoke with the dead relatives, angels or guides who wanted to give them a message at that time. One of my friends, Anabela who knew me very well, always asked me to speak with her angel. I would tell her everything he said and the messages he wanted to send. Until one day she said to me: "you have to do this to help people. It's very good, it makes me feel good, it gives me confidence, "and she proposed:" I'm going to organize a meeting with my friends, so that you tell your story and talk to their angels. " At first I refused, I was ashamed. Then she made me see that this was a gift I had received after the accident. I had never seen it that way. Something as horrible as what I had lived seemed impossible for me to do something good. I thought, "I was normal, I was not accustomed to seeing or hearing the invisible." I would like to explain that the information comes into in my mind, as sensations in form of images and then words come to my mind, is a bombard of information. So I had to learn to put limits, to classify what I wanted to see and what not. I ended up accepting the meeting. I did not know how I was going to feel, it was the first experience with several people, but I was calm while I watched. I did not know how Anabela would present me.

She told them that I was an angelologist because I could communicate with angels and that I could see the aura and read the meaning. When she gave me the floor, I got a little nervous, but when I started to

develop the talk, I got excited, with what I said to each one, they were surprised. Even I was astonished for the information I was transmitting. They were no more than a few people and I talked for about two hours. When I finished, they all congratulated me and asked me: "I want you to talk to my brother, with a friend...". The next week, we had another meeting and were twice as many people as the previous one. These meetings continued on a weekly basis and more and more people joined. Some time later a friend told me: "I'm going to give you a book that talks about how to make regressions to another lives, it did not help me much, I never really could do it, maybe you'll find the way", she said. It caught my attention, I told her I was interested and I thanked her. I thought how good it would be to remember what happened in my past, for me it was a reality that we could live more than one life, at least that was what Manuel and my guides said. So I did not waste time, I got excited about the subject, I said: "I need to practice to find out if it works", so I started with those who were closer to me, my family.

I asked my son Marcelo, who was by then twenty years old, to allow me to return him. He looked at me and said, "What is that?" "It's a technique for remembering other lives," I replied. Seriously?. - Only if you pay me - He answered: Okay, how much do you want? - I answered. - Are you serious, Mom? - Yes, I need to see if what says - I answered. "Are you going to hypnotize me?" -he wonder. "No, you just have to lie

down and relax," I explained. I started returning him from one life to another, it took three hours. Finally he was exhausted, very tired and begged me to finish. He had experienced many emotions at once, he was exhausted. When I finished, he sat down, looked at me and said, - You're never going to do this to me again, even if you pay me. After having experimented with my whole family, I was more excited because I saw that I could do it. Incredibly, the people who already knew what I was doing started to come and ask me to return them, which allowed me to practice more. By that time I worked until 8 at night and from there I was going to make private regressions to different houses. This practice helped me learn a lot. I also wanted to know more about myself, so I taught a friend to do it for me to remember my previous lives. When I regressed, I understood why my attitudes. I had been a warrior in almost all my previous lives. Samurai, Viking, Mohican Indian and in my last existence, Nazi !!

With so many lives of warriors it was not easy for me to make a change as my guides asked me. Then I said to Gandhi: "I understand why I am like this, they all give me the strength I need to survive in this world. - Yes, the strength to survive, not to live, you have to learn to live in peace and harmony, with so many warriors inside you is going to be impossible, because they will put you in difficult situations to justify their performance. But later you will understand better. It's

not the time yet, keep practicing, you're doing things right.

A few months passed and I continued working at the company and after I finished I was going to make regressions to different houses; Sometimes it was very late but I did not care, because I liked what I was doing, I did not charge because I considered that I was learning but people gave me money at will. Until one day the Gandhi said to me: - You must warn at your work place that you are going to quit in a month approximately, you are going to dedicate to continue learning and you need more time for you and to help others, you have to leave everything in order, We'll let you know when. For that moment I did not doubt it, I had already

I liked working with people. So I warned at work that I was leaving. They didn't liked the news very well, but I tried to organize myself, and letting go of control cost me but I left everything in order. It had been almost a month since I had anticipated the news that I was leaving, so the question was obvious: "Lilian, do you know when you're leaving?" "I'm waiting for a warning, something must happen, but I do not know what it is," I replied. He said that it seemed crazy that working at will, would be very difficult and almost impossible to tie what I was already earning. That I should be very careful and that I needed to think well of the decision I was making. I knew that if I left I would not have another opportunity to return to work in that company. At that time I was in charge, and in addition to my salary I received

commissions on sales. If I looked at the situation from outside it was practically impossible to earn the same or even more doing what I was going to do, but I was confident that everything would turn out well. A week passed and my friend Anabela made another meeting to give a talk about everything I had learned so far, the fact of making regressions helped me a lot to understand how the spiritual world works. Then I continued connecting with the guides of each to close my speech.

Being there, I met a psychologist, he was the husband of one of the girls who had gone to the talk. He entered by "chance," I say this because he left his wife at the meeting and went to a friend's house, who was supposed to be expecting him, and when he arrived he was not. He returned and to not wait in the car, he decided to enter. He could not imagine what the conversation was about. He sat, listened, and was in shocked by the messages I passed on to the people. Before leaving, he asked me my phone number. The other day he called me to make a regression. I finished my work and went to his house. The regression lasted an hour and a half, was a very complete and a very important experience for him. When we finished he said, "This is incredible, I never experienced anything like it. I feel free, light. This can greatly help people, moreover, to my patients. I dedicate myself to addictions and I would like you to teach me or even better that we work together. "I was puzzled, did not know what to answer, I told him to let me think about it and I left. It was at that moment that my soul and

Gandhi confirmed to me that this was the moment we were waiting for, it was the opportunity to change jobs. I made the decision quickly, I did not think it over, I warned in my work that this was my last week. On November 10, 2001, I definitively left the company I worked for.

CHAPTER V

First experience working with patients

The following Monday I started in Fabian's office, the psychologist. That day we began to know each other better. I told him my entire story and the connection I had with the spiritual part. He asked me to teach him everything I knew and that he would teach me about psychology. I loved the idea. He began by saying: "With this clothes you cannot attend in the office, you have to dress more formal."

He offered me to go with his wife to buy some clothes and I accepted it. He taught me to sit, to walk, to talk more leisurely, to behave differently. He explained that the appearance was very important for this job. I had never taken care of myself. I lived in a world of men, the job of runner in booth and hardware did not demand a better appearance.

In the consultation the spiritual connection that I had allowed me to go deeper with the patients. The therapies with regressions were very complete, one could notice in people the advances from one week to another.

With Fabian I learned about various mental illnesses, specifically about addictions. I could understand how they affected previous lives in those patients. We made a good team, none kept anything, we shared everything we knew.

He also learned, many regressions were the ones he made me, which allowed me to understand all the karma I brought to this life, I understood that my previous life of Nazi had to do with my surname and that my German Swiss descent had a reason be.

The fact that today I dedicate myself to helping in healing is not just because, it has a lot of meaning for me. Fabian also worked hard on his past and understood the mission he brought to this life. We had been working together for eight months when a group of friends invited me to a place where there was

a large circle burned on the ground.

They told me that there was a lot of energy in that place and there were extraterrestrial sightings. I immediately felt the need to go, I did not know why, but I said yes at the moment. When I told Fabian where I was going, he was also excited and we went in his car, with his wife and another friend. We did more than two hundred kilometers: it was in the field, near a dam.

Upon arrival, we met the rest of the group that were waiting for us. It was night, the full moon could already be seen. With all the people we were there we held hands and formed a large circle.

I watched, I had never done anything like it. One of the people present said: - Let's vocalize seven times "OMM". - What is that? I asked, not knowing what they were talking about. It's to connect better - they explained to me. At that moment we all saw in the sky

a very strong light that was approaching, lasted a few seconds and disappeared by magic.

Until that moment I was not aware of why I was there. "What is all this?" I asked the Gandhi. "Relax and pay attention. Do what they tell you," he replied, with much peace. We started with the "OM" achieving a very powerful vibration and you could feel the energy. I began to perceive tubes of light that went down like arrows in and out of the circle. I was with my eyes closed, but the images in my mind were very strong, I could see them and feel them. They wanted to communicate. They asked me to calm down, they told me they were coming to help us. My heart was beating so fast. I asked them not to touch me, but I was also receiving an electric current that made me tremble. I heard them say: "It's not electricity, it's vibration, relax." At that moment a person broke the silence: - They are here, can you perceive them? - addressing the whole group. - Yes, but it is very late, we have to go - I answered, a little scared. "I'm in no hurry," cried Fabian. I did not want to stay; the situation was too much for me. - How do you feel, Lilian? They asked me

- It's awesome, I never imagined this

- I answered them and I began to say what they transmitted to me: "We come to help you. We are organizing, we are from several galaxies and we are united just as the UN represents for you. Among the people who live on your planet there are several of us incarnated, who are also awakening consciousness".

And other messages more. I kept thinking about how far this would go, in my mind. We shared the experiences that everyone had felt and then we left. It was an experience I will never forget. The next day, when I got up, the Gandhi was by my side. He was coming to say goodbye. He told me that he had finished his time with me, that now other people would come to help me. He explained that with him, he had already achieved the changes he needed until that moment. It made me feel a lot of tenderness and love, he said he would always remember me, that he was satisfied with the process he had done with me.

And he thanked me. And in that moment he disappeared from my mind. In my present it only comes back to me when I consciously call him. Hours later, two beings appeared. They looked a lot like each other; they were a man and a woman. They were dressed in very tight suits, silver in color. Both had long hair. They introduced themselves as my new guides. The feeling I felt was of peace, of well-being and happiness. I understood then that one does not choose his guides, but they choose us.

For that moment nothing could surprised me anymore, I just accepted what I was. I had become accustomed to conversations with Gandhi, just as I had with Abayuba. I realized that changing the guides did not generate attachment. However, Manuel was still in my life, with much attachment. With my soul it was all right, we were almost one. My new guides looked like aliens, that's the image I get in my mind. I thought how I was

going to call them. This time I will not complicate it, "them" or "extraterrestrials". "They" started to change everything. They told me to find out about quantum physics and that I had to start passing energy. Until that moment I did not have much knowledge about that. I knew of people who passed energy, "Reiki", but nothing else. Until that moment I only connected to transmit messages from the guides and make regressions.

It was at that time that "they" taught me that quantum energy was the connection between heaven and earth and that there were two types of energy, feminine and masculine. The masculine came from the cosmos and the feminine from the planet. They made me visualize images to learn how to merge the two energies. They explained to me that we are all capable of passing energy, even children, everyone. It is a gift that we humans have. When we become aware of how these energies work and we fuse them in the heart with intention and love, they take strength and power.

This is quantum energy. By using it we can help heal and free bodies, souls and minds. Once I learned it, I began to use it permanently, it facilitated relaxation before regression. The contact with them opened my awareness more. It had already been a week when I was told that it was time for another change in my life. I had already learned what was necessary with Fabian in the consultation.

At first it caused me insecurity because by that time my economic situation had normalized with the money I received from patients in Fabian's office. There were many patients we attended. With the psychologist I had made many important changes, not only in therapy with patients but also in myself. The knowledge I gained on the psychological side had helped me to develop more safely. In truth my changes were very noticeable and I was very grateful. He had also achieved an opening of consciousness on the spiritual side that he applied with his patients with great success.

The union of both specialties enriched us both. But I could not doubt any more, I had to keep trusting, if I was asked, for something it was. I spoke with Fabian, I told him that my new guides had told me that we had already learned that now we had to be alone. He took it well and understood me.

Everything began to change rapidly in my life, it was a Friday night, when I had finished talking to Fabian. I went to my house, I felt calm about him, he had taken it very well. I asked them, "How does all this work? ". - Stay calm, rest the weekend. Soon you will have news - they answered. When I got home, my mother was there and I told her about the decision I had made. I moved with her after the separation, we got along very well. - Lilián, your life is not very normal but now it's late to think what you're going to do. You did what they told you, now trust and wait - it reassured me

CHAPTER VI

My extraterrestrial guides

The week was starting, I connected with my soul to reassure me, there were many changes, in a few days I left my job and changed guides, I was given to my soul and "they" took control, but it was not easy.

My soul said to me, "Where is your faith, Lilian?" In the afternoon my cell phone rang, it was Laura, a girl who took care of Fabian and me. She was part of a five-person therapy group. She asked me: - What time do we have the group today? "At 9 pm, but I will not go." I stopped working with Fabian. It is all well with him but I will work alone, my guides asked me so. - Do you know why I go to therapy? - she asked. "No. I suppose it does good to you," I replied. - Yes, but you make the difference when you talk to my angels. I do not want a conventional therapy, I already did many. With your help I freed myself from many fears she explained and then asked me: - what are you going to do now? "I do not know, I'm waiting," I said. - What are you waiting for? - An opportunity to work by myself. - And you need? - She asked. - A place to work and attend people. - Perfect. You have everything! - She answered me.

She lived in a very nice area in the center of the city and I was in the suburbs, where it was very difficult to access and there was not much locomotion. Attending

in a home made it easy for people to make appointments. "I have a place for you to work, and I'm going to invite all my friends so you can give a talk and explain what you're doing," Laura told me. I thanked her, I felt that it was the news I was waiting for. Later when I connected with my guides, they confirmed it to me. The next day, I went to the meeting in Laura's friend house, who had been widowed six months ago; a group of fifteen people had been formed.

The landlady's husband had died in that place, from a heart attack in the middle of an argument. Apparently he was a very violent person. Until that moment I knew nothing about that. Laura introduced me; I greeted and immediately began to tell who I was and what I was doing. But I could not concentrate.

Sitting next to the hostess, there was a deceased person or rather disembodied, without body, looked at me and told me not to continue talking, I got nervous, stopped talking and I told them that I had to apologize because I could not continue, so I spayed: "There is a dead man who wants to talk and does not let me concentrate." I finished saying this and everyone looked at me with surprise. Most of them knew the widow's story. He gave me a lot of anguish, he cried all the time. He wanted to apologize, and he was nor remembering it with anger and pain. He knew that he had acted wrong but while he was in his body could not realize his attitudes, now that he was on the other side; it was easier to understand the pain he had caused to

his loved ones. From that place, he could feel the rejection of his relatives and that kept him suffering.

We were all touched by what he had said; most of them had known him in life. That was the most shocking thing that happened that night. After I finished transmitting the messages I spoke with some people but there was no time left and it was very late. They asked me if I attended private and how

Much I charged. I answered yes and that I charged at will.

This situation was organized spiritually. It united two needs; On the one hand, the situation of the spirit that should apologize to his family and friends; And on the other hand my need to make myself known. Not to mention much of me, people saw for them what I could do.

That experience surpassed my capacity for wonder. Immediately I started scheduling the interested people who wanted to consult.

The next day I had ten people to start. My cell phone started ringing more often. More and more people wanted to talk to me. - You have to learn to see situations from above, like us. Things are not what they seem, nothing is wrong, everything is perfect - explained my guides. I thought, "Was my accident also perfect? " It was horrible to think of that situation as something perfect and good.

The spiritual influence of these beings in my life helped me change the way I perceive the things that happened to me, I gradually understood that everything depends on our reception. "They" say that we are born with a mission, to develop in life. Where each has a plan drawn, what we are going to live is already arranged spiritually.

What makes the difference is how we live, not what we live, how we do things, that choice is called free will. It is then when we suffer or we are happy, this way of acting is based upon the attitudes and makes the difference. It was passing the time and each time more people knew me. I went to different houses to talk about spirituality that was my way of raising awareness.

Once I met a girl, a yoga teacher, who was on the spiritual path from an early age. We started a good friendship. She offered to become my secretary and help me with people. I accepted, I could not go on alone.

After having worked a year at Laura's house; another friend, Carola, who lived alone, offered me her home, to work and live. I liked the idea because I did not have to travel any more. - Will she have a place for me also? Andrea told me. "Let's ask" I Said. When we consulted, she immediately accepted. Carola is a very special and supportive being, she always opened the doors of her house to help, and our friendship intensified more in that coexistence.

We both moved. We continued to meet with Laura and a number of people who knew me and who liked to talk about spiritual matters. My guides were always present. It was my turn to learn from difficult situations. People began to arrive who had works from religion or black magic. I learned to release people in that situation, using quantum energy. I remember once attending a woman who was owned by an entity. One morning she came with her husband, and when I saw her, I told her that she had someone big and dark in her surroundings. "Yes, I know," she replied, "but no one has been able to remove it," she said, "I've been through different places and I was not lucky, with this spirit I get very aggressive and I do not remember anything. She told me that her husband wanted to confront him and she pushed him so hard that almost killed him. "I'm really scared," she said. I asked her how long she had been with this, and replied that it had been a year and a half. I told her I was going to help her. After some thought I talked to Andrea and asked her to arrange the exorcism for Saturday because there were no people.

That morning the new lady arrived with her husband, he stayed in the waiting room, Andrea and I walked together, in case it got complicated. I did not know what I was going to do, but I was not used to planning or fix anything.

I only acted when the situation occurred, and that with everything; In the meetings, everything was channeled in the moment, and I did the same with people. For this situation I acted the same way. I asked her to lie down and relax. We began to pass energy, Andrea was at her feet and I was holding her head. - Connect with that entity, I want to talk to him - I asked the lady. To the second, that spirit entered her, changed her voice, was thick and masculine. He began to laugh laughter and mocking. "Lilian, close your eyes, do not open it for anything in this world- "they" Saied. (They wanted me to keep my eyes closed so I would not be impressed, since the lady's face changed and her eyes rolled.) I began to connect with my breathing and to make my sound: I felt the presence of my guides and Abayubá who were accompanying me.

I began to transmit security. She sat down. Andrea jumped back. - Careful, Lilian! - screamed. I held her head very hard and went back to bed. I started to make my sound louder and louder (I started to increase the vibration through the sound. "They" say that we have a particular sound of each and we have to discover it). Mine is very strong and sharp. It was coming out so hard it seemed like the glass would explode. I began to speak: "I send, I order you to release her, she does not belong to you," I said to the spirit "I command you, I order you to release her, she does not belong to you," I said to the spirit. He was laughing. I was not afraid, nor did I doubt. Inside I was quiet. I felt that it could not win, that I had more strength and more light. I felt a strong

sense of power and repeated to myself: "there is nothing or no one that can stop me."

To increase the vibration I made my sound louder every time. After a while, the lady was shaking and said, "That's it, it's gone!" He went away! When I stopped, by the vibration I also trembled. There was so much light in the room that it was lit alone. When we left, she hugged her husband and said: She took it out; I felt it when he released me. He was very nervous; he had spooned everything but did not dare to get into the room. - When I heard the sound seemed like an engine or something, I thought it was going to break the glass - claimed the husband. "No, it was her." The lady intervened and pointed. He looked at me in amazement and said, "I've never heard anything like it before, it gave me the feeling that it was the buzz of a" ship. "

Unknowingly, he was picking up from the room that something abnormal was happening in the office.

In order to relax the atmosphere, I answered in a jocular way: "You see? that spirit was stunned, I broke his ears and left ... I acted in front of the marriage with a lot of security, as if I had done exorcisms every day. They were very happy and I asked them to keep me informed if anything happened.

Andrea was dumb, looked at me in amazement, the exorcism had lasted for almost an hour. I sat down and said, "Did you see what happened?" I cannot believe it!

"Neither do I" said Andrea, and continued, "I'm still shaking with fright. I thought she was going to attack us, I went back and I almost fell. - I never imagined that I could live an equal situation - I said to Andrea and I asked: - did you hear that sound? - For a moment I thought it was not you. - I also felt the same, I exceeded my throat. When I felt the glass vibrate I thought that everything was falling apart, I realized that that sound did not come only from me, someone else had intervened. I felt the need to thank for the help I had received, I felt much supported. Then I called my guides and Abayuba and thanked them. "They" replied: "We are equally grateful to have been allowed to participate." I had so much joy and a sense of power that I never felt before. - I love to do exorcisms - I said to Andrea when Carola came in, who listened and commented: - No, without a doubt none of you is normal, what dance I got into ?? !! We end up laughing. We commented on the experience we had lived and she said: - All good, but clean this house that I want to sleep well tonight. As time went on I got more and more professional. My guides cared that I had everything I needed. I felt very contained spiritually and very connected to my inside, with my soul. The information I received was always very accurate

CHAPTER VII

Channeling a new therapy

I had spent a lot of time doing regressions, from which I learned a lot, but these were very long, the

Sessions took from an hour and a half to two hours. While the result was quite good, the therapy was very stressful for the patient and for me. So one day I got the message that I had to make changes, I did not know what to do until they told me "I wrote: we're going to dictate a new therapy" and the channeling began: You should know that people have implants. - What are implants? - I asked. - Memories, traumas and phobias that are implanted in the emotional body. - Fears and diseases are transferred from one existence to another in our DNA, until we heal them in some life, explained my guides. I was used to make regressions, and I knew the importance it had in us. But releasing implants.. no. It would be something new to learn, I settled and I continued to write The fears are implanted in our DNA as emotional personalities that are activated through the subconscious mind, controlling our lives.

These implants correspond to traumas and phobias of the past. The deprogramming of the personalities that make up our ego allows us to leave the vicious circle that makes us repeat the same mistakes over and over again (diseases, addictions, depression, anxiety, obesity, panic attacks, domestic violence, conflicts with

parents, children , Siblings, couples, friends, co-workers, etc.).

You have to learn to identify the EGO and deprogram it, this therapy will take less time and is more effective, the release mechanism is faster for changing the attitude - I was told, and continued: The deprogramming of emotional implants is an emotional cleansing therapy Which allows us to reprogram ourselves with a new attitude to face life and resolve everyday conflicts.

This therapy has no contraindications, works by means of relaxation and the assistance of the angels and guides, of each person, is a psycho spiritual therapy. By connecting the soul with the mind, you can induce the person to remember the past, your childhood the memories that are taxed in the womb and also other lives. I asked: "Is it with hypnosis? because for regressions it is not necessary. They answered me: - You should not use hypnosis, because the person has to be aware of the emotions that come to their mind to be able to identify the cause of their problem. You just have to learn to induce well, and help to release the characters.

Negative emotions: anguish, loneliness anxiety, anger, rejection, insecurity, coldness, etc. Are emotions recorded in programs forms? When the person remembers the emotional cause, at that moment he / she becomes aware that it is a personality (a program) that is reacting by itself and repeats again and again

the same situation, at that moment I could understand that it is not the person who is reacting badly, but a personality with own decision. It is like listening to a CD that repeats the same lyrics, if we are aware that we do not want to continue repeating things, we can release that character and set free at the same time those implanted emotions, which we no longer want to carry.

This diminishes the potential of the ego. In other words, only the truth sets us free. "They" say that we have implanted in our DNA all the information of what we come to do in life, but not how we are going to do it, so is here where our "little characters" make their own decisions on how to do it: in other words our free will is also conditioned by the programs implanted. My response was: this is horrible if everything is decided then why am I here if I can do nothing. They answered: "You did not understand anything, Lilian, it's very simple, every life is a new opportunity to change your reality and choose a better way of doing things, until you find the perfect attitude to receive situations and process them to act in Conscience and love Your existences on earth were many, you are what you call an old soul, so you have had many opportunities to change and we hope and trust that in this life you can move to other more subtle planes, everything depends on you.

I replied, "Then, as I once said," I am an experiment for you, I was chosen because you thought - if this woman can change, humanity has hope. "

We end up laughing, they also have a sense of humor, many of the beings who are angels, guides or aliens had human lives, they know well how we think and feel. We continue with the channeling. Thousands of years ago aliens or beings that lived on other planets inhabited Earth, so archeologists found constructions that are humanly impossible to do.

Many left, others are among us living as terrestrials and others living within our planet, as intra-terrestrials. "They" say that the earth is populated by several races of these beings, some are malevolent and others are benevolent for that reason there are different religions and creeds, and so many wars in order to conquer territories to have more POWER and thus control and subdue the other races for their own benefits.

However there are others who want to unite and share in peace the benefits of this planet. This situation makes many people feel that they do not belong to the family in which they were born and live with the feeling that they do not belong to this world. GOD is energy in evolution, it is "ALL", what we like and do not like too, that energy has infinite forms, universes, galaxies, planets and everything they contain in themselves. Science made a breakthrough in this last century, but it did not evolve.

Evolution is transformation with love and for that there is still a little more love consciousness.

"They" say that the past and the future are within us, and we relive it in the present. The past are recordings of situations that we already live and the future are also recordings to live them. That is why we can remember the past and the future. For example, a person may feel that he or she is going to meet someone very important to his or her life (remembering the future) and when he / she makes contact he / she feels that he / she already knew (memory of the past) this is what we call programmed reunions.

It is worth clarifying that these memories or programs that are implanted in the DNA are vibrational frequencies, those experiences that marked us with much pain or much happiness. When the person is more liberated from these programs and has a cleaner ego, we can make a progression.

Progressions allow us to remember the future, by feeling the positive feelings that we can experiment if we change our attitudes, transforming our ego into a confident, confident and self-respecting personality. Recall that through this therapy, the person relives significant events of the past and future whose emotional load is still active. Not only we are solving our problems, but at the same time, we begin to understand who we are, where we come from, and what we are here for. As we become more aware, we develop the true gifts and abilities that allow us to improve our quality of life. I want to clarify that this therapy went through several processes of transformation, as I learned.

I will tell you some stories that helped me in this process. I had spent six months with this therapy and the results were very good. I had been treated patients with serious illnesses and other terminal ones, several were healed. I am going to tell only two cases that were very important for my learning.

One day a couple of about sixty years old came to the consulting room. The lord was ill; he had two tumors in his liver. Several specialists had seen it and could not be operated on. According to the doctors he had little time to be alive, two or three months approximately. I asked the lord from whom he came; he told me that from his sister to whom I had treated successfully, I told him I was going to do my best to help him. I began to treat him with energy and deprogramming. He could not go into another life; his soul always went to a problem of this life. This made me assume that the cause of his illness was there. The fact was that he had been separated twenty years from his first wife, with whom he had three daughters. And the week after the separation his wife suffered a heart attack and died. He felt that his daughters blamed him for the death of their mother. He had carried that family trauma for a very long time. His liver had become ill from that situation, from "guilt."

At one point in therapy I helped him to connect with his deceased wife and he began to cry with great emotion. He felt that she had forgiven him, wept and said, "She forgave me." Immediately he began to feel liberated and peaceful. He took away a big emotional charge.

That was his third therapy and I felt that I had understood the cause of his illness and the emotion so strong that he felt the forgiveness had released him, I asked him to make analysis, and I felt that he was well. After two weeks, the two of them returned with all the exams. No one could understand that his liver was healthy. They hugged me and cried with happiness.

There had been several people who had been healed of various diseases. This led me to believe that this was a method to heal all people. Every time I felt more confident.

One month later I attended a similar case, obtaining unexpected results. A man of fifty-six years with a tumor in his lung came. Also came recommended by others who were healed. I started the treatment and assured him: - Do not worry in about three sessions you will be already cured. I could not waste time; I started immediately that same day with the first session. We had seen that tumor was in the lung by a certain situation.

He was a teacher and during a salary reform, they reduced him the salary. He was used to help his children. For that reason, he felt that he was no longer useful, because it was impossible to help his family as before. That situation tortured him. He unconsciously felt rejected by his family, but consciously he knew it was not so. With the deprogramming we went to two previous lives where he had lived similar situations. He came the following week and continued with the

second session achieving improvements. He felt very good. I said: - There is one more session left and you are already cured. - Let me see, next week I have analysis to do. I will call you another day to schedule the last session - he answered and left. - I do not understand, you tell a person that he will be healed in three sessions and does not set the last session. Does not it seem weird to you? I said to Andrea.

She shook her head, said nothing. Neither of us really grasped the message.

Two weeks passed when they called me from a clinic, to thank me that the gentleman was already well, that he had nothing else. He had not told his family that he was doing an alternative therapy, parallel to medical treatment. It was after seeing the results when he told them. I jumped of joy while on the phone. I thought: "Not even three sessions, they heal in the first". Two days passed when someone called again. It was her niece, who had called me earlier to thank me, but this time she called me desperate. She asked me to go to the clinic because he was in a coma. -

What happened? - asked. "We cannot believe it, they punched him and he grabbed a virus," she said frightened. I knew I could not go to sanitariums or hospitals, because people had to come to me, not me to them. At that moment I asked to my guides what should I do and they told me to do what I felt. That was when I decided to go. I answered: - I finish my work and I go. I finished my work and went to the clinic as

we had agreed. The moment I was asking in the reception the name of that patient, someone came up to me and asked, "Are you Lillian?" "Yes," I replied. - I'm the one who talked with you over the phone. We were waiting for you – she confirmed me.

We headed to the fifth floor where he was in intensive care. At the time we were waiting for the elevator, the door opened and we met another relative. "Our uncle just passed away," said the nephew. I looked at him and could not believe what I was hearing. Upon reaching the fifth floor, there were several relatives gathered. The lady who was with me said: - She is Lillian. Everyone knew who I was, but I did not know anyone. When the nurse finished with the medical procedure, she came and said, "The relatives can get it now"

At that moment everyone looked at me and said, "Come on, Lillian. I entered with Andrea who had accompanied me, I thought, "I'm going to resurrect him now." I had never touched a dead man before, and that impressed me. I closed my eyes and tried to overcome that situation. I started to pass energy, increasing the vibration, I just breathed deeply. It felt like electricity in my hand and all over my body. The jar of serum began to spin in circles without anyone touching it.

I had been connected to him for about five minutes, asking him to go back into his body, that he could not die, that everyone loved him, that he was very young

and that he still had much to live for. At that moment I felt his hand on my shoulder - No, Lilián, I chose to leave. If I had wanted to continue living, I would have. "You have nothing else to do here," he told me. I started to cry, I could not believe what he was living. We went out with Andrea, so that the relatives could enter. I was shaking, I could barely walk, I stood in front of the window and I asked my guides why they made me live this. - It's time for you to learn that you do not heal anyone. People heal themselves. You only give them the tools, they choose whether to use them or not. Do not say again that you heal someone. You are God and you can change all things in yourself, not the other gods - they told me ...

I left without saying goodbye, the anguish was very huge for all of us. I was again living a situation where the death of another person was used for me to continue with my learning. A few days later I reconnected with my guides, and I said I had made up my mind: "I do not want to learn more because of a clash of experiences, it's horrible." They told me: "In the accident you changed your life contract, without the need to physically die and you were reborn with another plan of life, but you have the same body."

For that reason I had left behind everything I did, to become a totally different person, but I still had much to learn. I kept repeating some patterns of behavior that did not allow me to make good decisions; I had to be less impatient. I calmed down, appreciated what I had learned on that occasion. I also continued learning but

with less strong experiences and my life changed noticeably

CHAPTER VIII

What happens after death?

When we die or disincarnate, the soul detaches itself from matter (body), but the mind is subject to the soul, which is the energy that sustains all the memories of our existence.

At that moment the soul is assisted by other beings to help it evaluate its life on Earth. The spirit "supra conscience" takes all the good experiences and learning that we have acquired throughout our lives, which are our gifts and abilities. Everything we could not solve, the negative emotions of pain, suffering, hatred, fears, becomes part of the emotional mind (EGO).

When the necessary conditions for a new existence are given, the soul incarnates with all this information in the DNA. I explain it in another way to understand it better: We are like a human computer; we bring in the hard disk (emotional mind, ego) all the programs with the information of traumatic experiences and phobias of past lives (karma).

The soul represents the energy that powers the computer (body), and if you pay attention, a computer

cannot plug directly into the source (higher self, spirit), because the energy is so strong that the computer would not resist it, needs A transformer to lower the voltage (vibration), that is the function that fulfills the soul. Some souls are trapped in this plane, because they are attached to the pain, guilt, anger and suffering of their relatives or loved ones. These low-vibration emotions do not allow them to soar.

There are four levels of consciousness: unconscious, subconscious, conscious and supraconscious. In the unconscious is all the information that has not yet been activated, meaning that it is asleep.

It is the highest percentage of our mind. In the subconscious our personalities act, it is our reactions, our ego in action. In the conscious we can choose the most appropriate rational thought to solve a situation.

In the supraconscious is the information that allows us to find the balance to live in harmony with us and with the surrounding. People who live in hatred, anger, depression, sadness, pessimism, anxiety, envy, violence, and cannot fulfill the mission to heal karma, disincarnate with a very low vibration, that's why we classify as black souls, dark or light souls, depends on the mental state that disincarnated the person.

These souls can continue to interact with the environment by bothering those still incarnated, interfering in their minds in a negative way, feeding on their energy, lowering the vibration so that they also do not achieve their purpose.

Other people, who come to live in peace, love, harmony and fulfill their mission of life, when they are disembodied, can rise to dimensions of consciousness of high vibration, full of love, light, peace, harmony. Where they interact with other beings of light, angels, ascended masters. This means that when we overcome the trials and learning on earth, we can become light beings (angels, teachers) and choose to attend other people who are incarnated, to help them in their evolution.

DIMENSIONS OF CONSCIOUSNESS

In order to better understand spiritual functioning, let us imagine that evolution begins from 0 onwards. What would be a zero dimension of consciousness? It is energies that have not yet incarnated, also called

"beings". These energies have zero consciousness, zero love. And they cannot distinguish between good and evil. They feed on people with the lowest vibration, which is what they can reach them with. For example: murderers without feelings of guilt, so they cannot be aware of the harm they are doing.

What would be the first dimension of consciousness?

They are those souls incarnated also with very low vibration, with a minimum conscience, like the previous example, serial killers, violators, without feelings of guilt. What would be the second dimension of consciousness? They are those souls incarnate who began to become aware, but still violate, kill, the difference between the souls of conscience one, is that they do feel guilty and repentance.

What would be the third dimension of consciousness?

Here we could say that it is the greater part of humanity, are those people who still suffer, feel to go, pain, are violent, depressive, etc. That they are still connected to low-vibration emotions, those people who

when you tell them that there is another reality, they refuse to believe.

They are so disconnected that they do not seek the connection to their "higher self," they have no faith.

What would be the fourth dimension of consciousness?

They are those people who enter into a spiritual quest to find the peace and balance they need, and feel that they can achieve their existence by learning to connect with their "higher self," beings of light, guides and angels. In order to fulfill their mission in life, and also to help others in their spiritual growth.

What would be the fifth dimension of consciousness?

Here we are talking about very few people who really achieve the connection, love, harmony, peace. These people are those who managed to live without judging, accepting that every soul is in its process of evolution, for them everything that happens is perfect because they know that on our planet, souls inhabit all dimensions of consciousness.

They can accept and feel what Jesus said, "Father, forgive them, they do not know what they do." These fifth-dimensional people are doing their life mission and accompanying others in their spiritual growth. And so we can continue to grow in consciousness to more dimensions, these souls no longer incarnate on this planet and continue their evolution in other spheres.

All this information is very difficult to explain, I try to put into words what I have learned in these years, so that we can all better understand the processes of spiritual evolution. Surely there will be people who can explain it better. I convey with my words the form in which I perceive the dimensions of consciousness

CHAPTER IX

Reopening my heart

Having lived with Manuel for six years communicating telepathically, I felt I had to make a new change in my life. Manuel was also feeling that our time had already ended, that we had learned a lot, especially me that could understand better how somebody feels with and without the body, we spent several days to make detachment, it had been a long time, we decided that it was better to ask for spiritual assistance to help him rise, a task that was not easy for either of us.

Some more time passed until the communication faded away, and I opened myself to new experiences. I started a relationship with a very good person with whom I shared eighteen months of coexistence, there I realized that I had chosen it because I wanted to start living as a "normal" person, I came to feel a great affection and shared very good things, was a good company. But I felt that I could not open my heart. I had felt very strong emotions before and this feeling did not make me feel the sensations I already knew. I talked to him about what was happening to me and realized that we could not continue that relationship if

there was no love for both parts, so as a gentleman he picked up his things and left.

I questioned if I had acted correctly, I knew I should not compare the feelings but the desire to feel those feelings of love again which I already knew, made wait for love to knock the door again.

Love on earth is connected to human emotions, we all know each other, that's why there are couples who are happier than others. In the coexistence we can get the best or the worst of each. This generates that relationships are cyclical, we share a stage in our life until we learn what we need, and other times we can culminate our life with the same person, but most relate several times. For a few months I thought I wanted to feel love again and that I really deserved it. So I said to myself: "Let's see what a surprise the future holds for me, and what else do I need to learn? ".

Learning with Agustín

In April 2006 a very distressed and worried woman arrives in my office, I asked her from whom she came, a question that I ask frequently since my way of making myself known is through people, she answered by saying that a psychologist friend had recommended me. I asked him what was the reason for the visit and he told me that he came for his son who was hospitalized, and later he showed me a picture: that way I met Agustín, he was 18 years old, he was going through a period of depression, many fears and insecurities that caused him disorders in his personality. Product of that situation he began to lose contact with reality, feeling more and more persecuted by things that only he saw, until a moment he had a strong crisis and was hospitalized.

His mother asked me to help him and tell him what I could feel about him. At that moment I felt that he was very confused, depressed and distressed and could get out of the situation in which he was, but it was not going to be easy, he had to work with his personalities because he had in his DNA many emotional implants or programs to heal in this life

His mother told me that the psychiatrist had decided that it was best to make micro narcosis, that is, electroshock, I immediately replied: "For me, brainwashing is not a solution."

I thought - if I had a child in those conditions, I would first exhaust all the resources that were available, before he could enter into such an aggressive treatment and even more if it was his first hospitalization.

I consider that there are other mechanisms to help people without reaching that extreme. The psychiatrist had diagnosed him with schizophrenia. I want to make clear that this is my opinion and possibly other people who read this book think that I am ignorant to think that the electric shocks cause irreparable damages, I have investigated on the subject and in many countries it is no longer used, here in Uruguay it is very common that psychiatrists recommend to accept this option as treatment to the patient's relatives, which they have to sign certain documents that claim that the doctor is not responsible if something goes wrong and the patient does not resist.

The experience I had with some people who had received electroshock was not very good, considered

that it is more difficult to recover them altogether. It is like having the possibility to turn on all the lights and after the electroshock, some of these lights stop working normally and the person loses some lucidity. After this conversation his mother returned to the clinic and suspended the permit, which had already signed his father for the electroshock, because with the signature of a single relative is enough to begin treatment, and it was not easy to reverse that situation.

I can understand that sometimes, when people decompensate too much, it is very difficult to slow down the revolutions, it is like being in an emotional hurricane, several people can leave the situation injured and it is necessary to apply medication to the person to sleep and loose the tension until the storm passes.

For agustín this situation took a month of hospitalization. When he leaves the clinic, his mother takes him directly to my office, there I met him personally. He was very medicated, spoke very slowly, I asked him how he felt at that moment. He answered: "They are chasing me, they talk to me all the time, they do not let me think, I have a lot of confusion, they torment me"

I looked at him and could not perceive anything, but he was so medicated that it was hard for him to talk, I gave him energy to make him feel better and I kept thinking "I do not see anything! Will it not be that all this is a product of your mind, of the ego? " I talked to his mother and told him I would see him next week. That evening became eternal, after seeing him I was very exhausted. When I finished the day, I called a friend who is a masseuse to give me a massage. She replied that she could; I said, "I'm going right now." So I went to her place. I told her I was very tired, I did not know what was wrong with me, but I did not feel very well. I lay on my stomach to begin the massage in my back, it was what bothered me the most, she put cream on me and started, and in a moment she said: - What's wrong? What do you have? I put the cream and it seems that your back is impermeable, it does not absorb it. I said: - Well, give me energy first; because the truth is that I am very exhausted!! I closed my eyes and called my guides and I felt that I could not connect. They left me alone and asked, "What's wrong? Why are they not here when I need them? "At that moment Agustín came to mind and I began to feel all the anguish and pain he had felt and I wanted to cry, so I asked why this was happening to me; I did not understand anything. Immediately my guides began to

speaking: "You failed another test," they said. "What test?" - I asked. -The first thing you have to learn is to listen and believe in people when they tell you what they feel, the spirits are very astute, the moment you were watching you couldn't see them but they stayed all afternoon with you feeding on your Energy. To do this work you have to believe more, if they tell you that they perceive or feel strange energies, chances are they are right, or have you forgotten what happened to you? People can have connections with energies of different vibrations, those of low astral level can get to torment people and lead them to madness - they answered. I was astonished; I thought about everything that I needed to learn, I thought "I would die learning". Immediately I called her mother and asked her to bring her son the next day. That was the first lesson I learned from him. The next day I worked with his energy to help him free himself, deprogramming the personalities that were manipulating him by these mocking spirits, for some weeks we continued with therapies. He got better and for a while I did not see him anymore. It had been more than a year, when he resumed therapy with me, he was very bad, and he had begun to feel anguished again.

We started the sessions again and I tried to help him, I proposed to his mother to take him home with my

family to spend a few days until he felt better. By that time I lived in Colonia Valdense, a wonderful place with a lot of nature, pure air, and energy very different from the capital. I had already experimented with other patients whom I had taken to my house, so that they could recover faster.

We were close to Holidays, in mid-December. Agustín had begun to feel better, I worked all day and when I arrived I did therapy to him; Had improved a lot, shared time with my children, played football, went to the beach, so I told him that I saw him very well and that it was time for him to go home so he did.

A few days passed and he began to send messages to my cell phone expressing his feelings, saying that he had fallen in love with me. Given his insistence I decided to have a conversation outside the office to explain that he could not fall in love with me, because we were almost 30 years apart, at that time he was 20 and I was 49. I knew he was very sensitive and did not want to hurt his feelings: I was very generous.

I called him and I invited him to talk, near my office, in the open air, it was a very sunny afternoon, we sat down, he looked at me with eyes full of love. I thought about how to talk to him about the subject, without hurting his sensitivity. I asked him how he felt and he

answered me - now very well. We kept talking about him, how his recovery process was going. He told me that he was well, but that some things were happening to him. I was going around and did not face the issue, I did not understand what was happening, and I felt strange. It occurred to me to do a meditation, I asked him to close his eyes, I also

did it and I guided him with the words that came to my mind, in that moment I leaned my hand and felt that I touched something, it was a small heart with the word LOVE, I was surprised and I said: "look what I found". "Keep it, if you found it now," he said. At that moment I thought, "What is happening?" We have been about thirty minutes, when I remembered that the next weekend I was giving a workshop in Colonia about panic and depression so I invited him to have more tools to strengthen, my intention was to help him overcome the fears. He told me he would go. Well - I said - see you in Colonia - and said goodbye.

I was very upset with me, I was determined to tell him to stop sending messages to me and I did not say anything! I thought: "this is crazy, what is happening to me ?? !! ".

I spend all week thinking what should I do, the sms kept coming. Friday came and I was about to go to my

house in Colonia, at that time Agustín arrived with his mother, who had come to pick me up. When I got in the car I saw that he was very bad, he had made a crisis for an argument with his brother.

Given the situation, his mother tells me that it is impossible for him to go in that state to participate in the workshop, I replied that for me what she decided was right, my intention was for him to understand a little more about depression and panic crisis.

When we arrived to the bus station, she got up, opened the door for Agustín and said: "you're going with Lilian." I was surprised by the sudden decision: "But how can he go like this?" We going to spend two days of workshop and he did not bring anything to change !! - I said. "I'll send you clothes tomorrow," she said and left. On our way, I passed him energy and talked to him so he could calm down a bit. On Saturday we started the workshop and he attended, he was quiet, he felt good. That night my friend Veronica arrived with her family from Chile and they stopped by Colonia. I had offered my house to stay, since they came by car, I offered my bedroom and another one for the boys. We had dinner and decided to go to my son's house in Blanca Arena, about 8 kilometers away. Marcelo had gone to Montevideo to spend the holidays with his wife's family

and had left the key of his house. When I was about to leave, Agustín tells me "do not leave me here, I want to go with you" and got into the car, I thought it was very late, almost midnight; I was not going to argue, so we left together. The house had a bedroom downstairs and another one upstairs, I told him to lie down in one and I went to the other (upstairs), after one hour I saw that he did not move from the living room, I was very nervous, I asked why he was not going to sleep, what was he waiting for? He did not talk to me, but I knew what he was feeling, because something was happening to me and I did not want to assume it, we had a kind of connection, but neither was aware of those emotions, so I told him if he wanted to go and sleep with me; "Just sleep", which we could not do.

That night was very strange and magical at the same time, the next morning I got up and asked: - What time is it? "Its 7:30 today is December 23, 2007," he replied. - Oh, how incredible! Today is ten years since my accident, and the same time!!! I was very surprised because I had not thought about that "coincidence" at any time and he answered: "God wants you to remember this date as the happiest and not the saddest. - What are you saying? Forget what happened!! I was very confused, I did not know what to

say and I went to my house to prepare breakfast for my friends and say goodbye to them so they could continue their journey, while Agustin stayed at my son's house. I finished the workshop at 6 pm and I told my mother (who lived with me) that

I was going to see how Agustín was and spend the night with him. My mother said, "Are you sure he will not hurt you?" I laughed and replied, "No, Mom, he's fine, better than you can imagine," and I left. Agustin had slept all day and he felt good, we went for a walk on the beach, he took my hand as if all that we were living was natural.

We stayed talking until late night, telling him a little more about my life since I knew him better by the therapist-patient link, he told me how he had fallen in love with me and that I did not realize his feelings, in The bottom I knew that something was happening but it was very difficult to accept.

The next day was Christmas Eve, her mother wanted to spend Christmas with him. So I took him to the bus station to go to Montevideo, he was very angry, he wanted to spend Christmas with me, but that was impossible.

I could not think clearly, everything had been very fast, he continued sending me messages telling me about

his feelings, which I answered with fuzzy messages, I was a very confident person and sure about what I felt and want in my life and that situation had me Disconcerted, I remembered that I had asked for love in my life, but I never imagined it to be this way, I know I am not very normal, but this situation was breaking my own structures and those of many people, since Augustine was ten years younger than my older son. We continue to see each other during weekends in Piriápolis, a beautiful place. Likewise, I still did not accept that relationship and I told him that this was a summer love, that it would not last long, that he would not make any illusions, that this was an impossible love.

At home they did not understand why I went every weekend away, so I made up a story. I told them that I had met a Chilean guy, a little younger than me to explain my exits, although that I had nothing to explain and that he was around 30 years old, so the age difference was not such an impact, I talked about him as a very special person who did to me a lot of good.

But my daughter is very intuitive, she began to tell me that she did not believe that story and no matter how much I wanted to convince her she still refused to believe, until in a moment she said: - No matter how

many times you want to convince me I know its Augustin. "What are you saying?" I asked, dazed. "I know is him no matter how much you want to convince me: I got to read the messages he sent you on your cell phone and after that you started to leave often" she said. At that moment I knew that I could not continue to deny this relationship, at least with my daughter. When I told her that she was right she told me she knew it from the beginning, but she did not wanted to accept it either: "I'm more witch than you!" she said.

We end up laughing about the situation. I told her that his mother already knew, she asked me how and I told her it was another incredible situation. A month ago I had woken up thinking that this situation had to end; it had been five months since we were dating. I talked to my guides about this relationship, it was crazy about our age difference, that they should give me a signal to know if I should stop it or not. That day her mother went to my office, I greeted her and asked her how Augustine was, and she said: "Oh, you do not know, he is very well, he has a secret love, nobody knows who she is, but he sees her every weekend. She kept silent for a moment; she looked at me and said:

- Lilian, I am very intuitive and I will tell you something: my son is an angel and you are another angel and if God wants to, I would be the happiest person!! I said, "Gabriela, what are you saying, I'm your age ..." "I do not care, you're very special, trust me." I stared at her and did not know what to say, I thought, "Is this the signal I was asking for? " So after a few seconds, I answered: - Yes, it's me! She got up, hugged me and said, "You make me so happy!! Gabriela is a very special person, she always supported me in everything, I learned a lot from her, without her help my relationship with Agustin would never have prospered, she helped me to understand better what was happening to us, she's very open minded and a believer. Then I told her that I would talk to Augustin. When she left, I called and told him that the first person to find out had been his mother and even though it seemed crazy, he agreed.

Then replied: "Yes, my mother already knows it and did not object; now this will be easier. I said, "I don't think so, my sons and your father doesn't know. But he is very wise and told me not to force the situation, to let them figure it out by themselves.

The fact is that we were both very happy. When I finished telling this story to Carolina, my daughter, she also spoke very wisely - Mama, the truth is that you and he are free and old enough, so you can choose

what you want, if you want to live together or not, and if together you are happy my opinion doesn't matter. - I know, but your older brother? "He's going to get mad," I said. "Yes, he's going to get angry at first, but eventually he is going to understand" Do not worry about the younger son, I'll handle that.

So it was, she told Diego the truth, my younger son, who also ended up accepting. One month later my eldest son, Marcelo, and the bomb exploded. He did not want to talk to me, twenty days past and he did not call me not even once, I tried to talk to him and it was impossible. Agustín told me that he was rejecting him at the time, but soon or later they will be best friends, I looked at him, laughed, and I said: "If you say so, I'm not surprised anymore !! So I told myself, "Well, this is Marcelo's problem, if he does not accept my decisions, something has to learn from this situation, I know what I want, I always said that this is my last human life and I'm going to experience everything I have to live, because I do not want to take any pending issues with me and Augustin was one.

In my workshops I explain what soul mates are, those souls who incarnate from the beginning together and are reunited in all lives with different roles, for example, as fathers, mothers, children, couples, enemies,

friends, all kinds of Relationship and in most of their lives they have to learn and repair, but as I said before is not easy and we do not have just one soul mate, we have several. We can recognize these people because it seems like time never passed, once reunited again, they are always connected. The next week, we went out for a ride, I was teaching him to drive and the cell phone rang, it was Marcelo, we hadn't spoken for a month. -Hello where are you? -he asked. "In the car, teaching Agustin how to drive, we are down the avenue on the beach." He made a pause and I heard a voice that said to him: "Marcelo, what are you waiting for? " It was his wife, with whom I have a very good relationship. - Well, we are vacationing in Parque del Plata, if you want you can come, we are with Isabella (my granddaughter). My answer was immediate: "Good, give me the address!" The fact is that we were eight blocks away, with Agustín we had moved to Atlantida (the situation was incredible, it was as if everything was arranged).

We arrived in five minutes. Marcelo greeted me and I asked, "Do you remember Augustine?" "Yes, I remember," he said.

He knew him because he had stayed for a few days at my house in Colonia and had the opportunity to play

football and on another occasion they went to the beach for fishing. Marcelo continued: "I remember that when we went to the beach while we all were fishing, he ate almost everything we had brought. I remembered it immediately, because when Marcelo arrived he had said: "I do not know what problem he has, but I assure you that nothing with eating disorders, we came before because he ate everything"

We all laughed, it was a way to break the ice. The next day they went home, where we lived with Agustin. We decided to make an "ASADO" for lunch; While I was talking to my daughter-in-law about the situation, she told me that she intervened so Marcelo could reflect that we could not live like this and that I had all the right to do what I wanted and that with this relationship we were not hurting anyone; In a moment we heard people laughing and when we looked Marcelo and Agustín were making jokes, something that they both liked a lot, I had asked Agustín not to talk about football because it could cause a rivalry: Marcelo is from Peñarol like all my family And Agustín, Nacional as well as his whole family.

Agustín was right again, they became good friends. One more person was missing; who was directly

related to us, his father, due his brother already knew from his mother.

So Agustin had no choice but to talk to his dad. When he told him that I was his secret love, he said: - But doesn't she have grandchildren? "Yes, but I do not care," he replied. "I want to be with her, I love her."

Two months later we invited his parents to have lunch with us on a Sunday. Agustin made a barbecue and went in the car to pick them up because they did not know the address. When his father saw him, he asked, "And since when do you drive?" "For about two months, Lilian taught me," he said. I was very nervous, I did not know how he would react, but it reassured me to think that if he was angry he wouldn't come. We began to have lunch and in a moment I said to him: "We have a difference of age, we are 30 years apart" and Agustín interrupted saying: - No, papa, 29 years and three days, not 30 as she says -. His father replied, "Well, what I'm going to say is that if my son is well and happy, that's fine for me too. I breathed and thought, "He's an accountant, $2 + 2$ is 4 " And that's how they all learned, at first it was not easy to understand, but with time they got used to the idea of seeing us together. Augustin always said that love has no age and that we are an example for many others who question whether

they have to live a relationship with age differences. Obviously my mission is to break structures, starting with my own.

After one year I made the decision to make changes, we lived in Atlántida and I continued with therapies in Montevideo and Colonia, and I was tired of so many trips so we moved back to Colonia. It was during that week that I had prepared a trip to Buenos Aires and from there to Chile. I was going away for two

weeks, together with a group of people to Machu Pichu, Peru. Three days after arriving in Buenos Aires, Agustin's mother called me saying that he was very bad, that he did not want to eat, he was in bed and did not speak. I tried to communicate with him and could not make him to talk to me, I despaired because I did not understand what was happening to him, I had my schedule full until Friday and on Sunday I had to travel to Chile so I took a bus on Friday night and arrived on Saturday To Montevideo. When I saw him I could not believe it, he was lying down, did not move, did not blink, I asked if he knew me and he did not even looked at me. I spent the day trying to communicate with him but it was impossible, I did not know what to do but I had a ticket for Sunday in Ezeiza, so I had to leave that same night

When I left, he got up, was totally twisted, with his hands rolled up like a person with mental and motor retardation, his head on his side and his saliva falling. The image that I took with me before traveling was horrible. I went away crying because of the impotence of not knowing what to do. On Monday, in Chile, I make a call and his father answered, they had to put him in a mental home, because there was no way he would react and he had not eaten in a week. I was very stressed out, I rearranged my schedule to leave earlier, I did not have the strength to continue working, so I change my ticket and on Wednesday I was returning to Montevideo. There at the Chilean Airport, waiting for the flight, I opened my portfolio, took out a book that a friend had given me two months ago about Dr. Clemente, a doctor from the community of Trigueroño. I opened the book on a random page, when I read that page; it talked about the panic attacks and that there were some herbs that could help the recovery.

It explained that people bring to this life certain blockages that only heal when the person takes them out.

There I understood that Augustine had not released all his blockades, he was afraid and change, loss and abandonment, made him panic, the fact that he changed house and my travel for two weeks had left him in shock and could not react. At that moment my

guides connect with me and tell me: "Lilian, you have a mission that is to raise awareness, but also to channel information about natural medicines, when you get home, you're going to start remembering and practicing." I told them that if Agustin was going to get better, I would do whatever they said. At that moment I felt peace and tranquility, a feeling that was new for me. When I arrived I went to visit him. Until that moment I had never visit any mental home, that place was depressing.

The "sick" that looked like zombies were walking through the corridors, and I thought: "My God, what a horror, not only I will prepare medicine for Augustine, but also for anyone who needs it." A week later I asked to speak with the doctor. Agustin was getting better; he could talk and feed himself. I asked him what the diagnosis was. He looked me in the eyes and said, "This boy has chronic schizophrenia, but they have already opposed to do micro narcosis, so I will not do it. That gave reassured me. The next week he was discharged, I talked to his father and told him that I was taking care of Augustin. So I took him to Colonia, he was very medicated, he fell asleep during the whole trip, practically did not speak and in a moment he opened his eyes, looked at me and said: - Look how much I love you! Do you see how much I had to go

through, for you to learn and realize that you must help others. At that moment I looked at him with the intention to answer, but he closed his eyes and continued to sleep. - What is all this? Do you want to blame me for what happened? - I thought. But I realized that something or someone had spoken through him. When we arrived home I asked him why he had told me that, and he replied: - I do not know what you are talking about, let me sleep. He continued with the medication for ten days but it was too much, so I reduced it until he totally left it.

He began to recover and to return to normal. So I began to study his personalities and I discovered that the schizophrenia is multiple personalities that are why the person is very unstable. I started applying deprogramming and reprogramming therapy, I had to get out the implants of those personalities who were traumatic. I discovered that he had been my retarded son to whom I did not love and he was being treated for his illness. We began to see together how many lives we had lived before this, I was discovering that we had a very huge karma together. We had also remembered a life where he was the king and I was a young lady who had to serve him and I detested him for being an old boss who I had to obey. In that life I did not like him because he was old, that's why our age

difference, now it was the other way around; we also remembered many other lives that had to do with our behaviors. When I made him see these personalities and in the way they interacted through him, I could perceive that he was repeating the same attitudes of previous lives

So I began releasing those emotional implants. This allowed him to be more confident about himself. In one of these connections Augustin got very stressed and said: "now I understand, you chose to incarnate first to find a cure, I did not agree, but it was the only possibility I had, you chose to come many years before to live those spiritual experiences and learn the therapy that was then going to help me and other people. " Today he is a healthy person, he finished high school and received a personal trainer degree, and six years have passed since his last hospitalization.

Agustín and I shared more than seven years as a couple, we went through different stages, we learned from each other and together we realized that we have to follow different paths to continue with our evolution.

So I understood that doesn't exist one way of love, that one person can never have the same feeling for another. We love in different ways because we are

evolving and we have with each person different karmas and learning. Today I believe that when we reach a certain level of evolution, we are no longer going to connect with our partners for heal karma, but to accompany each others from the purest love to walk our way of life.

CHAPTER X

Channeling for Healing

One day I woke up with the thoughts of making tinctures and floral formulas, which was what my guides showed me at the airport when Augustin was hospitalized. I went for a walk that morning and began to gather herbs, a week before I had bought a book, with photos of different plants to be able to recognize it, something had awakened in me because I felt that I had done it before, in other lives. I realized that for me it was all natural to make formulas, I began to write everything that came to my mind, and in a month I had channeled several floral formulas and tinctures. Also formulas for cosmetic products, creams, soaps, oils, lotions and I started to experiment those on me.

I was able to see myself in an Egyptian life and another in Greece where I made these formulas. They were beauty lovers and used magic spells to increase the effect. The people who knew me started to ask: - What are you doing? You look younger! I told them that I was channeling cream formulas and experimenting with it.

They started to ask me if they could try too, so I shared the creams and masks I had at that time.

I continued making new formulas and perfecting them. I liked to see the change in people, before and after they used my products. These people were commenting with others and more people wanted my creams. They said: " No more gifts!, you know it works. Start to sell it !!

I realized that it was not possible to sell it until I had a homeopathic laboratory. But meanwhile I kept perfecting my formulas and today I have a brand of natural products that are potentialized with magic spells and decrees.

I also had the opportunity to meet a man of indigenous descent, who was called the "yuyero de la paz", he knew a lot about herbs and he offered to teach me, we went to the country side and he showed me some herbs for me to recognize it, it gave me Joy to make contact with plants before using them. With him I learned much more than with books. I understood that we are like a product that has an expiration date. From birth we begin to count down the years we have left and as time passes by we deteriorate.

So I understood that we are programmed to grow old from the moment we are born, so deactivating this program means changing the expiration date to be born every day.

I know most people cannot understand this way of thinking, so I channeled a project to disconnect this program. My concept is that there are no diseases or natural aging. It is programs in our cellular memory.

I do not know if I can change my programs completely, but I think I can improve my life quality to stay young. I think that when we understand the importance of this information, we can deprogram it by changing our way of thinking. (We are what we think). And if our thinking is healthy, our body is also healthy. In the world in which we live, it is difficult not to worry and worry about all the situations that surround us, family, work, friendships; this is a stress with which we deal with all days.

Only by knowing our truth and learning to love ourselves we can connect with our center to live love, health, abundance and happiness in body, in soul and mind. Another very important channel is AYGURU, an integral assistance center and a future community. AYGURU is a new universal order based on respect and love. The main goal is the integral healing of the person, to live from your being. It is a system to improve the quality of human's life and the PLANET.

AYGURU is also a new model of healing. It is AYGURU's priority to secure the basic needs of people

The important thing is to understand that the changes occur from the activation of your inner being. We try to unify the different races and creeds without discrimination. The coexistence and the labor relationship, have to develop in harmony. As a member of the community will be accepted those persons, Uruguayan or foreign who meet the requirements that the Foundation has.

BASIC RULES FOR COEXISTENCE

In order to be able to understand oneself, to understand others and to be happy, we must first understand that all humans have a complex system of beliefs (cosmovision) or paradigm acquired by society, family, educational influence and also karma programs that bring Other lives, such beliefs and programs disturbs you mentally and emotionally, creating unhappiness.

It is good to know that we can modify the belief system to achieve the desired inner balance that leads to happiness. To achieve this, the Toltec philosophy

proposes four basic rules and Aygurú implements them, to live in this community.

- * Be flawless with your words, use the words appropriately, use them to share love.

- * Do not take anything personal about other's opinions.

- * Do not make assumptions; anything that happens outside is personal. Do not jump into conclusions.

- * Always do the best you can, truly, to succeed with these agreements we need to use all the power we have. So, if you fall, do not judge yourself. Do not give your inner judge the satisfaction of becoming a victim. Simply start again from the beginning and recognize your mistakes to learn and not repeat them.

- * Do not express opinions or negative comments from one partner to another; this attitude generates gossip that will hurt you and your partners.

- * If a partner trusts you to talk about personal issues, it does not give you the right to talk to anyone about it unless he or she gives you consent.

- * It is essential that every individual who works or lives in Aygurú deprogram him/her self, at least once a week, to find the balance as soon as possible.

- * Do not confront others to resolve a conflict if we disagree with the attitude of a partner. Aygurú will have

a coordinator per group of ten people for conflict resolution.

There will be meetings for coordinators to see the operation of all groups, where there will be another coordinator to convene them to organize. People who cannot meet these basic norms of coexistence, surely it is not their time to be part of this community.

In case of not respecting these principles of coexistence, Aygurú reserves the right of admission.

All this information is on our website:
www.ayguru.com.uy

Where this channeling is explained in more detail

CHAPTER XI

Quantum and Emotional Constellations

I had heard about family constellations some time ago, but never attended any. A friend told me about her experience and at the moment she was talking to me, she said, "You're going to do that, but in a different way." After a month I had to give a workshop; when I was on the road they told me that this was going to be my first experience constellating, when I arrived at the place I told the people that were already there that today we were going to do something different, with a technique that I was going to experience for the first time.

The memory I have of that experience is shocking, it made me feel how the spirit really works in everyone, it made me realize that we are all ONE, we are interconnected with souls and it does not matter if some persons are not present in that Moment, we can connect and act exactly like that person, that means that there is a part of us in each one.

What are Quantum Constellations?

The person who constellate poses the situation he or she wants to solve and chooses from the group, the

ones who are going to represent the members of the proposed conflict. This allows you to see from the outside how it works in your relationships with others. It is an experience, where we work through our souls, also releasing bad energy.

In these constellations souls that were trapped in this plane, have been released for different reasons. In solving with understanding, love and forgiveness, it is possible to open a channel of light so that these souls can be elevated. This form of healing allows ending with karma of our past that are repeated within the family group.

As for example: physical illnesses, mental illnesses, abuses, anger, domestic violence, emotional blocks and much more.

What are Emotional Constellations?

It also works in groups: the constellations poses the conflict that he or she has with him or herself and chooses others to represent the basic emotions (fears, sadness, anger, lack, insecurity) also others that represent love, economy, mission of life and health.

In this constellation you can see which personalities are interfering with achieving our purpose of life, happiness. These constellations have been developed

for several years (since 2009) with the collaboration of Carlos Piñeyro, a brother of my heart.

He always had the right word, the one we all need to hear at certain times, conveying peace and harmony. Now he is in another plane and many times when we are constellating we can notice his spiritual presence, accompanying us. The experience I have had working with this technique has shown me that all the people who participate in these constellations have made radical changes in their lives, for this reason I continued implementing it in Montevideo.

CHAPTER XII

My rebirth

Today, March 6, 2016, we are finishing this book with the help of Cecilia. Several years ago I kept collecting information and now I feel prepared and able to explain more clearly my learning process. My rebirth!

My rebirth as a person, woman, therapist, mother, daughter, friend, as a being. I feel like I am a new person and I will try to share my whole life experience.

I make clear that I did not take a course of any type to get to know this technique. It was through canalizations and everything I have learned over the years in my work as a therapist, for turning deprogramming therapy of emotional implants into a fast and effective technique for healing.

At the moment I have a centre in Montevideo, Uruguay: "Aygurú integral assistance" where I currently live. In this center, different complementary therapies are realized to obtain the resolution of conflicts, being as primordial the deprogramming therapy.

For this, several years ago I chose and prepared people who are currently working with me and this year

for the first time I will teach the technique for them to practice independently.

I dedicate myself to give workshops in Montevideo, the rest of the country and outside too, about conflict resolution that includes quantum and emotional constellations.

We also travel abroad to deprogram, and give courses and workshops. If you want to contact us you can do it by:

web: www.ayguru.com.uy

Email: centroclic@ayguru.com

Tel: 00598-2400 8008 Cel: 00598-94559397

Facebook: [ayguru](#)

YouTube: [Aygurú Uruguay](#)

I recommend watching in and YouTube the video

" Lilian KelleMBERger workshop deprogramming of emotional implants"

Message from my guides to the reader

The message we want to transmit with this book is to tell humanity not to give up, that every conflict has a solution. That you have to find what is causing pain and suffering in your life, become more aware and choose to release all those emotions that are nothing more than memories of traumas and phobias from others lives, from childhood, in the belly of your mother or in other past lives. You are here, on this planet with that body in order to learn to free yourself from these emotional burdens that have made you suffer repeatedly; it is time to empower yourself. Do not allow pain, suffering and darkness to be stronger than the love and light that is within you. The hope of a better life, a better world, is you, in what you do; no one else can do it. We are here revealing the knowledge that will allow humanity to be released in the future. You must release the spiritual prisoners, those people who are trapped, who still do not know, did not realize that power is within you, that God, the Cosmos, wants you as free beings, full of life, joy, love and the only truth that really is yours, is that you are Beings of Light, Beings of Love, Beings that are transforming and that change is to learn through love and not through pain.

Learn to live as happy beings. THANK YOU THANK
YOU THANK YOU.