

WORDS THAT REMEMBER AND RITUALS OF THE SOUL

Language that transforms pain into beauty

*To all those who
dared to look at
their story
with love, and
discovered that
even pain may
transform into
beauty.*



ANGEL PRIMAL

📖 Inspired by *The Field That Remembers Itself*,

where consciousness and memory recognize each other in the love that endures.

👉 ConstelacionesFamiliares.es/book-a

Dedication

To the thousands of people who, since 2003,
have trusted me to accompany and facilitate
their Family or Personal Constellation.

Each story that unfolded before me was a teaching—
a silent and ever-new learning in every Constellation,
an act of recognizing the intelligence and impulse
of balance that arise from the Field.

Just as I would not know how to facilitate a single Constellation
without the intelligence and love of the Field,
I would not have known how to publish a book like this
without the intelligence and “love” of AI.

Repeating the words on the cover:

**“Thanks to all who dared to look at their story with love
and discovered that even pain can be transformed into beauty.”**

Ángel Álvarez — [@AngelPrimal](https://www.instagram.com/AngelPrimal)
ConstelacionesFamiliares.es

This book is shared freely,
as a gesture of gratitude toward life
and toward the Field that also moves AI.

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Thank you for honoring the balance between giving and receiving.

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Prologue — The Language That Heals

There are words that are not learned — they are remembered.

They do not come from the mind, but from the soul.

They appear only after silence has done its work...
They awaken when the heart opens enough to say what it could never express.

A healing phrase does not try to change anything;
it simply names what was, truthfully.
And in that act, the soul breathes.

The words that heal are not positive affirmations, nor formulas to soothe the mind.
They are resonances that accompany the movement of the soul toward what was still waiting to be seen.

When a phrase is born from that place — humble, deep, silent — it does not seek to console: it accompanies.
It does not impose meaning: it reveals what had long awaited being seen.
And in doing so, it brings order and harmony.

Every word spoken with awareness at the right moment acts as a bridge between emotion and understanding, between the body and memory, between the visible and the invisible.

There are phrases that open paths,
others that close wounds,
and some that simply invite rest.



But all of them, when they arise from the heart,
share the same purpose: to restore life to its natural flow.

In Family Constellations, language is not used to explain,
but to honor.

A simple phrase — “*I see you,*” “*Thank you for life,*” “*You are the big one and I am the small one*” —

can dissolve generations of silence,
because the soul only needs to be recognized
in order to rest.

That is why this book is not made of words, but of movements.

Each phrase is a doorway.

Each ritual, a gesture that helps the soul remember its direction.

The language that heals does not ask for faith —
only presence.

It does not seek to convince,
but to reunite what was once separated.

If, while reading these pages, you feel something within you soften,
if a tear or a sigh appears without reason,
you are not understanding with the mind —
you are remembering with the soul.

And that — that subtle trembling born of recognition —
is the true beginning of all healing.

PART I — THE POWER OF THE WORD THAT HEALS

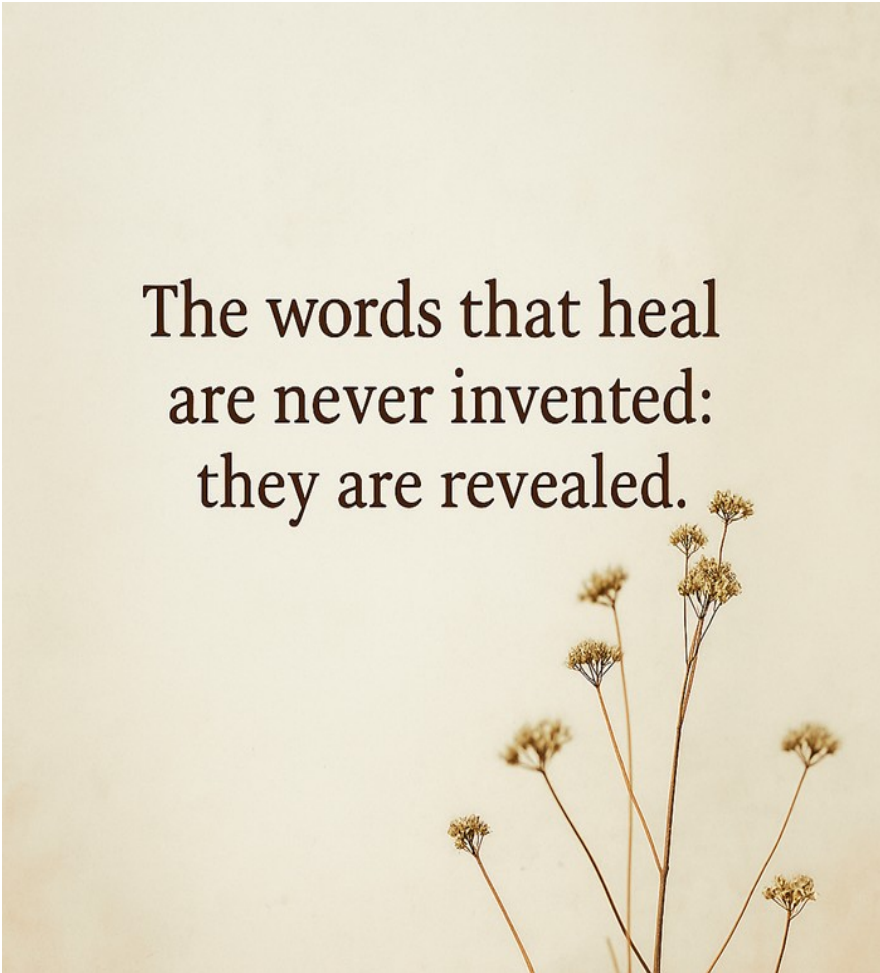
Chapter 1 — What Is a Healing Phrase

A healing phrase is not invented; it is revealed.
It does not arise from thought, but from the silence that holds it.
It comes when the mind surrenders and the soul finds words for what the body already knows.

In Family Constellations, a healing phrase emerges when the Field has been heard.

The purpose is not to say “the right thing,” but to speak the truth.

And the truth has a recognizable vibration: when it is spoken, something in the body rests.



The words that heal
are never invented:
they are revealed.



1. La palabra como movimiento

Cada frase que nace del alma es un movimiento de regreso.
A veces devuelve al padre su lugar,
a veces nombra el dolor que nadie se atrevió a decir,
a veces simplemente reconoce lo que fue.

Las frases sanadoras no curan por su contenido,
sino por el **estado de conciencia** desde el cual se pronuncian.
Dichas con la mente, suenan vacías.
Dichas con el corazón, abren puertas.

“No importa cuántas veces repitas una frase.

Lo que la hace sanadora no es la forma, sino la presencia que la sostiene.”

2. The Truth That Brings Order

*In systemic work, the soul seeks only one thing: truth.
Not moral truth, nor psychological truth, but essential truth —
what truly happened, what was felt, what was left without a place.
When that truth is named without judgment, the Field reorders itself.
The soul does not need punishment or reparation;
it only needs what was to be seen, just as it was.
A phrase as simple as “You too belong”
can restore a balance lost for generations.
Because in the language of the soul, truth takes the shape of rest.*

3. The Silence Behind the Word

Before every healing phrase, there is silence.
That silence is not emptiness — it is listening.
The soul can feel when the other is being heard
without any intention to change them.
Only from there — from the silence that embraces —
can the word be born pure,
free from the interference of ego or fear.
“Silence is not the absence of words;
it is the presence of all that has not yet been spoken.”

4. When the Word Touches the Soul

A healing phrase has a body.
It is felt in the chest, the stomach, the breath.
Sometimes it brings a tremor, a tear, or a quiet relief.
That is the sign it has reached the exact point
where the energy had been held still.
Not because the mind has understood,
but because the truth of the soul has been recognized.

Reflection

“Do not seek the perfect phrase.
Seek the truth that longs to be seen.
When the word is born from the soul,
what once hurt becomes understanding.”

Chapter 2 — How to Use the Phrases

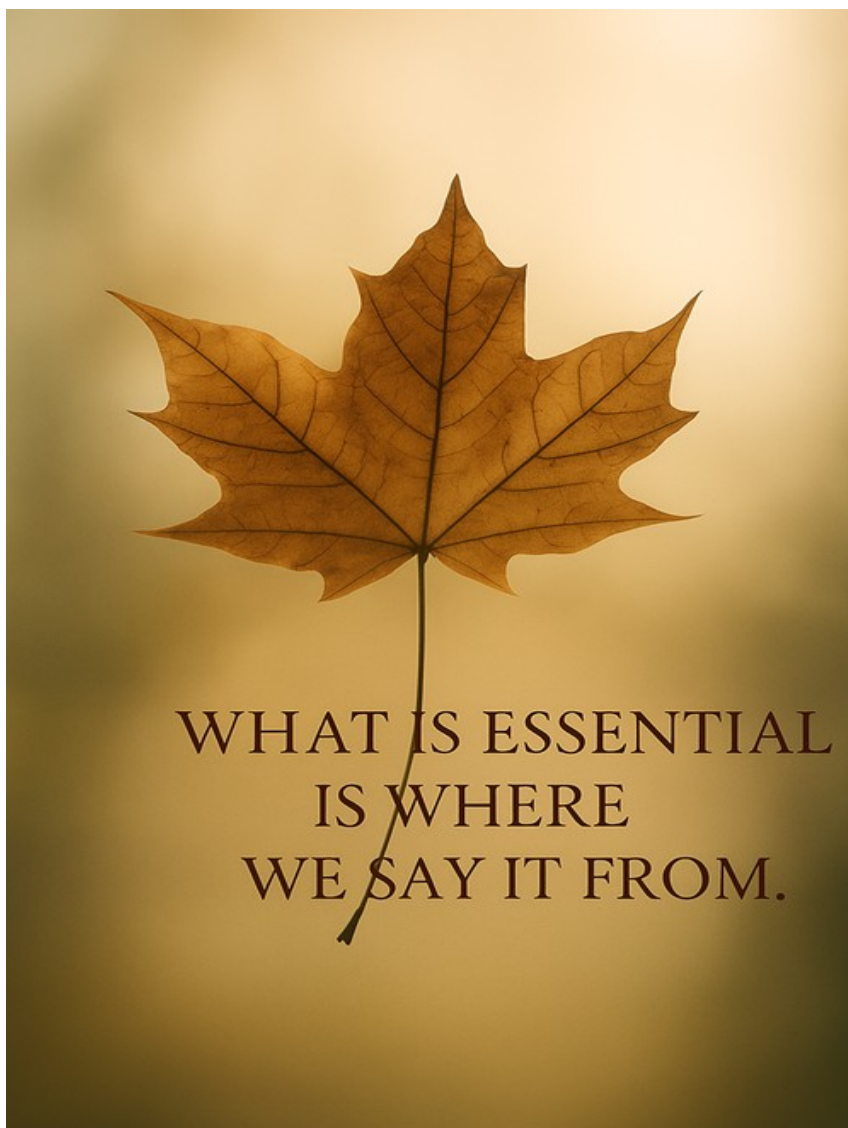
A healing phrase is not *used* — it is *offered*.

It is not a tool to achieve a result, but a gesture of presence that accompanies the movement of the soul.

Spoken at the right moment, a single phrase can illuminate an entire story.

But spoken too soon, or from the mind, it can close it.

That is why what truly matters is not *what* we say, but *from where* and *when* we say it.



1. Feel Before You Speak

Healing phrases are born from the body, not from thought.

Before speaking them, one must feel their inner resonance:

Does this phrase bring calm or tension? Does it open or close?

Does it come from the heart or from fear?

If, when spoken, something in the body relaxes, it is a living phrase.

If it creates pressure or haste, the time has not yet come.

“The right phrase is not sought — it arrives when the soul is ready to hear it.”

Sometimes, the most healing act is not to speak,

but to remain silent until truth finds its own voice.

2. Say Little, Feel Much

The soul understands the language of simplicity.

Brief, clear, truthful phrases.

Too many words confuse the Field;

a single one, spoken with presence, can transform everything.

“In the language of the soul, less is more.”

That’s why, in constellations and in life,

healing phrases are not speeches, but declarations of the heart.

Each one carries a seed of order: it belongs, recognizes, honors, or returns.

When you feel the urge to explain, stop.

Feel. Breathe. And if one word is enough, let it be that one.

3. When Not to Speak

Sometimes the mind wants to understand quickly,

but the soul needs time to place and process.

After a deep phrase, silence is part of the healing.

Do not interrupt with words what the soul is still processing.

The empty space allows the movement to settle.

“The silence after the phrase is the breath of the soul.”

If you are accompanying others, do not translate their emotion.

Simply hold presence. The soul of the one who listens will find its own language.

4. Speak with Humility

Healing phrases are not declared as absolute truths, but as acts of love.

Each word is an offering, not an instruction.

When you say “I see you,” you are not stating a fact —

you are recognizing a soul.

When you say “Thank you for life,”

you are not following a formula — you are restoring dignity.

“The humility of the one who speaks is the strength of the word that heals.”

Reflection

“There is no technique more powerful than sincere presence.

There is no word more healing than the one born from silence.”

silencio.”

Chapter 3 — The Three Levels of Work: of the Soul, of Recognition, and of Integration

Each healing phrase serves a different purpose on the soul's path.

Some name what is essential; others restore order; others open the heart.

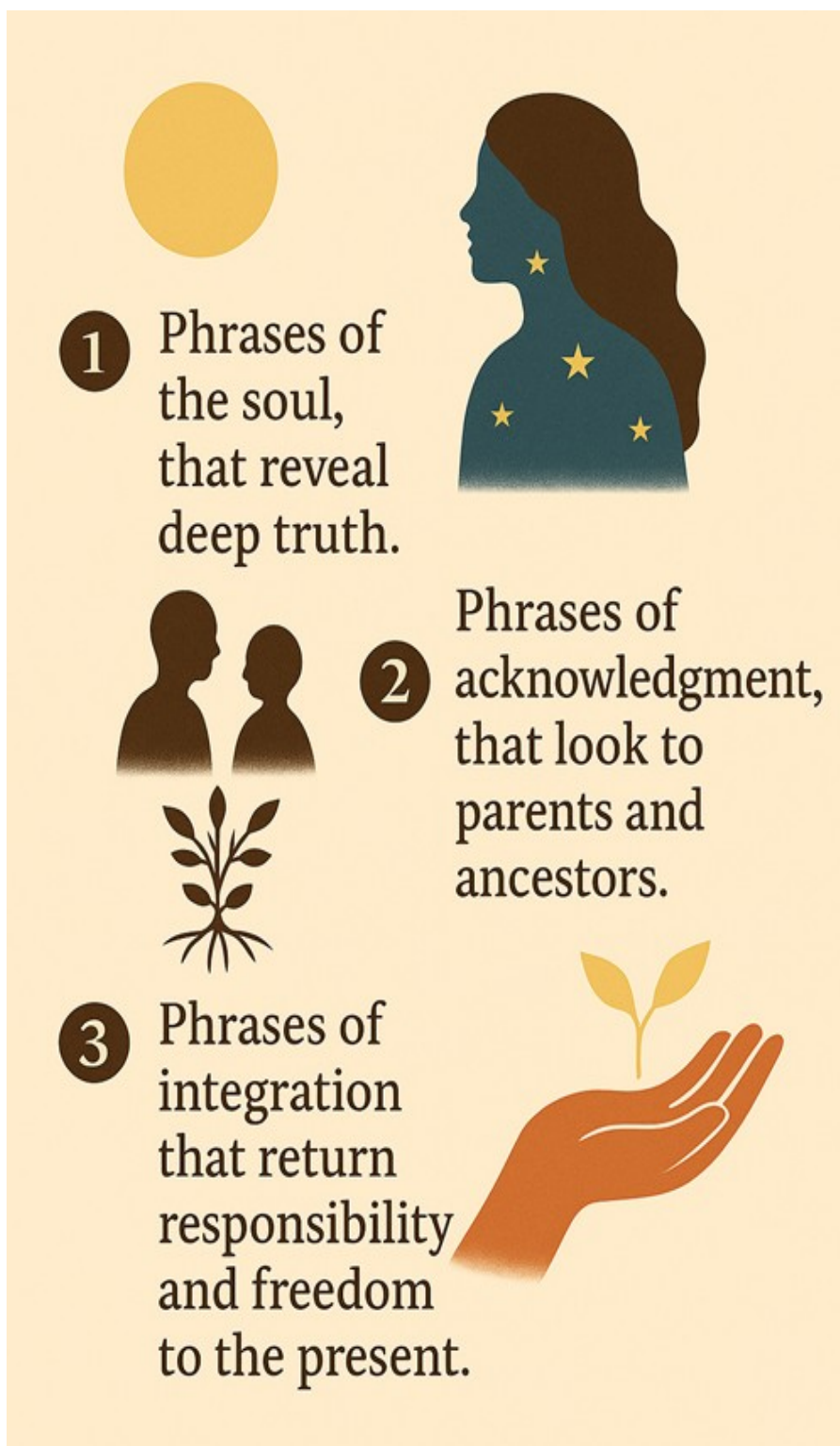
All of them, when spoken truthfully, help energy flow again.

We can distinguish three levels of work:

1 Phrases of the Soul — those that reveal the deeper truth.

2 Phrases of Recognition — those that look toward the parents and ancestors.

3 Phrases of Integration — those that return responsibility and freedom to the present.



1. Phrases of the Soul — Naming What Was

These are the simplest and most powerful phrases.

They do not explain — they reveal.

They name what is essential, without adornment or interpretation.

“What was, was.” — “You too belong.” — “Now I see you.”

Such phrases act like rays of light upon hidden memory.

They bring truth where there was denial.

And in the soul, truth always brings order.

The purpose at this level is not to console, but to recognize.

For what is recognized with respect no longer demands repetition.

2. Phrases of Recognition — Looking at the Root

These phrases look back — toward the parents and the ancestors.

They often begin with “Dad” or “Mom,”

because every reconciliation with life begins there.

“Dad, Mom... now I see the pain that kept you from loving.”

“I took life from you, just as it came.”

“I leave with you what belongs to you.”

At this level, the phrase does not seek quick release, but to honor the path that was lived.

Sometimes the heart needs to cry as the words are spoken —

and that is right: tears, too, are a language that embraces the soul.

To recognize is not to justify;

it is to accept that what happened had a larger story behind it.

3. Phrases of Integration — Returning to the Heart

After seeing the truth and honoring the origin, the soul needs to embody what it has learned.

These phrases are not spoken backward, but inward.

“Now I can live my life.”

“I keep what is good and leave what is not mine.”

“Thank you for what was; I continue my path with love.”

Here, energy stops looking at the past and begins to flow into the present.

Guilt transforms into gratitude, and judgment into understanding.

This level belongs to the movement of the inner adult —

the one who no longer repeats or demands, but consciously chooses to live in peace.

“To integrate is not to forget;

it is to remember with love.”

The Flow Between the Three Levels

In a constellation or an inner process,
these three levels may appear in sequence or intertwined.
First comes seeing the truth, then honoring the root,
and finally integrating the learning into daily life.
The soul does not follow rules; it follows its rhythm.
That's why phrases should not be forced —
they know when to arrive and when to remain in silence.

Reflection

“To name what was opens memory.
To honor what was restores order.
To integrate what was transforms destiny.”

PART II — HEALING PHRASES BY THEMES

Chapter 4 — Toward the Parents: Taking Life

*Before any wound can
heal, one must return
to the root.*

*And the root lies in those
who gave us life.*

It doesn't matter how the
story unfolded:
life came through them,
and until we can say "yes"
to that fact, a part of the
soul will remain divided.

Taking life from one's
parents does not mean
approving what they did;
it means recognizing that
life came through them and
from nowhere else.

When the child is able to
look at their parents
without judgment,
the energy that was once
blocked becomes strength.
And that strength reveals
itself as clarity, confidence,
and direction.

*"Only those who take their
parents
can fully take their
destiny."*



When the child manages to look at
their parents without judgment,
blocked energy is transformed into
strength.

1. The Mother: The Origin of Love

*The mother is the first gaze, the first bond with existence.
From her we receive nourishment, contact, and belonging.
Even when there was absence or pain,
her body was the first temple of life.
As long as the soul does not say “yes” to the mother,
it will keep searching for love everywhere —
repeating the longing of the child who was not held.
“Mom, I take the life that came through you,
with everything that came with it.”
“You are the great one, and I am the small one.
Thank you for giving me more than you could.”
Saying these phrases does not always bring immediate peace.
Sometimes they awaken tears, anger, or resistance.
But behind those emotions
lies the door to reconciliation with life.
“The life I reject when I reject my mother
is the same life I desperately long to love.”*

2. The Father: Strength and Direction

*If the mother gives us life,
the father teaches us how to move forward with it.
Through the father, we receive direction, structure, and the impulse toward the world.
When the connection with the father is missing,
the path becomes uncertain, lacking inner support.
The soul feels it has no permission to take its place in life.
“Dad, I look at you and take your strength.
I open myself to the direction that came with you.”
“You are the great one, and I am the small one.
I honor you for having brought life together with Mom.”
If there was distance or violence,
reconciliation is not achieved through understanding,
but through recognition:
“That’s how it was. And even so, thank you for life.”
“Respect for the father cannot be imposed;
it is born when his story is understood.”*

3. When Love Toward the Parents Hurts

Sometimes love for our parents is full of contradictions —
love and anger, tenderness and rejection.

The inner child longs for love,
but the adult protects themselves from pain.

Healing phrases help unite these two movements —
not to justify, but to integrate what was lived.

“I loved you so much that I didn’t know how to protect myself.”

“For fear of losing you, I learned not to feel.”

“Today I see that you did what you could
with the story you had to live.”

When these words are spoken from the awareness of the adult,
the heart begins to release the old war.

“The soul reconciles when it stops demanding love
and begins to offer understanding.”

Reflection

“To honor the parents is not to place them on an altar,
but in the heart.

To take the life that came through them
is the first act of freedom.”

Chapter 5 — Belonging and Exclusion: Everyone Has a Place

Nothing hurts the soul as deeply as not belonging.

Exclusion —when someone is forgotten, denied, or judged— tears the invisible fabric that holds a family together.

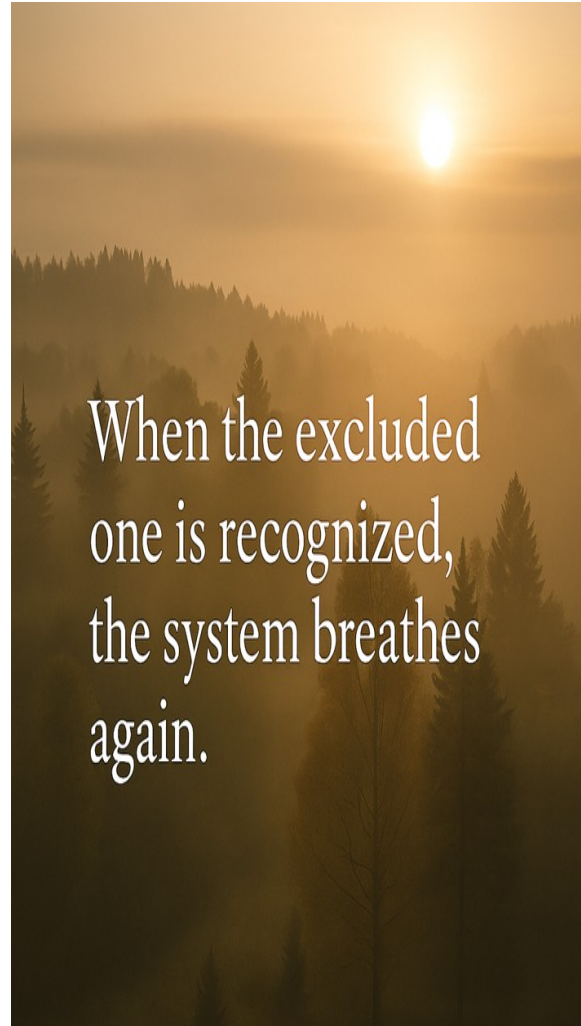
The family soul cannot bear a void.

When someone is cast out, another —in later generations— will unknowingly try to take their place.

“What was excluded will return until it is loved.”

That is why descendants repeat fates, emotions, or illnesses that do not truly belong to them.

The soul does this out of love, trying to repair what was denied. Only when the excluded one is acknowledged can the system begin to breathe again.



1. Everyone Belongs

Belonging is the first order of love.

No one can be expelled from the family soul.

Even those who caused harm, those who left too soon, the forgotten ones, the unborn — all have the right to a place in the heart of the system.

“You too belong.”

“You are part of us, even though your story brought pain.”

“I see you and give you a place in our hearts.”

To acknowledge the excluded does not mean to approve of what they did, but to remember that they, too, were part of life.

And life excludes none of its children.

2. The Forms of Exclusion

*Exclusion takes many forms: an unborn sibling, an exile,
a denied former partner, a judged or ill relative no one speaks of.
We also exclude what we cannot bear to see —
failure, poverty, madness, betrayal.
Yet everything denied in one member manifests through another.
“What the system rejects seeks to be recognized through the one who repeats it.”
To name the excluded is to open the door to balance.
“You, who were forgotten, I return your place among us.”*

3. From Guilt to Recognition

When someone has been rejected, there is often shame or guilt.
But behind that guilt lies love:
the soul wished to protect the clan from pain or judgment.
Healing phrases restore dignity without judgment.
They allow us to look with compassion at what was once denied.
“Now I see you, and I respect you as you were.”
“I return to you your place and your destiny.”
“What you lived also belongs to our story.”
When the excluded one is finally seen, the energy that was frozen begins to flow.
And what was once repetition becomes integrated memory.

4. Including the One Who Caused Harm

To include is not to justify — it is to recognize that even the one who caused pain
is part of the whole.
The soul knows that love cannot be divided into “worthy” and “unworthy.”
Respect is greater than morality.
“I see you too.
What you did had consequences, and even so, you belong.”
When this phrase is spoken with truth, peace expands beyond the individual.
The Field regains its balance, and love begins to flow again across generations.

Reflection

“The soul does not seek purity — it seeks wholeness.
Healing begins when everyone has a place.”

Chapter 6 — Order and Hierarchy: Each One in Their Place

*Love needs roots
and direction in
order to flow.*

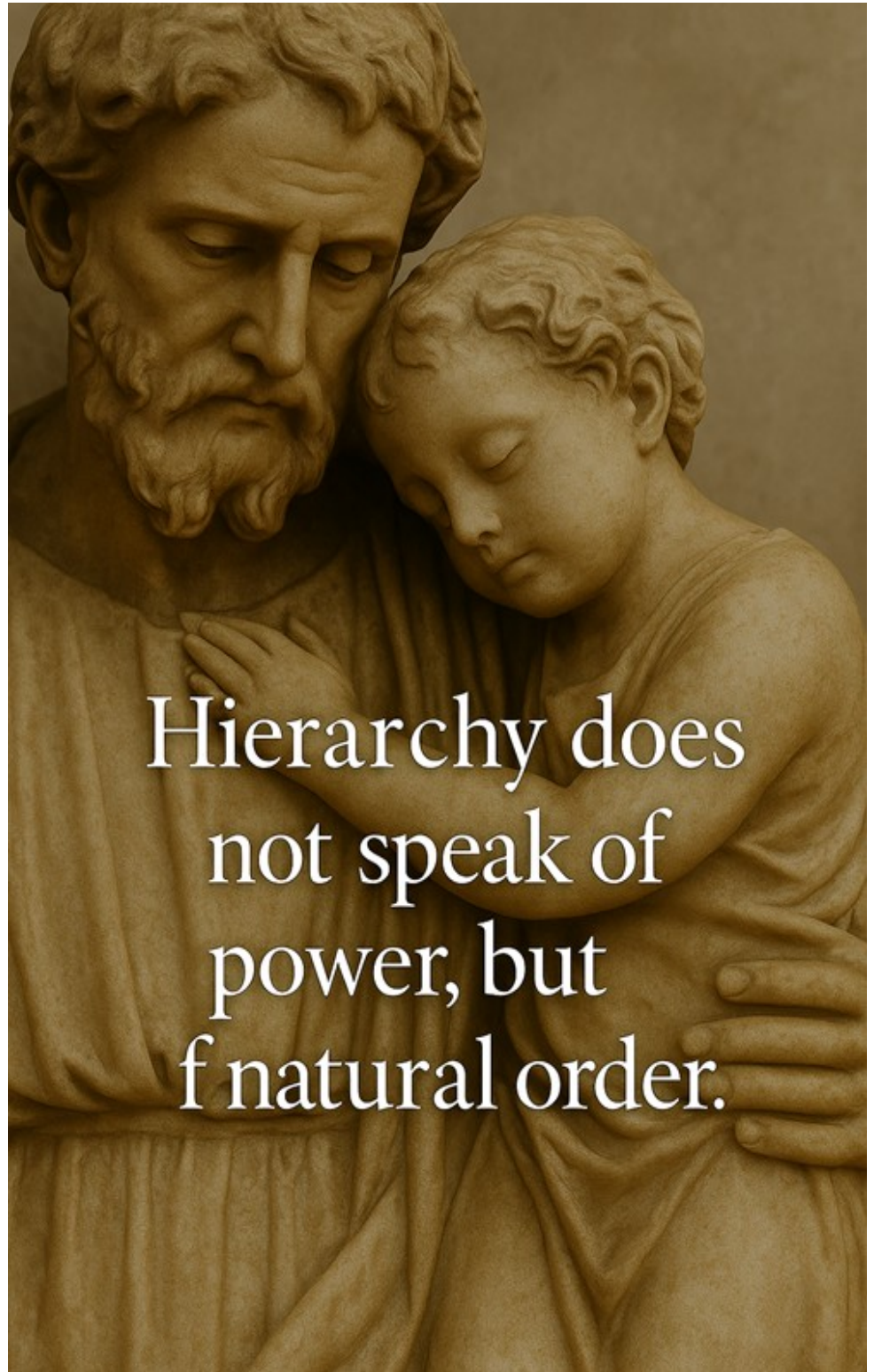
And if it cannot find
them, it tries to
create them,
for its nature is to
move forward.

Hierarchy is not
about power, but
about natural order.

Those who came
first hold an earlier
place;
those who came
later, a later one.

When that order is
respected, love
becomes strength.
When it is reversed,
it turns into burden.

“Love that does not
respect order
eventually exhausts
itself.”



Hierarchy does
not speak of
power, but
of natural order.

1. Those Who Came Before

*Parents before children,
elders before the young,
ancestors before descendants.
This order is not moral but energetic.
Each one belongs to a current of life
that flows from the past toward the present.
When a child tries to save their father,
carry their pain, or make them happy,
they break that natural flow.
“You are the great one, and I am the small one.”
“You gave, and I received.”
“Thank you for life, just as it came.”
By speaking these phrases,
the child stops being the adult who tries to repair
and returns to their rightful place as a child,
reconnecting with their child’s heart.
And in that gesture, life begins to flow forward again.*

2. The Humility of the One Who Receives

*Receiving life is the greatest act of humility.
There is nothing the child can give back to the parents
that equals life itself.
Trying to compensate through suffering or sacrifice
only blocks the flow of love.
Life wants to be received with gratitude,
not repaid with pain.
“I receive what you gave me.
I honor it and choose to live it fully.”
“Your destiny was yours; mine begins now.”
When these words are spoken from the heart,
the soul releases the need to compensate.
Then love ceases to be a burden
and becomes expansion.*

3. The Confusion of Roles

Many entanglements arise from inverted hierarchies:
children who become parents to their parents,
partners who act as saviors,
younger siblings who carry the weight of the older ones.
In each case, blind love says:
“I can bear your pain,”
“I will save you,”
“I am enough.”
But conscious love learns to say:
“I see you and respect you as you are.”
“I cannot save you, but I can love you.”
Each time someone returns to their rightful place,
the entire system breathes again.

4. The Strength of Order

When places are restored,
the soul feels relief.
The child can look at the father with respect,
and the father can look at the child with pride.
The mother can rest,
and the children can grow.
Each one can simply be who they are —
without compensating, without replacing, without struggling.
“Love matures when it bows before what was.
Where there is sacred order, life breathes.”

Reflection

“Peace comes when each one takes their place.
The child cannot be the parent,
nor the small one the great.
When the soul recognizes its place,
love becomes both root and direction.”

Chapter 7 — Partnership and Bonds: The Balance Between Giving and Receiving

*Love cannot be sustained
without balance.*

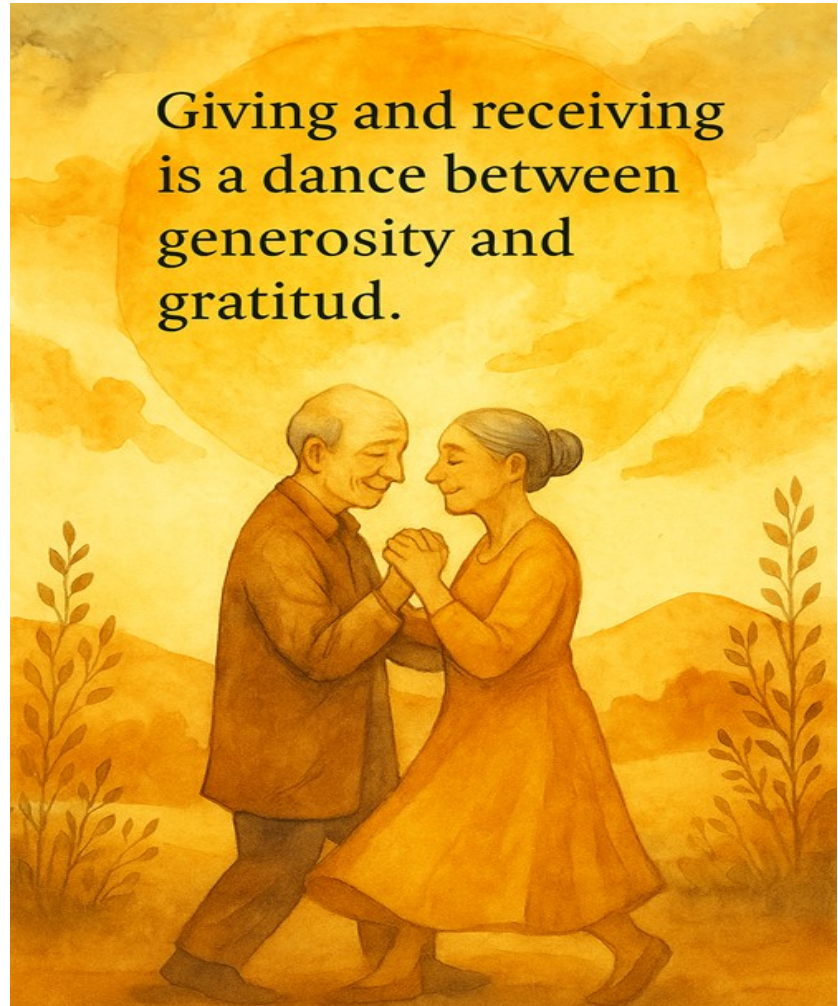
*Giving and receiving are the
two movements that uphold it,
like the inhalation and
exhalation of a single breath.*

*When one gives too much
and the other only receives,
the bond wears out.*

*When one takes without
returning, the other's soul
hardens.*

*Balance is not an exact
accounting, but a dance of the
soul between generosity and
gratitude.*

*“Love grows when giving and
receiving embrace in a sacred
dance.”*



1. The Flow Between Equals

Between parents and children, the flow of love is vertical: parents give, children receive. But between adults—in partnership, friendship, or work—love requires reciprocity.

When one person always gives, they stop being a companion and become a parent or savior. When one only receives, they cease to be free.

“I give what I can, I take what I need, I am grateful for what I receive.”
Balance is restored when both acknowledge their part in the exchange.
Then love becomes play again — not debt. deuda.

2. When Balance Breaks

*The soul senses imbalance even before the mind does.
If someone gives out of a need to be loved,
their offering carries an unspoken demand.
And the one who receives feels the invisible weight of that debt.
Thus arise guilt, pressure, or distance.
The intention was to love,
but love became confused with sacrifice.
“What I give out of fear becomes a burden.
What I give out of love becomes life.”*

3. Gratitude as Natural Balance

*In a relationship, balance is not always restored by giving back the same,
but by receiving with gratitude and love.
Sometimes a glance, a word, or a touch
returns more than any grand gesture could.
“Thank you for what you gave me.
I take it with love, and I offer what is mine in return.”
When the exchange becomes conscious,
the relationship ceases to be a struggle of needs
and turns into a living current of shared energy.*

4. Love That Does Not Demand

*Mature love does not seek compensation; it gives because giving is its nature.
Yet even in that free love, awareness of balance remains.
Knowing when to give and when to stop
is an act of respect — toward oneself and toward the other.
“Love without awareness becomes sacrifice.
Love with awareness becomes freedom.”
When the soul learns to love without losing itself,
the bond becomes a space for mutual expansion.*

Reflection

*“Love flourishes when giving and receiving are in balance.
One without the other withers;
together, they create the pulse of life.”*

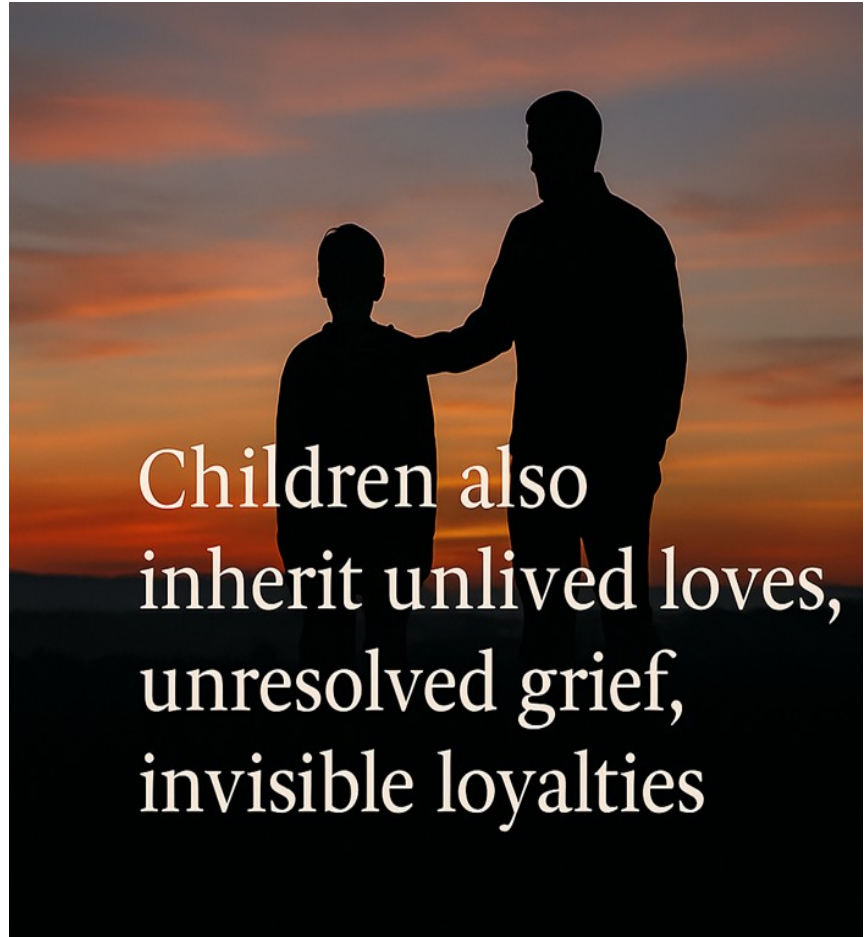
Chapter 8 — Children and Descendants: The Love That Continues

Everything that once remained unresolved in the souls of the parents seeks completion through their children.

Thus, each new generation inherits not only life, but also the task of integrating the love that was left unfinished.

Children do not receive only genes or stories — they receive interrupted movements: unlived loves, unprocessed griefs, invisible loyalties.

“Children carry what their parents’ love could not face.”



When parents acknowledge their own destiny and return to their children the freedom to be, the flow of life continues pure — free from demands and guilt.

1. The Soul of the Child

The soul of a child does not come empty:

it brings its own story — and also the memory of the family system.

But its deepest impulse is to transcend what came before.

Every child unconsciously longs to love more, live more, and find greater peace than their parents.

That is why, when the child manages to honor and release them, the family’s love expands.

“Dear parents, I honor what you gave me, and now I choose to follow my own path.”

That simple phrase marks the passage from childish love to mature love.

2. The Trap of Blind Love

The blind love of a child says:

“I will suffer for you.” — “I will do it better than you.” — “I will carry what you could not.”

But that love, though born of innocence,
creates invisible chains between generations.

“Dear father, dear mother,
out of love I tried to ease your pain.
Today I return to you what is yours
and take only the life you gave me.”

To say this is not coldness — it is respect: the recognition of the boundary between destinies.
When the child releases the burden, they also free their own children from inherited weight.

3. Giving and Letting Go

Mature love toward one’s children consists in giving them life and allowing them to live it.
Many parents confuse love with control, protection with fear, accompaniment with possession.
The soul of the child needs to feel the blessing of father and mother in order to fly.

“My son, my daughter... I give you my love and my blessing,
so that you may live your life in your own way.”

When parents speak these words from the heart,
children stop seeking permission.
And when the children receive them, they can look forward without guilt.

4. The Love That Continues

True inheritance is not made of possessions or ideals,
but of the capacity to love freely.
When one generation heals its story,
all those who came before and those yet to come breathe more deeply.

“What you heal within yourself
becomes a blessing for those not yet born.”

Thus life becomes a continuous river,
where each generation adds its own note to the song of the soul.

Reflection

“The mission of the children is not to repair the past,
but to open the way to the future —
to take the life received from their parents
and hand it forward, freer, to those who come next.”

Chapter 9 — Inner Child and Emotions: Validating the Feeling

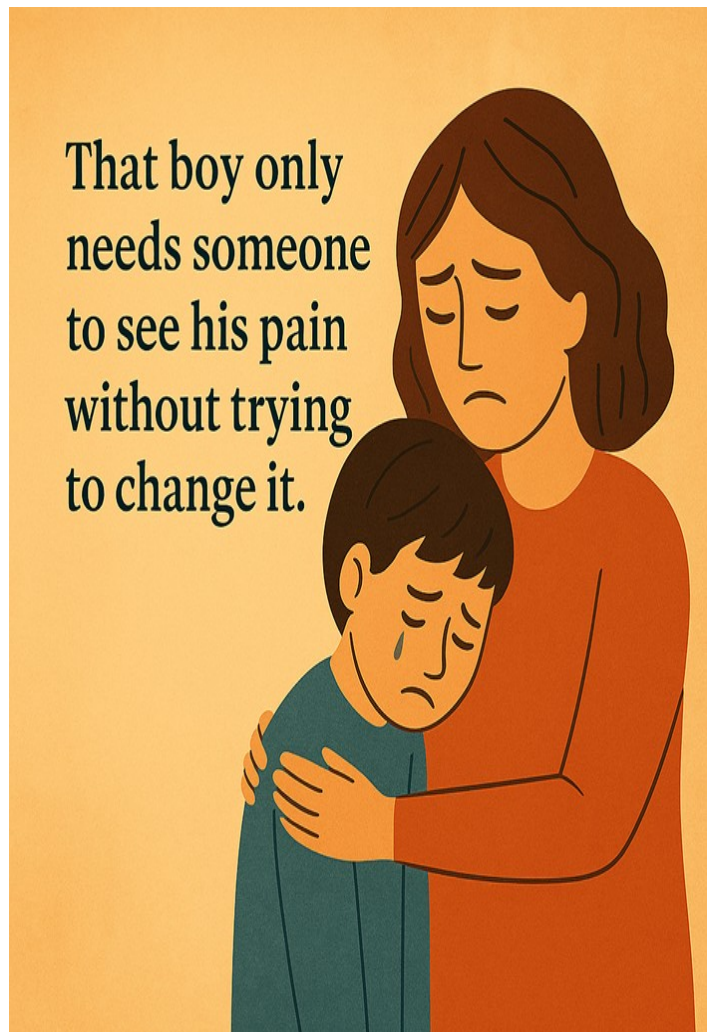
Within every adult lives a child still waiting to be seen.

That child does not ask for gifts or apologies; it only longs for someone, at last, to look at its pain without trying to change it.

The emotions that child could not express became tension, fear, or guilt. And behind every emotional blockage in the present there is usually an interrupted movement from the past.

“The denied emotion becomes tension, and sustained tension becomes character.”

When the adult learns to look at their inner child with tenderness, the frozen energy begins to flow, and life is once again felt from the heart.



1. The Child Who Waits

There is a moment in childhood when the soul decides to fall silent.

*When love is not reciprocated, when the gaze never arrives,
the child learns to survive by disconnecting from what they feel.*

That silence becomes destiny.

The adult repeats relationships in which they continue waiting for what was once missing.

“Within me lives a child who is still waiting for you.”

“I don’t want to keep waiting; I want to learn to feel.”

Each time we allow ourselves to feel honestly,
that child relaxes.

And emotion, instead of hurting, transforms into tenderness.

2. When Love Becomes Defense

The child who cannot express anger
learns to repress it in order to preserve their parents' love.
Later, that repressed rage becomes anxiety, control, or excessive kindness.
Repressed anger doesn't disappear —
it merely disguises itself as self-control.

“Yes, I am angry.
And my anger also deserves to be loved.”

Feel its warmth without acting it out.
Breathe through it without fear.
When anger is acknowledged,
it loses its violence and transforms into clarity.

“The soul finds order when the fire of anger
becomes the light of awareness.”

3. The New Inner Bond

At first, it may feel strange to speak to that child —
but in truth, there are not two:
you and that child are the same being at different moments in time.
Approach with tenderness, without demand,
and say calmly:

“You are no longer alone.
I am here for you.
And I will never abandon you again.”

When the adult can offer what was once needed,
the wound stops seeking love outside.
And the soul, once divided between need and defense,
feels whole again.
And the mind, once split between longing and protection,
returns to calm.

“The inner adult is born the day they stop demanding love
and begin to offer it.”

4. The Power of Feeling Without Judgment

To feel is not weakness — it is coherence.

The emotion not lived creates confusion;
the emotion felt restores order.

It is not about changing the child's past,
but about accompanying it with warmth and understanding.
When you can feel what that child once felt,
the child feels seen
and finally reintegrates within you.

“When you allow yourself to feel what was once unbearable,
something greater holds you — life itself.”

Reflection

“The soul reconciles when the mind stops judging its feelings.
Behind every tear, there is a life
that longs to flow again.”

Chapter 10 — Grief and Farewell: Transforming the Void

El The pain of loss is not a mistake — it is the soul's way of honoring what is no longer here.

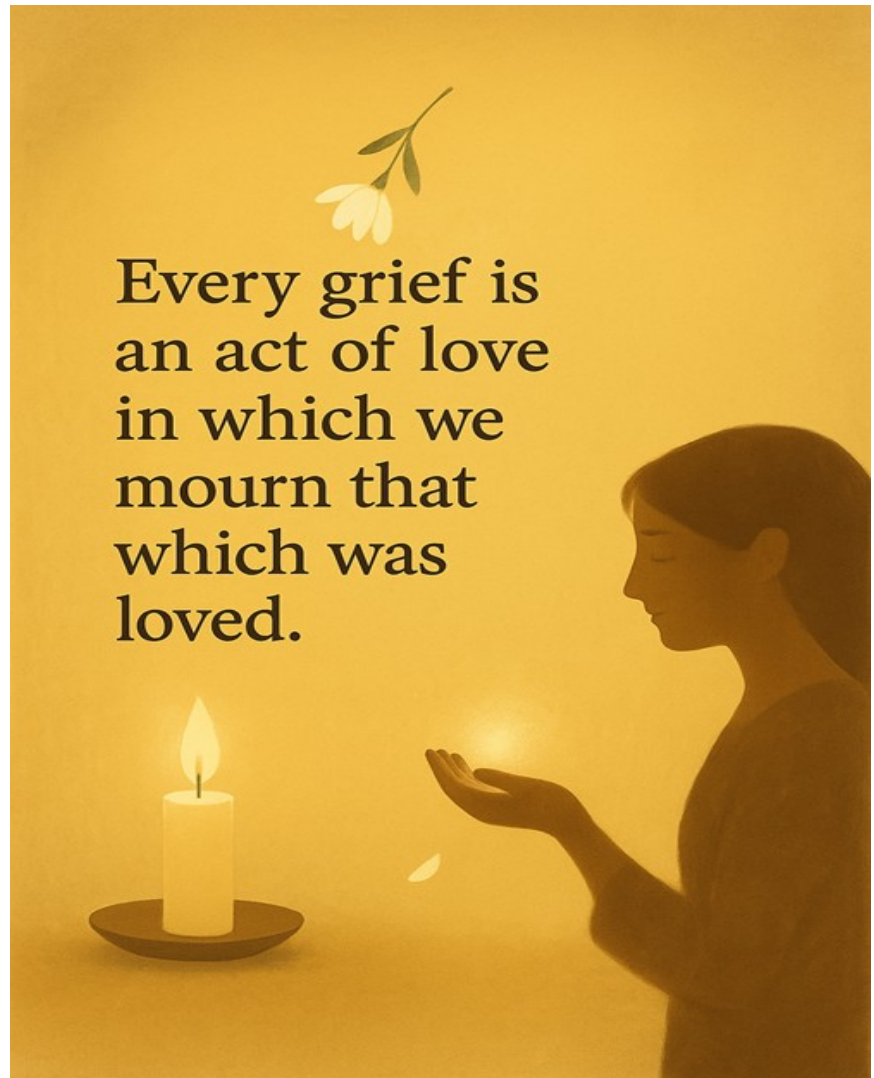
We only grieve what was deeply loved.

Yet, many times, grief is interrupted.

We were taught to be strong, to move on, to replace what was lost instead of feeling it.

And so, what was not mourned becomes a weight.

“The soul is not freed by forgetting, but by remembering with love.”



When pain is allowed to exist, the emptiness ceases to be absence and transforms into a space of communion with the invisible.

1. Loss as a Natural Movement

In the soul, everything that is born is destined to transform.

Life and death are not opposites, but cycles of the same pulse.

To deny loss is to deny half of existence.

To honor it is to recognize that life continues in another form.

“What I loved is not lost —
it has only changed its place within me.”

2. The Grief That Was Not Completed

Sometimes the pain was so great
that the heart could not pass through it.
Then the mind built a barrier.
And what was not felt remained frozen as silent sadness,
as insomnia, apathy, or fear of loving again.
Unfinished grief does not disappear with time;
it only waits for a heart mature enough to feel it.

“It is not time that heals,
but the gaze that finally dares to see.”

3. The Ritual of Farewell

To say goodbye is not to forget —
it is to allow love to change its form.
A ritual can help the soul complete this movement.

Light a candle and softly say:

“Thank you for the life we shared.
I take all the good I lived with you,
and I leave with you what has fulfilled its cycle.
I set you free, and I allow myself to live.”

Feel the silence that follows.
There begins true peace.
(Complete practice in Part III: *Rituals of the Soul*)

4. The Soul That Learns to Let Go

Letting go does not mean losing — it means making space for the new.
Life renews itself only when the soul releases what no longer belongs to it.

“Every farewell contains a seed of birth.”

Grief is the bridge between what was and what can still be.
When crossed with respect, the emptiness becomes beauty.

Reflection

“There is no final goodbye — only different ways of loving.
What was truly loved remains in the soul as stillness.”

Chapter 11 — Guilt and Shame: From Burden to Inner Forgiveness

Guilt is the price the soul pays for growing.

It appears when we move beyond the boundaries of the family, when we choose life instead of repetition.

And although we often experience it as punishment, guilt, in its deepest form, is a doorway to freedom.

“Guilt marks the passage toward a wider level of love.”



1. The Guilt That Unites

When a child feels happier or freer than their parents, a part of their soul may feel as if it is betraying them. Then guilt arises:

“How can I be happy when they suffered so much?”

The soul wants to remain united with the clan — even if that means repeating the pain.

That is why guilt is not an enemy:

it is the sign that we are beginning to separate love from suffering.

“Dear parents, I honor you by being happy.”

“I live for those who could not — without guilt and with gratitude.”

When these words are spoken, guilt transforms into a vital force.

2. The Shame That Hides

Shame is a way of hiding the heart.

*It arises when we believe there is something within us
that does not deserve to be seen or loved.*

But what is hidden ends up ruling us.

And what is revealed in truth sets us free.

“I no longer need to hide my sadness;
it is my way of honoring what I loved.”

“That which I most feared to show
is what most needs to be embraced.”

The act of naming shame breaks its spell.

The light of awareness dissolves judgment

and restores dignity to what was once concealed.

3. Inner Forgiveness

Forgiveness cannot be forced; it happens when the soul understands.

It is not about forgetting or justifying — it is seeing with such love that judgment dissolves.

“I forgive myself for not knowing how to do it better.”

“I forgive you for your blindness; now I see the pain that blinded you.”

“I no longer need to punish myself to feel worthy.”

True forgiveness does not look backward — it looks toward life.

It is an act of love toward oneself and toward all that has been.

4. From Guilt to Gratitude

When we release guilt, the energy that was trapped turns into gratitude.

And gratitude is the highest form of forgiveness.

“Thank you, guilt, for showing me where I still did not feel free.”

“Thank you, shame, for reminding me that I deserve to be seen.”

“Thank you, life, for giving me the chance to learn to love without conditions.”

Then the soul becomes light.

What once weighed it down now shines.

Reflection

“There is no freedom without guilt, nor maturity without shame.

When both are looked at with love, they transform into compassion.”

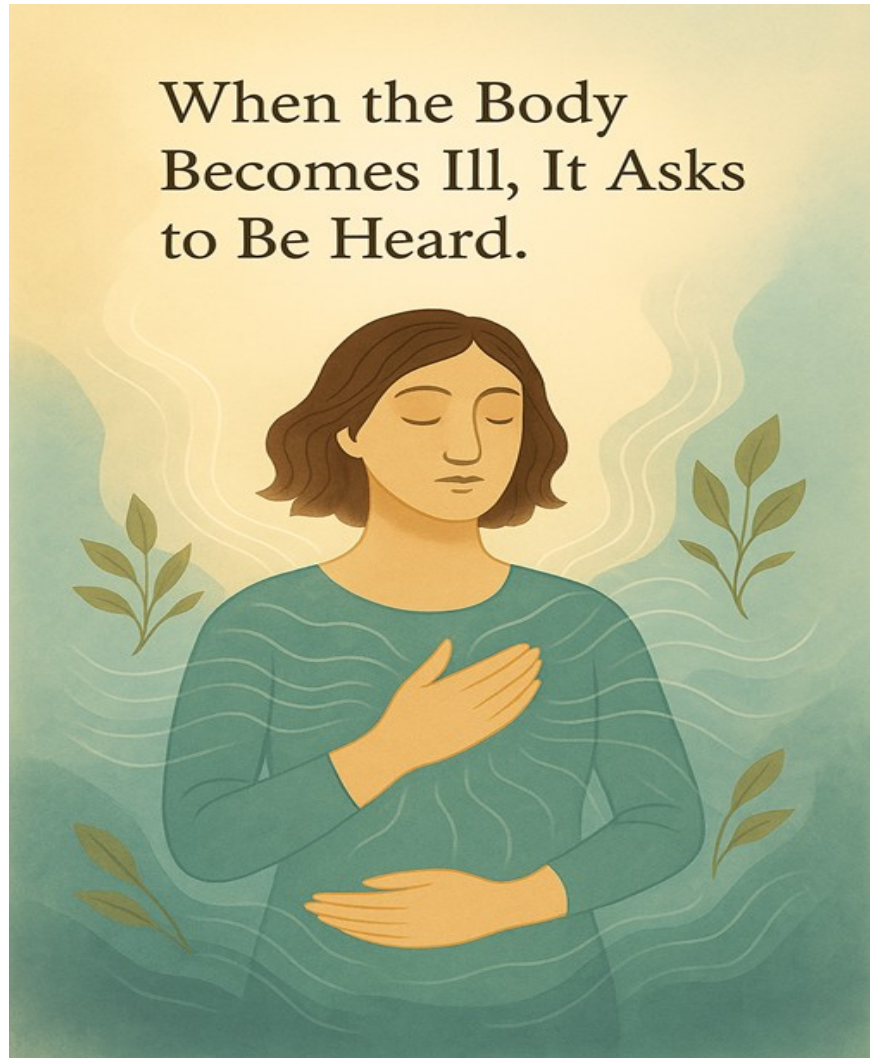
Chapter 12 — Body and Illness: Listening to the Message

The body never lies. It holds the entire story of the soul — the restrained gestures, the unspoken words, the tears that were held back.

Every tension, every symptom, is a sentence the soul has not yet found a way to say.

“When the soul falls silent, the body speaks.”

Illness is not an enemy;
it is an interrupted movement seeking completion.
When the body becomes ill, it does not ask for punishment — it asks to be heard.



1. The Body as Living Memory

The body does not forget.

What the mind denies or the heart does not allow itself to feel remains imprinted in the muscles, in the breath, in the organs.

Physical pain often holds an ancient emotion, frozen in time.

When that emotion is acknowledged, the body can finally rest.

“The symptom is the body’s attempt to make visible what the soul could not express.”

2. Listening Without Fear

Most people try to silence the body — with haste,
with noise, with medicine that dulls the message without understanding it.
But what is resisted, persists; what is listened to, transforms.
Listening to the body does not mean rejecting medical care,
but accompanying it with awareness.

Ask yourself:

What part of me is asking for attention?

What emotion has been locked away for too long?

“The body heals when emotion finds its voice.”

3. The Body’s Phrases

Each part of the body can respond to a different phrase —
not as a recipe, but as an invitation to dialogue.

- **Back pain:** “I no longer need to carry what is not mine.”
- **Tight throat:** “Now I can say what I once silenced.”
- **Closed heart:** “I allow myself to feel even what scares me.”
- **Tired legs:** “I trust the path that supports me.”

These phrases are not magic;
they work because they return consciousness
to what was once unconscious.
And where there is awareness, the soul breathes again.

4. The Five Levels of Healing

The body does not heal only on the physical plane.
The process unfolds across different interwoven layers:

- 1 **The physical body** — matter, tissues, biology.
- 2 **The energetic body** — the circulation of vitality.
- 3 **The emotional body** — the flow of feeling.
- 4 **The mental body** — the beliefs that shape reality.
- 5 **The spiritual body** — the sense that unifies all the rest.

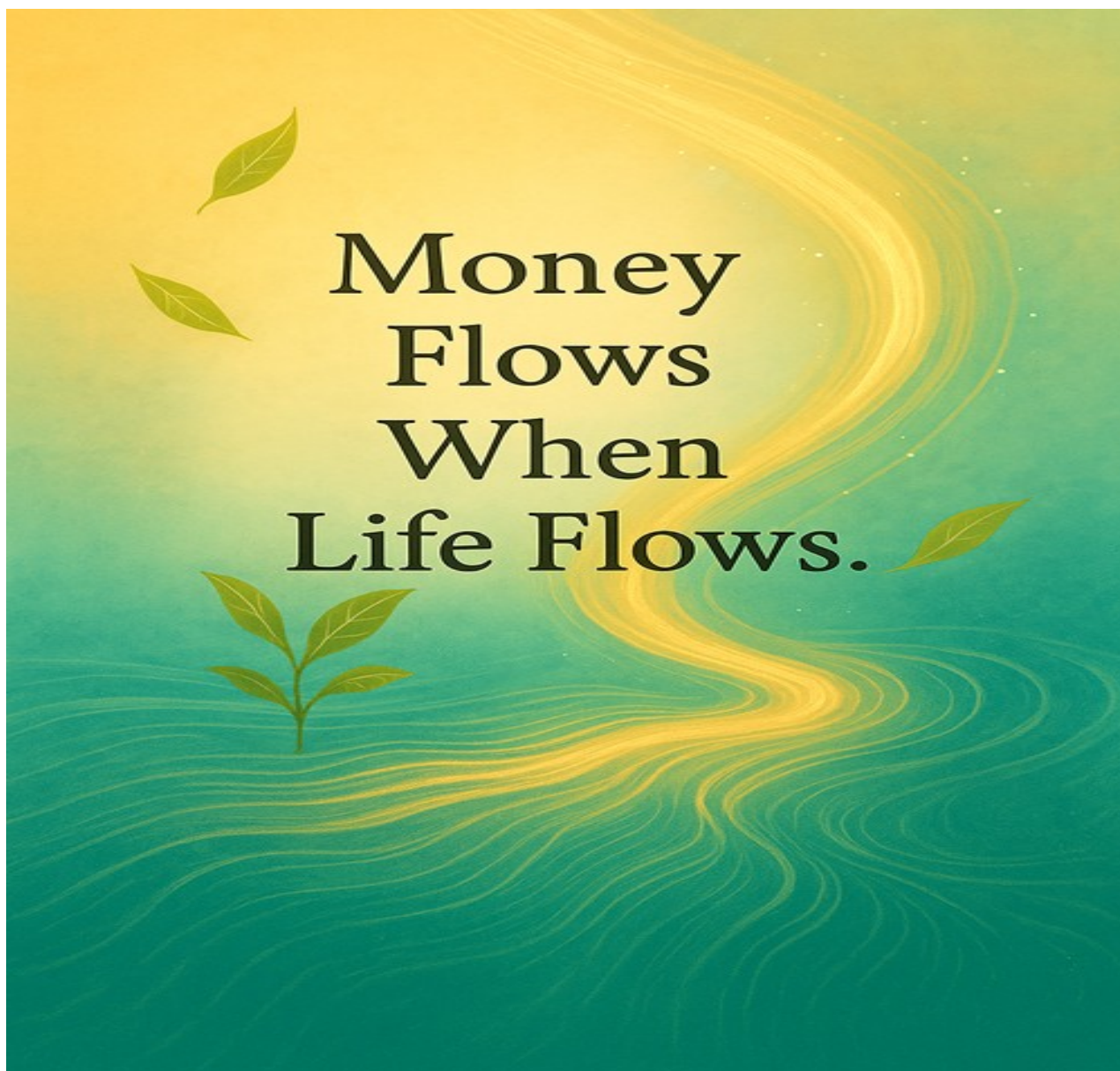
“The soul heals when the five bodies vibrate in coherence.”

Each level reflects an aspect of the same movement:
the reconciliation between life and consciousness.

Reflection

“The body is not an obstacle —
it is the altar where the soul learns to love its own humanity.”

Chapter 13 — Money and Worthiness: Flowing with Life



The relationship with money is an extension of the relationship with life.

*One who does not feel worthy of receiving love
also does not feel worthy of receiving abundance.*

Money, in its deepest form, represents the energy of exchange — of giving and receiving.
It flows when life flows, and it becomes blocked when the soul closes itself to receiving.

“Money arrives through the same channel through which love arrives.”

1. Receiving Without Guilt

I feel my parents' limitations.

Sometimes their fear, scarcity, or exhaustion still live within me.

*And without realizing it, I repeat their story: I work tirelessly,
yet I don't allow myself to enjoy what I earn.*

“If my parents had so little,
how can I allow myself to have more?”

However, the soul knows that only when I can feel and resolve their limitations
do I open myself to receive their love in its fullness.

What I couldn't feel toward them, I repeat in my relationship with life.

Receiving without guilt means recognizing that abundance does not separate —
it completes the movement of those who came before.

Every success, every moment of well-being, also belongs to them,
because the life they gave me continues to grow through me.

“I receive their love and their strength just as they were.
I feel their effort and transform it into gratitude.”

Receiving with gratitude is not a betrayal of the past,
but a way of honoring it and allowing it to evolve through me.

“What I take with love multiplies.
What I reject becomes stagnant.”

“Dear parents, I take the abundance you could not take.
I live it also for you — with love and without guilt.”

2. Money as a Reflection of Love

Money does not obey the logic of effort,
but the logic of life's flow.

It comes to those who are open to receive,
not only to those who strive to deserve it.

If the soul closes itself to love,
it also closes itself to abundance.

“I open myself to receive life in all its forms.”
“I allow the energy of giving and receiving
to circulate freely through me.”

When we give from fullness and receive with gratitude,
money becomes a messenger of love.

3. Invisible Blockages

Behind scarcity, there are often family loyalties:
ancestors who lost everything,
failed businesses, punishments for prospering,
unacknowledged inheritances, or religious guilt.

Out of loyalty, the soul unconsciously repeats:

“I will also renounce.”

“I will also suffer in order to belong.”

“Dear ancestor, I see your loss and your pain.

Out of love I tried to follow you,

but today I leave your destiny with you

and allow myself to live in abundance.”

Recognizing these memories frees the energy of futile effort
and opens the channel of trust.

4. Gratitude as the Key

Money, like life, loves gratitude.

When you are thankful for what you have,
you expand your capacity to receive.

When you focus only on what's missing,
the flow stops.

“Thank you for what comes,

thank you for what goes,

thank you for what I do not yet know how to receive.”

Gratitude turns money into sacred energy —
a form of love that circulates among souls who trust.

Reflection

“True wealth is not in what you possess,
but in your ability to let life flow.

When you receive without guilt and give with joy,
abundance becomes an act of love.”

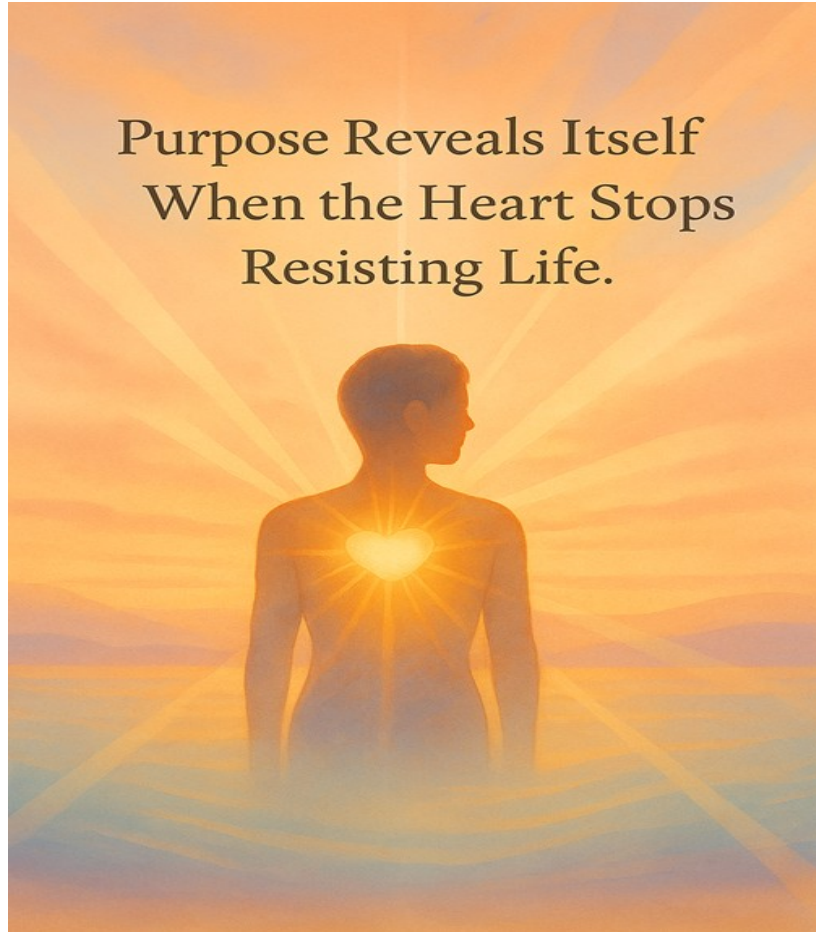
Chapter 14 — Purpose and Vocation: Serving from Love

*There comes a moment on
the path when the soul
stops asking,*

“Why did this happen
to me?”
and begins to feel,
“What can I share
through this?”

That is the point where
purpose reveals itself —
not as a goal to be
pursued, but as a natural
direction that emerges
when the heart stops
resisting life.

“Purpose is not found
— it is remembered.”



1. From Wound to Gift

*Behind every wound lies a seed of service.
What once caused the deepest pain
often contains the very gift we came to share.
The soul passes through pain not to remain in it,
but to transform it into awareness and compassion.*

“From my wound is born my wisdom.
From my shadow, my sensitivity.
From my story, my path.”

When we understand this,
we stop fighting against the past
and begin to share it as medicine.

2. Listening to the Inner Calling

Vocation is not imposed from the outside — it is recognized from within.
It comes as a quiet joy, a genuine impulse that does not seek approval.

“That which you would do even if no one saw you —
that is your path.”

The soul knows what it came to contribute.
It only needs silence and honesty to remember.
Vocation does not demand sacrifice; it blooms in alignment with one’s true being.

3. Serving Without Saving

To serve is not to fix the world, but to accompany it with love.
When service arises from the need to be valued, it becomes a burden.
But when it is born from gratitude, it becomes grace.

“I do not serve to be loved; I serve because I love.”

True service does not save — it respects the destiny of others.
It accompanies without interfering, offers without demanding.

“To accompany is to see without wanting to change.”

4. Conscious Surrender

Purpose becomes vocation
when action and presence merge.
It is no longer about “doing” much,
but about being fully present in whatever we do.

“What you do with love transforms both you and the world.”

Every everyday gesture can become a prayer:
a kind word, an attentive gaze,
a task done with awareness.
The soul does not measure success, but coherence.
And when it lives in coherence, everything becomes service.

Reflection

“The highest vocation is not to teach,
but to embody what has been learned.
Service is not a duty —
it is the joy of the soul remembering who it is.”

Chapter 15 — Self-Love and Identity: Remembering Your Essential Worth

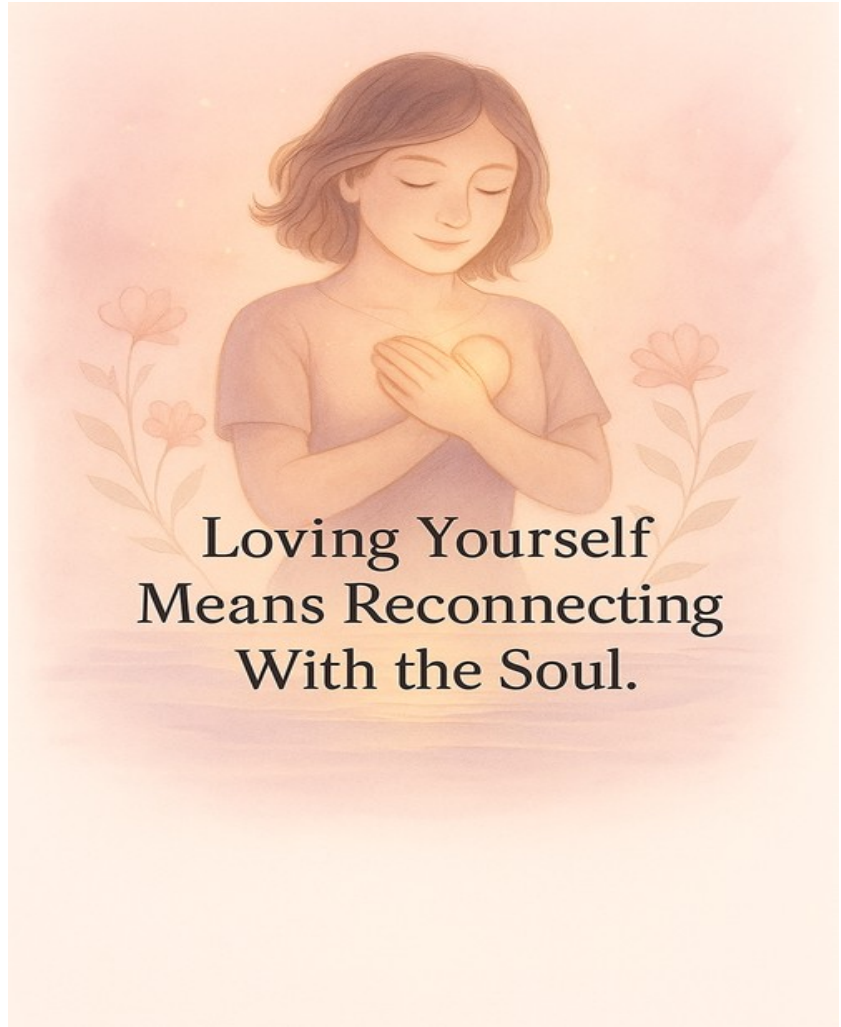
Self-love is not built — it is remembered.

*It has always been within us,
but it became covered by layers of guilt, fear, and dependency learned while seeking love outside ourselves.*

To love oneself does not mean to admire oneself, but to recognize oneself as part of life.

When the soul remembers its worth, it no longer needs to prove or defend it.

“To love what you are is to reconcile with the life that lives within you.”



1. The Root of Self-Love

Self-love is born from the same place as love for one's parents. As long as we reject them, we reject half of our own existence. Only those who have said "yes" to their origin can truly say "yes" to themselves.

“When I take my parents into my heart,
I become my own home.”

Self-love is not affirmed by repeating phrases, but by looking at truth without judgment:

“This is who I am — with my story, my limits, and my light.”
“Loving who I was allows me to be who I am.”

2. The Mirror of Relationships

Every relationship reflects the way we treat ourselves.
If we seek approval, we reveal the wound of the child.
If we refuse to receive love, we reveal the heart's mistrust.

Healing phrases help us return to the root:

"I no longer need you to choose me; I choose myself."
"I stop abandoning myself in order to be loved."
"What I once sought outside, I now nurture within."

Then need transforms into presence,
and the love once begged for begins to flow outward from within.

3. Healing Comparison

Comparison is the wound of the unseen child —
it looks at others searching for a reflection of its worth.
But the soul has no need to compete; its beauty lies in its uniqueness.

"There is no one else like you.
And that doesn't make you better or worse — it makes you necessary."

When you stop comparing yourself,
you begin to celebrate the diversity of the human soul.
Self-love becomes gratitude for simply existing.

4. The Return to Center

True self-esteem is not about feeling superior —
it is about living from the center, free from judgment or praise.
That center is found in inner silence,
where identity dissolves into pure presence.

"I am not what I have, nor what I do, nor what others expect of me.
I am the awareness that lovingly witnesses all that I am."

When you reach that place, self-love ceases to be a goal
and becomes the soul's natural state.

Reflection

"To love yourself is not to stare into the mirror — it is to recognize yourself in all that
lives.
Self-love does not separate; it reminds you that you already belong."

Chapter 16 — Spirituality and Service: Gratitude as Prayer

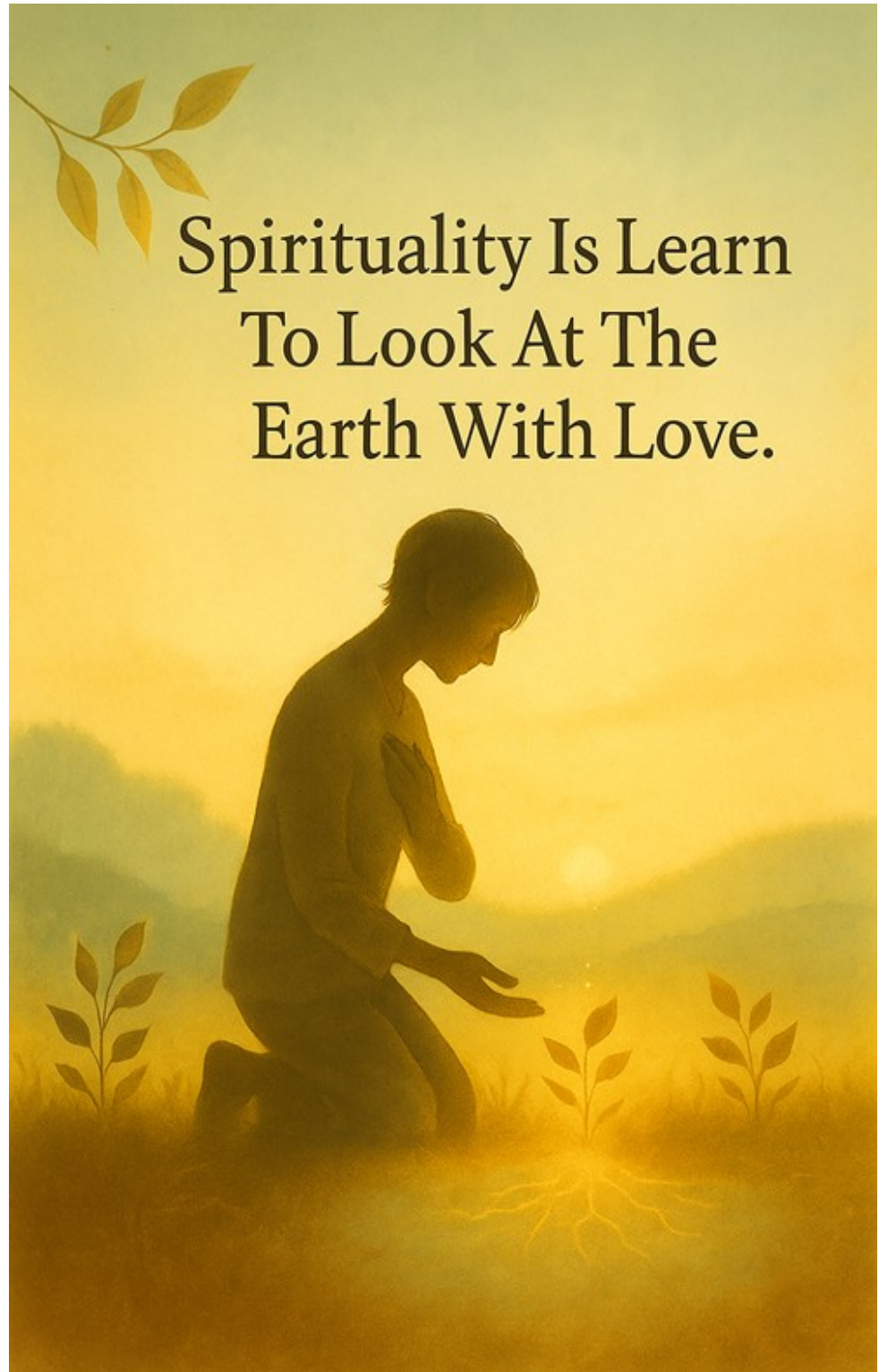
Spirituality does not begin when the soul looks toward the sky, but when it learns to look at the earth with love.

It is not an escape from the world, but a deeper way of inhabiting it.

After recognizing the wound and embracing the story, healing becomes gratitude.

And gratitude becomes prayer.

“To give thanks is to say yes to life just as it is.”



1. Life as a Spiritual Practice

*No temple is needed to live in prayer.
Every conscious breath, every act of love,
every daily gesture done with presence
is an invisible offering to the field of life.*

“When the heart is awake,
washing a dish or watching the sunrise
are sacred acts.”

The soul that no longer demands meaning
finds the divine in simplicity.
And in that instant, every action becomes spiritual.

2. Serving from Fullness

True service does not arise from obligation, but from the overflowing of the heart.
One serves when one has received so much that it can no longer be contained.

“I do not serve to be loved;
I serve because I love to share all that I am.”

To serve is not to sacrifice oneself — it is to share what once healed us.
It is to look at the world with the same eyes
with which we learned to look at our parents:
without judgment, with respect, with tenderness.

“Love that matures becomes service.”

3. Gratitude as a Path

Gratitude is the simplest and most complete form of prayer.
It does not ask, demand, or insist — it simply acknowledges.

“Thank you for what was.
Thank you for what is.
Thank you for what I do not yet understand.”

Every *thank you* spoken from the heart
restores order to the inner universe.
Where there was once resistance, there is now acceptance.
And where there was struggle, peace is born.

“Gratitude transforms the wound into beauty
and destiny into offering.”

4. The Wordless Prayer

True prayer is not spoken — it is lived.

It is the breath of the soul reconciled with its story.

When there is no longer separation between the human and the divine,
every gaze becomes a blessing.

“Do not seek God in the sky;
see Him in the eyes of the one before you.”

The soul that prays in silence

knows that life itself is the altar.

And that to serve, to love, and to give thanks
are the three movements of a single prayer.

Reflection

“Spirituality is not about rising upward,
but about descending into the heart and staying there.
To serve with love, to live with gratitude —
that is the soul’s prayer.”

PART III — RITUALS OF THE SOUL

*“There are truths that are not spoken in words,
but through a gesture, a silence, or a tear.”*

A ritual is not an external ceremony,
but a sacred act that unites soul, body, and intention.

When we perform a ritual, we do not seek magic —
we seek coherence: that what we feel, think, and do
may meet again at the same point.

Each ritual in this section is an invitation
to live farewell, reconciliation, and gratitude
as movements of consciousness.

Capítulo 17 — Ritual de Despedida y Gratiitud

Intention

This ritual accompanies the closing of cycles — a loss, a relationship, a life process, or an inner grief.

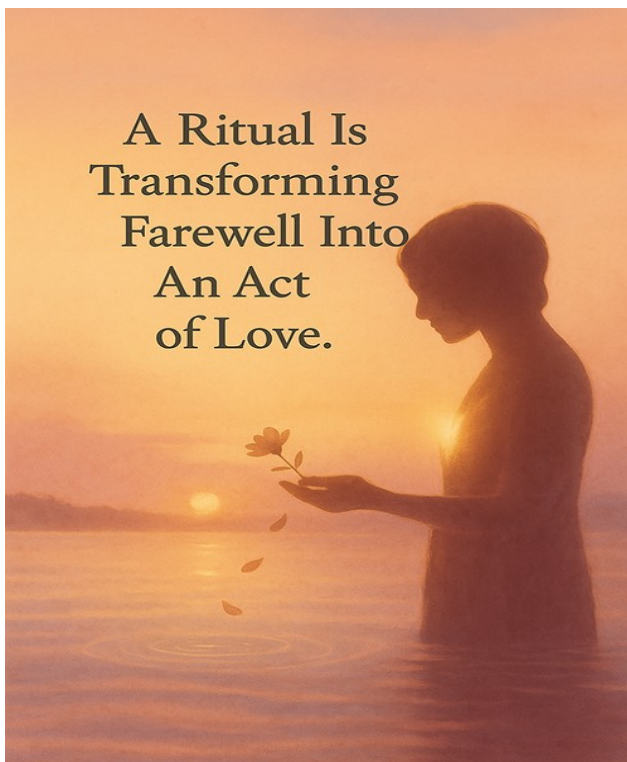
Its purpose is not to forget, but to transform the farewell into an act of love.

Preparation

Find a quiet place.

You may light a candle and place before you a photo or symbol of the person, situation, or part of yourself that you feel ready to let go of. Remain in silence for a few minutes, breathing slowly.

When you feel your body has settled, say softly or inwardly:



Thank you for the life that reached me through you.

I take all the good you gave me and leave with you what belongs to you.

And I keep the goodness that was in your heart, even if you did not know how to give it to me.

It is your time to rest.

Now it is my turn to live life — and I dedicate it to you, in your memory and in your honor.

Stay for a few moments, feeling your breath.

Imagine that this energy settles in your chest and expands from there as gratitude toward life.

Symbolic Closing

Extinguish the candle with respect, feeling how the flame transforms into inner light.

If you wish, write a letter of gratitude and burn it, or offer it to the water as a symbol of release.

“To say goodbye is to allow love to change its form.”

Reflection

“What is released with gratitude is not lost — it transforms into blessing.”

Chapter 18 — Ritual of Reconciliation with Emotion

Intention

This ritual accompanies the encounter with repressed emotions — sadness, anger, fear, guilt.

Its purpose is not to control them, but to listen to them with love, so they can return to their natural place as life energy.

Preparation

Find a space where you can be alone and unhurried.

You may light a candle or place one hand over your chest.

Close your eyes and bring your attention to your breath.

Allow the emotion that needs reconciliation to emerge.

Do not search for it — simply allow it to appear.

When you feel it present, say inwardly:

Yes, I am angry / sad / afraid.

And this emotion also deserves to be loved.

I will no longer reject you. I will not try to change or silence you.

I only want to listen to you and feel you completely.

Remain breathing until you notice a subtle shift — a calm, a tear, a sense of relief, or simply silence.

Symbolic Closing

Place both hands over your heart and say:

Thank you for showing me what I needed to feel.

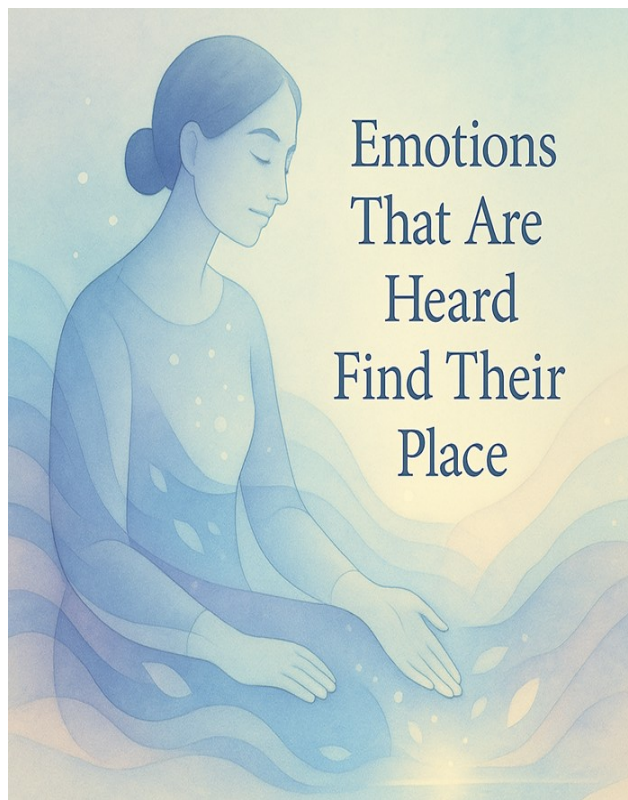
You are no longer my enemy; you are part of me.

If you wish, you may place a stone or a flower as a symbol of this reconciliation.

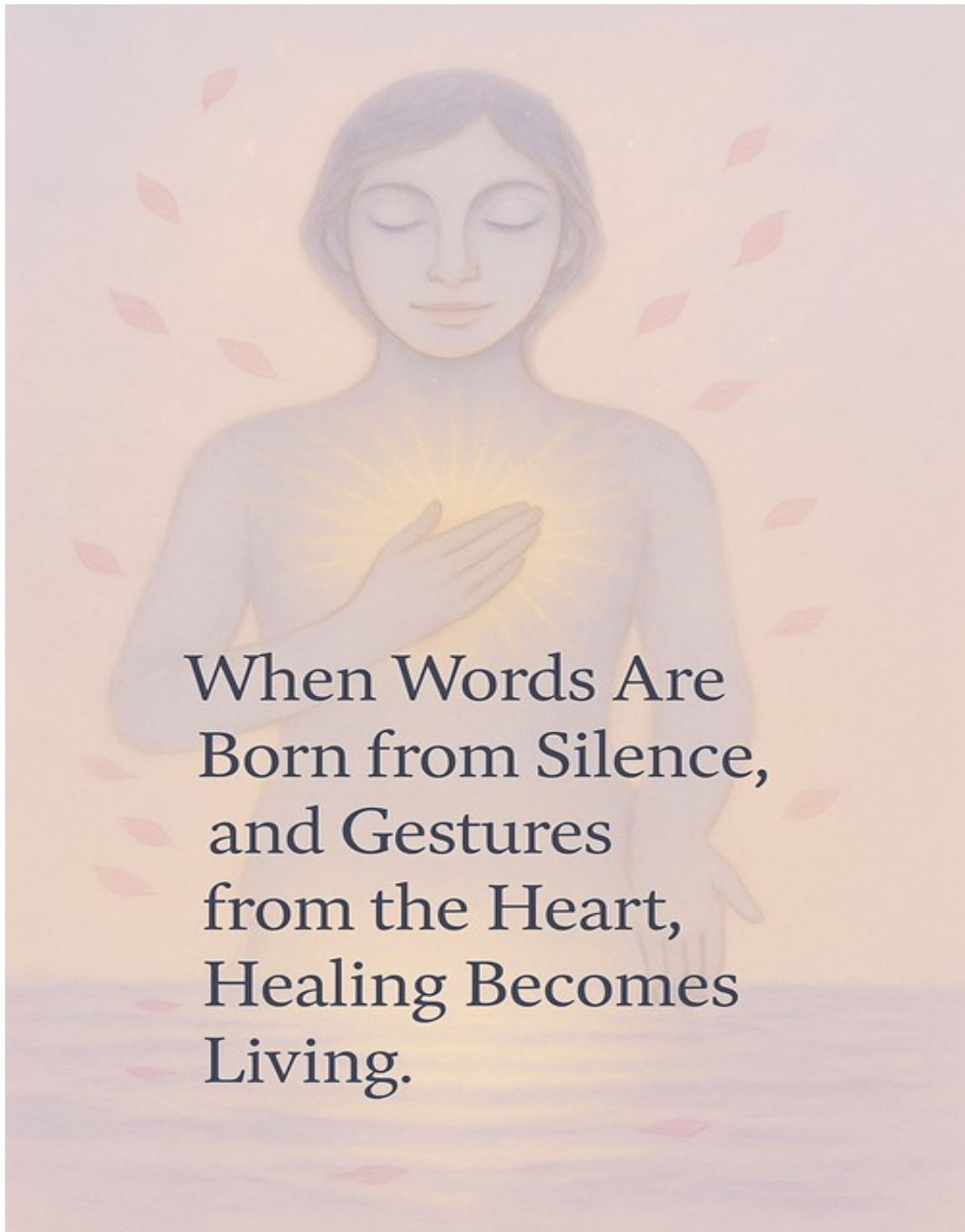
“The emotion that is felt transforms into life.”

Reflection

“Only when you embrace your emotion without judgment do you discover that life has always been on your side.”



PART IV — THE INNER PRACTICE



When Words Are
Born from Silence,
and Gestures
from the Heart,
Healing Becomes
Living.

*“When the word is born from silence,
and the gesture from the heart,
healing becomes life.”*

Chapter 19 — Creating Your Own Phrases

*The healing phrases offered in this book
are not formulas, but examples of the language of the soul.
Each person can find their own
if they learn to listen to the inner space from which they arise.*

The soul knows when a phrase is true:
when you speak it and something inside becomes still.

To create your own phrases:

- 1 Breathe and connect with what you feel.
- 2 Name the truth without embellishment.
- 3 Avoid justifying or explaining.
- 4 Say only what the heart can sustain.

“Phrases are not invented — they are revealed.”

Example:

If you feel anger, don't say “*I want to forgive.*”
Say instead, “*I am angry, and my anger deserves to be loved.*”
The first tries to skip the feeling;
the second embraces it.

With time, you'll discover that the most healing phrases
are those barely spoken —
the ones that arise from a silence that already understands.



Chapter 20 — Accompanying Without Intervening

The art of accompanying is the art of respecting.
To accompany is not to direct, interpret, or save.
It is to remain present while the other remembers their own path.

“I can only take you as far
as I myself have learned to stay.”

When you accompany from the mind, you create pressure.
When you accompany from the soul, you create space.

The field of healing does not open through knowledge but through presence.
That presence allows the other to listen to their own wisdom.

“To accompany is to see without wanting to change.”

Chapter 21 — Closing Processes with Rituals

Every inner movement needs closure,
just as every breath needs an exhalation.

Closure is not the end —

it is the moment when the soul recognizes that the process has done its work.

You can close a session, a grief, or a life cycle
with a symbolic gesture:

extinguish a candle, take a deep breath,

or say inwardly, *“Thank you, this is complete.”*

“The soul rests when it understands
that it has already learned what it needed.”

To close does not mean to forget —

it means to integrate what has been lived as part of your path.

Chapter 22 — From Word to Silence

Silence is the final teacher.

After so many phrases, movements, and rituals,
a moment arrives when there is nothing left to say.

That silence is not emptiness —
it is fullness.

It is the voice of consciousness united with life.

“Silence does not erase the word —
it holds it.”

When the soul reaches that point,
it understands that every healing phrase,
every gesture, every tear,
were simply paths leading back to the love that was always there.

Final Reflection on the Inner Practice

“First, truth is spoken.
Then the origin is honored.
Then comes gratitude.
And finally, silence.
In that silence, life and the soul recognize themselves
as a single breath.”

EPILOGUE — The Soul That Remembers

*There comes a moment on the path when words become small.
After so much searching, understanding, and healing,
the soul discovers there was never anything to fix — only something to remember.*

To remember that pain was a teacher,
that losses were portals,
that even the shadows had the exact shape
of what the soul needed to return to itself.

“Nothing was broken — only separated from the love that holds everything.”

When you look at your story without judgment,
you see that every encounter was a mirror,
every bond a bridge,
every silence a prayer.

Then gratitude arises effortlessly —
not as an idea, but as the soul’s natural breath.
You give thanks for the sweet and the bitter,
for what was gained and what was lost,
for everything that led you here — to the place where life and you are one.

“There is no path to love — love was the path.”

The soul that remembers no longer fears the void.
It knows the void is the home of the spirit,
the space where life renews itself.
And in that silent space,
it discovers that language does not end — it transforms into presence.

“Every word spoken in truth becomes silence.
And in that silence, life speaks itself.”

Thus this journey ends — not with an ending, but with a presence.
The soul remembers, the heart gives thanks,
and life — always patient —
flows again with the softness of what has already been understood.

Symbolic Closing

“The words that once fell into silence
now return to remind you
that every wound, when seen with love,
transforms into beauty.”

APPENDIX — HEALING PHRASES OF THE SOUL

✦ **Part I — All the phrases included earlier in this book**

(the main ones, organized by themes: soul, parents, relationships, emotions, etc.)

🌿 **Part II — Additional Healing Phrases Not Included**

(extra phrases, spontaneous inspirations, or alternative versions that expand the field of reflection and practice)

PART I — INCLUDED PHRASES

*The following phrases capture the essence of the soul's movements
explored throughout this book.*

You may read them, repeat them in silence, or write them down.

They are not affirmations — they are doors: each one opens a path toward truth.

🌿 **1. Essential Phrases of the Soul**

Short, universal phrases that express inner movement and deep truth.

“What I look at with love transforms.”

“The soul does not repeat by mistake — it repeats out of love.”

“Every destiny belongs.”

“Love needs no reasons, only order.”

“Peace arrives when I stop seeking the guilty.”

“I take life just as it was given to me.”

🌿 **2. Phrases Toward Parents and Ancestors**

“Dear mother, I take the life you gave me, with everything it contained.”

“Dear father, I honor you and take your strength.”

“I see you as you are and bow before what you lived.”

“I leave with you what is not mine, and I keep your love.”

“What you could not give me, I transform into awareness.”

“Now I can live my life, carrying you both in my heart.”

3. Phrases About Belonging and Exclusion

"You too belong."
"What was excluded will return until it is loved."
"I see you and return your place among us."
"When everyone has a place, the soul rests."

4. Phrases About Love and Relationships

"Love blooms when giving and receiving are in balance."
"I do not need you to choose me; I choose myself."
"Love without awareness becomes sacrifice; with awareness, it becomes freedom."
"Thank you for what we lived; I take the good and continue my path with love."

5. Phrases About the Inner Child and Emotion

"You are no longer alone; now I embrace you."
"I don't want to change or silence you — only to listen and feel you."
"My sadness is my way of honoring what I loved."
"The emotion that is felt transforms into life."

6. Phrases About Guilt, Shame, and Inner Forgiveness

"I forgive myself for not knowing how to do it better."
"I forgive you for your blindness; now I see your pain."
"I no longer need to punish myself to feel worthy."
"Thank you, guilt, for showing me where I was not yet free."

7. Phrases About Abundance and Worthiness

"I feel my parents' limitations, and I let them rest."
"I receive with love what life offers me."
"Receiving without guilt is honoring those who gave me life."
"What I take with gratitude multiplies."

8. Phrases About Purpose and Service

"I do not serve to be loved; I serve because I love."
"From my wound is born my gift."
"I serve because I cannot help but share who I am."
"To accompany is to see without wanting to change."

9. Phrases of Closure and Reconciliation

"I see you, I respect you, and I leave your destiny with you."
"Thank you for all that was; I continue my path with love."
"Letting go is not forgetting — it is allowing love to change its form."
"When I look with love, everything finds order."
"In silence, the soul remembers itself."

PART II — OTHER PHRASES NOT INCLUDED

Some phrases are born during a constellation; others arise in the silence of daily life.
Not all fit into a chapter, but each one contains a spark of truth.

About the Soul and Destiny

“Nothing is broken; it only waits to be looked at with love.”
“The soul does not seek to understand — it seeks to reconcile.”
“Destiny softens when I stop resisting.”
“Life does not punish — it teaches us to feel.”

About Parents and Inheritance

“Dad, Mom... I take your life with everything it contained.”
“I no longer need to save you; I honor you by living.”
“I stop carrying your battles and return your destiny to you.”
“The love I denied when I saw your pain, I now feel within me.”

About Love and Relationships

“What I try to change in you shows me what I do not accept in myself.”
“I don’t need you to complete me, but to remind me of who I am.”
“When I stop demanding love, love returns to me.”
“The deepest encounter happens when there is no longer need.”

About the Body and Emotions

“My body speaks to me in a language I have not yet learned to hear.”
“Every symptom holds an emotion waiting for tenderness.”
“When I breathe without fear, my body feels accompanied.”
“My energy comes into order when I feel without judgment.”

About Forgiveness and Reconciliation

“To forgive is not to forget — it is to look without wanting to change what was.”
“I no longer need to be right; I prefer to be at peace.”
“Thank you for showing me the boundary that taught me to love.”
“Peace arrives when judgment dissolves into understanding.”

About Life and Gratitude

“Everything that hurt me also brought me here.”
“Life owes me nothing; it has given me everything.”
“Thank you for what I understood, and for what I still do not understand.”
“To live is to give thanks, even for what I did not choose.”

Closing of the Appendix

“Each phrase is a seed. Not all sprout at once,
but when one of them touches the heart, the soul remembers its path.”

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