

## **You want to fulfill your destiny doing what you truly love**

If you feel passionate about what you are doing in life, Congratulations! You are going in the right direction. If not, do you know what is keeping you away from fulfilling your dreams?

We all want to fulfill our goals and our destiny, the real purpose of our existence on earth. Many of us envision greatness in our personal, professional and spiritual life. Some of us plan and act to accomplish those. Yet, we lack to acknowledge the ROOTS that keep us going back to the starting point, away to stepping into the field of success, blind to see the path and the possibilities, or simply limited to unleash our inner power.

Have you ever felt this way? Is it frustrating for you to try without getting the results you want?

Trust me! I have been there many times. It is hard to change what we can't see. How can you fix the broken tail light on your car if you don't know it's broken? The first step for change is to recognize what is limiting you.

*Could it be possible that our perspectives can impact the fulfillment of our goals and destiny?*

**What is happening outside in your world is a reflection of your inner world, your mind. The limitations and the possibilities of transformation are tangled in the ROOTS of your perceptions.**

In my own experience, I can say that to transform our own limitations we need to go even beyond our mind, we also need to address our soul and the unhealed memories that have impacted our lives. Otherwise, those memories can act like saboteurs that sooner or later appear to disrupt our inner warrior on its journey.

The psychology of the mind is complex, and you don't need to understand it all, but you need to understand what is happening within you that affects your present, your visions and your manifestations. In other words, you need to recognize your own limitations to be able to unroot, transform and empower your true potential.

Have you heard these words before? "The truth will set you free". Well, they are applicable in this case. Once you recognize and liberate your limiting perspectives and memories, you will be able to create and move forward, freely and confidently, knowing that those won't affect you anymore.

You might ask yourself, what are the self-limiting beliefs or memories she is talking about?

Throughout your life, you have created conscious but mostly unconscious perspectives based on your experiences, memories, feelings, conditioning, and beliefs that are limiting or encouraging your actions towards your destination.

“Heal your beliefs to unlock your power within” Mayadari del Sol.

I consider myself a seeker and an emancipator. I started my own journey more than 20 years ago. I dove into many sorts of schools, philosophies, teachers, practices and therapies. I didn't stay with one, but I learned from all. “All the roads lead to Rome” used to say my grandma. She was right. They all have part of the truth until they define their ways as the absolute truth. Going from one to another made me realize that what I was looking for, was to find my own truth, my Self. For that, I began by rediscovering, healing and integrating all these pieces of my Self to be able to find my mission and to fulfill my destiny. What I most learned from this journey was to confront my perceptions which had been defining my present and my possibilities. And to be honest, I am still diving deep into my inner world to continue liberating the roots that wouldn't allow me to manifest my dreams.

**What are the rewards of reviewing and recognizing the ROOTS of our perceptions?**

The rewards are the liberation, transformation and expansion of our consciousness which can give us the ability to experience a broader reality. Remember, the expansion of your horizon depends on the emancipation of your mind.

Do you believe that your destiny is already traced for you or that you can create your own?

How often do you review your own contracts of what you believe about people and things?

Do you know how your perspectives can be limiting your possibilities?

Some people believe that things happen by coincidence or luck. In my observation that is allowing destiny to attract into your life what is already traced by your beliefs, perspectives and memories whether you are aware of them or not. Our beliefs are programmed, like a computer, to operate in automatic. They flow naturally the way they are set within us. This is how our unaware self-limitations block the manifestations of what we deserve.

Heal your mind and change your life. I know It sounds easy to say it but in reality, healing our mind is a process. The journey of healing requires digging deep into our souls to review when the limitations started, to recognize how they are affecting us and to liberate them with a loving comprehension, understanding why they happened to us. After this part of the process and from a new starting point, we can transform those limitations by empowering our dreams with the help of the mind. The hero's journey only requires a willing and a brave heart.

This might sound strange for you but if you are reading this, just now, is because you probably have already started your journey and you might not be aware of it. But how? If you feel there is a sort of emptiness or conflict in your life and you are searching how to fulfill it or harmonize it, then you have already started. Welcome to the hero's journey.

Do you want to know in what part of the journey you are now? There are many factors that can give you clues to discover how far you are now like the actual manifestations or materializations in your personal, emotional and physical life and how you feel about them.

Let's begin by imagining a tall building that has a penthouse and as many floors as the years of your life. It also has a basement. The penthouse is your consciousness, what you are aware of, what you think you know, what you can recall, what you perceive it is, and your definition of the world and its environment based in your experience. Now imagine that you take the elevator down to the lower floors and the basement, which represent your subconscious and unconscious mind. In each floor, you have stored many boxes. Some of these boxes are hidden, some of them are locked, and some are fairly visible. Does it make you curious about what these boxes keep?

Every box keeps a contract with the term and conditions of how you perceive the world and how you can deal with it, they keep your truth based on the outcome of your experience.

For example, let's say you lighted a fire and you got burnt, would you be cautious next time you light a fire? Now, let's say you are outside in a winter night and it is very cold, does it feel good to be close to a fire? This could be your contract with the fire based on your experience: it burns when it is too close, but it keeps you warm when it is too cold. Can you modify the contract? Yes! Maybe you can experience the ceremony of walking on fire and not getting burnt like many have done to understand the power of the mind over the matter. Or maybe you can go outdoors in a cold winter wearing light clothes, like the Tibetan monks do, and practice breathing meditation to raise your body temperature to understand the power of breathing to create energy.

Can you see? Experience is defining your contracts and your reality: good or bad, cold or hot, possible or impossible. But cold isn't cold or hot isn't hot after all. Maybe it is a perception of your mind. All the senses give you a feeling that creates a perception of the world and what is happening in it. The way you define things is based on your own observation and experience, and on what you decide to believe. This becomes your truth.

*Can you understand now why others cannot see your truth the same way you see yours?*

*How willing are you to expand your mind by experiencing new possibilities or by seeing things from a different angle?*

So, what happens with your perceptions? You make contracts and storage them in boxes. The ones that weren't enjoyable might be in a hidden place, the ones that cause you deep emotional wounds probably got locked in the basement and the ones you are willing to change are probably on the table ready to be open. The boxes with open content are the conscious ones, the ones you can see.

Every cell of your body has an intelligence on its own. Since you were gestated until the age of 7-8 years old, you created imprints in a cellular level based on how you felt about love, security and acceptance. These feelings created a perception of how to cope with those in life, which are the contracts that got storage down in the subconscious mind to respond to any situation. The thing is that you started storing boxes since the moment of conception, so you might not remember what the contracts say anymore. Do you?

Even though the boxes are hidden, and their contract seems dormant, they are effectively operating within you still affecting your decisions, your opinions, your actions and of course, the end results of what you want. To give you an example, imagine that there is a pregnant woman who is experiencing abuse in her relationship. The baby cannot define what abuse is but feels and creates an imprint of what love is about in a relationship. Eventually as an adult, and unconsciously, this person can become the

victim of abuse or the perpetrator. The person is reacting to the unconscious programming or contract that remained in a box as a cellular memory.

*Can you recognize the wounds from your childhood and how they affect you now?*

Beyond your childhood, if you dig deeper, there are also boxes of contracts of loyalty that you carry on and follow unconsciously like the memories of your ancestors. Their secrets, invisible patterns and unresolved conflicts could be still defining your life and your possibilities. How come? The dynamic of the ancestral tree can be compared with a sport called sprint relay. Relays are races in which teams of runners take turns running around the track, passing on a stick called baton to their next team-mate before they reach the finish line. The same thing happens with the ancestors. We are a team; Grand grandma passed the stick on to grandma who passed it on to your mother and she passed it on to you. We are racing to heal an unresolved conflict or wound that we often don't even know what it is. So, the finish line ends when the last team-mate consciously finds what needs to be healed or resolved from her or his ancestors. What we must do is to find what the baton carries and how to transform it to liberate the whole team from it.

*Do you know what you are carrying on from your ancestors and how it is affecting you?*

The list of boxes continues as we review our social, cultural and religious conditioning. We grew in a community with customs and established traditions that we learned to be able to belong, to be accepted and to feel loved. You were told how to behave and what to believe in. Everything was labeled good or bad, weird or normal, crazy or right. For example, I was born in Colombia. In this culture, if you burp in public that is wrong, people will label you as the guy with bad manners. While in some parts of China, India and the Middle East, burping is a sign of showing appreciation for a good meal. When I came to the States I was shocked by people doing it, and by others laughing at it. By living in another culture, I was able to notice my conditioning and to expand my mind to see that burping is just a biochemical reaction of the body.

This is just an example of conditioning related to behavior, but we have conditioning about what is right or wrong related to sex, beliefs, the family, love, money, abundance, happiness, and health. We mostly think and do things following what we were taught as right. In other words, we tend to believe what others experienced as the truth and follow without questioning but many of these beliefs are limiting.

*Do your beliefs help you move forward or limit you?*

You might be saying now, that is a lot to review. Yes! That is part of the hero's journey.

So, what is your job? Your mission consists of bringing up to your consciousness the greatest number of boxes you can, review them, and if they are affecting you in a limiting way, transform them or liberate them to be able to access to a different reality, manifestation or experience. Amplifying your world depends on having the contracts of these boxes clear. The questions to begin are:

*What are you accepting to follow?*

*How can you transform the content of the boxes, especially those that have invisible patterns and deep programming?*

*How can you change the pattern of what you have been doing for such of long time?*

Every situation has a solution. The Hero's Journey is a formula of transformation based on 3 simple steps, Recognition, Transformation and Empowerment, to help you recognize and liberate self-limiting beliefs and memories and to empower the fulfilment of your destiny confidently.

*Are you willing to take the formula of transformation?*

## STEP ONE: Self-observation and Recognition

Remember you cannot transform what you cannot recognize that needs a change.

Self-observation is a practice. It is the mission of your inner warrior to be alert at all moments to find the locked and hidden boxes that make you react unconsciously or limited in your life. It is a practice to cultivate at all moments while awoken and even in your dreams.

When thoughts come to your mind, how often do you ask yourself, why am I thinking this way?

What are your thoughts telling you? Are they positive and affirming thoughts that encourage you to go for your goals? Or are they demotivating thoughts that keep you down?

When you catch a demotivational thought, stop and look at it. Ask yourself these questions. Where and when did this thought originate? Is it related to someone? Or to something? Is it affecting your body? Where? What thoughts come to your mind when you remember the specific situation or person?

Dig into it, search for the box that created this thought. See it as an open opportunity of deep transformation.

When you must confront a challenging person or situation, how often do you ask yourself, am I reacting in a harmonious way?

Otherwise, do you know where your reactions are coming from? How do you feel physically and emotionally when you go through challenging moments?

Self-observation requires you to be aware of your feelings and your reactions as well. Do you act according to what you mean? If your reactions surprise you in a way that you didn't expect because of what you said or did wasn't what you mean, maybe it is time to check some boxes and see what they must show you.

The boxes with emotional content need to be carefully managed. The unconscious reactions often come from unresolved childhood issues, the neglected needs of your inner child. It is relevant that we recognize and heal the wounds of our childhood.

When you become devoted to self-observation, you might be able to change your reactions consciously, by confronting your thoughts or feelings of the moment recognizing where they come from.

Furthermore, self-observation is a tool to acknowledge that your surrounding is speaking to you, and that you can recreate it by just thinking differently. When you are present of the moment you can observe that the things that are happening outside in your life reflect what is happening inside of your mind. For example, if you believe the world is in chaos, that is what you will be attracting at work, at home, in your relationships, in the news when you turn on the TV, and even with your neighbor when he comes to talk to you about how chaotic is everything in the world. On the other hand, if you believe in harmony, you will find yourself surrounded by peaceful people and when you turn on the radio, the tune will bring music to fulfill your heart with joy. Everything speaks with or without words.

So, what is your surrounding speaking to you just now?

*If you take a panoramic picture of your life at this precise moment, what is it showing?*

*Does it need adjustments? or drastic changes?*

*Is it taking you in the direction you want to go?*

Expand your mind to stretch the horizon beyond what you can see and avoid sticking to see things the way you think, want or feel they are.

A conscious observation amplifies your vision and give you access to materialize your blessings, the reality you want to create.

Did you recognize something that can be limiting your possibilities?

Great! Then, it is time to deprogramming that.

## **STEP TWO: Deprogramming**

How can you make a relevant change in your mind that can set you in the direction of your goals?

Let's talk a little bit about the subconscious mind. Do you remember the tall building we imagine at the beginning of the book? We talked about the penthouse which was the conscious mind. Now we are taking an elevator down to reach the subconscious and the unconscious mind at the basement of the building. These store most of the boxes that keep secrets and deep programming such as repressed feelings, automatic skills and reactions, perceptions, memories, thoughts, habits, complexes, hidden phobias, and desires. Each of them has created contracts to help you cope with different situations in your life. Yet, coping doesn't put you in a comfortable zone. It seems like a comfort zone but in reality, it limits your access to other possibilities and other results. It is like wanting to experience traveling without leaving home. You see it in T.V., in the comfort of your home, but you are not willing to go and experiment it.

What you might not know is that once you open the boxes with the limiting contracts, and you liberate them, they come with amazing blessings. The boxes are treasures that hold your possibilities to manifest a different reality. They also contain the wisdom behind the fear you create, the opportunity to vanish what is unreal and to confront the monsters that never existed. The monsters are fears that get fed by our thoughts. Once you vanish your fears then you can experiment a new reality.

**"The expansion of your reality depends of the emancipation of your mind"  
Mayadari del Sol.**

Memories, perceptions and habits build muscle, they become very strong. To transform them, we need a deprogramming. For that, we can trick the subconscious to evoke a transformation through something called "Acts of Empowerment".

When you act like the reality you want already happened, using your imagination, your subconscious acts to reach what already happened without noticing it has not happened yet. It is a trick you play in a mental and an energetic level. The subconscious mind doesn't differentiate between imagination and reality, neither the time, past or future.

### **Acts of Empowerment**

The acts of empowerment are an experience to deprogram self-limiting beliefs and memories in a deep level through a creative process. How it works? The act recreates a vivid moment, or the experience, of

your desired vision, which creates a feeling of accomplishment and fulfillment, “your vision already happened”. The body reads this feeling which is conveyed by the emotions that come with it and vibrates in that energy creating a new perception in your mind that produces the transformation or reprogramming that happens in both levels, mental and energetically.

This sets your mind in the mode of “it was due able” and then the universe aligns the rest in your favor. You set the limits depending on how much you think you can accomplish. In other words, you are the script guy and the protagonist of your own movie where everything can be possible. This is how you can amplify visions, transform perspectives, create, and manifest new realities.

How is the process of an act of empowerment? The creative process involves art, therapeutic or healing arts. Art is a therapeutic practice that can reflect what your subconscious mind wants to show you or what it is ready to heal. It is a way for self-observation and transformation.

**The simple act of drawing a dot is already a creation that speaks.**

Each act requires intentional imagination and visualization of what you want, writing to ground down what you are downloading into this reality, drawing to represent your accomplishments, the power of speaking in present and affirmative to send your command to the universe, the transformative acting of experimenting your new vision, and movement to align and create the connections that would be co-creating in your new reality. All these together create a powerful and transformative experience that set mind, soul and heart into your visions to be manifested.

You don't need to be an artist to do this. An artist for me is a person who can make any task creatively, passionately and effectively. So, watch out! Are you thinking that you are not good at art? Then go back to step one, self-observation, and look for the hidden box that makes you believe this. It is de-programmable!

After the experience of an Act of Empowerment, you are ready to create an action plan to help yourself navigate towards your visions more confidently.

### **STEP THREE: Intentional action**

Time to materialize your vision.

You already felt and experience the bliss of your vision manifested through the acts of empowerment. Still, you need to create a plan and strategy to keep you focus and moving forward towards your vision.

To begin, the most relevant point here is to set a self-commitment.

What are you committing to and what is the result of that?

What is your mission, and what is it for?

Then, create a strategy.

How can you start? What is your plan of action?

Who do you need to meet or connect to facilitate your beginning?

Do you need a mentor?

Where can you go to allow the synchronicity of the universe to align the blessings in your favor?

Have you heard this saying? "Help yourself and I will help". Sitting home isn't the best option for the universe to align connections to serve you. You need to make yourself available to meet with the blessings that can take you closer to your vision or goals.

It is also important to ask for guidance and support. "Ask and you will be given". Trust. If you need help, look a life coach or a coach on the area of your goals to support your growth. Within your strategy, create a fun routine that involves your new vision like it already happened. Play with it. Make your personal and professional activities involving your new reality, even though is not there yet. Feel how it is affecting you positively. Do everything from your new reality, feel it real. It is real. No matter what happens in your day, stick to your practice and be thankful for the results. Your vision is already happening.

"Every idea is creating a form

Every thought is creating a reality

Every emotion is creating an energy

Every habit is creating your life"- Mayadari del Sol

Habits mold you. They create a form that can serve you or not. Connect with your inner warrior to commit and invest time in creating fun and motivating habits with discipline and gratitude. If you find yourself caught into unhealthy habits that you find hard to change, I recommend you join our online program "The Hero in the Mirror" where you can find why we have tendencies that are hard to change and liberate them.

*Which habits in your life are serving your purpose? Which ones are not? Write them down.*

*Which habits help you move forward, and which ones are limiting your progress?*

*Do you need adjustments or recreating your habits? How can you do this?*

To stay in tune with your vision practice healthy habits to support your journey, they are the magical key to success.

Here are some habits to cultivate that can help you expand in many ways.

To transform thoughts, I invite you to use daily affirmations, learn and practice neurolinguistics, read books on positive thinking, meditate, and practice acts of empowerment as much as you can.

To transform emotions, I invite you to go to nature, take a walk outdoors, join circles of people that vibrate in your frequency, meet a mentor or a coach to help you facilitate your process, be thankful for those emotions- they are the blessings for transformation, practice acceptance, forgiveness and gratitude.

To transform ideas, I invite you to take art classes even if you consider yourself not talented, dance, sing, write, paint, craft, experiment new things, create and recreate, and be playful in life.

To transform your body, I invite you to cultivate discipline: work out at least one hour every day, practice yoga, Pilates, Taichi, Qigong, eat consciously organic foods, drink water, supplement properly, love yourself, get a massage, swim in the ocean, lay on the grass, take the sun and laugh a lot.

Do you feel ready for a Trans-formation?

**Awesome!**

Remember to keep your inner warrior on a mission to be on guard 24/7 watching for “the boxes” with limiting beliefs. You don’t want your mind to be giving you excuses already about time, money, family, health, or other perspectives. Find the excuses and deprogram them, then move on.

“Your decisions are important, but your actions are relevant”- Mayadari del Sol

If you want to live the experience of the Acts of Empowerment, or any of the other experiences of the Hero’s Journey, we offer online programs, and one on one coaching experiences to help you find and liberate self-limiting perspectives and memories, and to empower the fulfillment of your destiny with confidence.

**Blessings on your Journey!**

*Mayadari del Sol*