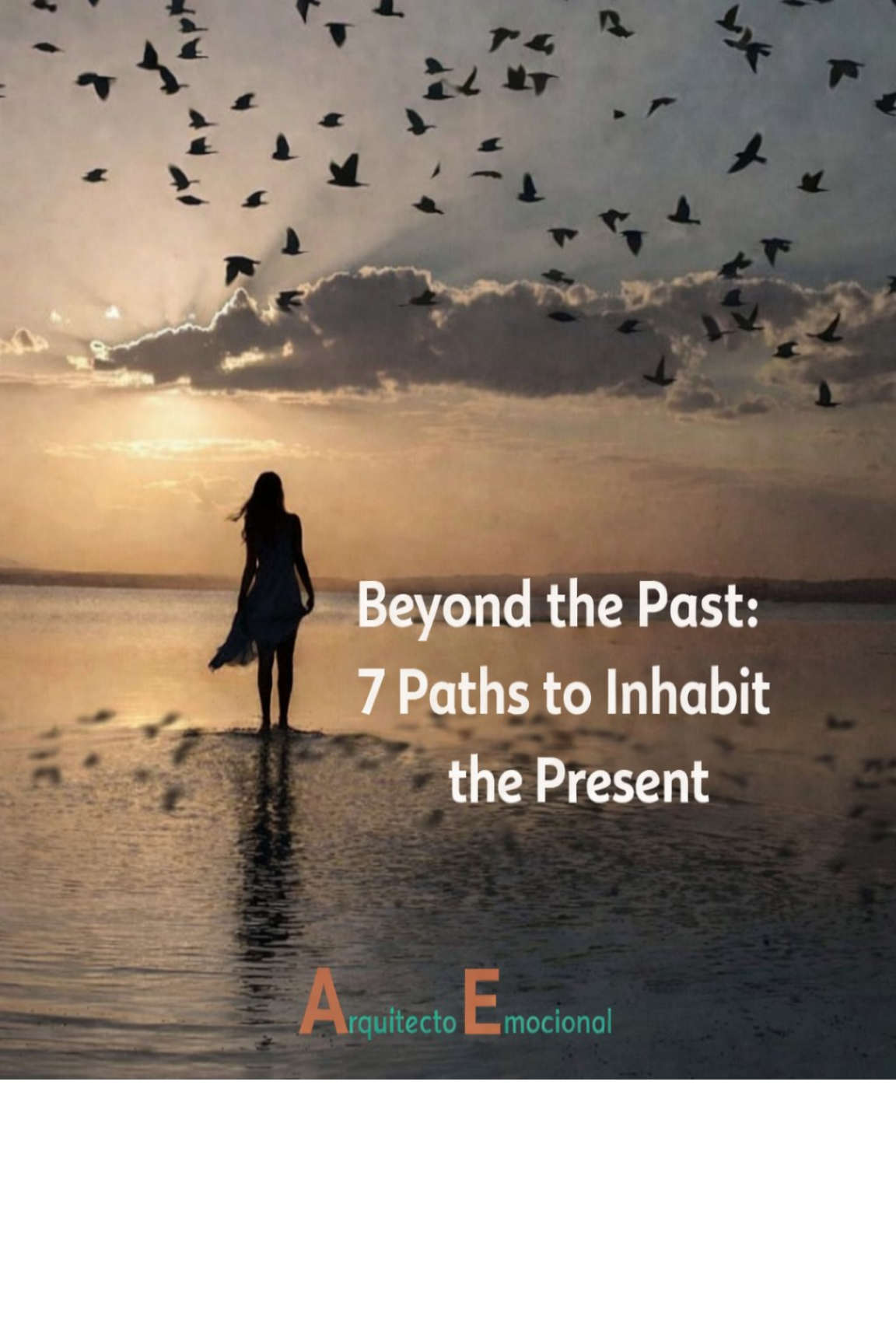


A woman in a white dress stands on a wooden pier extending into a body of water at sunset. The sun is low on the horizon, creating a warm, golden glow. The sky is filled with numerous birds in flight. The woman's silhouette is reflected in the calm water.

Beyond the Past: 7 Paths to Inhabit the Present

Aarquitecto **E**emocional

Introduction: Beyond the Past.

7 Paths to Inhabit the Present

We live immersed in a continuous inner dialogue where the mind jumps again and again between what has already been and what has not yet happened. In that constant movement, we often become trapped in old stories, unresolved emotions, and repeated patterns that pull us away from the living experience of now.

This book is born as an invitation to pause—to release what is no longer necessary to carry, and to recover a more conscious, lighter, and more authentic way of being in everyday life.

Across these seven paths, you will find proposals that will help you to:

- Recognize and question the thoughts that limit your freedom.
- Release stored emotions and give space to wounds from the past so they can transform.
- Open new ways of perceiving and relating to yourself and to the world.
- Cultivate a deeper presence in your relationships.
- Discover the calm that arises when you fully inhabit your inner experience.

Each chapter combines reflection and practice. This is not only about understanding, but about experiencing. The exercises and examples are designed to integrate simply into your day-to-day life, allowing change to be not just an idea, but a real movement from within.

This book is born from my own lived experiences and has been created with the support of artificial intelligence, used as a tool in service of clearer and more structured expression.

Summary of the 7 Approaches

1. Systemic Inquiry into Thoughts

 **Core idea:** Learn to question the thoughts and beliefs that create suffering.

 **Impact:** By challenging the truth of our mental stories, we discover that many have no real foundation. Letting go of these beliefs frees the mind and we experience more peace and clarity.

 **Practical example:**

- Limiting thought: “I will never achieve my goals.”
- Key question: Is it absolutely true?
- Reframe: “I have achieved many things in the past, and I can keep learning and moving forward.”

2. Integrating Emotional Shadows

 **Core idea:** Face and embrace the parts of ourselves we have repressed or rejected.

 **Impact:** True healing happens when we stop denying our emotions and learn to integrate them with compassion.

 **Practical example:**

- Shadow: Feeling jealousy in a relationship.
- Exercise: Instead of avoiding the emotion, observe it and ask: “What fear or unexpressed need is behind this?”
- Result: Instead of reacting impulsively, you use the emotion as a guide to know yourself better.

3. Recalibrating Mindset and Mental Architecture

 **Core idea:** Identify and transform the mental patterns that shape how we perceive reality.

 **Impact:** By questioning our assumptions and reframing our beliefs, we expand our ability to act from clarity rather than fear.

Practical example:

- Limiting belief: “Money is hard to earn.”
- Key question: “Is this an absolute truth or a learned idea?”
- Reframe: “Money is a tool, and I can learn to manage it intelligently.”

4. Deep Presence and the Power of Now

 **Core idea:** Learn to release identification with the past and the future in order to experience the fullness of the present moment.

 **Impact:** When we inhabit the present, suffering dissolves and we find a sense of freedom and expansion.

Practical example:

- Situation: You feel anxious about a future event.
- Exercise: Bring your attention to your breath and feel each inhale and exhale in the present.
- Result: Anxiety decreases when you realize the only moment that truly exists is now.

5. Direct Self-Inquiry in Consciousness

 **Core idea:** Ask “Who am I really?” to disidentify from personal stories and experience the true nature of being.

 **Impact:** Questioning the identity created by the mind helps release attachment to thoughts and reveals more peace.

Practical example:

- Limiting thought: “I am an anxious person.”
- Key question: “Who is observing this anxiety?”
- Result: You discover that anxiety is a passing phenomenon, and you are the awareness observing it.

6. Remaining in the Sense of Pure Being

✨ **Core idea:** Recognize that beyond thoughts and emotions, there is an unchanging and peaceful state of being.

🎯 **Impact:** Resting in the sense of pure being dissolves the need to “do” or “control,” and we experience effortless peace.

📌 **Practical example:**

- Situation: You feel overwhelmed by a personal crisis.
- Exercise: Instead of trying to solve everything, close your eyes and bring attention to the simple feeling of existing.
- Result: You discover that no matter what happens externally, there is always a calm space within you.

7. Embodied Presence and Energetic Awareness in Relationships

💖 **Core idea:** Bring full presence to your interactions to create more authentic and deep connections.

🎯 **Impact:** By releasing old relational patterns and cultivating conscious presence, relationships transform into spaces of love, connection, and growth.

📌 **Practical example:**

- Situation: During an argument with your partner, you feel the impulse to react with anger.
- Exercise: Pause, feel your breath, and observe the emotion without acting immediately.
- Result: Instead of arguing, you can express what you feel from calm and authenticity.

Conclusion: A Journey Back to Yourself

These seven approaches are different paths that lead to the same destination: living with more presence, clarity, and authenticity. Each chapter offers practical tools so you can release the weight of the past, stop anticipating the future, and experience the gift of now.

Choose the approach that resonates most with you and put it into practice. Remember:

- ✅ Real transformation does not happen only by reading, but by applying these teachings in your daily life.
- ✅ It's not about changing who you are, but about discovering what has always been within you.
- ✅ The presence and freedom you seek are not in the future, but here and now.

☀️ Welcome to this journey of exploration and discovery. It's time to let go of the old and embrace the present with a new gaze!



Chapter 1: Systematic Inquiry into Thoughts

How to Question Beliefs and Free Yourself from the Mental Narrative

Introduction: A Practical Method to Break Free from Limiting Thoughts

Our mind functions like a constant narrator, creating stories about our identity, our relationships, our abilities, and what is possible for us. However, many of these narratives are nothing more than subjective interpretations built from past experiences.

Systematic inquiry into thoughts is a practical method that allows us to question these beliefs and discover their lack of real foundation. When we learn to observe our thoughts with curiosity instead of assuming they are absolute truth, we access a new way of experiencing life—lighter, more authentic, and less conditioned by the past.

This chapter provides you with specific exercises, real-life examples, and practical tools so you can integrate this practice into your daily life and experience its benefits immediately.

Section 1: How Thoughts Create Our Reality

Every emotion, reaction, and decision is influenced by the thoughts we choose to believe.

- If we believe “I will never be able to change,” we probably won’t try to do anything differently.
- If we believe “people are not trustworthy,” we will end up distancing ourselves and making relationships difficult.
- If we believe “I need to constantly prove my worth,” we will live in a permanent state of anxiety and self-pressure.

◆ **Example 1: Personal Relationships**

- **Thought:** “If I really mattered to them, they would text me every day.”
- **Consequence:** Frustration, doubt, resentment.
- **Reframe:** “Maybe their way of showing interest is different from mine. How can I communicate what I need instead of assuming I don’t matter?”

◆ **Example 2: Work and Professional Growth**

- **Thought:** “I will never be good at what I do.”
- **Consequence:** Lack of confidence, fear of trying, avoidance of opportunities.
- **Reframe:** “I have learned many things in the past and I can continue improving. Practice will lead me to mastery.”

◆ **Example 3: Self-Image and Wellbeing**

- **Thought:** “I’m not attractive and I will never find a partner.”
- **Consequence:** Low self-esteem, insecurity, isolation.
- **Reframe:** “My worth is not determined by my appearance. I can focus on building authentic relationships from confidence in who I am.”

◆ **Example 4: Fear of Failure**

- **Thought:** “If I fail at this, it will mean I’m not good enough.”
- **Consequence:** Anxiety, fear-based paralysis, extreme perfectionism.
- **Reframe:** “Failure is just part of the learning process. Every attempt brings me closer to improvement.”

◆ **Example 5: Relationship with Money**

- **Thought:** “I will never have enough money.”
- **Consequence:** Financial stress, scarcity mindset, fear of investing in opportunities.
- **Reframe:** “I can improve my financial habits and explore new ways to generate income.”

Section 2: The Four-Step Inquiry Method

Whenever a limiting thought arises, we can apply this four-question process to dismantle it:

Is it absolutely true?

- Do I have concrete proof that this is 100% true?
- Or is it an interpretation based on past experiences or fears?

Can I know for certain that this is true?

- Are there other possible explanations?
- Am I interpreting the situation objectively or through my emotional filter?

How do I feel and how do I act when I believe this thought?

- Does it create anxiety, sadness, anger?
- Does it distance me from others or limit me in some area of my life?

Who would I be without this thought?

- How would my experience change if I didn't believe this?
- Would I feel lighter, more open, more confident?

Practical Example:

Thought: “I’m not good enough.”

1 Is it absolutely true?

- No. There are many things in which I have shown ability and progress.

2 Can I know for certain that this is true?

- No. It’s just a perception based on self-criticism, not an absolute reality.

3 How do I feel when I believe this?

- I feel insecure, doubt myself, and avoid opportunities.

4 Who would I be without this thought?

- I would feel freer to try, with less fear of judgment.

Reframe:

“I don’t need to be perfect to be valuable. I am constantly growing, and that is enough.”

Section 3: Practical Exercises to Integrate Inquiry

Exercise 1: Limiting Thoughts Journal

 **Goal:** Detect thought patterns and question them.

1 For one week, each night write down one thought that caused you stress or discomfort.

2 Use the four inquiry questions to analyze it.

3 Reframe the thought into a more realistic and compassionate version.

Example:

- Thought: “I won’t be able to handle this new responsibility at work.”
- Reframe: “It’s a challenge, but I’ve learned many things in the past and I can learn this too.”

Exercise 2: Practice in Difficult Conversations

 **Goal:** Avoid automatic reactions in conflicts.

- 1 In an argument or difficult conversation, pause before responding.
- 2 Ask yourself: “Am I interpreting this situation from my fears or past beliefs?”
- 3 Reframe your response from a more conscious place.

Exercise 3: The Mirror Technique

 **Goal:** Identify personal projections in others’ behavior.

- 1 Whenever someone bothers you or triggers a strong reaction, ask yourself what part of you is being reflected in that person.
- 2 Observe whether what irritates you is something you unconsciously criticize in yourself.
- 3 Reframe the situation from a new perspective.

Conclusion: The Mind as an Ally, Not a Prison

- ◆ Thoughts are only interpretations, not absolute truths.
- ◆ We can choose which stories to believe and which to question.
- ◆ Suffering decreases when we stop identifying with unnecessary narratives.
- ◆ Every time we question a limiting thought, we gain more inner freedom.

 **NOW IT’S YOUR TURN:** Apply these exercises in your life and discover how your experience transforms. 

Chapter 2: Integrating Emotional Shadows

Transform Your Pain into Personal Freedom

Introduction: Healing at the Root

We all carry aspects of ourselves that we have learned to hide, reject, or fear. These hidden aspects form our emotional shadow, and although we may believe that ignoring them is the best option, the truth is that they continue to affect our daily lives.

Unintegrated wounds influence our emotional reactions, our relationships, and our self-esteem. When we face these parts with courage and allow ourselves to feel without judgment, we open the path to real transformation.

This chapter is entirely practical and includes numerous examples and concrete exercises to help you integrate your emotional shadow and turn pain into personal growth.

Section 1: What Is the Emotional Shadow and How Does It Affect Us?

The emotional shadow is made up of repressed emotions, limiting beliefs, and aspects of our personality that we have rejected. It can manifest in many ways:

- Disproportionate reactions in certain situations.
- Excessive judgment of others (what we reject in ourselves, we project outward).
- Harsh self-criticism and low self-esteem.
- Difficulties in relationships due to unconscious patterns.

Example 1: Disproportionate Automatic Reactions

- **Situation:** Your partner tells you they forgot to buy something you asked for.
- **Reaction:** You get excessively angry and feel that “they never listen to you.”
- **Hidden shadow:** A feeling of abandonment or not being seen.

Example 2: Projection onto Others

- **Situation:** You criticize people who seem confident and self-assured.
- **Hidden shadow:** A repressed desire to express yourself with confidence, held back by fear of judgment.

Example 3: Avoidance of Pain

- **Situation:** You avoid talking about certain topics because they create emotional discomfort.
- **Hidden shadow:** Unresolved pain that is still alive.

Section 2: How to Identify Your Emotional Shadow

Before healing an emotional wound, we must first see it clearly. Below are a series of exercises to help you detect your shadows and begin the integration process.

Exercise 1: Observe Your Emotional Triggers

♦ **Goal:** Identify which situations provoke intense emotional responses.

[1] For one week, take note of situations that generate disproportionate emotional reactions.

[2] Ask yourself:

- What part of me feels threatened?
- What underlying belief or wound might be getting activated?

[3] Write down any memories or repetitive patterns that arise.

 **Example:**

- **Situation:** You felt upset when a friend canceled plans at the last minute.
- **Emotion:** Anger and a feeling of not being valued.
- **Possible shadow:** Fear of rejection or abandonment rooted in childhood.

Exercise 2: The Mirror – What You Judge in Others

 **Goal:** Discover repressed aspects of your own personality.

[1] Make a list of the attitudes in others that irritate you the most.

[2] Ask yourself:

- Why does this attitude bother me so much?
- At what moments in my life have I tried to repress this quality in myself?

[3] Reflect on how you could integrate this quality into your life in a healthy way.

Example:

- You judge people who express anger easily.
- **Reflection:** Perhaps you taught yourself that feeling anger is “wrong,” and you have repressed your own anger for years.
- **Action:** Explore healthy ways to express anger instead of denying it.

Exercise 3: Shadow Journal

 **Goal:** Give a voice to the parts of you that have been ignored.

- 1 Write a letter from the perspective of the part of you that has been repressed.
- 2 Let it express itself without filters.
- 3 Then, respond from a more compassionate part of yourself.

Example:

- **Shadow Letter:** “I’ve always felt invisible. You never allowed me to express myself because you believed vulnerability was dangerous.”
- **Response Letter:** “I see you now. There is nothing wrong with showing what I feel. I can give you a safe space.”

Section 3: Practices to Integrate the Shadow and Transform Pain into Personal Power

The goal is not to “eliminate” the shadow, but to recognize and accept it as part of our humanity. Below are some practices to heal and integrate repressed emotions.

Exercise 4: Embrace the Emotion Instead of Repressing It

📌 **Goal:** Stop fighting uncomfortable emotions and learn to feel them without resistance.

- 1 When you feel an intense emotion, pause and breathe deeply.
- 2 Say mentally: “This emotion has permission to exist.”
- 3 Place a hand on your chest or abdomen and feel the emotion in your body.
- 4 Instead of analyzing it, simply observe it until it begins to dissolve.

📌 **Example:**

- **Situation:** You feel insecure at a social gathering.
- **Action:** Instead of distracting yourself or pretending confidence, you allow yourself to feel the discomfort without running from it.

Exercise 5: Reconnecting with the Inner Child

📌 **Goal:** Heal emotional wounds from the past.

- 1 Find a photo of yourself as a child and look at it with kindness.
- 2 Ask yourself:
 - What did this child need that they didn’t receive?
 - How can I give them what they need today?
- 3 Write a message of love and validation to your inner child.

📌 **Example:**

- “Little [your name], I see your effort. I see how much you wanted to be loved and valued. Today I embrace you and take care of you.”

Exercise 6: Safe Expression Practice

📌 **Goal:** Learn to release repressed emotions safely.

- 1 Sit in a private space and say out loud what you feel without censorship.
- 2 You can write it, speak it out loud, or even express it physically (hit a cushion, run, scream in a safe place).
- 3 Notice how the emotion changes after allowing yourself to express it.

🗨️ **Example:**

- “It hurts that I was treated this way, and it’s okay to feel this anger. I’m not going to deny it anymore.”

Conclusion: Light Appears Only When We Look at Our Shadow

- ◆ Healing does not mean eliminating the shadow, but integrating it with love.
- ◆ Every repressed emotion carries a message for you.
- ◆ The shadow is not your enemy; it is a part of you that only wants to be seen and accepted.
- ◆ When you allow yourself to feel without fear, the energy trapped in pain is released.

☀️ **NOW IT’S YOUR TURN:** Apply these exercises in your life and observe how your relationship with your shadow changes, bringing more clarity, peace, and authenticity. 🚀

Chapter 3: Recalibrating Mindset and Mental Architecture

Break Mental Illusions and Build a New Perspective

Introduction: Freeing Yourself from the Mental Cage

Our mind is programmed to seek certainty and avoid the unknown. Throughout our lives, we absorb beliefs about who we are, what is possible for us, and how the world “should” be.

Many of these beliefs are mental illusions—narratives that keep us trapped in the past or worried about the future. We don’t question them because they feel real, but when we learn to observe them with distance, we see they are constructed structures, not absolute truths.

This chapter will show you how to dismantle limiting beliefs and reframe your mindset so you can experience life from a freer state, without old conditioning.

Here you’ll find specific exercises, practical tools, and many examples to help you step out of outdated mental patterns and reconfigure how you perceive reality.

Section 1: How Our Mind Creates Illusions

1. Thoughts Are Not Reality

Our mind does not describe reality—it interprets it. We believe what we think is true because we’ve repeated it many times, but in reality, it’s only a subjective version of the facts.

◆ Example 1: Assuming the Worst

- **Thought:** “If I express what I feel, others will reject me.”

- **Consequence:** You avoid saying what you think, which creates resentment and inauthentic relationships.
- **New Perspective:** “I can’t control how others react, but I can be honest and trust that my authenticity will attract those who accept me.”

◆ **Example 2: Projecting the Past onto the Present**

- **Thought:** “I always fail when I try something new.”
- **Consequence:** You don’t dare to try different things.
- **New Perspective:** “Every attempt is different. I’ve learned a lot since the last time, and my present is not defined by my past.”

2. Detecting Mental Assumptions

Many of our limiting beliefs come from untested assumptions.

◆ **Exercise: Assumption Journal**

[1] For one week, write down any negative thought that arises spontaneously.

[2] Ask yourself:

- Do I have real evidence that this is true?
 - Can I be completely sure this assumption will come true?
- [3] Reframe the belief into a more open possibility.

📖 **Example:**

- **Assumption:** “I’ll never find a job that makes me happy.”
- **Challenge:** “Have I explored all options?”
- **New Perspective:** “If I keep searching and learning, it’s very possible I’ll find something that excites me.”

Section 2: How to Reframe the Mind and Break Patterns

1. Reinterpreting Limiting Beliefs

When we see our beliefs as something flexible, we can change their structure and create new ways of thinking.

Exercise: The Opposites Game

- 1** Write a negative belief about yourself or life.
- 2** Write the opposite of that belief.
- 3** Find at least three examples in your life where the opposite has been true.
- 4** Observe this as proof that the original belief is not an absolute truth.

Example:

- **Belief:** “I’m not good at relationships.”
- **Opposite:** “I have the ability to build deep and meaningful relationships.”
- **Evidence:**
 1. I have friends I genuinely connect with.
 2. At certain times, I’ve communicated clearly.
 3. I can keep learning and improving my relationship skills.

2. Letting Go of Control Over the Future

Fear of the future comes from the idea that we can predict it or control it. But the future is only a possibility, not a certainty.

Exercise: Questioning Fear of the Future

- 1** Identify a fear about the future that worries you.

2 Ask yourself:

- Has this fear happened before exactly as I imagined it?
- If it happens, what would I do to handle it?
- What other possibilities exist?

3 Reframe the belief into a more open one.

⇒ **Example:**

- **Fear:** “What if I never find someone to share my life with?”
- **Reframe:** “I don’t know what will happen in the future, but there are many opportunities to connect with new people along the way.”

Section 3: Practices to Unlock the Mind and Expand Perception

1. Change the Story You Tell Yourself

📌 **Exercise: The Alternative Story**

- 1 Think of a difficult experience you’ve had.
- 2 Write the story the way you normally tell it.
- 3 Now rewrite it from another perspective, highlighting the learning and positive aspects.

⇒ **Example:**

- **Original Story:** “I was rejected for a job, and that proves I’m not enough.”
- **New Story:** “That job wasn’t for me, but it helped me improve my presentation and find a better opportunity afterward.”

2. Practice Expansive Thinking

When we train our mind to see beyond limitations, our perception of the world changes.



Exercise: The Expansive Question

- 1 Think of an area of your life where you feel stuck.
- 2 Ask yourself: What would happen if the problem didn't exist? How would I act if I already had the solution? What would I do if I weren't afraid?



Example (Situation: You don't dare to launch your own business):

- **Question:** "What would I do if I weren't afraid of failing?"
- **Action:** You take the first step—researching the market or creating a pilot test.

Conclusion: A New Way of Thinking, A New Life

- ◆ Our reality is shaped by how we interpret events.
- ◆ We can reconfigure our mindset and live with more freedom.
- ◆ Mental illusions only limit us if we don't question them.
- ◆ Changing the story we tell ourselves changes how we experience life.



NOW IT'S YOUR TURN: Apply these exercises and discover how your mind becomes your ally instead of your prison. 

Chapter 4: Deep Presence and the Power of Now

How the Present Moment Can Transform Your Life

Introduction: The Present as the Only Place of Power

Most people live trapped in two dimensions of the mind:

- ♦ **The past**, where mistakes, wounds, and resentments are replayed.
- ♦ **The future**, where worries, fears, and expectations are projected.

This constant oscillation between what “*was*” and what “*might be*” prevents us from fully experiencing the present—the only moment where life actually happens.

This chapter will show you how to anchor yourself in deep presence, free yourself from identification with unnecessary thoughts, and experience lasting peace.

Here you will find practical exercises, everyday examples, and simple tools to help you cultivate greater presence in your daily life.

Section 1: How Identification with the Past and the Future Steals the Present

The human mind tends to cling to past experiences and use them to predict or control the future. However, this fixation keeps us trapped in repetitive patterns and unresolved emotions.

Example 1: Constantly Reliving the Past

- **Situation:** You remember a past relationship that ended badly and repeatedly think about what you could have done differently.

- **Consequence:** You don't enjoy the present because you remain emotionally attached to an event that is already over.
- **New Perspective:** The past lives only in your mind; every time you bring it into the present, you impose unnecessary suffering on yourself.

Example 2: Anxiety About the Future

- **Situation:** You are worried about whether you might lose your job in the coming months.
- **Consequence:** You stress every day over something that hasn't happened yet, affecting your well-being and performance.
- **New Perspective:** Worry does not change the future—it only ruins the present. The only thing you can do is take action now.

✦ Exercise: Identify Your Mental Anchor Point

- 1 Ask yourself: "*Where is my attention right now?*"
- 2 If you notice you are in the past or the future, return to the present with the following affirmation:
 - "*I am here, now.*"
- 3 Take three deep breaths and observe your surroundings with full attention.

This simple exercise trains you to notice when your mind wanders and gently bring it back to presence.

Section 2: How to Live in the Present with Full Attention

Being present does not mean ignoring the past or the future; it means recognizing that the only place where you truly have power is **now**.

Example 1: Presence in Conversations

- **Situation:** You are with friends, but instead of listening, your mind is replaying an argument you had at work.
- **Consequence:** You miss the opportunity to connect and enjoy the moment.
- **Exercise:**
 - Focus completely on the person who is speaking. Observe their facial expression, tone of voice, and body language.
 - Each time you notice your mind drifting, consciously return to the conversation.

Example 2: Mindful Eating

- **Situation:** You eat quickly and distractedly, checking your phone or thinking about tasks.
- **Consequence:** You don't enjoy the food, you eat more than necessary, and you're not truly present.
- **Exercise:**
 - Take each bite with attention. Notice the colors, textures, and flavors.
 - Chew slowly, without distractions.

Exercise: Anchoring in the Senses

[1] Choose any moment of the day to pause and bring full attention to your senses:

- **Sight:** Notice colors and shapes around you.
- **Hearing:** Listen to the subtlest sounds.
- **Touch:** Feel the temperature of the air on your skin or the contact of your clothes.

[2] Do this for one minute and observe how your mind immediately calms down.

Section 3: How to Deactivate the Pain Body and Release the Past

The “*pain body*” is the collection of unresolved emotions that the mind repeatedly relives. It activates when certain events or thoughts trigger old wounds.

Example 1: A Comment That Awakens Old Wounds

- **Situation:** Someone criticizes you at work and you feel a strong emotional reaction.
- **Consequence:** You become disproportionately angry because the comment triggered childhood insecurities.
- **Exercise:**
 - Instead of reacting impulsively, pause and feel the emotion without judging it.
 - Ask yourself: “*Is this reaction proportional to the present, or is it an echo of the past?*”
 - Take a deep breath before responding calmly.



Exercise: Observe and Accept the Pain Body

- 1 Close your eyes and bring your attention to any uncomfortable emotion.
- 2 Don’t judge it or try to change it—simply observe it without resistance.
- 3 Breathe and allow the emotion to be present without fighting it.
- 4 Notice how, as you accept it, its intensity begins to fade.

Section 4: How to Release Fear of the Future and Trust the Now

Fear of the future is an illusion that disconnects us from the present. We believe that by worrying we are preventing something, but in reality, we are only draining our energy.

Example 1: Fear of the Unknown

- **Situation:** You want to move to another city, but fear paralyzes you.
- **Consequence:** You stay where you are, even though you're unhappy.
- **Exercise:**
 - Ask yourself: *"What evidence do I have that I can't handle whatever comes?"*
 - Write down three past situations where you successfully faced the unknown.

Example 2: Letting Go of Control Over the Future

- **Situation:** You worry that something will go wrong in an important meeting.
- **Consequence:** Anxiety makes you less effective and less present.
- **Exercise:**
 - Focus on the now: What can you do at this moment to prepare?
 - Accept uncertainty as a natural part of life.

✦ Exercise: Accepting What Is

[1] Whenever you feel worry about the future, silently say:

- *"I accept this moment exactly as it is."*
- [2] Take a deep breath and notice how mental resistance decreases.

Conclusion: Presence as the Greatest Gift

- ◆ The past and the future exist only in the mind; real life happens in the present.
- ◆ Each time you anchor yourself in the now, you regain peace and clarity.
- ◆ Observing the pain body without resistance helps dissolve it.
- ◆ Uncertainty is part of life—accepting it is liberating.

☀️ **NOW IT'S YOUR TURN:** Apply these exercises and discover the transformative power of fully inhabiting the present moment. 🚀

Chapter 5: Direct Self-Inquiry into Consciousness

Discovering Who You Are Beyond the Personal Story

Introduction: Questioning the Inner Observer

One of the deepest questions you can ask yourself is: **“Who am I really?”**

From the moment we are born, we build an identity based on experiences, beliefs, memories, and social roles. Yet when we look beyond these layers, we discover that the “self” we believe ourselves to be is more conceptual than real.

This chapter will guide you through a process of direct self-inquiry—a practice that allows you to explore which part of you is real and which part is merely a mental construction.

Here you will find practical exercises, key questions, and everyday examples to help you release limiting identifications and experience the peace and freedom of your true nature.

Section 1: Identity as a Mental Construction

From an early age, we accumulate labels that define our identity:

- ◆ “I am intelligent / I am clumsy.”
- ◆ “I am anxious / I am confident.”
- ◆ “I am successful / I am a failure.”

These labels are not the truth of who you are; they are simply thoughts the mind repeats again and again.



Exercise: Identifying Your Personal Story

1 Write down the phrases you use to define yourself. For example:

- “I am a person who always needs to be in control.”
- “I am someone who has never been lucky in love.”
- [2] Ask yourself:
 - How do I know this is true?
 - Is this a certainty, or just a repeated belief?
- [3] Rephrase each sentence by removing the identification.
For example:
 - Instead of “I am anxious,” try: *“Sometimes I experience anxiety, but it does not define who I am.”*

◆ **Example 1: Questioning a Limiting Identity**

- **Situation:** You believe you are shy and incapable of speaking in public.
- **Consequence:** You avoid situations where you could express yourself.
- **New Perspective:** Shyness is just a learned pattern, not your true identity.

◆ **Example 2: Separating Experience from Identity**

- **Situation:** Someone rejects you in a relationship and you think, “I am not enough.”
- **Consequence:** The rejection reinforces a limiting belief about yourself.
- **New Perspective:** *“Rejection is an external experience; it does not define my worth as a person.”*

Section 2: Who Is the One Observing the Experience?

One of the greatest discoveries in self-inquiry is realizing that there is something within you that is aware of all thoughts, emotions, and experiences—yet is not affected by them.

Exercise: Observing the Observer

- [1]** Close your eyes and notice the thoughts that arise.
- [2]** Ask: “*Who is observing these thoughts?*”
- [3]** Notice that thoughts change, but the observer remains unchanged.
- [4]** Rest in that awareness without trying to control it.

◆ **Example 1: Observing Instead of Reacting**

- **Situation:** A negative thought arises (“I’m going to fail at this”).
- **Exercise:** Instead of believing it, simply observe it without judgment.
- **Result:** You notice the thought is temporary and loses its power over you.

◆ **Example 2: The Observing Self in the Midst of Stress**

- **Situation:** You feel overwhelmed by excessive workload.
- **Exercise:** Pause and ask, “*Who is the one who feels overwhelmed?*”
- **Result:** You discover that the feeling of stress does not define your true nature.

Section 3: Questioning Suffering and Letting Go of the Past

Suffering arises when we identify with a painful story. When we question who is truly suffering, attachment to pain begins to dissolve.

Exercise: “Who Is the One Who Suffers?”

[1] Think of a past situation that still causes you pain.

[2] Ask:

- Who is suffering right now?
- Am I this thought, or am I the one observing it?
- [3] Notice that suffering persists only when you identify with the story.

Example 1: Releasing the Past

- **Situation:** You remain resentful about a friend’s betrayal.
- **Exercise:** Ask, “*Who is clinging to this resentment?*”
- **Result:** Seeing that the pain is only a re-lived thought allows you to let it go.

Example 2: Separating from the Mental Story

- **Situation:** You constantly think about past mistakes.
- **Exercise:** Ask, “*If I weren’t thinking about this, would the problem still exist?*”
- **Result:** You realize the problem lives only in the mind.

Section 4: Releasing Fear of the Future

Fear of the future is a mental projection based on assumptions. When we investigate who is afraid, we see that fear has no real owner.

Exercise: “Who Is Afraid?”

[1] Identify a recurring fear (e.g., “I’m afraid of losing my job”).

[2] Ask:

- Who in me is afraid?
- Is this fear a certainty, or just an idea?
- [3] Notice how fear loses its power when observed without identification.

◆ Example 1: Letting Go of Future Anxiety

- **Situation:** You are worried about an important presentation.
- **Exercise:** Ask, “*Is it really me who is afraid, or just a thought?*”
- **Result:** Anxiety diminishes when you see fear is not part of your identity.

◆ Example 2: Accepting Uncertainty

- **Situation:** You worry that something bad will happen in your life.
- **Exercise:** Ask, “*Can I be absolutely sure that something bad will happen?*”
- **Result:** The mind relaxes when it realizes the future is uncertain—and that this is not necessarily negative.

Conclusion: The Freedom of Knowing Who You Are

- ◆ Your identity is not a story; it is the awareness that observes the story.
- ◆ Suffering dissolves when you stop identifying with thoughts.
- ◆ The past and the future exist only in the mind; peace is found in the present.
- ◆ Questioning “*Who am I?*” opens the door to a lighter, freer way of living.

Chapter 6: Remaining in the Sense of Pure Being

Reconnecting with Your Nature Beyond the Mind

Introduction: Discovering Pure Awareness

Most people identify with their thoughts, emotions, and experiences. Yet beyond these mental narratives, there exists a pure presence that does not change. It is the awareness that observes everything that arises and disappears in your mind.

This chapter will guide you on a journey of self-exploration to recognize the peace and fullness that are already present within you. It is not about attaining something new, but about realizing what you already are before any thought or emotion appears. Here you will find practical exercises and everyday examples to help you step out of mental noise and rest in the natural, effortless state of pure being.

Section 1: The Difference Between Thinking and Being

How We Get Lost in the Mind

The mind is constantly generating thoughts and emotions. We believe we are those thoughts, but in reality, we are the awareness that observes them.

✦ Exercise: Noticing the Difference Between Thinking and Being

- 1 Close your eyes and let thoughts flow without trying to control them. Ask yourself: *“Who is observing these thoughts?”*
- 2 Notice that there is a silent space behind the thoughts.
- 3 Rest in that space, without analyzing it.

◆ **Example 1: Stepping Out of the Stream of Thoughts**

- **Situation:** A thought arises such as “I am not enough,” and you begin to analyze it.
- **Exercise:** Instead of engaging, simply observe it and let it pass.
- **Result:** You discover that thoughts come and go, but you remain.

◆ **Example 2: Identifying Mental Noise vs. the Peace of Being**

- **Situation:** You feel anxious before an important meeting.
- **Exercise:** Instead of analyzing the anxiety, bring your attention to the sensation of simply “being,” without defining it.
- **Result:** Anxiety loses intensity when you focus on the awareness that observes it.

Section 2: Experiencing the Natural State of Being

Presence Prior to Any Thought

Before any thought arises, you already exist. You do not need a thought in order to “be.” When you realize this, you access a deep and effortless peace.

◆ **Exercise: Resting in Being Without Thoughts**

- 1 Sit in silence and let your attention rest on the sensation of simply existing.
- 2 Do not seek a special experience; simply notice that you already are, without doing anything.
- 3 Remain there as long as possible, without expectations.

◆ **Example 1: Awakening in Pure Awareness**

- **Situation:** You are walking through a park and notice your mind analyzing everything.
- **Exercise:** Instead of labeling what you see, simply observe without words or judgments.
- **Result:** You experience a natural, effortless state of peace.

◆ **Example 2: Remaining in Being Amid Chaos**

- **Situation:** You feel overwhelmed by too many responsibilities.
- **Exercise:** Pause, close your eyes, and bring your attention to the sensation of simply existing.
- **Result:** You notice that stress is in the mind, while awareness remains calm.

Section 3: Letting Go of the Past Naturally

You Do Not Need to Struggle to Release the Past

We often try to let go of the past through effort, but in truth, the past dissolves when we stop identifying with it.

◆ **Exercise: Seeing the Past as a Dream**

- 1 Recall a past event that still affects you.
- 2 Ask: *“Does this still exist now, or is it only a thought?”*
- 3 Realize that the past lives only in the mind.
- 4 Focus on the here and now, without forcing anything.

◆ **Example 1: Stopping the Replaying of a Painful Memory**

- **Situation:** You keep thinking about an argument from months ago.
- **Exercise:** Instead of analyzing the memory, ask whether it truly exists in this moment.
- **Result:** You see that the memory lives only in your mind and you can let it go.

◆ **Example 2: Releasing Old Identities**

- **Situation:** You believe that you will “always be an insecure person” because of past experiences.
- **Exercise:** Bring your attention to the present and notice that this identity is only a thought, not an absolute reality.
- **Result:** You discover that you do not need to define yourself by the past.

Section 4: Living from the Peace of Being

Life Becomes Lighter When You Stop Chasing Thoughts

When you recognize that you do not need to identify with every thought, life becomes simpler and lighter.



Exercise: Observing Without Attachment

- 1 Throughout the day, notice how thoughts appear and disappear.
- 2 Ask: *“Do I need to believe this thought, or can I let it pass?”*
- 3 Notice that you are free not to engage with every thought that arises.

◆ **Example 1: Avoiding Automatic Reactions**

- **Situation:** Someone criticizes you and you feel the urge to defend yourself.
- **Exercise:** Before reacting, observe the thought without identifying with it.
- **Result:** You respond calmly instead of reacting impulsively.

◆ **Example 2: Enjoying Life with Less Mental Activity**

- **Situation:** You are at the beach, but your mind is worried about work.
- **Exercise:** Bring your attention to the sensation of the sun, the breeze, and the sound of the sea.
- **Result:** You enjoy the moment without needing to analyze it.

Conclusion: Rest in Your Essential Nature

- ◆ You do not need to “do” anything in order to be; you already are what you seek.
- ◆ The past dissolves when you stop identifying with it.
- ◆ You can live without clinging to every thought, experiencing life with greater lightness.
- ◆ Remaining in the sense of pure being is the greatest rest you can give yourself.

☀️ **NOW IT'S YOUR TURN:** Apply these exercises and discover the peace that has always been available within you. 🚀

Chapter 7: Embodied Presence and Energetic Awareness in Relationships

Chapter 7: Embodied Presence and Energetic Awareness in Relationships

Cultivating Deep Connections Through Presence

Introduction: Relationship as a Space of Awareness

Relationships are not just interactions between two people; they are a reflection of the level of presence and awareness that each person brings to the encounter. The way we relate to others depends directly on our connection to the present moment and to our inner energy.

When we are absent, distracted, or trapped in the past, our relationships become mechanical, superficial, or full of unnecessary friction. However, when we fully inhabit our body and energy, we create a space of authentic connection, trust, and depth.

This chapter explores how embodied presence and energetic awareness can transform the way we relate. Here you will find practical exercises, self-exploration tools, and concrete examples to improve your personal, romantic, and professional relationships.

Section 1: The Importance of Being Present in Relationships

1. What Is Embodied Presence?

Embodied presence means being fully in your body and in the present moment while relating to someone. It involves:

- ✓ Feeling your breath and the energy in your body.
- ✓ Observing what happens in the interaction without judgment.
- ✓ Not being carried away by thoughts about the past or the future.

Exercise: Listening with the Body

[1] The next time you talk with someone, bring your attention to:

- The sensation of your breath.
- The posture of your body.
- The tone and rhythm of the other person's voice.

[2] Avoid formulating responses in your mind while the other person is speaking.

[3] Simply listen and feel the energy of the conversation, without inner interruptions.

Example 1: Transforming Communication with a Partner or Friends

- **Situation:** You tend to interrupt or think about what you will say while the other person is talking.
- **Exercise:** Practice listening with total presence, without planning responses.
- **Result:** The other person feels truly heard and the connection deepens.

Example 2: Avoiding Distractions in Conversations

- **Situation:** You are having dinner with your partner but constantly checking your phone.
- **Exercise:** Put your phone on silent and focus solely on the interaction.
- **Result:** You feel greater closeness and genuine connection.

Section 2: How to Release Energetic Blocks from the Past

The Impact of Unresolved Emotional Charge

If we have not processed past experiences, we continue bringing those energies into our current relationships. This can show up as:

- ✗ Unconscious expectations.
- ✗ Disproportionate emotional reactions.
- ✗ Fear of vulnerability or rejection.

✦ **Exercise: Identifying Past Emotional Loads**

- 1 Ask yourself: In which situations in my current relationship do I react in an exaggerated way?
- 2 Write down which emotions or memories from the past might be activated in those moments.
- 3 Bring attention to your body and notice where you feel tension or blockage.
- 4 Breathe deeply into that area and visualize the emotional weight dissolving.

◆ **Example 1: Releasing Fear of Abandonment**

- **Situation:** In a romantic relationship, you feel anxious when the other person does not reply quickly to your messages.
- **Exercise:** Ask yourself: Does this fear come from the present, or from a wound in the past?
- **Result:** By recognizing it as an old pattern, you can avoid reacting from insecurity.

◆ Example 2: Not Letting Past Experiences Control the Present

- **Situation:** At work, you struggle to trust colleagues because you were betrayed in the past.
- **Exercise:** Before assuming the same thing will happen again, give yourself permission to observe the situation with fresh eyes.
- **Result:** You act from clarity, not from paranoia.

Section 3: Aligning Energy in Relationships

The Importance of Energetic Polarity

In relationships—especially romantic ones—there is an energetic dance between the masculine and the feminine (regardless of gender). When there is balance in this polarity, the relationship feels fluid, magnetic, and authentically connected.

📌 Exercise: Cultivating Conscious Polarity

[1] If you identify more with masculine energy:

- **Deep presence:** Maintain a grounded posture, breathe slowly, and sustain eye contact.
- **Decision and direction:** Instead of saying “I don’t know what to do,” express clarity in your intention.

[2] If you identify more with feminine energy:

- **Open expression:** Allow yourself to feel and communicate what is happening inside you without over-filtering.
- **Flow and receptivity:** Instead of controlling the situation, experience what it feels like to be guided and to flow.

◆ **Example 1: Restoring Attraction in a Relationship**

- **Situation:** The relationship has become monotonous and attraction has decreased.
- **Exercise:** Increase polarity: if you usually take the initiative, try receiving—and vice versa.
- **Result:** The dynamic shifts and the energy of attraction returns.

◆ **Example 2: Becoming Aware of Energy in the Body**

- **Situation:** During an argument, you feel tension in your chest and your breathing speeds up.
- **Exercise:** Instead of reacting impulsively, breathe deeply and bring attention to your feet (grounding).
- **Result:** You respond calmly instead of from automatic reaction.

Section 4: Creating Relationships with True Connection

The Power of Conscious Vulnerability

True intimacy arises when we show ourselves without masks. For this to happen, we need to let go of the fear of judgment and the need to control.

✦ **Exercise: Sharing from Authenticity**

[1] In your next important conversation, instead of speaking from logic, express yourself from the present emotion.

[2] Use phrases such as:

- “Right now I feel...”

- “When you did this, my body reacted in this way...”

[3] Observe how the energy of the conversation changes when you show yourself without barriers.

◆ **Example 1: Improving Communication with Your Partner**

- **Situation:** You feel that your partner does not understand you.
- **Exercise:** Instead of blaming, say: “When that happened, I felt this way.”
- **Result:** A deeper conversation arises, without defensiveness.

◆ **Example 2: Connecting Better with Others**

- **Situation:** You find it difficult to open up in new friendships.
- **Exercise:** Instead of hiding what you feel, share a personal experience honestly.
- **Result:** The connection becomes more authentic and less superficial.

Conclusion: Relating from Presence Changes Everything

- ◆ Presence is the key to deep and meaningful relationships.
- ◆ Letting go of past burdens allows connection to flow without blocks.
- ◆ Energetic polarity maintains magnetism and vitality in relationships.
- ◆ Authentic vulnerability creates trust and true closeness.

☀️ **NOW IT'S YOUR TURN:** Apply these exercises and observe how your way of relating transforms through awareness and presence. 🚀

Final Conclusion: A New Beginning from Presence

Together we have traveled 7 paths to release and let the past rest, and to fully inhabit the present.

Each of these approaches offers practical tools to transform the way you think, feel, and relate to the world. Now the next step is in your hands: to apply these teachings in your daily life and experience their effects.

Remember that this is not about changing who you are, but about letting go of the layers of conditioning that prevent you from seeing the truth of what you already are: a free, conscious presence with an infinite capacity to live from authenticity.

This is not the end of the journey, but the beginning of a new way of living—one in which the past no longer limits you, the future no longer unsettles you, and the present becomes a space of fulfillment.

The Journey Continues...

This book has been a starting point. Now it is up to you to put it into practice and turn each day into an opportunity to live with greater freedom, awareness, and love.

☀ Living in the present is the greatest transformation you can experience.

☀ Letting go of the past opens you to a lighter, more authentic life.

☀ Creating conscious relationships enriches your human experience.

Related books: ConstelacionesFamiliares.es/books

Angel Primal Directory: AngelPrimal.com/dir

Authentic Relationships & Connection: SoulmateSpain.com

In addition to inhabiting the present on an individual level, an essential part of personal growth is the quality of our relationships. For this reason, we have created a space dedicated to finding and cultivating authentic bonds, based on presence, connection, and depth.



If you are looking for:

💖 A conscious relationship with a partner who resonates with you.

💬 Tools to improve communication and intimacy as a couple.

💡 Keys to releasing toxic patterns and opening yourself to a genuine relationship.

Then this project is for you.

Love is not a game of chance, but a reflection of the level of presence and authenticity with which you relate.

BACK COVER

This book does not seek to teach, but to open a space of presence and reconnection with what is essential.

Beyond the Past / 7 Paths to Inhabit the Present is an invitation to step out of the noise of the mind and return to the living space of the present.

Through seven simple yet profound approaches, this book proposes seven ways to release old emotional burdens, question limiting patterns, and recover a way of inhabiting life with greater awareness, calm, and authenticity.

Each chapter combines reflection and practice, offering clear exercises and everyday examples that allow change to be integrated into daily experience, beyond mere mental understanding.

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