

Author's notes

How to read this book

This is not a customary book, it's not a novel, it's not a tale, it's not what you always thought a book should be.

These are direct messages from your soul for you to listen to, emotions channelled and freed through the heart of the author of this book.

It's a continuous chapter of emotions and feelings without any order. For emotions and feelings don't come in order, you just need to feel them, that's all.

Be brave to explore every chapter independently, as if you were at that moment of your past life when you were feeling what the chapter is about.

If you want to read it in order, allow your soul to open the book at the page she wishes, for that chapter is what you'll need at that moment of your life.

Or, if you prefer, there's another way to read it. In this Instagram account <https://www.instagram.com/mensajesdesdetualma> you'll find a selection of photographs. Feel free to choose the photograph that strikes you the most, as the picture you've chosen will lead you to the chapter your soul wants you to read at that moment.

You'll find the chapter's number and title in the comments with each photograph, thus leading you to the chapter you need to read at that precise moment.

You'll use your sense of sight, your unconscious, your own empathy and intuition to access what you need to read.

When you put empathy, intuition, logic, conscience, wisdom, intelligence, art, emotion and feelings together, magic moments arise.

You'll also find philosophy, psychology, science, religion, coaching and personal development, but above all there is love in these texts, which were written to free emotions using the heart.

It's an abstract idea of life, to live the life you always wished to live.

**These are the whispers that your soul wants to communicate to you at this very moment of your
life**