

A Year With Brainz Magazine

*Ten Articles On Personal Growth,
Manifestation Work,
And The Divine Power Of Love*

BRAINZ
MAGAZINE
EXECUTIVE CONTRIBUTOR

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Prologue



On October 2022, I was recruited by Brainz Magazine, one of Internet's leading publications on personal development; during the whole year that this collaboration has lasted, I published ten exclusive articles on personal growth and spiritual work; to celebrate this collaboration, I have created this ebook, containing all the work published with them. For this work, I was awarded a CREA Distinction, in the Spiritual Counselor category:



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Carolina



Grateful Is A Verb

We constantly hear about the power of being grateful from all the enlightened masters, whether if it's through divinely inspired writings, direct mediumship and channeling, or any other of the many ways that the Higher Consciousness uses to communicate with us, but – do you really understand how gratefulness works, and what it can do for you?

Most people thinks of gratefulness as something positive, but few people see it for what it truly is: an active tool, a transformational power that can change your mind completely, and therefore your whole life.

Turning gratefulness into a superpower is rooted into just one simple belief: that whatever we appreciate, we increase. If we learn to see where we sabotage ourselves, and stop doing it, there is really no limit to the level of growth and expansion we can achieve; let's see some examples.

Example 1: You just got a small gift of money from a friend, a small bonus at work, or a small inheritance.

Avoid saying like *I'm grateful, but it won't make me rich* or *I'm grateful, but it won't fix everything*. Why? Because whatever comes after *but* negates your gratefulness, and its power.

Instead, say *I am grateful for this sign of more abundance to come, and I bless (whoever gave it to you)*. That way, you are actively stating that the Universe will be sending even more abundance your way.

Example 2: Someone you love tells you that you are beautiful, or intelligent, or kind, or strong, or all of it.

Avoid saying *Thank you, but you don't need to say that*, or dismissing the compliment in any way, even with a gesture. Let it in, and thank the person with love.

When you are alone, replay that moment and say *I am grateful for this sign of love and appreciation, and I bless (whoever gave you the compliment)*. That way, you are stating that you are accepting that love, and that the Universe will be sending more your way.



Example 3: You have asked God/the Spirit Guides/the Higher Consciousness for a sign. You receive an answer, but you feel like you need a confirmation.

Avoid saying things like *Thank you, but this is not enough* or *I am not sure what this message means*.

Instead, say *I am grateful for this sign/message, and I am trusting that I am being divinely guided through it*. That way, you are informing Divinity that you have noticed their communication, and stating that your channeling will be strengthened.

These three examples show what being *actively grateful* really does for you – it is you, empowering yourself by multiplying your own blessings. It's not a passive process, because you are taking what you are given, and telling the Universe that you want more of it. This is why I always say that Grateful Is A Verb.

Your Spiritual Power Is One Good Choice Away



In my work as a spiritual counsellor, one of the questions I get more often is *I feel like I am stuck in my spiritual growth. How do I reach a higher level, how do I step up my power, my clarity, my relationship with Spirit Guides/Deities?*

Our view of ourselves, and of our relationship with the world, is made of a corpus of beliefs that we have put together from all our past experiences. Just as in any other area of our life, these beliefs can be twisted and obscured by trauma, keeping us from believing in the true miracle that having a thriving spiritual life can bring to us.

This view of ourselves, and of the world, needs to be deeply revised and transformed. Every new life starts with identifying each old pattern that is hindering us, changing it for a new one, and persisting until it has substituted the old one, becoming a new part of our identity. **Without fail, as this new identity emerges, a new life emerges with it; as you change yourself, the whole Universe changes.**

The simplest way to move forward is to ask yourself – what do you think has kept you away from your spiritual growth?

Do you find it difficult to follow routines when it comes to prayer, meditation or study? Then work on implementing more creativity and joyful flow into your spiritual work. Stop thinking that you are failing, and start teaching yourself to be flexible, to follow your intuition, to listen to what you are being guided to.

Do you find it difficult to develop a strong relationship with Spirits, Deities, and Spirit Guides? Then work on self-love and positive thoughts about yourself. Stop thinking that you are being unloved or unheard, and start seeing yourself through their eyes; bursting with the divine Light that lives inside you.

Do you find it difficult to see manifestations of your magical work? Then focus on your personal power, understand what it truly is, and start removing from your life anything that takes your power away. Stop thinking that you'll never get what you want, and start working on achieving an unbreakable, unstoppable faith.

And remember - every moment is filled with all spiritual power, for its ability to be transformed is endless. There is no wrong day to start changing, to start moving forward, to completely renew your spiritual practise. Every single second is in your hands, completely full of possibility, ready to become the first second of your new life. Believe me, dear reader - your spiritual power is one good choice away.

The Truth Only Spirits See

When it comes to channeling messages from the Spirits for my customers, one of the pieces of advice I get all the time is one that, I'm sure, will surprise many readers, and it is *You are not as equipped to measure the results of your own work as you think you are.* What does this truly mean, and why is this advice given so often?

To better illustrate this process, I'll use an example: you do prosperity work for you own business, or you pay someone to do it for you. You do affirmations, meditations, and any rituals that harmonize with your own spiritual path. **After a month, you have barely made enough to pay the bills.**

Your evaluation: *this work did not bring me anything of value.* Your faith dwindles, you feel isolated from the Spirits and unheard; you feel like you did not do it well, or not enough. You may feel like your investment has been completely lost.

The truth that only Spirits see: your work was perfect and needed, and it manifested as well as it could have worked. If you had not done it, events that were in your way would have led you to ending up homeless. The Spirits have been there with you at all times, fighting off those events from your path. **You have even made enough to pay all your bills.**

From their view, this is a complete success, and the point where you continue working on building your future prosperity. You are surrounded by love and protection, and truly thriving.

From our small, small perspective as humans, it is extremely difficult to measure our true position in the world; but from the Spirits' position, things are different. If you are walking under their protection, you should always trust them, and trust in the work that is done in their name, whether if you do it yourself, or if you ask a practitioner to perform it for you.



And this is one of the most important laws for any spiritual development; that **appearances can be deeply misleading, to say the least, and that our faith should never depend on them.** Our perception of our reality is only that, a perception, constantly blurred by circumstance, and by our difficulty to gain perspective. To have a spiritual path means to work constantly on strengthening our understanding of this law, and having the courage to live under it.

And yes, it is a work of courage. To believe in oneself, and in the success we decree through our spiritual work, is an act of courage. Why? Because it requires that we are ready to accept that we could be completely wrong about where we think we are, and that hurts our ego and its biases, and could destroy our own victim complex and self-abusing narratives. **To believe in ourselves is to believe in the Spirits, and in all the forms that Divine Love has, because it means to believe that we are always chosen, heard, and loved.**

The Spell You Are Always Casting

When it comes to spiritual growth, why do some people are so successful at reaching goals and manifesting change, while others with the same talents seem to struggle so hard? One of the most repeated answers to this question is very simple; because they are constantly casting a spell against themselves.



Your word is a magical power in itself, for good and bad. Your word is literally your ability to cast a constant spell over your own life, and to shape your inner reality; and whatever shape your inner reality has, it will influence a great amount of your outer reality too. Words are the beginning of ALL creation.

A very effective way to train yourself into having a more powerful mind+spirit (for me, this always works as a combo) is to observe the way you talk about your everyday life, and work to reprogram your most negative patterns into more positive ones. Let's see this through an example:

If you find yourself saying constantly things like *“I never have enough time”*, or *“I am always late”*, or have an abstract, but constant and pressing idea of hurry on your mind – then it is time to stop every time those words come, breathe three times in and out deeply and slowly, and reprogram with *“there is time for everything”*, *“timing is always perfect in my life”*, *“I always have time enough”* or create affirmations that fit your specific needs.

And, this is extremely important: you have to believe it, understand it, and embody it. You have to rejoice in the feeling that those affirmations create, and you have to start existing from that new perspective; and that means **learning to savour life at every single moment, learning to remove useless distractions and filling your life with meaning and experience. Your words need YOU to become manifestation; if you do not allow them to happen through you, they just won't.**

Don't forget that this is always a process, that there is no finish line, and that you are just human; to fail is completely normal, and for something to become second nature, it takes time. This is a training, a practise; just as you would not become an Olympic athlete in a day, a week, or even a year, retraining your thoughts is a continued effort.

And be careful; things that you say as funny, filled with sarcasm or nihilism, act exactly the same way as those who are more obviously harmful, because your subconscious does not know the difference between one and the other. While having a good sense of humour is extremely useful for a happy life, and it can sometimes help us cope with difficult situations, that is not the same as entertaining unhealthy cynicism. If it's keeping you from moving on and growing, it is time to leave it behind!

An Exercise In Manifestation: A Past, Present, And Future You

A law from manifestation work that I think is often overlooked, and that when used correctly can have miraculous results, is that when it comes to your timeline, manifestation works simultaneously in all directions. because the perceived direction of time is nothing but an illusion.

When understood and harnessed, this law can be used as a limitless tool to heal the past, empower the present, and change the future – and I have to say this again, with results beyond what I can describe in this article, especially when it comes to patients with an extremely negative self-narrative, patients who have suffered from extremely critical and cynical parents, or patients who have recently finished a relationship with a narcissistic or destructive partner.



This healing process is tied to another essential law of manifestation: that a great amount (if not all) of our experience of the world is created by our own mind. **We tend to use manifestation work only as a tool for the future, but if this future is the result of the thoughts we have now, and therefore the present is the result of thoughts we had in the past, shouldn't working on healing the past result in a better present, and that process would naturally cause a better future?**

How does this work? While there are many ways to approach this kind of work, the easiest one, which is available to absolutely anyone, is using the power of both affirmation and imagination.

Set a time and a frequency for this exercise; while this is up to you and your schedule, I would definitely recommend doing it twice a week, and preferably after waking up, so you can also enjoy the benefits of starting your day with the great energy that this practise will bring.

After taking a moment to ground and focus, start by visualizing Past You, standing in front of you. **What Past You needs, most of all, is encouragement and unconditional love**, so begin by feeling this love intensely. Once you have reached this feeling, repeat this affirmations:

I am so proud of you. You keep growing every day, stronger, more loving, more powerful. Your path opens before you, free of obstacles, and you make the best choices you can make, every single time. You walk towards your destiny with an open heart, giving and receiving love. You are whole. You are loved. You are one with your Divine purpose.

Then, move on softly to Present You, focusing on your heart chakra. **What Present You needs, most of all, is acceptance; radical, unapologetical acceptance**, so begin by releasing all judgement about yourself. Once you have reached this feeling, repeat this affirmations:

I accept myself completely, exactly as I am right now. All the different aspects of my being are accepted and loved, without judgement. I enjoy being myself. I am exactly where I need to be. I am grateful for every lesson in my life, because it is there to teach me something of great value. I am one with my Divine Purpose.



Finally, move on to Future You. **What Future You needs, most of all, is your imagination, free from all limiting beliefs, ready and open to receive the Universe's blessings.** Begin by focusing on the joy of receiving limitless blessings from the future, and when you have reached this feeling, visualize Future You telling you this:

I am so proud of you. You keep growing every day, stronger, more loving, more powerful. Your path opens before you, free of obstacles, and you make the best choices you can make, every single time. You walk towards your destiny with an open heart, giving and receiving love. You are whole. You are loved. You are one with your Divine purpose.

Before comments come in – yes, I am aware that these are the same affirmations that you said to Past You. **And that is exactly the secret; that the true magic of this process lies in being in an endless cycle of Love, constantly empowering yourself; that Past, Present, and Future You are one and the same, and that all of them affect all of them. Think about the power such truth can have on your happiness, on your success, on your choices!**

Self-Empowerment And Astrology: What Each Sign Needs To Know



How can a good understanding of astrology help with personal success and self-empowerment practises? When it comes to embrace your true nature and natural strengths, a lot. This article offers a starting point on the subject, with specific advice for each sign.

Aries: You own your power when you stop acting like an overachiever, and learn to embrace ease. It's your natural grace and kindness, and your authenticity, and not your merits, what brings people to your side, and what makes them stay.

Taurus: You own your power when you stop being everyone's right hand, and learn to embrace sovereignty over your life, space, and destiny. Stop feeding vampires, and stay only where you are given as much as you give. You are loved because of who you are, not because of your helpfulness.

Gemini: You own your power when you let go of cynicism and bitterness, and learn to embrace joy, delight, pleasure, and wonder. You won't find any happiness where there is no openness, no gratefulness, and no kindness. Come out of the darkness, it's not cool.

Cancer: You own your power when you stop delaying your own growth, and learn to embrace a kind, nurturing maturity without complaints and self-pity. Give without limits and without expectations, and allow life to shower you back with blessings.

Leo: You own your power when you put down the shield and allow your warmth and kindness to show. Stop feeding your ego through having enemies, and learn to make true friends instead. You can be truly loved for who you are, exactly as you are.

Virgo: You own your power when you let things and people be what and who they are. Criticism is not a useful tool when you use it to keep people away; it's a weapon that hurts others. Throw it away, and let people come close and invade your heart.

Libra: You own your power when you make the right choices, instead of allowing life to carry you without a direction, and then complain about where you end up. You are filled with light and intellect; use it for your own good, and keep the promise of never, ever, looking the other way again.

Scorpio: You own your power when you stop enjoying winning over enjoying being loved. There is nothing interesting about being negative, about revenge, or about resentment; this attitude is just keeping you from happiness and joy. And you deserve tons of both.

Sagittarius: You own your power when you learn to count to ten, breathe deep, and stay, instead of jumping off and running away from any sort of emotional depth or conflict. You were given that mind, and that heart, to heal yourself and the world.

Capricorn: You own your power when you refuse to grow old, and hold on to your ability to be young and wild inside, forever. Let go of grudges, let go of the past, let go of your own boring and predictable idea of yourself, and create a new you as you please. No one can stop you.

Aquarius: You own your power when you allow your intelligence and your morality to work together, instead of using the first to make a slave of the second. Do what is right, be proud of it, and use it for the good of all, which is truly your deepest desire. Become an inspiration.

Pisces: You own your power when you stop being afraid of the future, and instead make the future fear you. You are not the helpless victim you often think you are; your strength and your toughness are just misused against yourself. Stand tall.



The Power Of Alignment

Have you ever asked yourself why some people radiate warmth and satisfaction, and are a source of light and empowerment wherever they go, while others act like psychic vampires, draining everyone around them? The answer is very simple: because of their alignment. Do you understand what alignment truly is, and how to attain it?

When you are aligned, serendipity and intuition work as one, your self-awareness speaks loud and clear, your relationships are profound and fulfilling, and your path opens before you, free of doubts and fear. On the other hand, when you are misaligned, obstacles show up continuously, emptiness defines your relationships, and nothing seems to flow your way.

One of the main mistakes people make when it comes to understanding how alignment works is to think that it includes moving towards something – as in moving towards success, or towards happiness. This illusion of the separation of *where, what, and who I am* and *where, what, and who I want to be* is the axis of all misalignment.

By definition, alignment can only happen when we are deeply rooted in the present – because the present is the only true vibration that is actually happening. The past is only memory, and the future is only imagination; while they both have their own usefulness, none of them can be used in alignment work. Only the present can.

To align is to make something your present, to bring it from the realm of imagination/manifestation (which are one and the same to me), and to fully perceive it in the present, as present. To align is to say I AM. To align is to regain full control of our power as Divine Creators.

You can't find love in the future if you can't feel loved and loving now. You can't manifest abundance if you don't feel abundant now. You can't manifest health unless you vibrate in present, radiant, joyful health. Nothing can happen or manifest unless you feel it completely fulfilled in the present vibration.



What you must remember at all times is that bringing that awareness into your present is NOT achieved through imagining a future where things are different, but by seeing the present as it truly is: because being loved and loving, being abundant, and being healthy, are your unalienable rights, the true nature of your consciousness and being.

Since we are only consciousness experiencing the material world, circumstances follow thought, and not the other way around. When you achieve a mental state in which you already are fulfilled with all blessings, your circumstances will start to follow your thought, and transform themselves into better ones.

And, most importantly, your awareness of the direction you should follow will become completely clear, because the most important thing alignment brings is clarity of mind and spirit, and when it comes to creating a better life, the most important tool in your hands is making better choices.

The Power Of A Loving Mind

In Manifestation work, the vibration of your thoughts attracts and reflects whatever is like them. In this article, I am reflecting on how to overcome mental negativity, plus a very exciting extra: a channeled Spirit message on the Divine Source!



Negative mental patterns do not just appear in your head; they are originated in trauma and negative beliefs, almost always in the very first years of our lives. They configure a map of how the world works, a map of others' behaviours, and a map of who we are, and how much we deserve.

This trauma is the exact vibrational opposite of the Divine Source; it teaches you all that you cannot trust, all that you will never be, never have, and never find. It teaches you to give up on everything, because why bothering. It's not worth the effort.

By definition, this can only manifest as illness (mental, physical, spiritual and emotional illness), inability to make good choices for the bettering of our circumstances, extremely troubled relationships, loss of all kinds, accidents and danger for our physical bodies, and more.

Luckily, these patterns can be changed – Manifestation work has a tremendous

healing power, that absolutely everyone can use. *The following paragraphs are basically a channeled message from the group of Spirits who work with me constantly. This was transcribed and edited as little as possible for the article:*

When worry comes to you, fill your soul, your mind, your heart, with the presence of the Divine Source. Feel it surround you, fill you, heal you, recharge you, let it change your vibration completely, and let it start working through you by emanating its essence all around you.

This feeling is always available, always at your reach, whenever you feel discouraged and disconnected. It never ends, it never lessens, it never moves away from you, and no matter how much you've been feeling lost, you can always find it again.

Its love for you is completely unconditional, and knows no limit. It loves you exactly as you are, right now, and also exactly as you were, and exactly as you will be, because for the Divine Source, time is meaningless. It has never stopped loving you, and never will.

Sin is not something you have done, it's not your guilt or your mistakes, and definitely not something that you are – sin is to live not listening to this presence, and acting as if it was not alive within you. Sin is the darkness that you choose, when the Light is always shining.

So, change and forgiveness are always there, within this Light – you only have to align with it. And alignment comes from existing in the same vibration as this Light, using your mind to focus only on It.

The good, the beauty, the wisdom and the opportunity that you must see in everything will reflect back to you, healing you, and then manifesting as blessings. Stop carrying that weight, and let go – once you harness the power of a Loving Mind, there will be no more pain.

Standing In Your Own Way: How We Block The Abundance We Deserve



One of the most powerfully healing principles of Manifestation Magic is that we are not helpless victims of unjust fate, but directors of the experience of our current incarnation. This power should grant us complete control of this experience, making it one of constant joy and abundance; but, more often than not, it is exactly the opposite.

How do we avoid standing in our own way, and improve our alignment? First of all, identifying the situations where we are blocking the way of energy to flow. Here are the five most important ways we push manifestation away from us:

1: Having a superficial understanding of Manifestation Magic.

This is a subject I have been studying for years, and I still find new and more powerful meaning, new and deeper ideas, and more connections, continuously. Manifestation Magic can be just as liberating as it is complex, and takes time to be internalized fully.

Tip: Don't give up, and constantly return to your studies. Go beyond social media influencers, and study the sources.

2: Learning all about Manifestation Magic, but not actually applying anything to your life.

It is not enough with reading – it is not even enough with understanding it at the rational level. Without applying it to your direct experience of the world, all effort is wasted, because rational understanding does not impress the subconscious mind.

Tip: Let your work transform you. Allow yourself to change.

3: Focusing on specific results so much that they blind you to any other forms your desire may be manifesting already.

It is completely normal to lose perspective, especially when we are focusing on details, and stressed by life events. But, we must be vigilant of our behaviour and thought patterns, and always remember to look at our life in a holistic way when it comes to check for results.

Tip: Focus on openness and work on relaxation exercises. A more relaxed mind is more receptive and creative.

4: Not believing the constant confirmations the Universe is using to reassure you and connect with your subconscious, and not using the confirmation-to-gratitude route enough.

It is a universal law that the work you put into yourself, is the work the Universe will put into you – so, as soon as you start working on yourself, you will receive confirmations in many forms. Constantly second guessing them is cutting yourself off from this connection of Divine Love.

Tip: stop the second guessing and start being deeply thankful. The more you train yourself to be thankful, the more things to be thankful for that will appear in your life.

5: Not understanding what faith truly is, not using it enough, and not working on strengthening it every day.

Faith is not asking, faith is not expecting, faith is not believing in something or someone else giving you anything.

Faith is an unbreakable and unconditional connection to the Divine Source, that trusts without waivering in the fact that all abundance and joy are your divine birthright. Faith is stating this every time we are scared, confused, tired, or angry. Faith is doing our work, knowing that the Universe is doing its part, without question or anxiety.

Tip: read this article, and others, many many times. Then, open your heart completely to the Divine Source.



Loving Yourself Is A Superpower

In Manifestation work, the term “Self-Care” is used constantly, and is often misinterpreted as pampering or self-enabling; but actually, it is one of the most powerful tools we have to improve our lives.

First, it must be understood that self-care, as in treating yourself to a favourite pleasure, enjoying hobbies, or just getting enough rest, *is perfectly fine* – as long as it is not used as escapism to avoid accountability for our own life.

Self-care can easily turn into a weapon for self-enabling, so we must always look for a good balance between giving ourselves tenderness and loving care, and keeping ourselves in check about what we need to do to achieve happiness.

Both are just equally important for your Manifestation to work, and one will not work without the other, because self-care is the *vehicle* (as the feeling of Love), and accountability is the *goal* (whatever keeps you in expansion).

Also, it is important to remember that when self-care becomes escapism, it is often rooted in trauma, in the kind of trauma that taught you that *You are not worth the effort that success, health, and achievement take. That you will never get there anyway. That you don't have what it takes.*

But you can choose not to listen.

When you take care of yourself – as loving self-care, *and* also as accountability and as making the best choices for your life – you are making an investment that plants a seed, every time; this seed will return manifested as abundance, health, and opportunity, simply because that is how one of the most important laws of Manifestation works.

You are telling the Universe: *this is how I treat myself, and therefore, the only treatment I will accept. Any less than this is not acceptable.* So, the more you do it, the better you do it, and the more consistent you are at it, the more seeds will manifest and return as blessings into your life.

You set the example first, and then the Universe follows, and not the other way around; **magic needs you to manifest itself**, so don't wait for things to change until you have proved first that you have changed yourself.

You are the only thing you will ever own. You are your only reality. You are the place where you will live, forever. So, not only it is totally worth any effort, it's nobody else's responsibility, and no-one can do it for you. You will only harness the power that is equal to your level of responsibility towards your own happiness.

And remember, you are not in this alone. You have the Divine Source always within you, and you have people like me, who educate on this process and perform spiritual work, at your reach. To think that you must achieve everything on your own is another trauma-based belief; never be afraid to use any help around you, and go back to the books and articles that inspire you as much, and as often, as you need. There is no limit to your growth, to your success, or to the happiness and healing you can achieve!



Well, that was it!

**I hope it has empowered you and inspired you.
Each one of these pieces was written
with great Love,
with the guiding hand of my Cuadro Espiritual on my shoulder,
for the growth and healing of ALL.**

**Many Blessings
Carolina**