

Free Teachings.



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The Zenith Master SPIRIT in the mountain.

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Introduction.

The free teachings are a resource that give you many means to deliver the following:

1. Activate your subtlety.
2. Activate your matter.
3. Activate the languages of life, experience, and expression.
4. Activate your structure of life, experience, and expression.
5. Activate your inner world.
6. Activate your external world.
7. Activate your freedom.
8. Activate your success.
9. Activate your recognition.
10. Activate your divinity.
11. Activate your elevation.
12. Activate your grounding to Earth.
13. Activate your expansion.
14. Activate your soul.
15. Activate your soul family.
16. Activate your advancement.
17. Activate your evolution, and
18. Activate your mobilization to whatever is next.

You, the Masters, and this book are a team.

The free teachings are given by the Masters to humanity to help humanity advance, evolve and mobilize to whatever is next.

Humanity has been in a space of discord for a very long time, but the time has come to change this. This change brings a new way to live, to experience, and to express life, experience, and expression. These are a team that is always delivering outcomes.

These outcomes can be constructive or destructive. We want to have constructive outcomes and we do not want to have destructive

outcomes.

Outcomes are the result of activities, processes, and actions that we take. If our activities, processes and actions are destructive, we will have destructive outcomes. If our activities, processes, and actions are constructive, we will have constructive outcomes; as simple as that.

Constructiveness attracts constructiveness, destruction attracts destruction.

The Masters and us need to work together to enable maximum constructiveness. Each one of us has a structure of life, experience, and expression which is meant to deliver specific outcomes. These outcomes require much attention to guarantee being constructive. The Masters, as part of our structure of life, experience, and expression, show us the way to help us do our part.

Our part is very small in relation to the part that the rest of our structure of life, experience, and expression carry out. The rest of our structure of life, experience, and expression carries out 99% of the activities, processes, and actions required to live, experience, and express life, experience, and expression, and we only carry out 1%.

The Masters help humanity as needed to deliver their maximum potential.

The maximum potential of something is a level of perfection that can give maximum means to deliver constructiveness.

Constructiveness benefits by having positivity, understanding, patience, determination, perseverance, discipline, obedience, serenity, stillness, relaxation, and focus. Constructiveness opens spaces, times, and opportunities that enhance and stabilize everything, and this generates constructive chain reactions that deliver countless constructive outcomes.

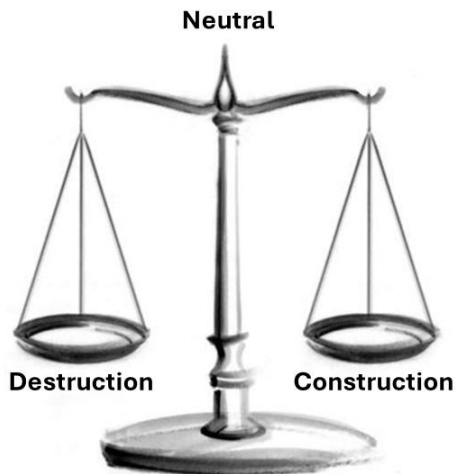
When you are constructive, you deliver everything that is for you.

When you are destructive, you do not deliver what is for you.

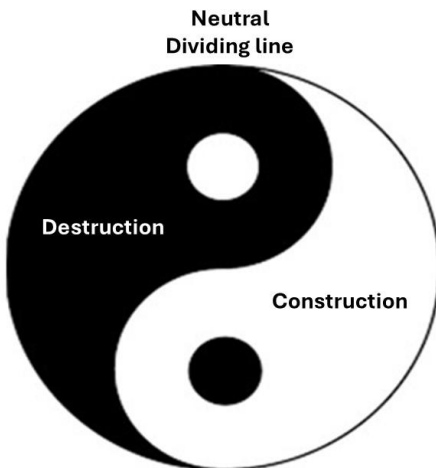
Constructive and destructive are opposites.

Life, experience, and expression are means to learn to be constructive, and for this purpose they use destruction and construction to teach us the difference between them. The idea is to identify the destruction, position it in a neutral space to neutralize it, and then to mobilize to constructiveness. This is a scale that the Masters use to determine where we are in relation to destruction, neutrality and construction.

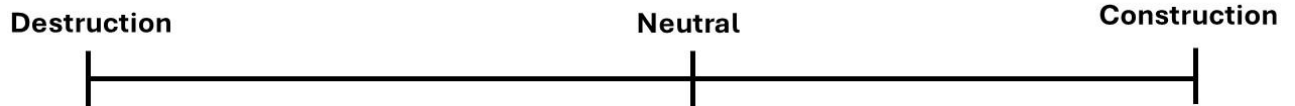
The scale is represented in a balance as follows:



It can also be represented as follows:



Both representations are valid, and there are many other ways to represent this in a drawing. Another example is a simple line as follows:



Independently of the way that it is represented, what matters is to know the following:

1. Destruction is always positioned on the left.
2. Neutral is always in between destruction and construction.
3. Construction is always positioned on the right.

The reason for this is because this is how the Masters teach it.

Destruction, neutral and construction give a complete teaching that help us with being constructive.

The Masters, us, and these free teachings, deliver means to be constructive.

Destruction, neutral, and construction are needed, but they are needed as follows:

1. Destruction is needed in 10%. This percentage guarantees using destruction only as a means to destroy the obsolete, whatever we do not need anymore, whatever is not ours, and whatever damage us.
2. Neutral is needed to separate destruction from construction, and to give the maximum potential.
3. Construction is needed in 90%. This percentage guarantees the delivery of the best of us.

The Masters are always attentive to our activities, processes, and actions to help us as needed.

The Masters teach 4 major teachings as follows:

1. Languages of life, experience, and expression.
2. Structure of life, experience, and expression.
3. Inner world.
4. External world.

These 4 teachings are written in easy practical books that take us step-by-step into resolving issues and acquiring elements of life, experience, and expression that allow us to be constructive.

The Masters also give ways to expand the teachings given in the 4 books as required by each person.

The Masters know what we need to learn, this is part of their work within our structure of life, experience, and expression. They do their best to help us do our best.

One last explanation before we mobilize to the practices, is to know the steps required to learn the teachings from the Masters. These are:

1. The first step is the free teachings.
2. The second step is to learn the languages of life, experience, and expression.
3. The third step is to learn the structure of life, experience, and expression.
4. The fourth step is to learn the inner world.
5. The fifth step is to learn the external world.

Simultaneous from second step is to receive from the Masters any other teachings that are for you.

In the next pages, you find practices that prepare you to mobilize to the second step.

1. Activate your subtlety.

This part of the free teachings is quite powerful. It contains only one practice which is an affirmation that has to be repeated 3 times in silence and 3 times out loud. The affirmation is:

I activate my subtlety to the maximum measure.

This affirmation begins the chain reaction required to activate your subtlety to the maximum measure in due course.

2. Activate your matter.

This activation involves a 1-minute attention in the heart. This attention activates matter in the entire structure of life, experience, and expression.

This attention in the heart is done only once with the intention of activating your matter in your entire structure of life, experience, and expression. In this level, you do not need to know the details of this structure.

3. Activate the languages of life, experience, and expression.

This is our book 1, and it explains the following languages:

1. Language of the pendulum.
2. Language of channeling.
3. Language of the heart.
4. Language of nature.
5. Language of the consciousness.
6. Language of the Masters.
7. Language of direct writing and drawing.

In this activation, you just need to affirm the following 4 times in

silence and 4 times out loud to begin the activation of the 7 languages mentioned:

I want to learn the language of the pendulum, the language of channeling, the language of the heart, the language of nature, the language of the consciousness, the language of the Masters, and the language of direct writing and drawing to the maximum measure.

4. Activate your structure of life, experience, and expression.

This is our next book 2 and it contains the following:

1. Introduction.
2. Your structure of life, experience, and expression.
3. Benefits of these teachings.
4. Example of a structure of life, experience, and expression.
5. Areas of life, experience, and expression.
6. Processes of life, experience, and expression.
7. Habits.
8. Beliefs.
9. Learning curve.
10. Chain reactions.
11. Past, present, and future.
12. The physical body.
13. To deliver what you want
14. Investigations.
15. Important.
16. Next.
17. How to contact me.
18. Notes.

The following affirmation begins the activation of your structure of life, experience, and expression. Repeat it 9 times in silence and 9 times out loud:

I want to activate my structure of life, experience, and expression to the maximum measure.

5. Activate your inner world.

This is our next book – No. 3, and it contains the following:

1. Introduction.
2. Your Master.
3. Some personal measurements.
4. Other measurements.
5. Drawings representing the inner world – practices.
6. What is next?
7. Notes.

To activate your inner world affirming the following 13 times in silence and 13 times out loud:

I want to activate my inner world to the maximum measure.

This begins the activation of the inner world until it reaches the activation to the maximum measure.

6. Activate your external world.

This is our next book – No. 4, and it contains the following:

1. Introduction.
2. The external world.
3. Message from the Master SPIRIT.
4. Treatments.
5. Therapies.
6. New products.
7. Humanity.
8. Other forms of life, experience, and expression.
9. To life, experience, and express in peace.
10. What is next?

11. Other important measurements.
12. Other.
13. What is next?
14. Notes.

To activate the external world affirm the following 21 times in silence and 21 times out loud:

I want to activate my external world to the maximum measure.

This begins the activation of the external world until its completion to the maximum measure.

7. Activate your freedom.

According to the dictionary, freedom is the power or right to act, speak, or think as you wish without hindrance or restriction. The Masters add the following: freedom is a quality that gives the means to be free.

Freedom is a part of us that enables maximum freedom.

Your freedom expresses in every part of you.

In this teaching you find 60 practices with drawings, exercises, affirmations, meditations, petitions and visualizations which enable you to activate your freedom to the maximum measure. The Masters take action as you perform the practices to help you activate your freedom.

Freedom drawings.

These are 25 drawings.

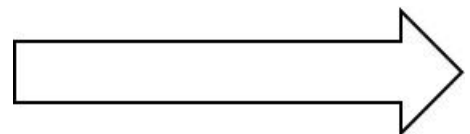
Instructions:

1. Observe the drawing while saying the affirmation, twice in silence and twice in a loud voice.

2. For each drawing, immediately after saying the affirmation, center your attention in your responses and write these for future usage. You will have to use these with other teachings.

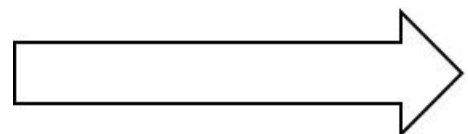
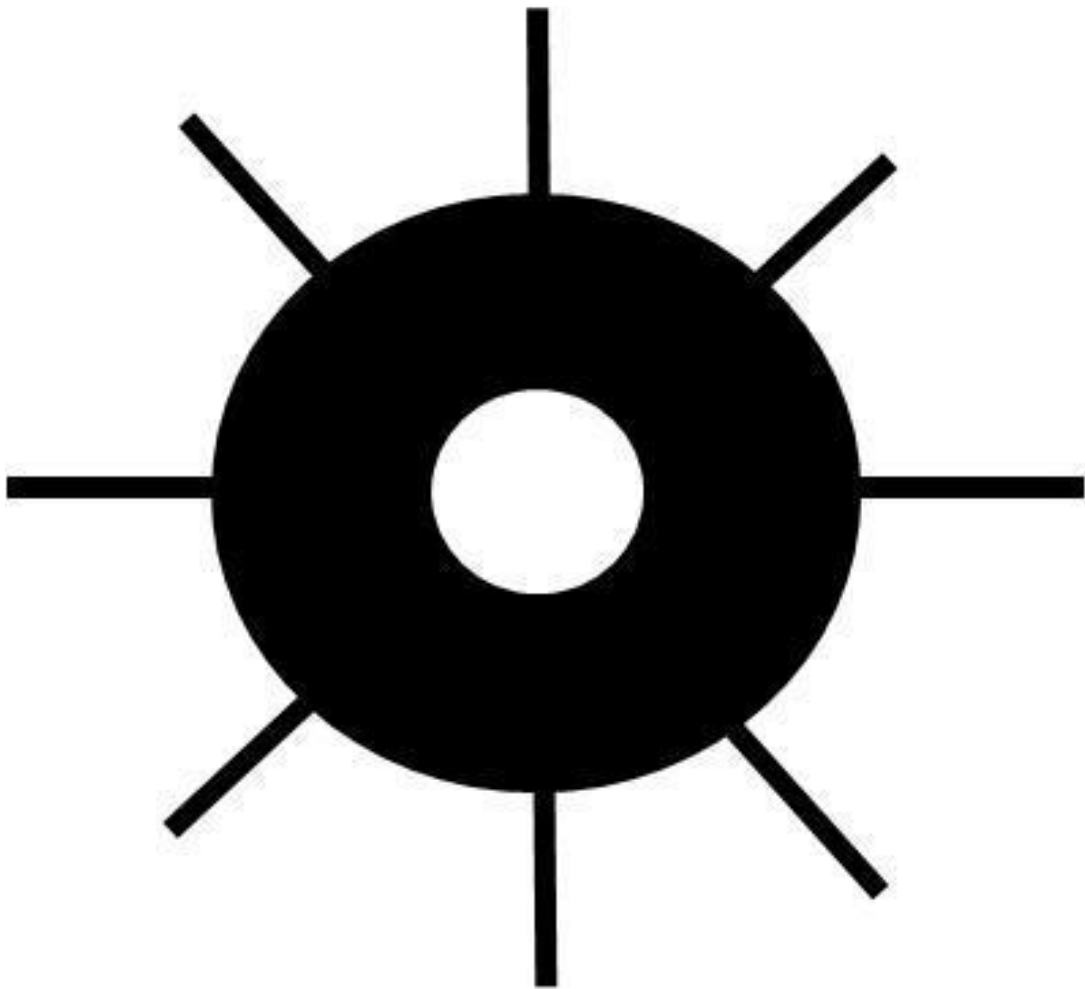
1. Freedom is ...

to do what I want to do, being this beneficial for me and others.



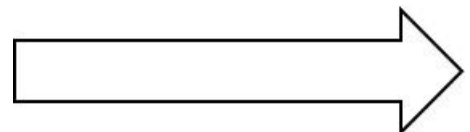
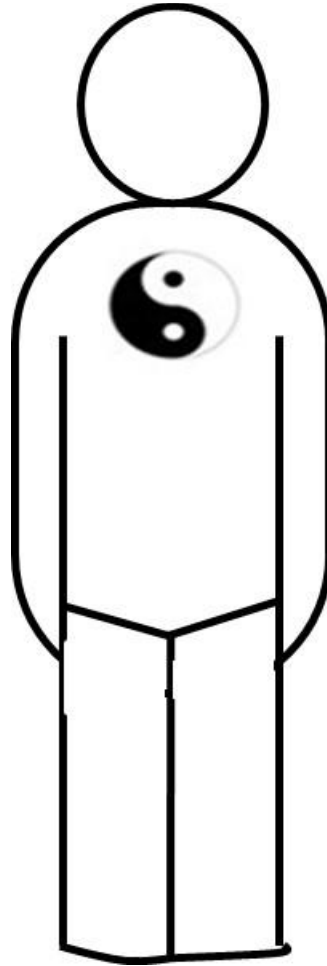
2. Freedom is ...

to know myself inside out.



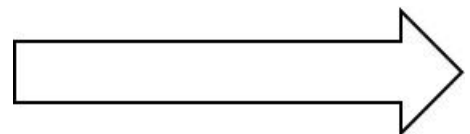
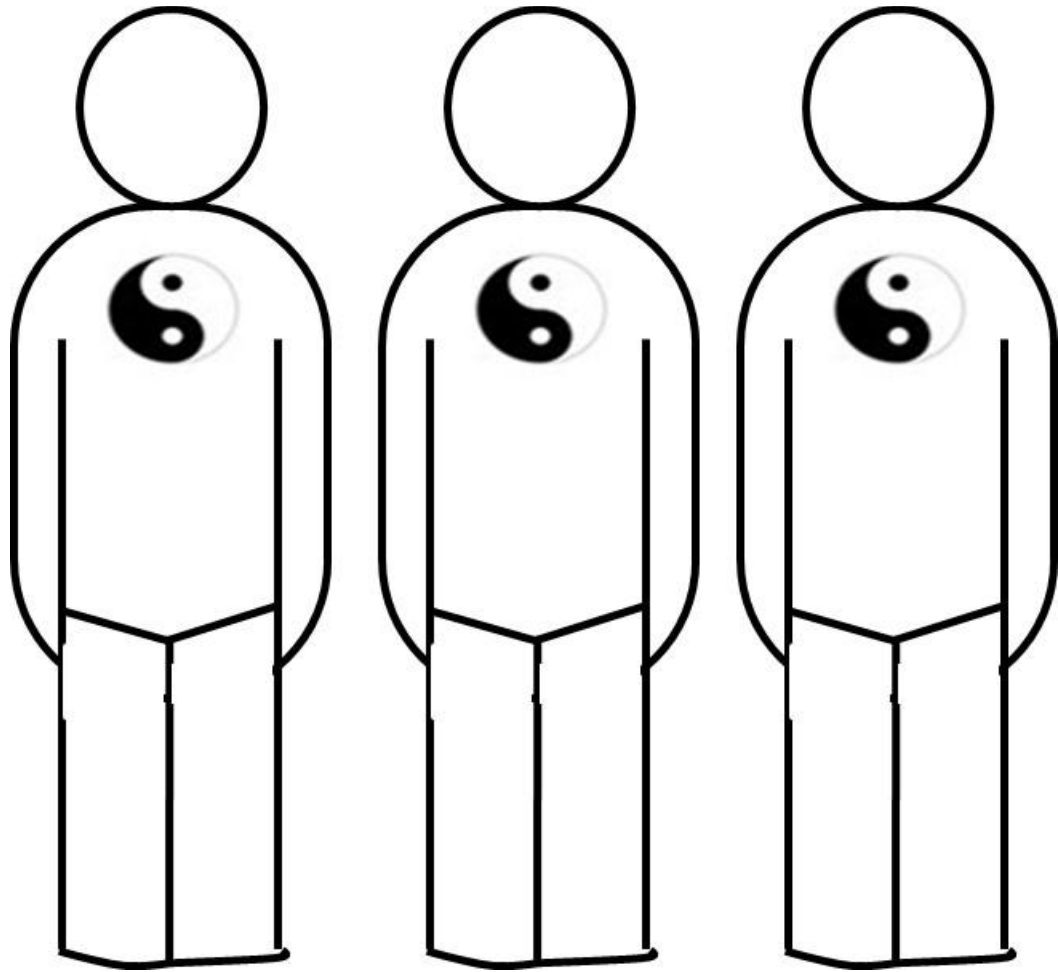
3. Freedom is ...

to know who I am.



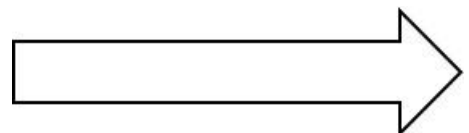
4. Freedom is ...

to know who others are.



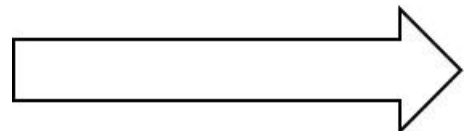
5. Freedom is ...

to be awakened.



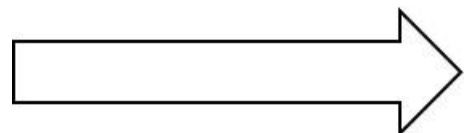
6. Freedom is ...

to accept myself, knowing that I can do what is needed to be always happy and joyful.



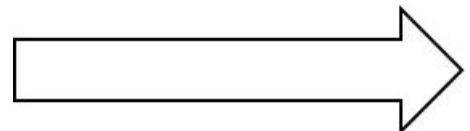
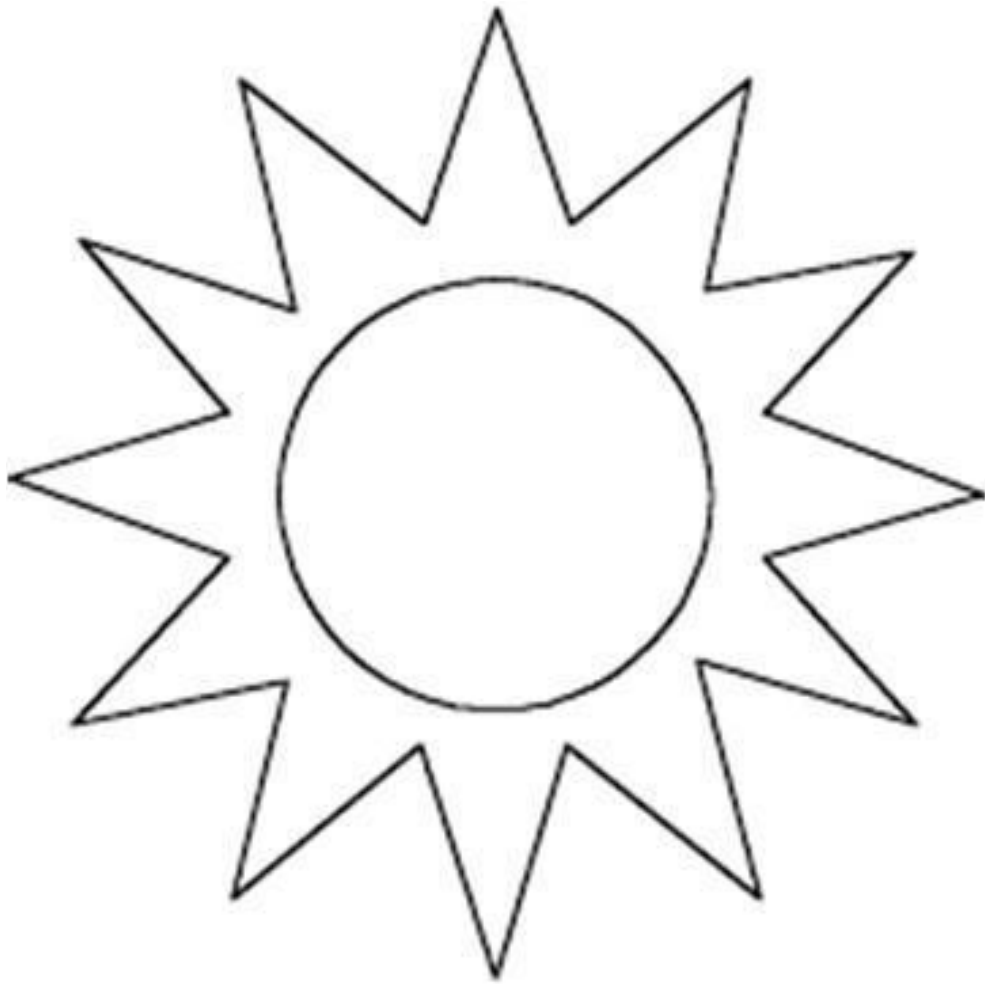
7. Freedom is ...

the power that ignites my life, experience, and expression.



8. Freedom is ...

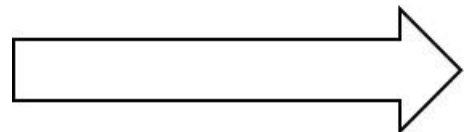
the strength that gives me maximum potential.



9. Freedom is ...

the capacity of saying "NO" when there is something I don't want to do.

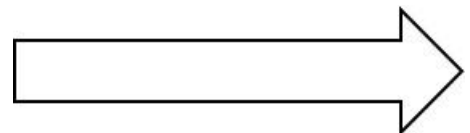
NO



10. Freedom is ...

the capacity of saying “YES” to everything that I want to do.

YES



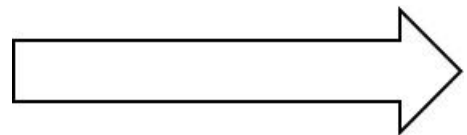
11. Freedom is ...

to be and exist, and to allow others to be and exist.

Be

Exist

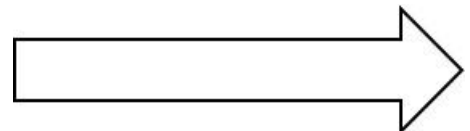
Allow



12. Freedom is ...

to carry out all my activities, processes, and actions to the maximum potential.

Maximum potential



13. Freedom is ...

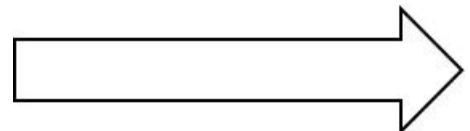
to have a beginning, a journey, an end, and a new beginning.

Beginning

Journey

End

New beginning



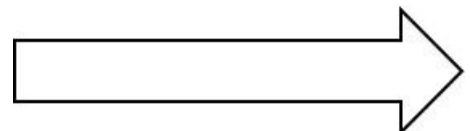
14. Freedom is ...

to obey myself.

Obedience

Obedience

Obedience



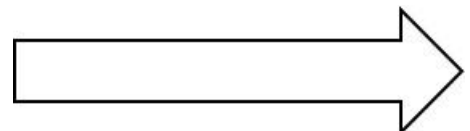
15. Freedom is ...

to welcome good.

I welcome good

I welcome good

I welcome good



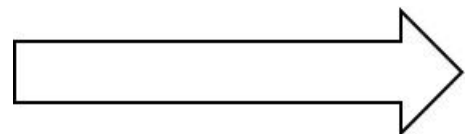
16. Freedom is ...

to welcome success.

I welcome success

I welcome success

I welcome success



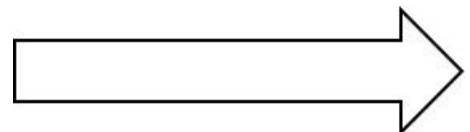
17. Freedom is ...

to welcome limitless.

I welcome limitless

I welcome limitless

I welcome limitless



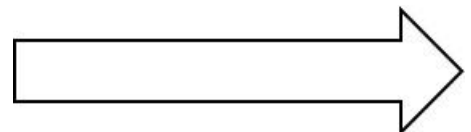
18. Freedom is ...

to welcome longevity.

I welcome longevity

I welcome longevity

I welcome longevity



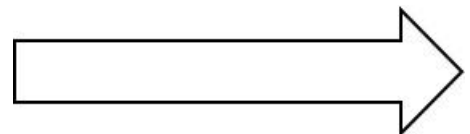
19. Freedom is ...

to welcome discernment.

I welcome discernment

I welcome discernment

I welcome discernment



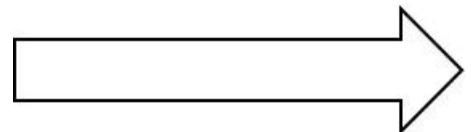
20. Freedom is ...

to welcome peace.

I welcome peace

I welcome peace

I welcome peace



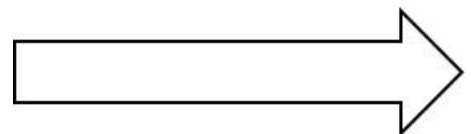
21. Freedom is ...

to welcome knowingness.

I welcome knowingness

I welcome knowingness

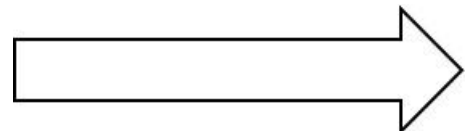
I welcome knowingness



22. Freedom is ...

to give and receive support.

Support
Support
Support



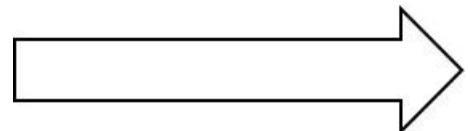
23. Freedom is ...

to be grounded to Earth.

Gravity

Gravity

Gravity



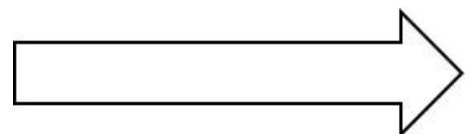
24. Freedom is ...

to be connected and linked to levitation.

Levitation

Levitation

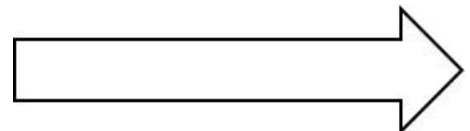
Levitation



25. Freedom is ...

to know that everyone is part of a totality.

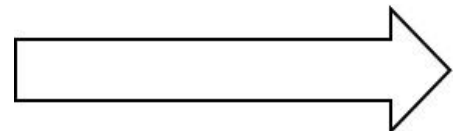
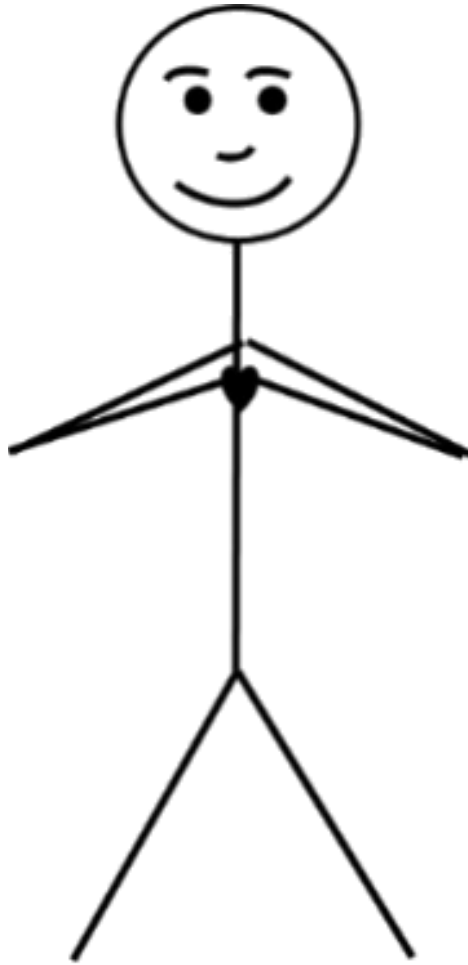
Totality
Totality
Totality



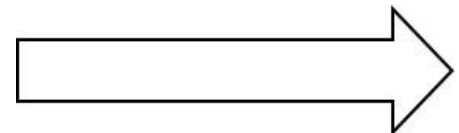
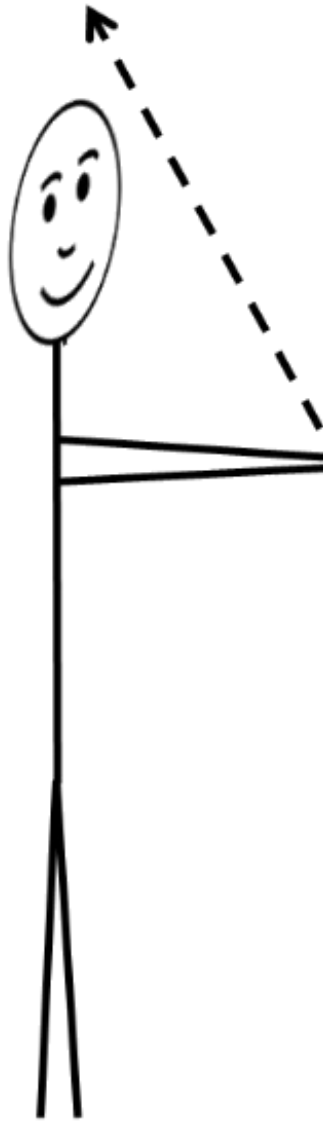
Freedom exercises.

26. Do these exercises, sequentially, once a month.

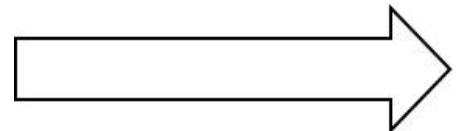
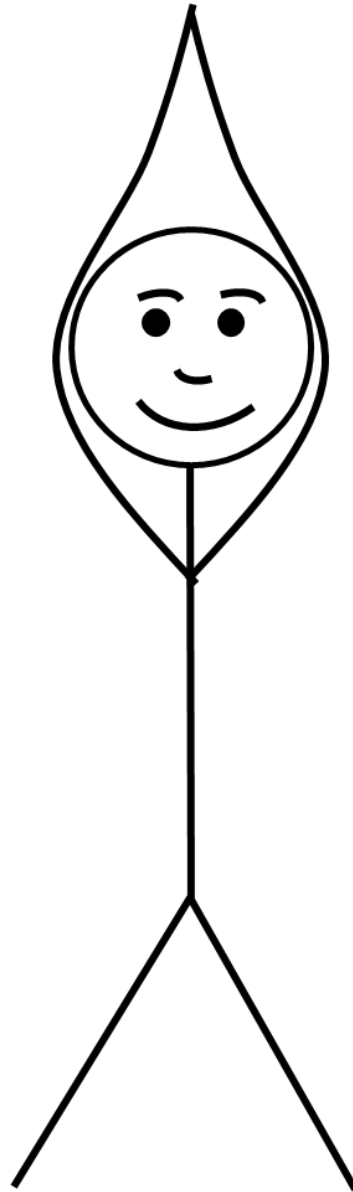
1. Start with the palms of your hands together by the heart.



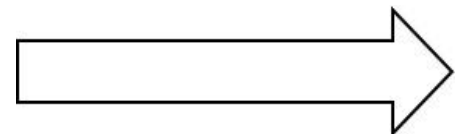
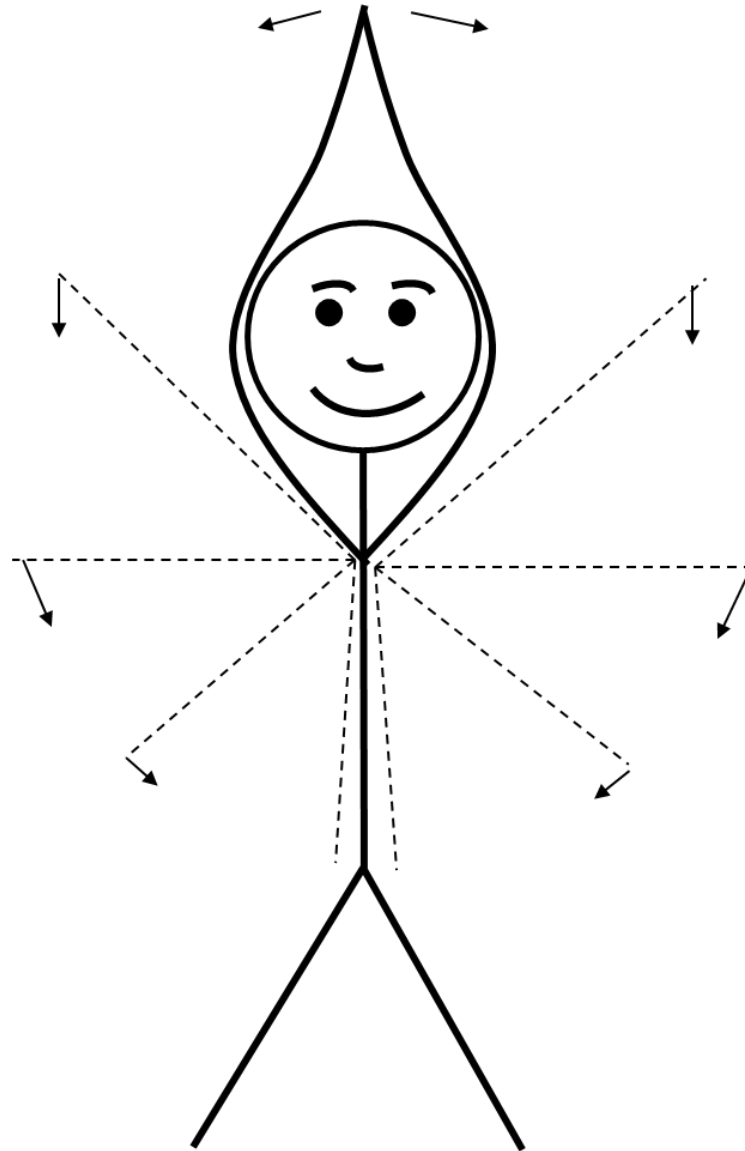
2. Continue extending your arms to the front of your body as far as they can go, and rub your hands until they are warm. Keeping your arms straight with palms together, lift them towards the head very slowly until they are completely straight above the head.



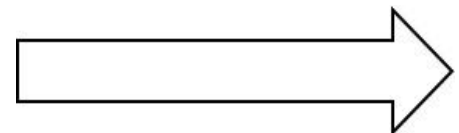
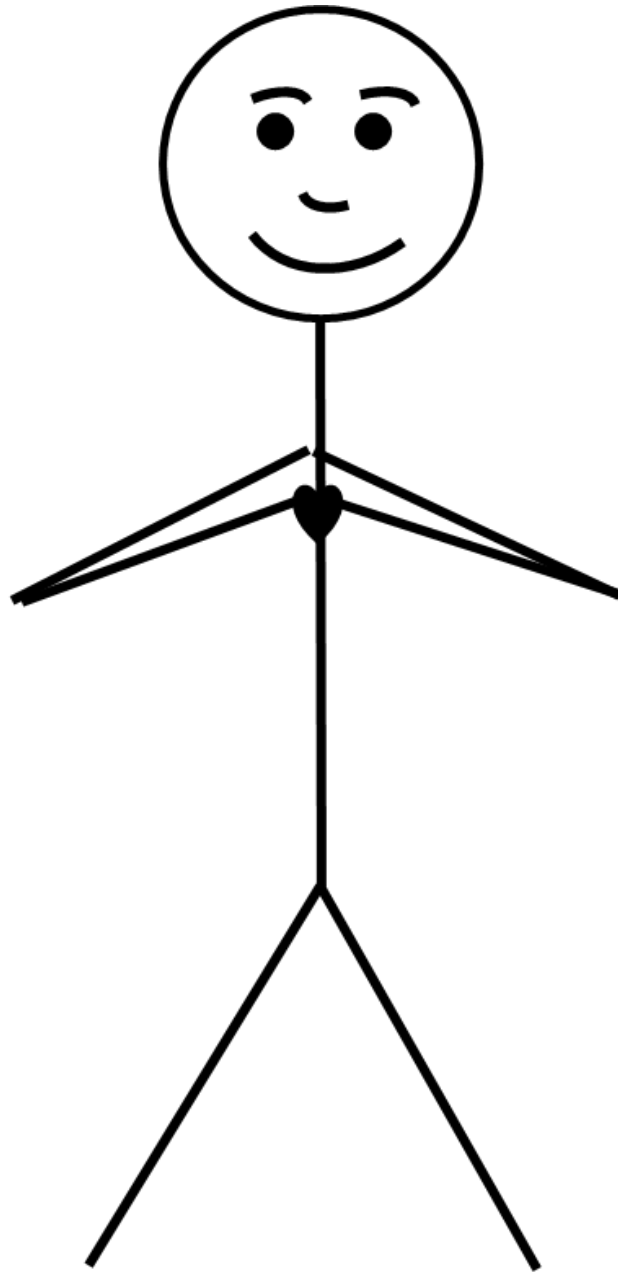
3. Continue rubbing your hands for a few seconds above your head.



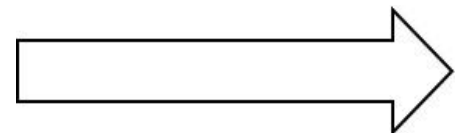
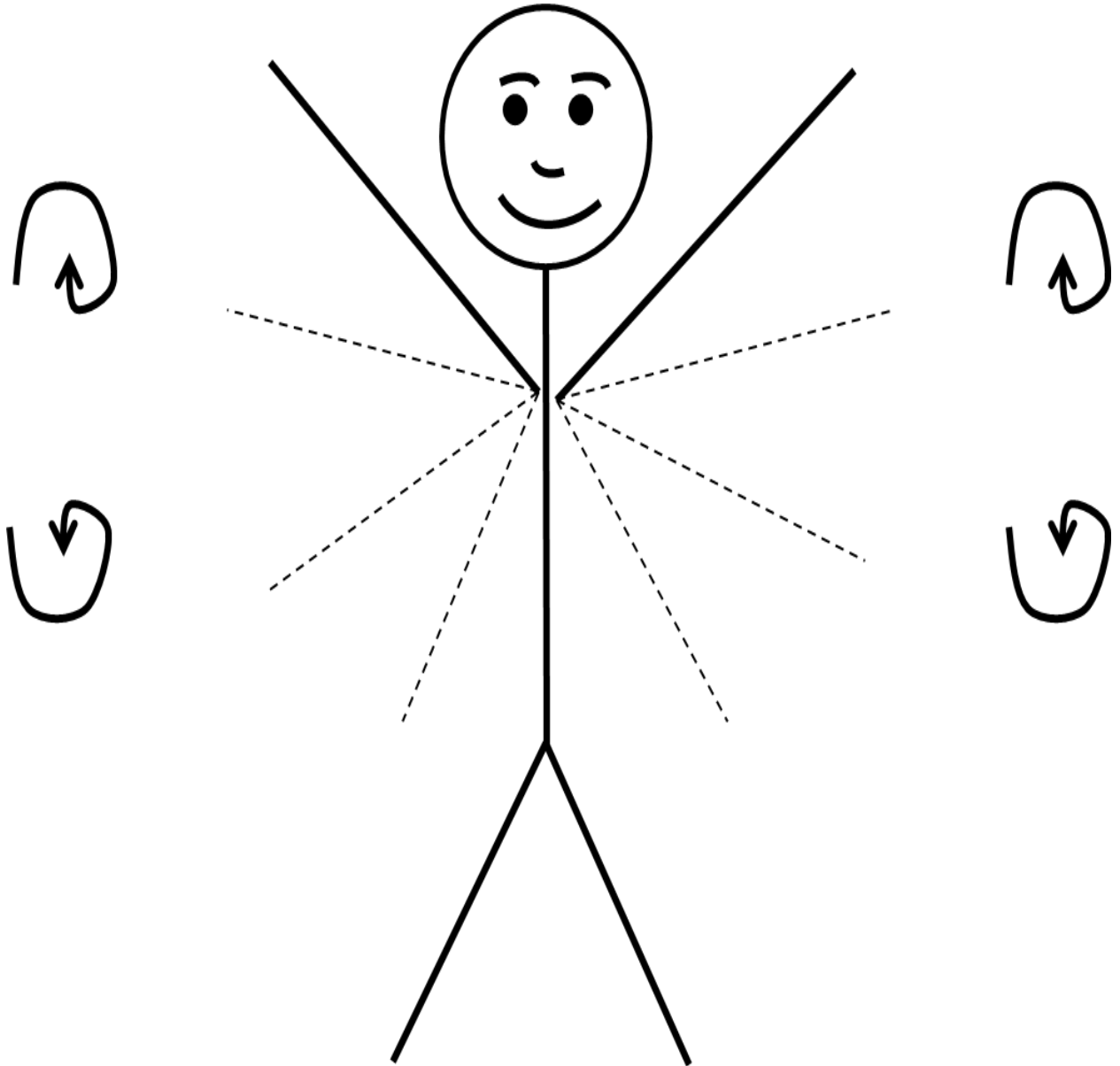
4. Slowly, bring your arms down to the sides of your body, keeping them straight until they reach your root energy center. Join the palms of your hands by this center.



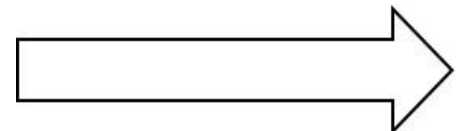
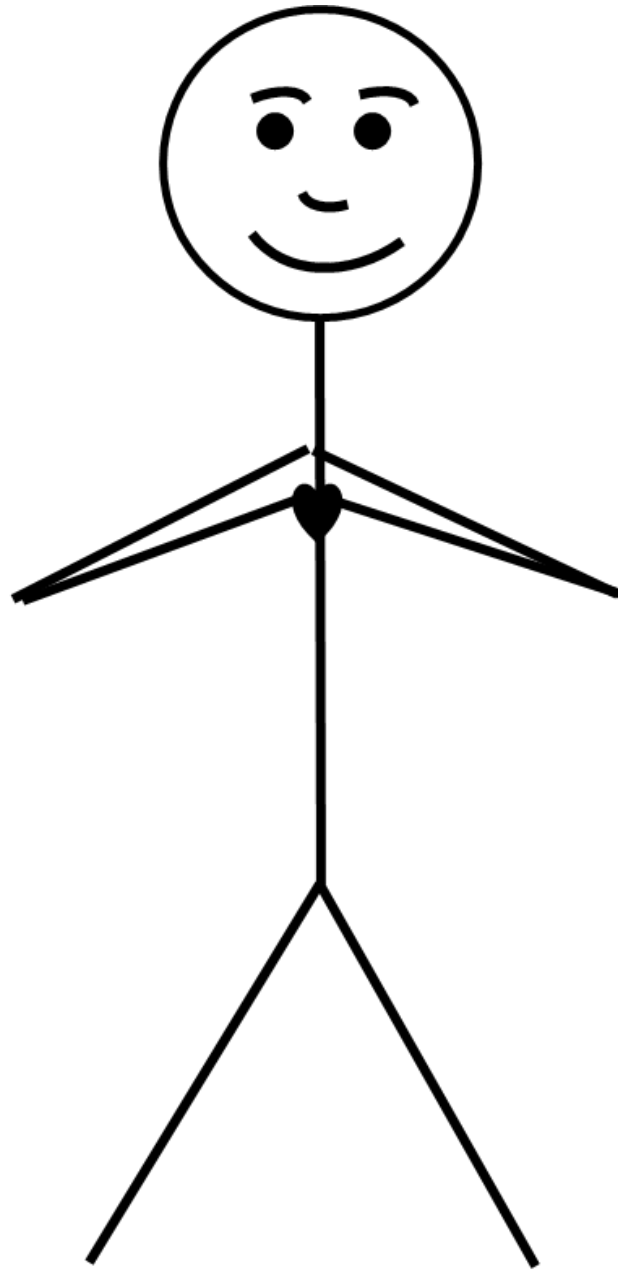
5. Bring your hands with palms together to the heart.



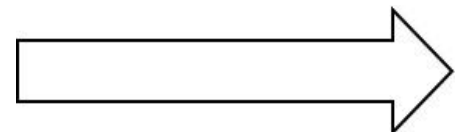
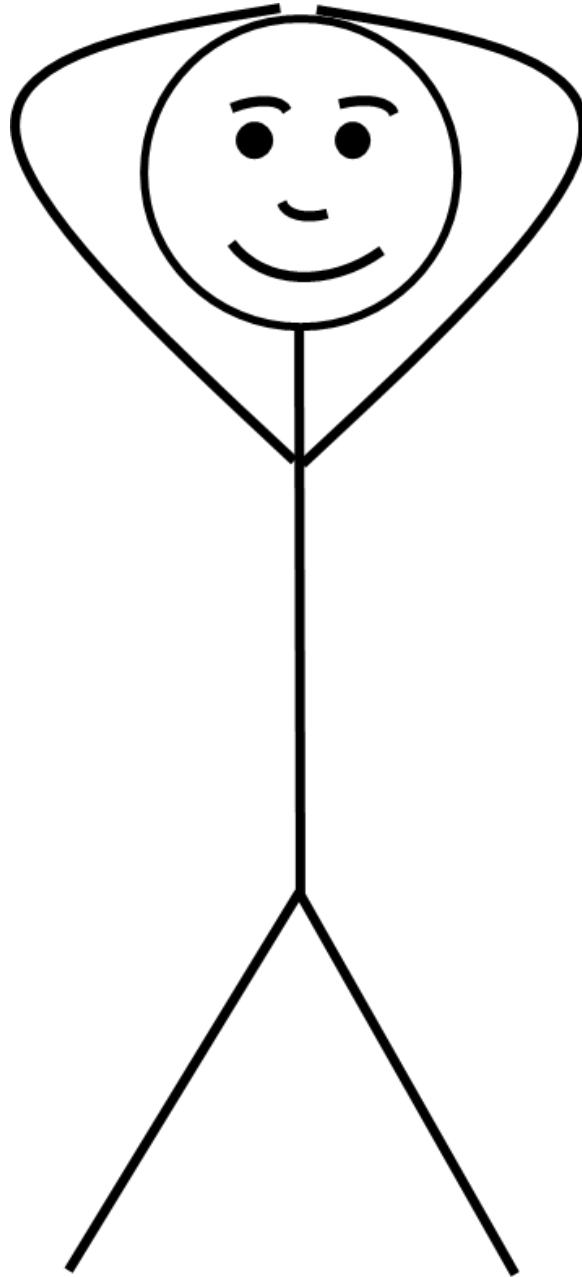
6. Circle your arms backward 9 times and then forward 9 times.
Do this as fast as you can.



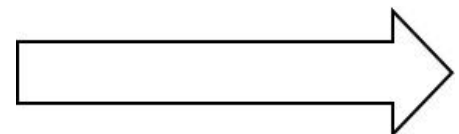
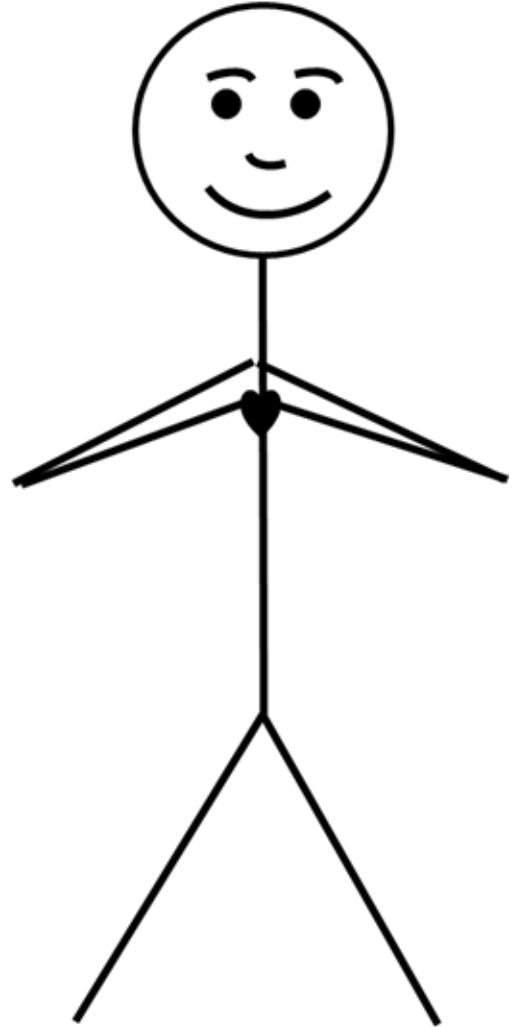
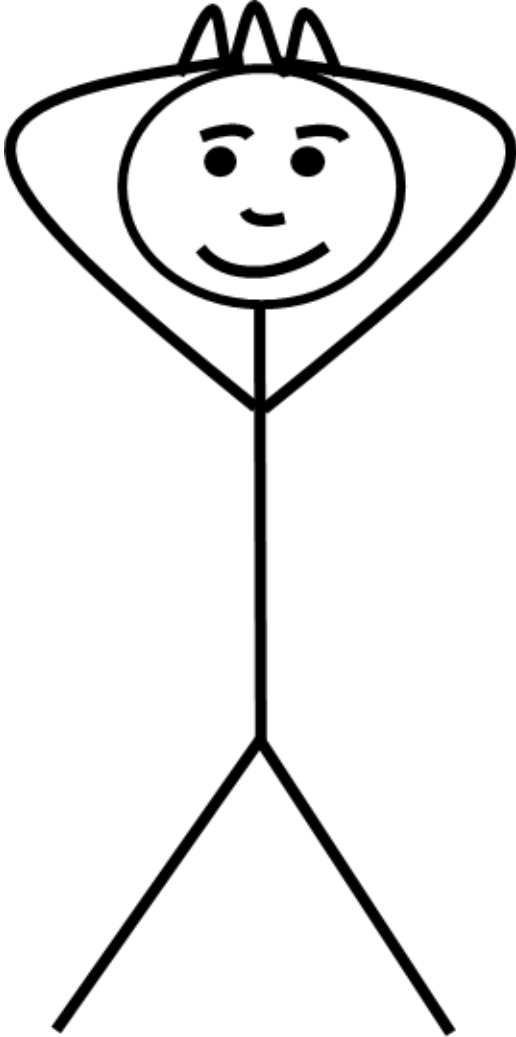
7. Bring your hands with palms together to the heart.



8. Bring your hands to your head and place the palms on top of your head for 9 seconds.



9. Rub your head all over very briskly with the tip of your fingers for a few seconds, and finish with the palms of your hands together by your heart.



Freedom affirmations.

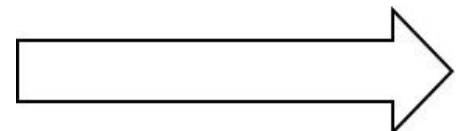
These are 25 affirmations.

Instructions:

1. Do each affirmation 4 times in silence and 4 times out loud while observing the drawing.
2. After each affirmation, center your attention on your responses and write these for future usage. You will have to use these with other books.

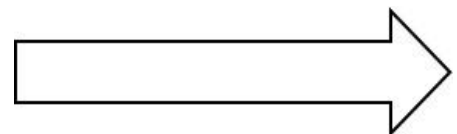
27. Freedom is ...

to flow with the flow.



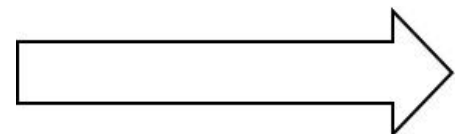
28. Freedom is ...

to allow happiness to flow in my life, experience, and expression.



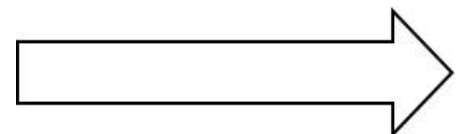
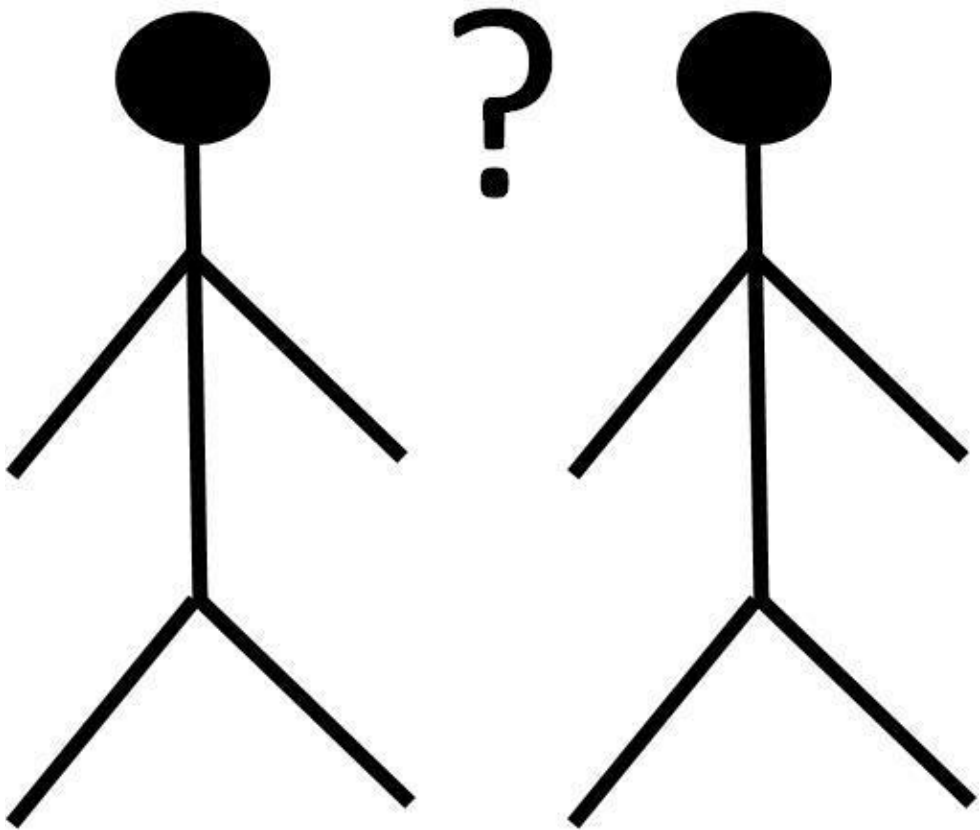
29. Freedom is ...

to know what I can do on Earth.



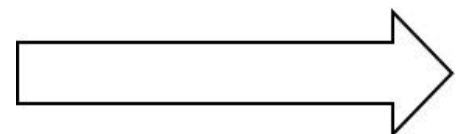
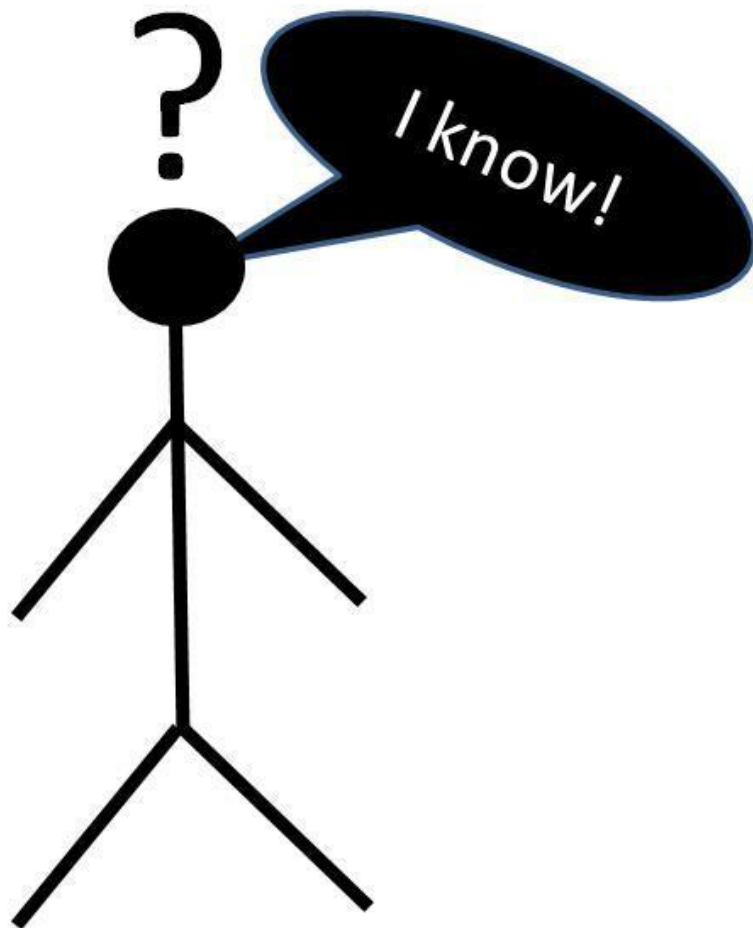
30. Freedom is ...

to know what others can do on Earth.



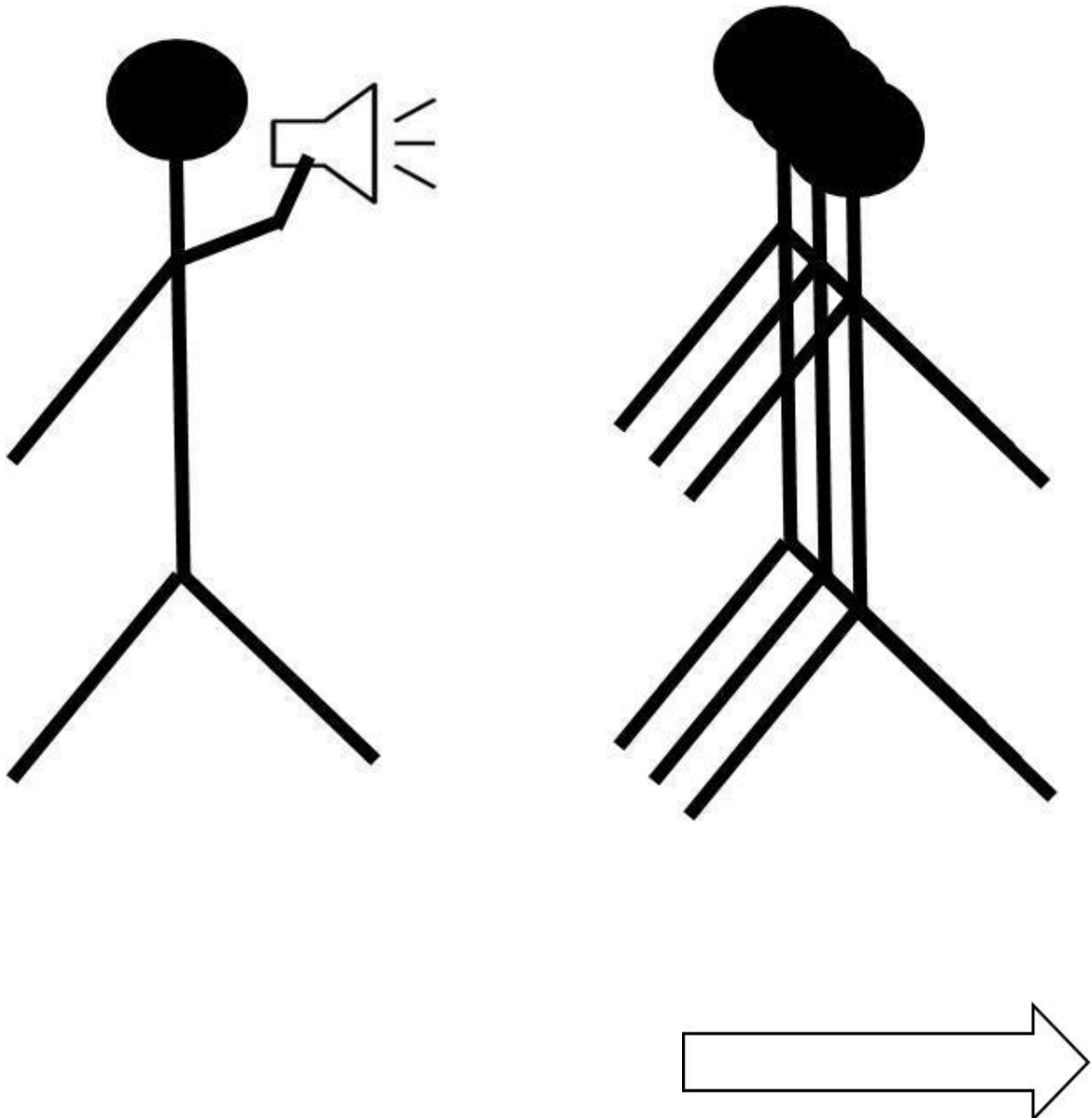
31. Freedom is ...

to know what is for me.



32. Freedom is ...

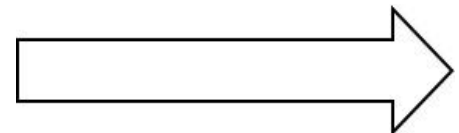
to speak openly with everyone about what is for me.



33. Freedom is ...

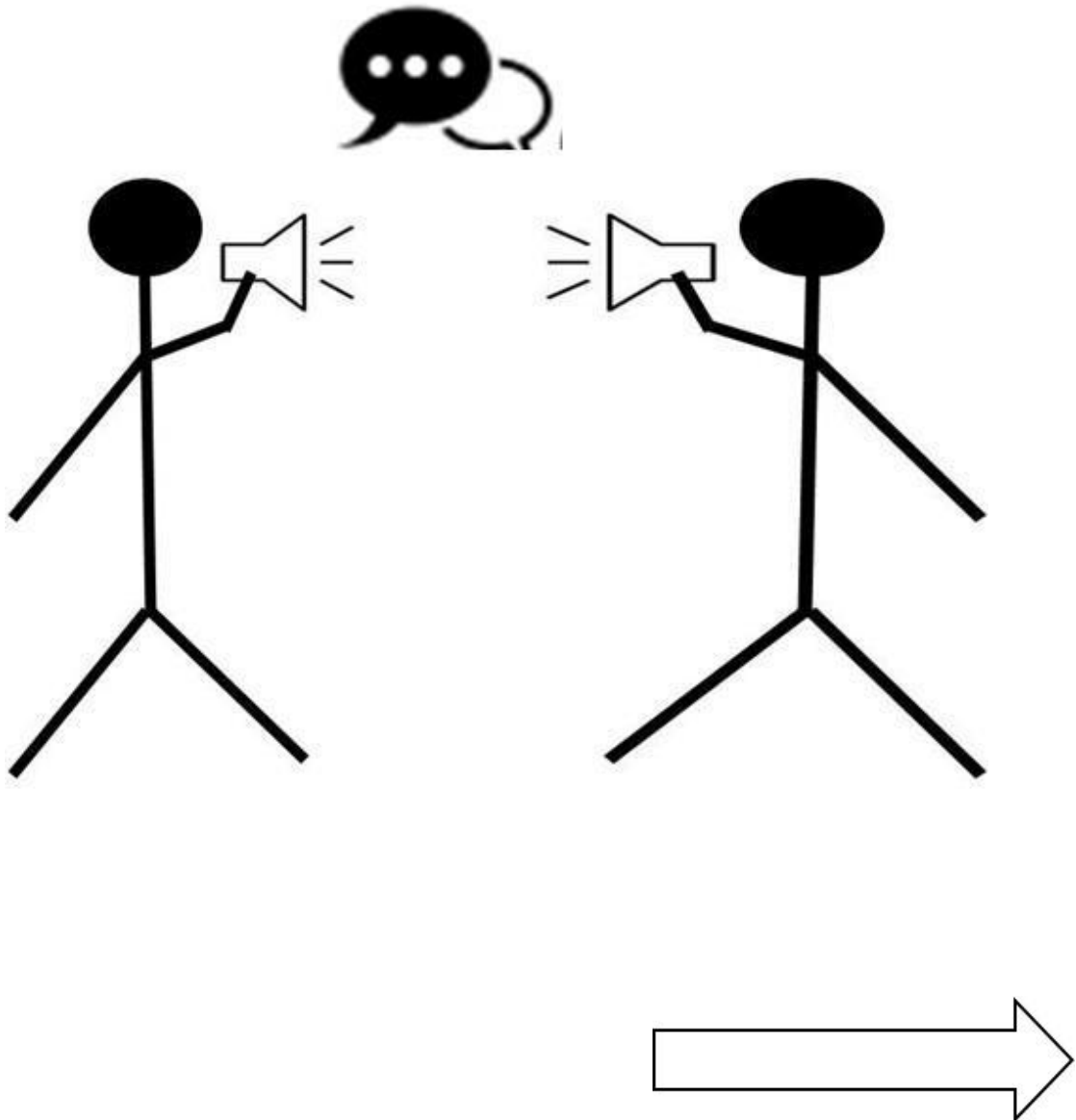
to know when to be silent.

Shhhhh



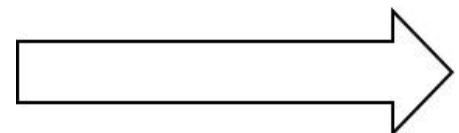
34. Freedom is ...

to know when to talk.



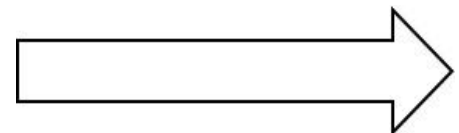
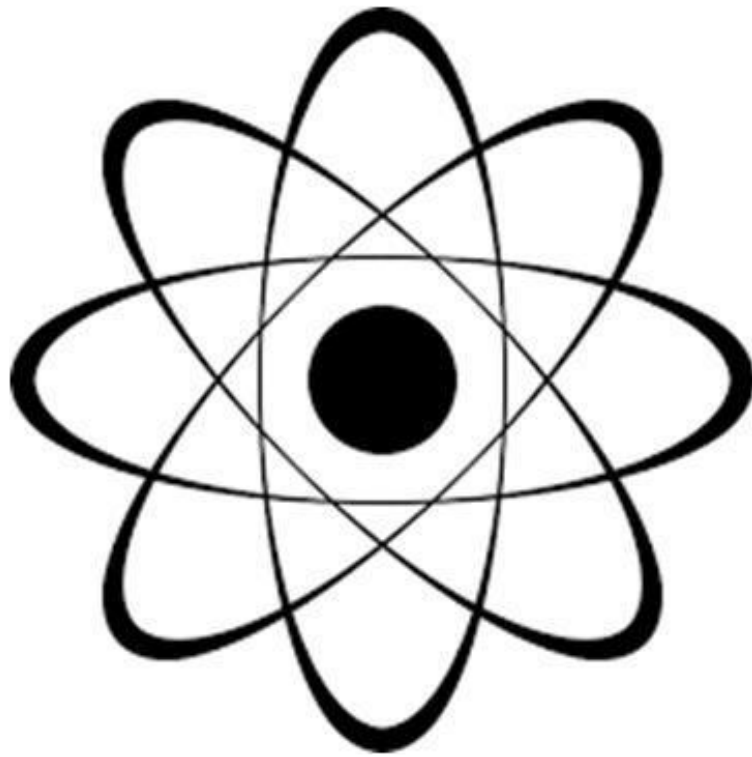
35. Freedom is ...

to understand the areas of life, experience, and expression, use them, and welcome them.



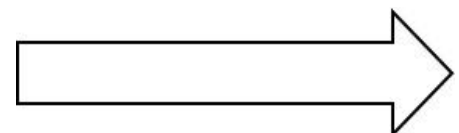
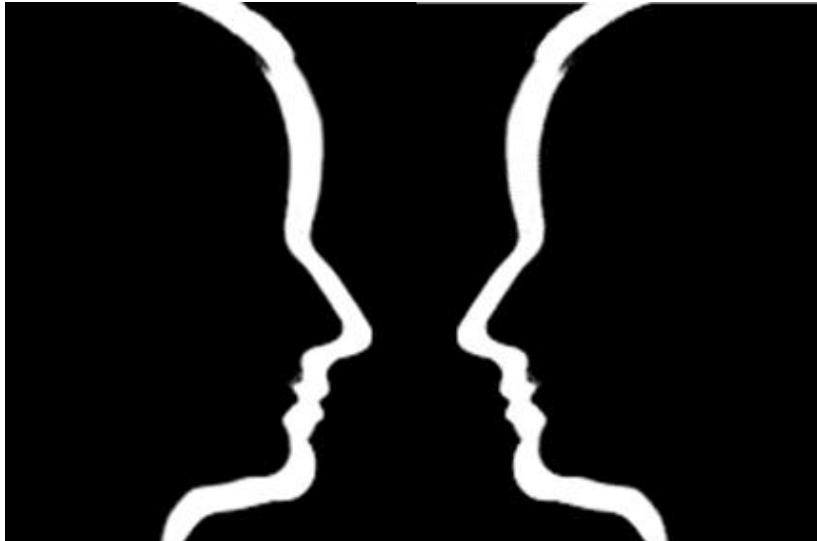
36. Freedom is ...

to create what I want.



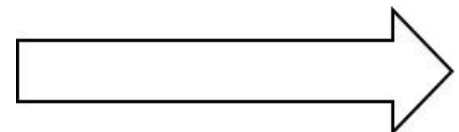
37. Freedom is ...

to enjoy what I have created.



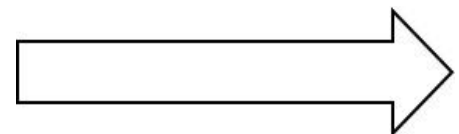
38. Freedom is ...

to enjoy others enjoying what I have created.



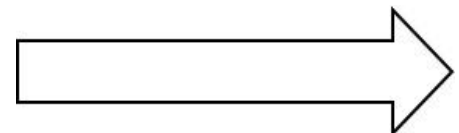
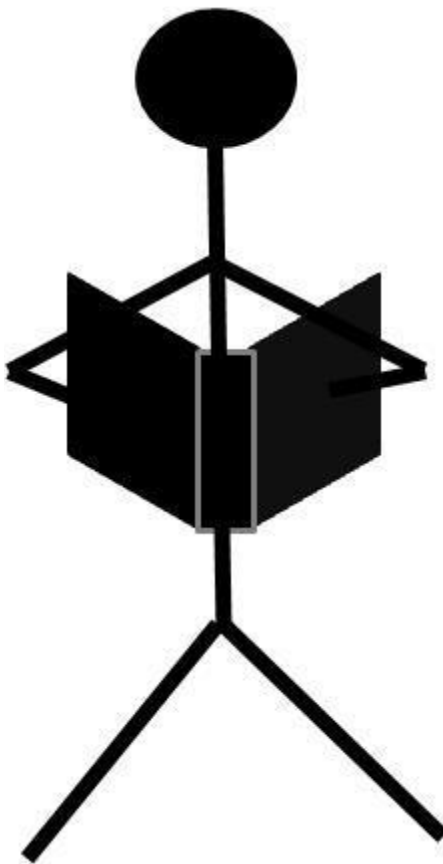
39. Freedom is ...

to release and let go.



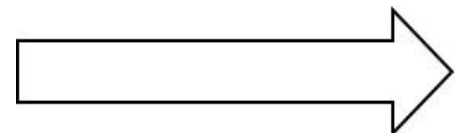
40. Freedom is ...

to learn new things.



41. Freedom is ...

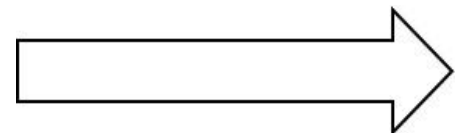
to take a break now and then from daily activities.



42. Freedom is ...

to recognize myself.

Recognition



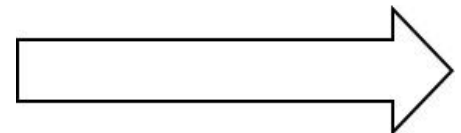
43. Freedom is ...

to recognize others.

Recognition

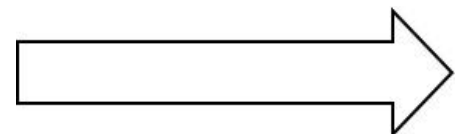
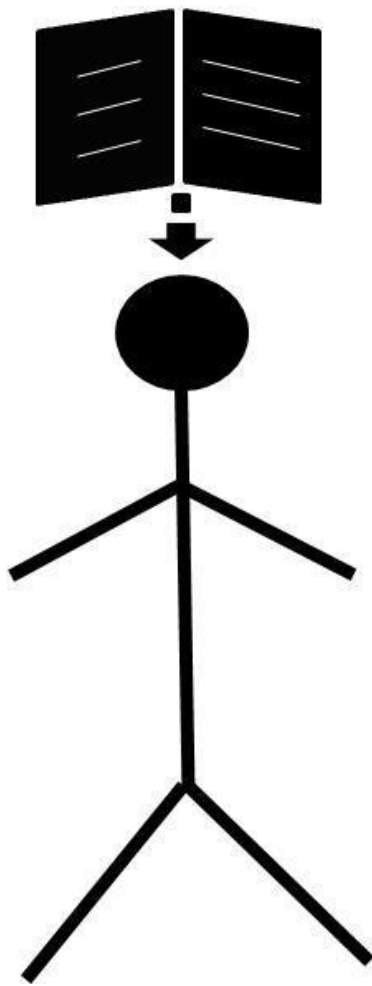
Recognition

Recognition



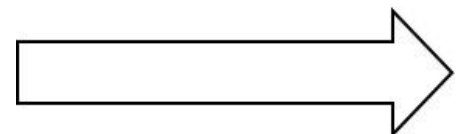
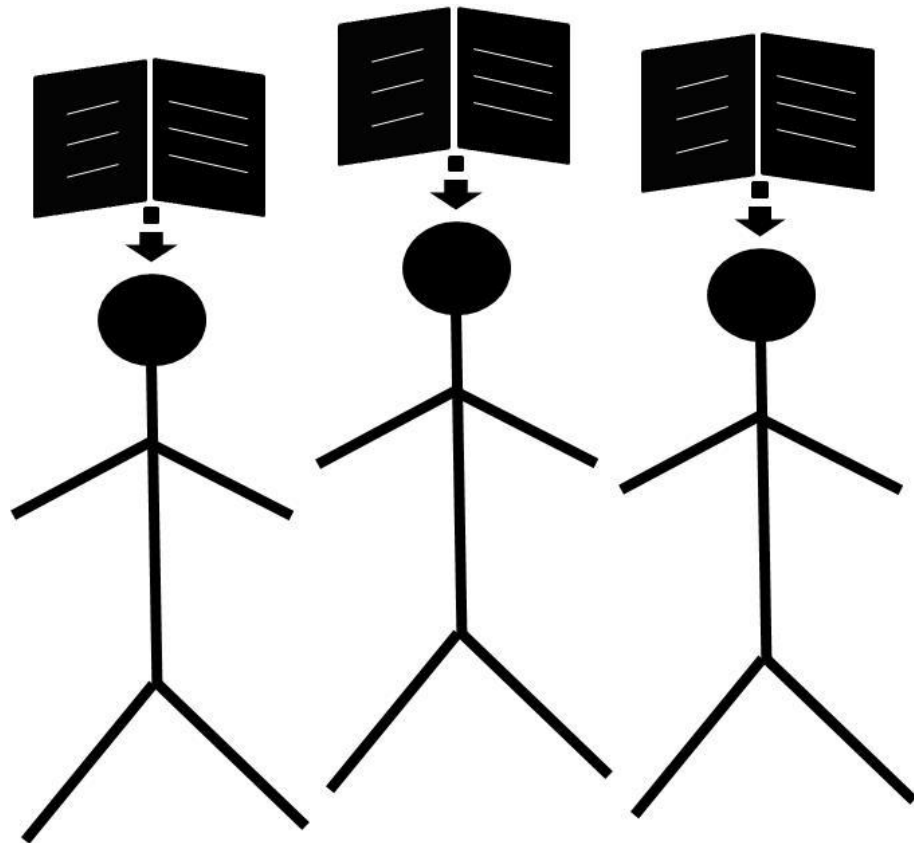
44. Freedom is ...

to know that I know.



45. Freedom is ...

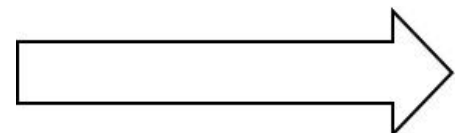
to know that others know.



46. Freedom is ...

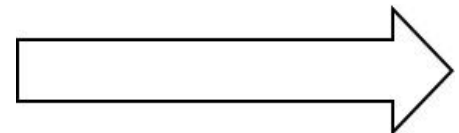
to be still, knowing there is plenty of activity around me.

STILL



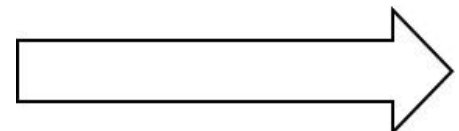
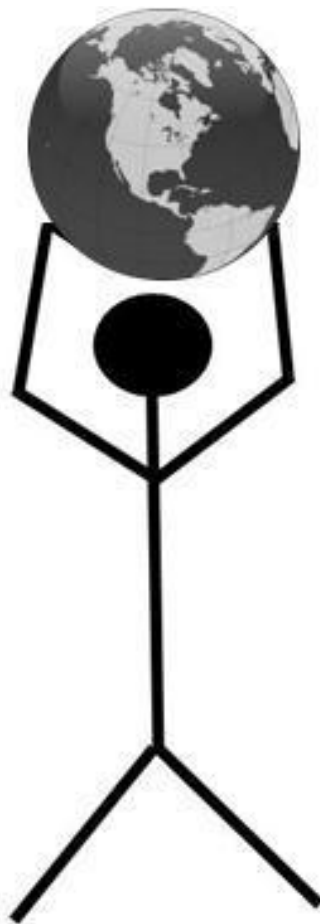
47. Freedom is ...

to be in complete activity, knowing there is stillness around me.



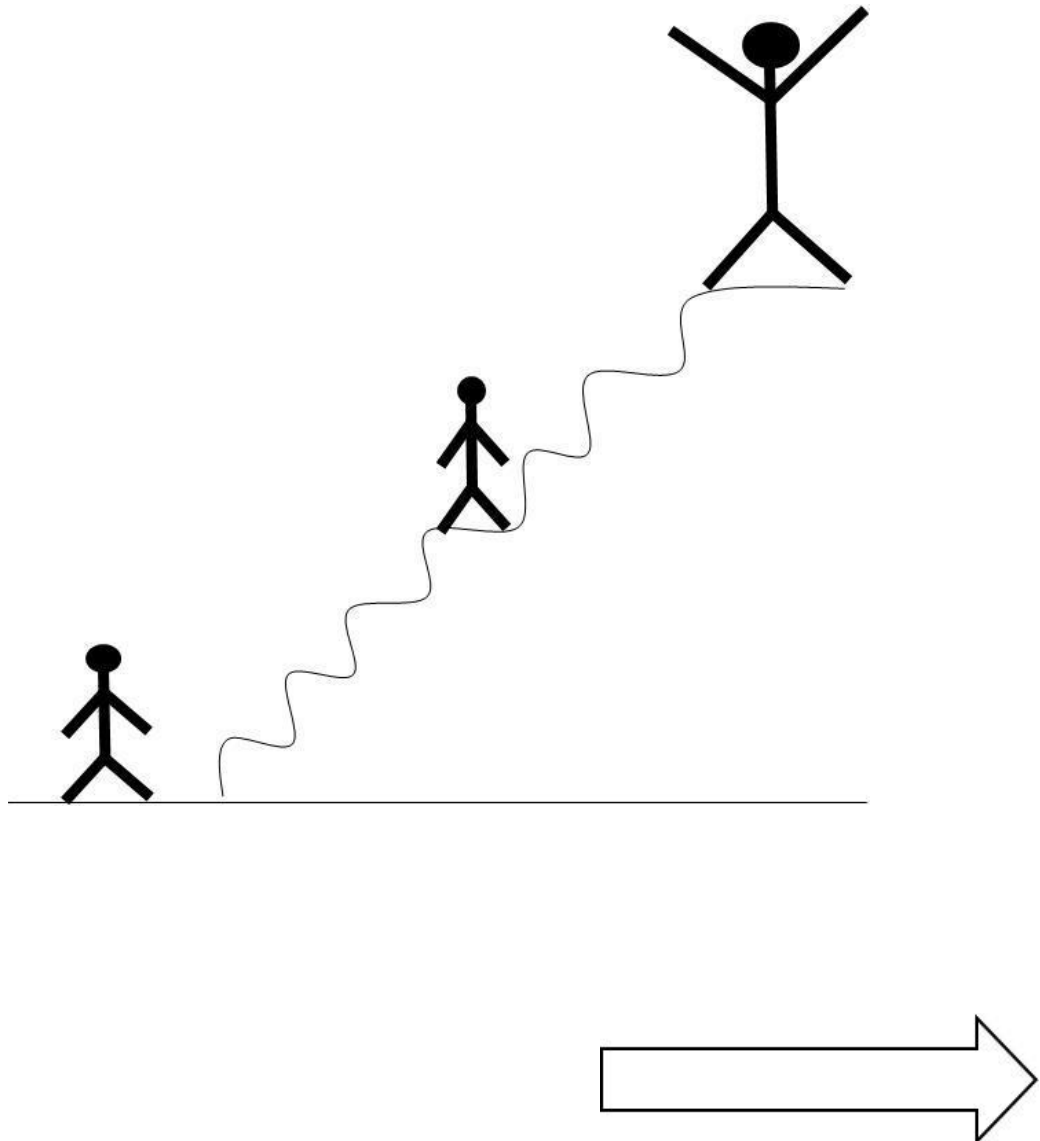
48. Freedom is ...

to feel that I can conquer the world and use this feeling to deliver what is for me and for others through me.



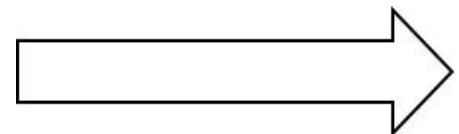
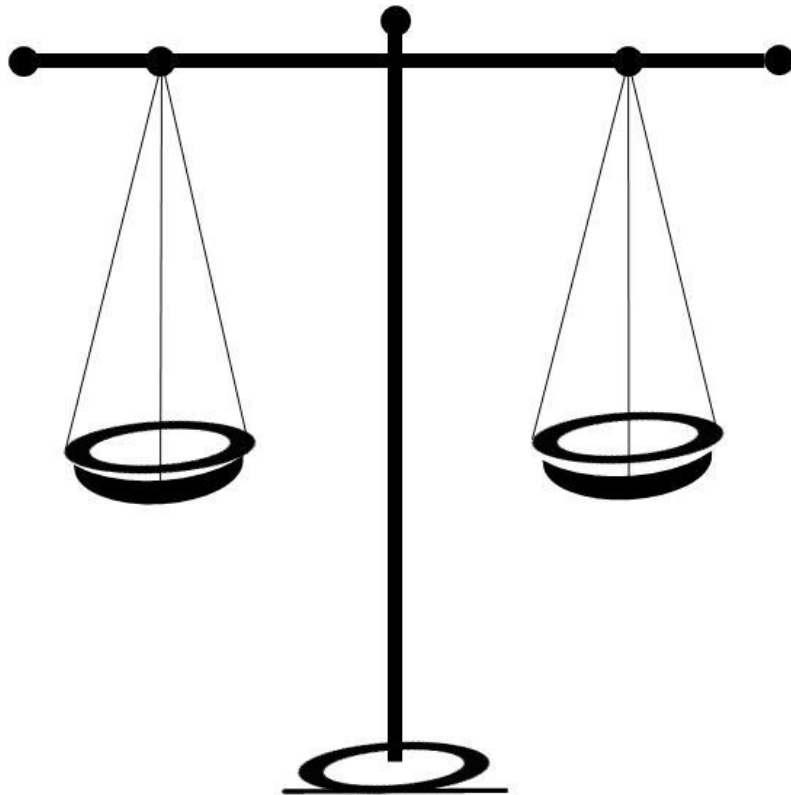
49. Freedom is ...

the step-by-step process that I undergo to deliver my wishes and desires, and everything beneficial that I want for me and for others through me.



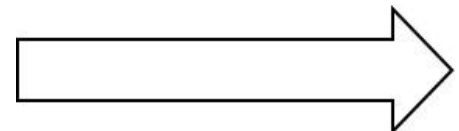
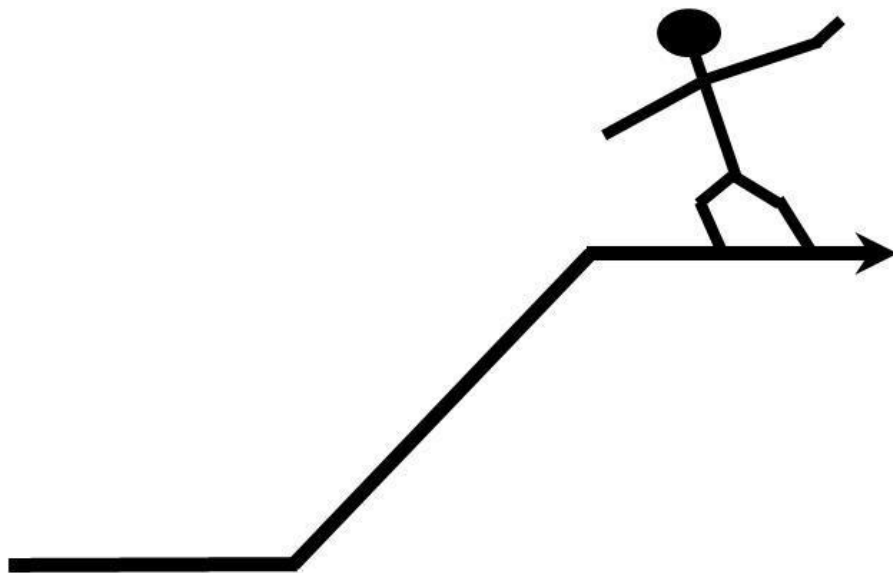
50. Freedom is ...

the justice of the universe manifested in me.



51. Freedom is ...

the success of life, experience, and expression, giving me maximum means to be free.



Freedom meditations.

These are 5 meditations.

Instructions:

1. Do each meditation once, as explained in it.

52. General.

1. Center your attention in your brain for 1 minute.
2. Center your attention in activating subtlety and matter in your brain. Do this for 1 minute.
3. Center your attention in your wishes and desires and everything beneficial that you want for you and for others through you. Do this for 1 minute.
4. Write your experience for future usage with other teachings.

53. Awareness.

1. Center your attention in the back of your head for 1 minute.
2. Center your attention in activating subtlety and matter in your awareness. Do this for 1 minute.
3. Write your experience for future usage with other teachings.

54. Control

1. Center your attention in the pineal gland for 1 minute.
2. Center your attention in activating subtlety and matter in your control. Do this for 1 minute.
3. Write your experience for future usage with other teachings

55. Expansion.

1. Center your attention in expansion for 1 minute.
2. Center your attention in the activation of subtlety and matter in your expansion. Do this for 1 minute.
3. Write your experience for future usage with other teachings.

56. Freedom

1. Center your attention on everything around you for 1 minute.
2. Center your attention in the activation of subtlety and matter in your freedom. Do this for 1 minute.
3. Write your experience for future usage with other teachings.

Freedom petitions.

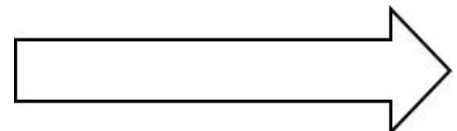
These are 3 petitions (asking).

Instructions:

1. Carry out each petition as written, once in silence and once out loud.
2. After each petition, center your attention on your responses and write these for future usage with other teachings.

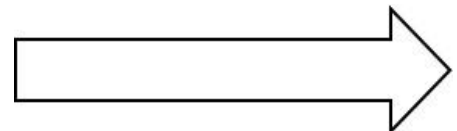
57. Understanding.

I ask the Masters to action as necessary for me to deliver the understanding of the activation of subtlety and matter in my entire structure of life, experience, and expression.



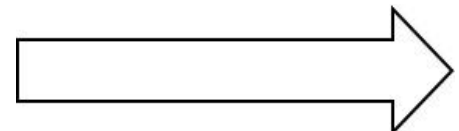
58. Limitless.

I ask the Masters to action as necessary for me to deliver the activation of subtlety and matter in my entire structure of life, experience, and expression to the level of limitless.



59. Enjoyment.

I ask the Masters to action as necessary for me to enjoy the activation of subtlety and matter in my entire structure of life, experience, and expression.



Making freedom yours.

This is a visualization that delivers means to make freedom yours.

Instructions:

1. Do the practice as written only once.

60. Making freedom yours.

1. Center your attention in making freedom yours for 1 minute.
2. Visualize how freedom interpenetrates you. Do this for 1 minute.
3. Continue visualizing for another minute how this interpenetration comes out of your physical body in all directions.
4. Visualize your body shining like a star for a further 1 minute.
5. Write your experience for future usage with other teachings.

8. Activate your success.

According to the dictionary, success is the accomplishment of an aim or purpose. The Masters add the following: success is a quality that gives the means to be successful.

Success is a part of us that enables maximum success.

Your success expresses in every part of you.

In this teaching you find 6 practices that help you activate your success.

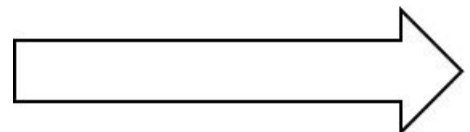
Success drawings.

Instructions:

1. Observe the drawing while saying the affirmation 4 times in silence and 4 times in a loud voice.
2. For each drawing, immediately after saying the affirmation, center your attention in your responses for one minute and write these for future usage with other teachings.

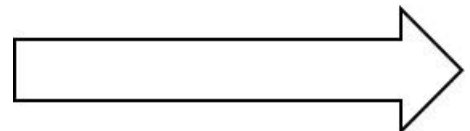
1. Success is ...

to welcome love.



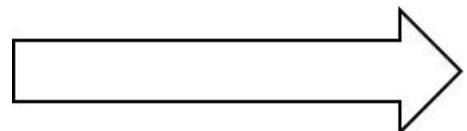
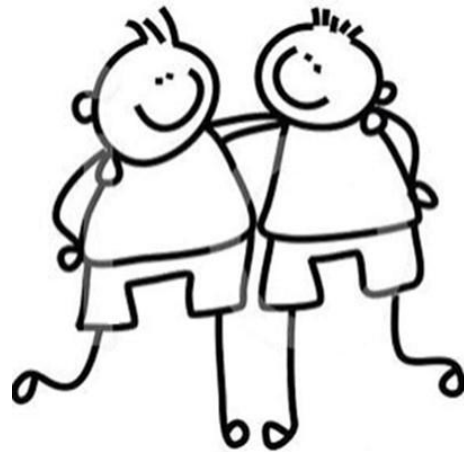
2. Success is ...

to love others.



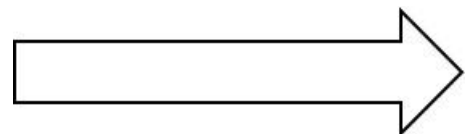
3. Success is ...

to love myself and others.



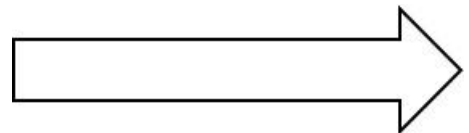
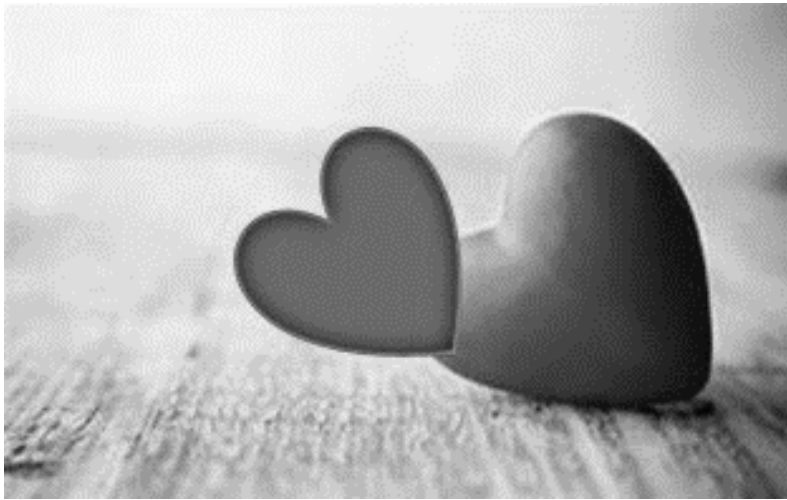
4. Success is ...

to love myself.



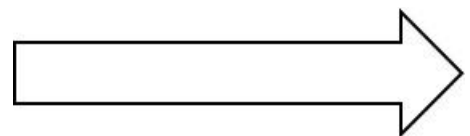
5. Success is ...

to love totality.



6. Success is ...

to love creation.



Success affirmations.

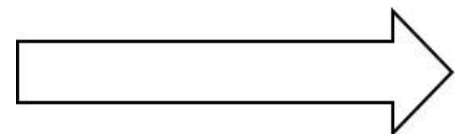
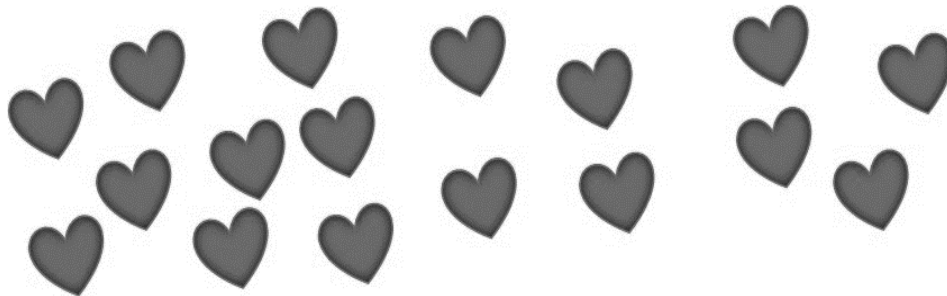
These are 3 affirmations.

Instructions:

1. Do each affirmation 4 times in silence and 4 times out loud while observing the drawing.
2. After each affirmation, center your attention on your responses and write these for future usage with other teachings.

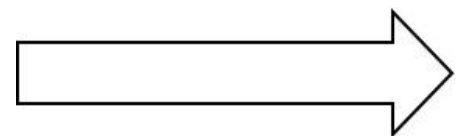
1. Success is ...

to always flow with love.



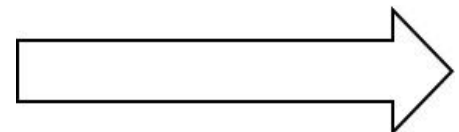
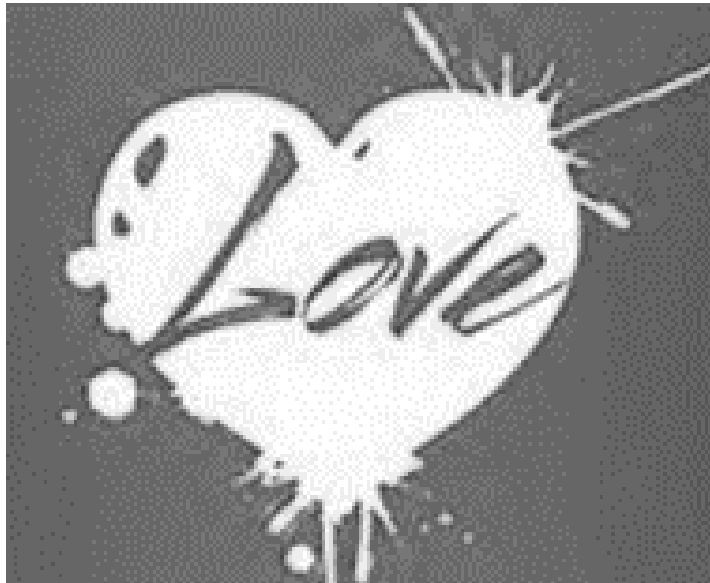
2. Success is ...

to be in a space of love.



3. Success is ...

to know love.



Success meditation.

Instructions:

1. Do the meditation once, as explained in it.

1. General.

1. Center your attention in your heart for 1 minute.
2. Center your attention in discovering how success feels; do this for 1 minute.
3. Write your experience for future usage with other teachings.

Success petition.

Instructions:

1. Carry out the petition as written, 4 times in silence and 4 times out loud.
2. After the petition, center your attention on your responses and write these for future usage with other teachings.

I ask the Masters to action as needed for my entire structure of life, experience, and expression to be successful.

Making success yours.

Instructions:

1. Do the practice as written only once.
2. After the practice, center your attention on your responses for 1 minute and write these for future usage with other teachings.

Do the practice.

1. Center your attention on success for 1 minute.
2. Visualize how success interpenetrates you. Do this for 1 minute.

3. Visualize your physical body shining in gold color for 1 minute.
4. Write your experience for future usage with other teachings.

9. Activate your recognition.

In this teaching we establish the quality of recognition in your physical body to enable you to activate this quality. Do the following affirmation 6 times in silence and 6 times out loud:

I want to activate the quality of recognition in my physical body and I ask the Masters to help me as needed to deliver this constructive outcome.

10. Activate your divinity.

In this teaching we establish the quality of divinity in your physical body to enable you to activate this quality. Do the following affirmation 9 times in silence and 9 times out loud:

I want to activate the quality of divinity in my physical body and I ask the Masters to help me as needed to deliver this constructive outcome.

11. Activate your elevation.

In this teaching we establish the quality of elevation in your physical body to enable you to activate this quality. Do the following affirmation 13 times in silence and 13 times out loud:

I want to activate the quality of elevation in my physical body and I ask the Masters to help me as needed to deliver this constructive outcome.

12. Activate your grounding to Earth.

In this teaching we establish the quality of grounding to Earth in your

physical body to enable you to activate this quality. Do the following affirmation 18 times in silence and 18 times out loud:

I want to activate the quality of grounding to Earth in my physical body and I ask the Masters to help me as needed to deliver this constructive outcome.

13. Activate your expansion.

In this teaching we establish the quality of expansion in your physical body to enable you to activate this quality. Do the following affirmation 27 times in silence and 27 times out loud:

I want to activate the quality of expansion in my physical body and I ask the Masters to help me as needed to deliver this constructive outcome.

14. Activate your soul.

In this teaching we establish the relationship with your soul in your physical body to enable you to activate this relationship. Do the following affirmation 44 times in silence and 44 times out loud:

I want to activate the relationship with my soul in my physical body and I ask the Masters to help me as needed to deliver this constructive outcome.

15. Activate your Soul Family.

In this teaching we establish the relationship with your soul family in your physical body to enable you to activate this relationship. Do the following affirmation 46 times in silence and 46 times out loud:

I want to activate the relationship with my soul family in my physical body and I ask the Masters to help me as needed to deliver this constructive outcome.

16. Activate your advancement.

Advancement involves the following:

1. What do I need to advance with?
2. When do I need to advance?
3. Who needs to advance?
4. How do we need to advance?

These 4 steps guarantee advancement.

Affirm 9 times in silence and 9 times out loud: I advance as I go along and my advancement is harmonious.

17. Activate your evolution.

Evolution is the result of delivering outcomes. Evolution involves the following:

1. Knowing what outcome needs to be delivered.
2. Knowing what needs to be done to deliver the outcome.
3. Delivering the outcome.

These three guarantee evolution.

Affirm 9 times in silence and 9 times out loud: I evolve as I go along and my evolution is harmonious.

18. Activate your mobilizing to what is next.

Mobilizing to what is next involves crossing the line of no return and entering into a new activity.

Affirm 9 times in silence and 9 times out loud: I mobilize to what is next as I advance and evolve, and my mobilization to what is next is harmonious.

What is next?

Everything that you have read and practiced so far has started an unstoppable beneficial chain reaction that will, in due course, take you into knowing everything about yourself.

The Masters will be with you all along and will accompany you through your path from beginning to new beginning.

After you do all the practices given in this book, you enter into an activity that contains everything that is needed for delivering everything that is for you in due course.

In due course, when you learn the languages of life, experience, and expression (Book 1 of the School of the Masters), you will be able to come back to this book to investigate further all your responses. Everything that you received from yourself through the different practices will make more sense when you investigate them further using the languages of life, experience, and expression. Once you learn the language of the pendulum, you will be able to ask questions about your responses and you will know the answers. These answers will help you advance, evolve, and move on to whatever is next for you. Once you learn the language of channeling, you will be able to know more about the responses you had in all your practices with this book ... and once you learn the other 5 languages (heart, nature, consciousness, Masters, and direct writing and drawing), you will be able to obtain the story of your life, experience, and expression from yourself. This story will give you the means to deliver the best of you.

Next is:

1. To continue in the School of the Masters to learn the languages of life, experience, and expression. This is your next book and you can buy it on Amazon.

The teachings from the Masters given in the book of the languages of life, experience, and expression, take you into greater opportunities

to continue advancing, evolving, and mobilizing to what is next. These languages help you become the best of you.

The Masters and I welcome you to a new space that gives you all that you require so that in due course you will achieve all that is for you and help others to achieve all that is for them.

How to contact me.



Diana Meneses-Vincer

dmvincer@gmail.com