

VOLUMEN 1
FREEDOM AND
THE VICTORY OF
THE SOUL

BUBBLES

IDEALS, SPIRITUAL VALUES & VISION FOR THE ONE LIFE







MESSAGE FROM THE EDITOR

BUBBLES are spheres of **LIGHT** delivered to the wind so that any wandering walker can raise and illuminate his or her gaze...

LIFE energy manifested through words, images, colors, sounds... using a universal recipe: **LOVE** is the bowl and the ingredient? **GROUP WISDOM; WATER** and **COLOR** create the shapes...

– Tell me Abraham— says the rabbi in the movie *Fiddler on the Roof*, – surely somewhere there are good things happening—...

The world is full of signs of the **spirit of restoration of human relationships**, full of bubbles of light joining one another creating beautiful new forms.

Everyday more people share their gifts, talents and wisdom to serve a **renewed vision and a common purpose**; working from the individuality to contribute to the group for the benefit of all humanity.

May the love in these bubbles reach your heart ... may their strength help you... may their message reach you and encourage you to **discover your own light so you can join the group radiating all your beauty**.



BUBBLES Vol. 1

IDEALS. SPIRITUAL VALUES & VISION FOR THE ONE LIFE



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«UNFROZEN»: FREEDOM AND THE VICTORY OF THE SOUL

WALT DISNEY UNVEILS ANCIENT SPIRITUAL TEACHINGS



WALT DISNEY
SYNTHESIZES
WITH IMPECCABLE
AESTHETICS,
PHILOSOPHICAL
AND
METHAPHISICAL
CONCEPTS THAT
HELP DEVELOP
THE ABSTRACT
MIND.

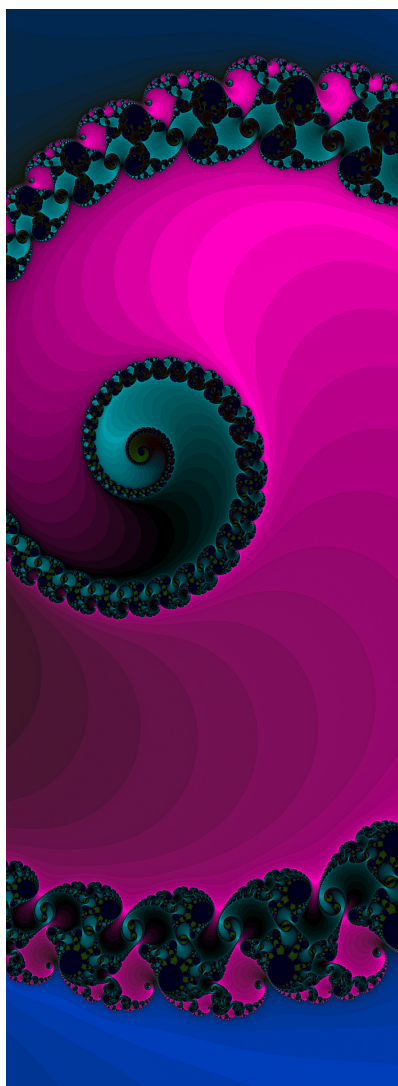
Walt Disney synthesizes, with vivid colors, music and impeccable music and design, philosophical and metaphysical concepts that help develop the **abstract mind**.

The company updates the teachings transmitted throughout generations all over the world through mythological and historical figures, popular stories, legends, fables, parables... teachings that invite to **awaken the minds and the hearts** of people and to find answers to questions such as, *who are we? and why are we here?*.

These «apparently» simple stories are full of symbolism and hold the keys to **ancient spiritual wisdom**.

As brave spirits open their eyes and hearts, the mysteries are revealed and the true magic of the stories becomes present: **the doors to deeper and more meaningful levels of knowledge open** with the magnificence with which a peacock unfolds its colorful feathers.

THE SONG *LET IT GO* FROM *FROZEN* ENCRYPTS THE **SPIRITUAL INITIATION** WITH EXTRAORDINARY BEAUTY.



The song *Let it go* from *Frozen*, is a clear example. Lyrics, images, colors, sound... encrypt the **spiritual initiation** with extraordinary beauty.

Elsa, feeling lonely but at the same time encouraged by the strength of her spirit and of something bigger than herself, crosses the threshold of darkness, exhaustion, inner and outer chaos and leaves her past behind: her old thought patterns (lower mind), the emotional reaction, she puts some distance to observe the situation (the observer)... in short, she frees herself from **her old "I"**, her personality and the identification with the material world.

She takes her gloves off and **frees her hands**, one of the greatest spiritual symbols and a powerful energy centre of the human body. She «unfreezes» her energy. She awakens to her own light and as her energy gains strengths she «builds» **the bridge that leads to her higher self, the new "I"**, the soul, the light... the *Antahkarana*, that connects us with the buddhic principle of intuition and of pure reason (see Wesak Festival and the Water Ceremony).

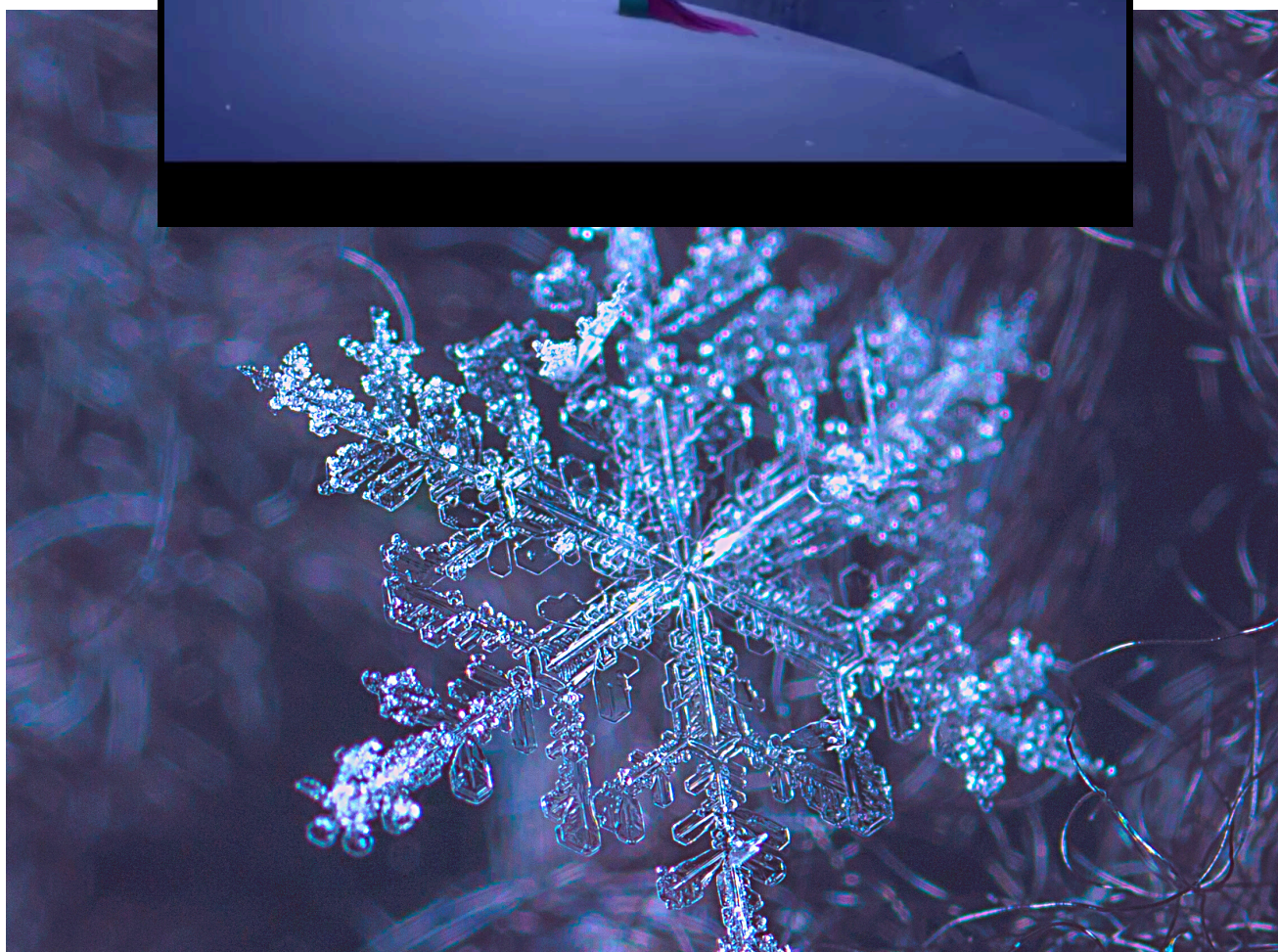
It is **the energy that destroys the ice, the consciousness of separation and helps transform the energies, the colors...** the harmonious union of **the feminine and the masculine** and the anchoring in the centre, **love**.

She declares herself free, **queen (master) of her own energy** and facing the light of the SUN, she learns to control her force to start a new and truly **creative life** from a higher state of consciousness, crystallizing new shapes (thought) driven by love and light.

Fractals, patterns, sacred geometry... they guide us to appreciate **the wonders and to understand a bit better the laws of the Universe** so we can keep evolving.

Listen now to the song and let it go...

CLICK TO SEE THE VIDEO



SONG «LET IT GO» FROM *FROZEN*

Video for illustrative purposes only.

Video *copyright*: *DisneyMusicVevo*. *World Disney Records*.

Lyrics by: Kristen Anderson-Lopez / Robert Lopez.

Let it go, Universal Music Publishing Group - Singer Idina Menzel.

LET IT GO

LYRICS

The snow glows white on the mountain tonight, not a footprint to be seen. A kingdom of isolation and it looks like I'm the queen. The wind is howling like this swirling storm inside. Couldn't keep it in, heaven knows I've tried...

Don't let them in, don't let them see. Be the good girl you always have to be. Conceal, don't feel, don't let them know. Well, now they know...

Let it go, let it go
 Can't hold it back anymore
 Let it go, let it go
 Turn away and slam the door
 I don't care what they're going to say
 Let the storm rage on
 The cold never bothered me anyway

It's funny how some distance makes everything seem small and the fears that once controlled me can't get to me at all. It's time to see what I can do, to test the limits and break through. No right, no wrong, no rules for me...

I'm FREE

Let it go, let it go
 I am one with the wind and sky
 Let it go, let it go
 You'll never see me cry
 Here I stand and here I stay
 Let the storm rage on

My power flurries through the air into the ground
 My soul is spiraling in frozen fractals all around
 And one thought crystallizes like an icy blast
 I'm never going back, the past is in the past

Let it go, let it go
 When I'll rise like the break of dawn
 Let it go, let it go
 That perfect girl is gone
 Here I stand in the light of day
 Let the storm rage on
 The cold never bothered me anyway.

INDIGENOUS PEOPLES, LOVE AND UNITY THROUGH DIVERSITY

PEACE, JUSTICE & STRONG INSTITUTIONS



INDIGENOUS PEOPLES SPEAK
4.000 OF THE WORLD'S 6.700
LANGUAGES.

The **United Nations Permanent Forum** on Indigenous Issues takes place in New York from 19 to 30 april. The theme of the 20th session of the largest global gathering on indigenous issues is: «Peace, justice and strong institutions: the role of indigenous people in implementing Sustainable Goal 16».

Indigenous peoples live across som 90 countries, represent **5.000 different cultures** and speak more than 4.000 of the world's 6.700 languages.

They are heirs of unique cultures and custodians of ancestral wisdom about **beauty, freedom,** and **respect** in the relationships with human beings and also with the mineral, plant and animal kigndoms.

PHOTO GALLERY:

1. Meeting of the UN permanent forum on indigenous issues .

[Foto UN](#)

2. Zapotec woman. Juchitán, Oaxaca (Mexico). [Foto UN](#)

3. Cuzco, Perú. Photo . [Alex Azabache](#)

For more information on this topic:
[UN Indigenous Peoples](#)

PHOTO GALLERY

4. Sami Culture. [Foto Unsplash](#)

5. Ladakhi Woman, part of the Tibetan ethnic group. [Foto UN](#)

6. Powwow Festival. A celebration of Indian American culture.





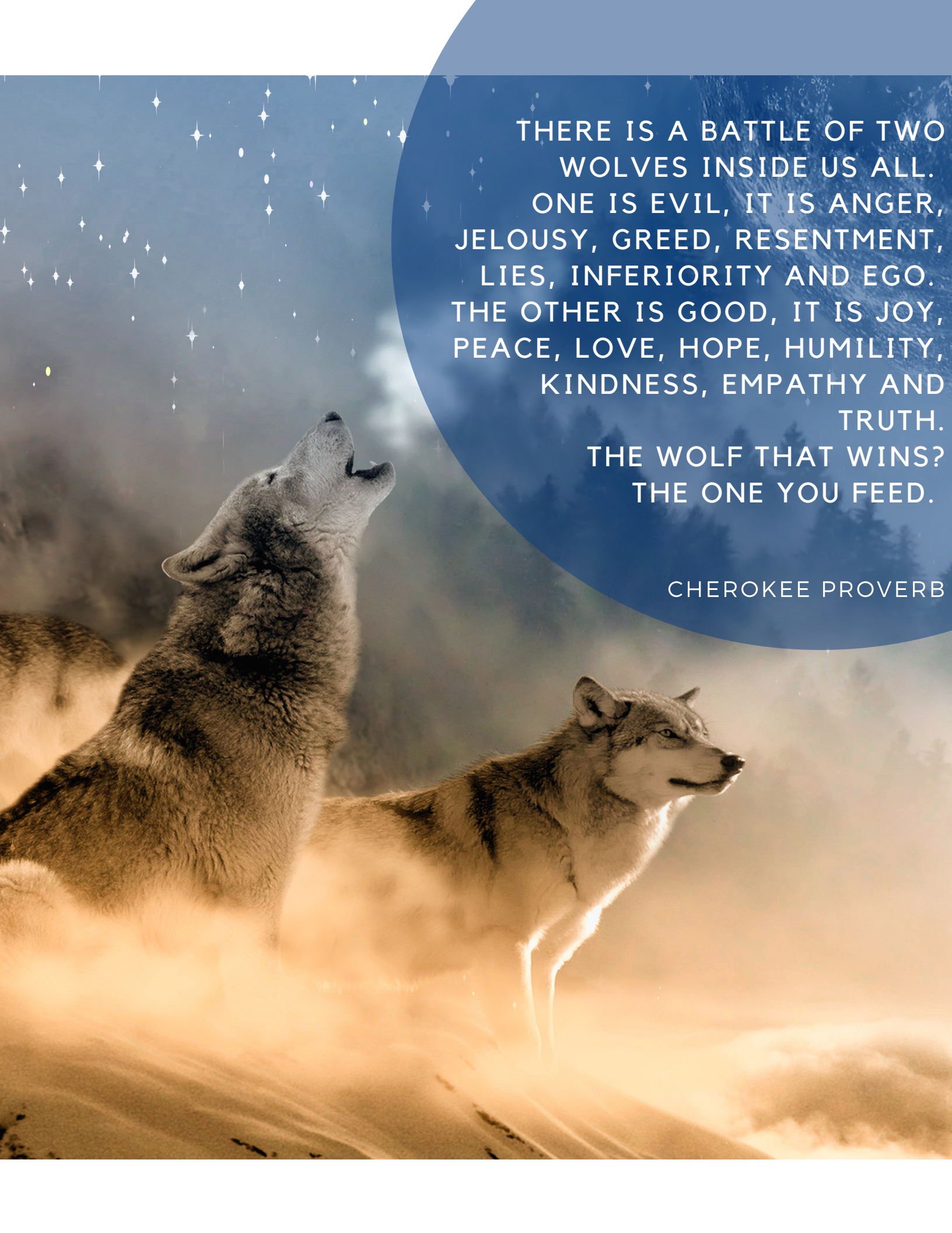
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PHOTO GALLERY

7. Kirghiz family at the foot of the Kongur mountains, Xinjian (China). The Kirghiz are a mongol people living in Central Asia. [Foto UN](#)
8. Handicrafts and cottage industries. Indian women spinning on the Island of the Sun, lake Titicaca. [Foto UN](#)

A photograph of two wolves in a misty, golden-hour setting. One wolf is in the foreground, howling with its mouth open, looking towards a starry night sky. Another wolf is standing in the background, looking to the right. The scene is illuminated by a warm, golden light, possibly from a low sun or moon, creating a misty atmosphere. A large blue circular graphic is overlaid on the right side of the image, containing white text.

THERE IS A BATTLE OF TWO
WOLVES INSIDE US ALL.
ONE IS EVIL, IT IS ANGER,
JELOUSY, GREED, RESENTMENT,
LIES, INFERIORITY AND EGO.
THE OTHER IS GOOD, IT IS JOY,
PEACE, LOVE, HOPE, HUMILITY,
KINDNESS, EMPATHY AND
TRUTH.
THE WOLF THAT WINS?
THE ONE YOU FEED.

CHEROKEE PROVERB



MONEY, INSTRUMENT OF GOODWILL

NEW THOUGHTS ABOUT MONEY

MONEY, thought of as something material, that is, as a means of payment, becomes debt the moment it is set in motion. Something is «owed»: a product, a service, a loan, a rate, an investment, a favor... money and debt, from this perspective, represent the **consciousness of separation**.

This money promotes conditional relationships between people and organizations; I give this to you IF you give something in return. It perpetuates the great hurricane of debt that has our society completely trapped.

It is a money associated with low vibrating energies which keep us stuck in a plane where individual desire, fear and need (of being loved and valued, of survival, of personal gratification...) activate thoughts such as "I have no money", "I need money to live", "if you don't pay me I don't give you my product", "you are not paying me enough for what I do for you" (you don't love me enough...)

Thoughts that crystallize the money so that it either «freezes» (like the clothes or all those objects we accumulate in our closets) or it becomes «debt».



It is a slow process but... either we face it with courage as individuals and as a group or we let the tsunami of debt that is currently conditioning countries, big corporations, small companies and people... destroy us all. You decide.

The more hands we learn to give without expecting anything in return (aware of **how abundant we truly are...**) the faster we will change the course. It is the way. THERE IS MONEY FOR EVERYONE. THERE IS LOVE FOR EVERYONE.

Transcending the materiality of money

is one of the greatest needs our society has had and has since time immemorial.

The crystallization of money has occurred over the centuries. That is why **hundreds of billions** are asleep, blocked, hidden... far away from love.

It is no easy task to open a new door to **talk about money** in a different way. A person has to go through the individual process of understanding what kind of relationship (conscious and unconscious) he or she has with it, what is hidden in the deepest corners of our cells, in our genetic and cultural heritage...

Try to write down in a paper your thoughts about money. Observe what kind of emotions arise (fear, anger, pride...) then substitute the word money for the word love for example...

As the individual healing process progresses fears unfreeze and blockages dissolve. A new vision and a new thought can be expressed: **money is a great force of light, a creative intelligence that can be deflected towards the common good.**

HUNDREDS OF BILLIONS ARE DEFLECTED TOWARDS LOVE.

NEW THOUGHTS ABOUT MONEY





INVICTUS

BY WILLIAM ERNEST HENLEY

After the battle of those two wolves mentioned by the Cherokee proverb the english poet *William Ernest Henley* gives us **a message of hope** in his famous poem **INVICTUS**.

The **victory of the soul** and the forge of the spiritual warrior in the **mastery** of his own energies.

NUCLEAR TECHNOLOGY, AGRICULTURE AND NUTRITION

SCIENCE AND TECHNOLOGY AT THE SERVICE
OF LIFE AND NUTRITION



FAO AND THE INTERNATIONAL ATOMIC ENERGY AGENCY FOCUSED ON FOOD SAFETY

We share the news published by the **Food and Agriculture organization** of the United Nations about how the new joint FAO International Atomic Energy Agency (**IAEA**) centre is leveraging nuclear energies to help feed the world.

With the goal of ensuring **food safety**, nuclear technology is being used to improve agricultural practices and to protect **land and water resources**. The article develops 5 examples concerning:

- Animal health
- Improved soil and water management
- Insect pest management
- Food safety and control
- Plant breeding and genetics

[Read the complete article: FAO](#)

PHOTO GALLERY

- *Marie Curie*, pioneer in the field of radioactivity. [Photo Museo Curie](#)
- *Ernest Walton, Ernest Rutheford y John Crockcroft*. Announcement to the press of the splitting of the atom, 1932. [Photo Google Arts & Culture](#)



- Light spreading. [Photo FLY:D Unsplash](#)



Masters, initiates and disciples gather every full moon of the Taurus month to welcome Buddha, who comes back to earth to illumine the consciousness of what is in the soul of mankind...

THE «WATER CARRIER» AND THE PRINCIPLE OF UNIVERSAL LOVE

He pours the water from his vessel, symbolically representing the principle of pure reason, the highest intuition, to illumine and impress the minds of men and guide them in their path of service to the world.

This «**Water Ceremony**» symbolizes the New Age of Aquarius, the **Water Carrier**. It reminds us of the principle of **universal love**, the need for our own **individual purification** and the opportunity to **share** with each other that which belongs to all.

More information about Wesak:

- [United Nations](#)
- [Wesak Festival](#)

THE WATER CEREMONY

WESAK FESTIVAL, BUDDHA AND PURE REASON

Wesak Festival is the most important spiritual event of the year and its significance is making its way around the world.

A person is silhouetted against a sunset sky, standing on a large, thick tree branch that extends horizontally across the frame. The person is looking down towards a cityscape below, which is illuminated with lights. The sky transitions from a warm orange near the horizon to a pale blue at the top. The tree's branches are dark and intricate, framing the scene.

**EACH HUMAN
BEING IS HIS
OWN CREATOR
AND SAVIOR**

BUDDHA

A NEW WORLD

I see a world guided by light, love
and the power to create.

A world where each person is valuable,
where money changes course
and heads towards the common good.

I see a world where free souls
connect with each other
and serve the group.

I see a world that heals its wounds,
releases its fears.

I see a world that expands and awakens,
a world of discovery and comprehension.

I see a world of harmonic and vibrant colors,
I see a world that breaths in peace.

A world abundand and full of beauty,
A world in freedom,
A world of goodness and bliss...

I see a world where wisdom is shared,
I see a world in which we learn to give.

I see a world that moves and transforms itself,
I see a world where every person
who raises consciousness
illuminates someone else's way.

I see a world in which one by one,
and all together,
mold and shape a new life.

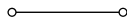
I see a new world.





Image: [Nukata-No-Okimi](#). Painting by Japanese artist Shoko Uemura. [Shoaku Art Museum](#)

**Open your hands if you
want to be held.**



R U M I

WISDOM AND VALUES: LEARNING TO GIVE

HANDS THAT ARE NOT GIVING... WHAT ARE YOU EXPECTING?



As the Spanish saying goes, "hands that are not giving... what are you expecting?" (manos que no daís, ¿qué esperáis?).

Used to living in the material plane and moved by energies of fear, personal desire and survival, we have become experts in employing our hands to grasp, to hold, to claim...

We only dare to give when we take our physical and economic survival for granted. Or we do want to give but we do not think we have something to offer, understanding «something» as a material thing: objects, money, time...to which we are so attached.

As we release the old memories of our most instinctual nature and reconnect with our spiritual essence, we discover **the abundance of the universe and its complete availability.**

The **«Divine» storehouse**, full of light and love, opens itself. It is the **spiritual wealth** and it belongs to all.

Our soul, dressed with many qualities (forgiveness, humility, respect, trust, detachment...) waits patiently for us to turn our hands in her direction so we can release and **learn to give.**

**LEARN TO
OFFER THE
QUALITIES
OF YOUR
SOUL**



BLANCA LÓPEZ GARCÍA

CLOSING WORDS

This first volume of BUBBLES has been written and created following the impulse of my heart. It is the result of several years of search, questions, answers... of my own personal transformation. Without being conscious of it, it has been «gestating» in silence, and now, the pieces start falling into place, the words flow into my mind, the path reveals itself..

I thank all the messengers that have arrived into my life, those people whom I have lived experiences with. Thanks to them I have been able to understand all the good that was hidden behind each and every situation.

I also thank all the masters who appear in your way «by magic» to offer you a hand, answers, encouragement... and all the resources available and within everyone's reach when the heart is willing to go further....

Where these BUBBLES will go..., I don't know... nor where my new hands and thoughts will take me... I allow myself to be guided... I am now ready for the voice of my spirit to speak through me, trusting that no matter how small my light may be, it will help the light of the group to be brighter, and all together, **we can create a new world.**

My job continues, I keep releasing fears, old thought patterns and emotional reactions, learning, enjoying... I am finally starting to understand what the words **LOVE** and **LIFE** truly mean.



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BEAUTY ILLUMINES THE WORLD

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