

Note by the author

The events being told reproduce the reality faithfully;
for this reason, the names of the characters were changed.

Steven is a child and as such he thinks, speaks and expresses his feelings and emotions.
He keeps this language even when growing. .

Was used a capital letter where he felt to make highlight the intrinsic value.

*I*ntroduction

*This is the story of Steven,
a good child as you are,
born many years ago.*

*Then the world was very different from
today's world*

*Perhaps, you will be surprised by Steven's simplicity,
but children were so at that time.*

*Now children grow faster
and are acquainted with many things in advance.*

But their hearts are the same.

*They have the same feelings,
the same emotions that Steven
tells you in this book.*

*You also have a Friend next to you
who can read your heart,
as Dave reads Steven's heart.*

I love you.

Sriyam

Foreword

Suddenly, I found myself alone and desperate locked in my room.
They told me: *“Steven, your mum went to the Heaven.”*

I look at the sky for a long time, but I cannot see her...

“What are you going to do there? Why did you leave me here alone?”

Dad is away on business:

“Why do not you work near here, so we can be closer?”

At home, there is only my stepmother:

*“Why are you always so serious and quiet?
What have you come to do here if you do not love my sister and me?”*

A lot of pain, so many ‘why’ that have no answer.

I feel ‘different’ from the others and nobody understands me...

I hear a voice telling me:

*“Hi Steven, it’s Dave talking, I am a friend of yours, I love you
I am next to you and I will always stay close to you.
You will hear my voice in your heart.”*

Day after day I find out that Dave is not only a friend who loves me and understands me in everything, but he is also a great ‘Wise’ that explains everything to me, helping me to understand my relationships, everything I experience, things that happen and answers to all my ‘questions’.

I learn how to behave and live my life with him close to me.

He gives me the most beautiful gift, the greatest gift:
He helps me to feel the voice of my mum in my heart!

I am 20 years old: I plunge into the world...

I have everything a young man dreams, I fully live all pleasures, 'managing' my all relationships.

I do not realize that the noise of the world and my way of life drive me away from myself:
I cannot hear the voice of Dave anymore, nor the voice of my mum.

But now I have everything, I am surrounded by many people, I have money, I have a lot of fun... ,
I do everything I want, I am free, I do not stop for a moment.

Suddenly, I found myself alone again, desperate again...

"What happened?"

I feel 'different' again and everything I used to do does not entertain me anymore, nothing makes sense.

Pain and stress are back.

I start the most difficult path: to find myself again!

But I no longer feel Dave, I do not feel my mum ...
my heart is empty.

A meeting leads me to make my first channeling where my mum talks to me.

I can identify her for some details that I only know.

She explained to me what happened since I thought she abandoned me.

She told me that she was always close to me, that she will always be close to me and that she really talked to my heart.

She gave me the most beautiful gift, the greatest gift:
she helped me to hear and feel again the voice of Dave!

Thanks to her, I found out that Dave is my Angel and he has always been with me as well.

In reality: **I was not alone - I have never been alone!**

I strongly went on the journey towards myself
along a Path of growth, evolution,
accompanied, supported, guided, protected, helped
and infinitely loved by my Angel, the Angels,
and my mum.

My Angel, the Angels and my mum
gave me again
the most beautiful gift, the greatest gift:

*they helped me to return a child,
to live abandoned in Their arms.*

Now I can also live alone without feeling alone.

- *Hi Steven, what are you doing alone in your room? Why are you so sad? What happened?* -

- They left me here alone, I am very afraid!

My mum is gone.

I do not know why...

I do not know what happened...

Nobody talks to me, nobody tells me where my mum has gone...

I am very afraid of not seeing her anymore!

My little sister Susan cries.

All adults coming home are so serious and look at me in a strange way. Some of them cry...

Grandma does not feel good, they called the doctor... -

- "Mum, mum, where are you? Where did you go?

Mommy, I am scared, come back to me!" -

- *Little Steven, come here, in my arms. I love you.* -

- No, no! I do not want you, I want my mum! -

... - "Mum, mum! A gentleman told Susan that you are dead... that you went to the Heaven... and we cannot see you anymore..." -

- "Mommy, tell me that it's not true!

Tell me that you did not go without me! How can I do without you?

I want your kisses, your caresses!

Mum, do not leave me here alone..." -

- *Little Steven, I am sorry you have no longer your mum.*

Without one's mum, one suffers a lot, and everything is difficult.

I know that you are very bad now and you feel the need for being in somebody's arms, somebody who caresses you giving you a lot of kisses and hugs.

I cannot bring your mum back, honey, but I can stay close to you.

I will help you living this moment when you feel lost, as you were lost in a wood. -

- "Mommy, come back from the Heaven! Come down, come here with me, what are you doing there?

I need you...
Then I have to go to school, how can I do without you?
Why does nobody tell me anything else about you?
Dad, where did you go? Stand by me!
I am very scared, dad! Do not leave me alone with others!
I want you, I want my mum!" -

- *Steven, I love you. I will always stand by you. -*

- But, who are you? –

- *I am Dave, your new friend.
I know what you are feeling in your little heart. I am always close to you and I love you much. I am here to listen to you and I try to help you as most as possible. -*

- Why did my mum go away without me?
Am I not a good child?
Did I do something that gave her sorrow?
Is she tired of me? -

- *No, no, honey! Nothing of that happened, be quiet!
You are a very good child.
You did not cause any sorrow to your mum, and she is not tired of you.
Do not ever think about these things.
You are so sweet and sensitive, I like you very much.
I love you, Steven. -*

... - "Mommy, I miss you a lot
Mum, there's something making me feel even worse and cry so much.
I do not know how to tell you that, I fear that you feel bad if I tell you that...
Mum, help me! I'm forgetting the things we did together...
How can I do now?" –

- *Honey, I am sorry that you do not remember the beautiful moments you experienced with your mum, but do not worry about her.
Your mum is not feeling bad for that.*

She knows that these things may happen when those people we love leave us, knowing not to see them anymore.

We feel so bad, that we no longer know what to do.

We feel that, in some way,

We must protect our heart, otherwise it would suffer a lot.

Then, without realizing and choosing to do that, we try to forget, as soon as possible, people who left us, and the things we did with them.

In this way, it seems that we suffer less, and find the strength to keep on living. .-

- But I do not want to forget my mom!

I want still her kisses, her hugs; I want to be in her arms in the evening, falling asleep with her!

She should take me to school in a little!

She had promised that! -

- "Mum, I do not want to forget the beautiful things we did together!" -

- Dear Steven, I know that now you do not want to hear other talks, but I want to tell you something: even though you cannot see her, your mum is always close to you, accompanying you wherever you go, and she does not leave you alone. -

... - "Mommy, since you have gone, no one looks at me, nobody takes me in his/her arms!

Dad is always away on business, so he called a man and a woman to look after Susan and me.

They are married, but they do not have children.

They help us a little, but not like you.

Then, they never hold us in their arms, nor give us their hands, nor caress us...

Mommy, I miss you so much..." -

... - "Mum, today it was my first day at school and I was really scared.

I cried a lot!

Thus, the teacher called Susan, who sat on the bench with me.

But I was still scared!

Everything was new, and there were many children and people I have never met.

What makes me feel so bad is realizing that they have their mum close to them, and I have not!

I was very scared, mum, I felt so alone!

I also feel ashamed. I am the only child without a mum and a dad.

If someone asks me why, what should I answer?
I always want to cry, I cannot talk.
Even at home, nobody talks about you.
Mum, come here... Do not leave me alone..." -

... - Dave, I have a little thing in my heart that hurts me a lot.
There is a woman at home.
They told me that she is the new partner of my dad. What does it mean?
Her name is Adele, but I have to call her aunt. Why?
She is a cousin of my mum and she even brought her child.
His name is Flavius, and he is a bit older than me.
They tell that now we are a new family...
But I do not want a new family, I want my mum!
I want my mum holding me in her arms ...
I do not want that woman!
She is not good, she never come close to me.
When we go out to take something, she makes me walk on the sidewalk alone, without giving me her hands.
Since she is here with us, she has never given me a kiss, nor a hug, and she never talks with me.
She always feels angry with me, and I really fear of being scolded by her.
Instead, she talks a lot and caress her child. She is always so sweet with him.
I haven't see her giving a kiss to him yet, but she certainly gives him some kisses when I am not there.
How do I tell my dad that I do not like this aunt? –

*- Dear Steven, I understand you!
I know you are suffering a lot because you do not receive the love you need and wish.
They told you that this woman is the new partner of your dad, because he married her, as he married your mum before.
Your dad has not the courage to tell you that, at home, she replaced your mum.
But, in his heart, there is also your mum.
Your dad has brought Aunt Adele at home, so that you could still receive kisses, caresses, hugs and the loving words that your mum used to tell Susan and you.
Your dad as well is suffering a lot for your mum, and he hopes that aunt Adele can give you at least a bit of the love you received from your mum.-*

- That's not true!
He does not love my mum anymore, he never tells me about her...
We only go together to the cemetery on Sunday.
Susan cries, I do not, even though I would really do it in the arms of dad.
If he still loved mum, he would tell us about her...

I would like to do that!

And he would call a good and sweet woman, like mum, to look after us, instead of a bad woman! -

- Steven, your dad still loves your mum very much, even though he does not talk of her.

It is not easy to do that for him. When he talks of the mum, he remembers more the moments they spent together, and his heart suffers more.

Your dad and your mum loved each other very much!

They wanted to stay together forever. Now, he also misses her just as you do.

He thinks that, if he talks about your mum with you, you miss her much more and you suffer more as he is doing.

He is sure that, being silent, you feel better, and that, gradually you can turn happy again.

You know Steven, your dad, when he was a child, has not had his dad close to him, because he went to Heaven, as your mum did.

He suffered a lot, just like you.

Even his mum has never talked about his dad with him, and for this reason, he thinks doing this way is right.

Be quiet, little Steven, your dad loves you so much. -

... - Behind the house, there is a very big tree.

I love to lie down and watch the sky.

It seems that its branches and leaves touch the sky.

Maybe, if I could climb up there, I would reach my mum... -

- No, Steven. Your mum is so high that even planes cannot reach up there.

But she comes to you very soon... -

... - "Mum, can you look at me from There?"

I miss you a lot mum!" -

- Be sure of that, Steven.

Your mum looks at you and always smiles to you from the Heaven.

She can help and protect you from There.

Sometimes, she comes near to you, even though you cannot hear and see her.

She can do that because she loved you so much.

Now, she loves you even more, because, when someone is in the Heaven is able to love more and do things that seem magic for those living in the Earth.

When you become older, you will understand how this happens. -

- Really? Are you sure? -

- Yes, it is like that! -

- So she still loves me!

How beautiful! Now, I am happier...

If she comes near to me, maybe sometimes I could see her!-

- I am sure that one day you could see her... -

- Hurray! -

... - I go for some rides in the country streets with my friends. I discovered new fields where there are maize, big retting-pits I have never seen and wonderful meadows full of flowers.

Often, we stop in the middle of the fields to eat grapes and watermelons.

Sometimes, while my friends pick fruits, I have fun looking the poppies. They are so many and wonderful!

I talk a lot with my friends and we do many games.

It is just good to have friends! -

- You are right, Steven.

Friendship is a beautiful thing: it is one of the most precious treasures.

Besides playing and having fun, you can tell your friends what are you feeling in your heart, both beautiful and bad things, without being afraid of not to be understood or teased.

When somebody is your friend, he always tell you what he is thinking of and never tells you lies.

Always tell your friends what you feel in your heart, what you think, what you hear, what you cannot understand, what you like or dislike.

This is true friendship.

If your friend does not agree with you for something, never get angry.

Maybe, he is right. But, if what he is saying is absolutely wrong for you, listen to your heart and be happy.

If a child does something that is not good for you, do as your mum used to do: do not reprimand him, but tell him that it is not good kindly.

If he does it the same, continue loving him and be quiet.

If he behaves badly or does things that hurt somebody, always tell what you think, telling that you love him but you cannot stay with him anymore.

When you are friends, you understand everything, never judge or tease, and always respect what your friend want to do.

But you cannot do bad thing for friendship. -

... - After the match, dad takes me back home and then he goes back to the cafe with his friends. I always hope there is much traffic, so I can stay a bit more with him and can hear other comments on the match.

Fortunately, it happens often!

I reach home happy, because I did the things that I like more: being with dad and going to the stadium.

He was good and kind with me.

I liked seeing him laugh, jump, shout with his friends, just as I do.

My dad is fantastic!

Going to the stadium and watching the match is very beautiful, but I like more being with dad and seeing him so happy! -

- Dear Steven, it is beautiful that you are pleased when you see your dad so happy.

He expresses all his joy at the stadium because he becomes a child like you, and children sing, laugh and jump.

Instead, at home he is not able to express itself like that because he feels the responsibility for being the head of the family.

He learnt that, when someone becomes head of a family, he needs to be steady, showing to be strong and not to joke too much.

Instead, he can do the important things and be a bit children singing, playing and shouting.. -

... - I fear the dark even when I am at home... -

- This is natural too as long as you are young.

If you want, I can help you to be no longer afraid of the dark.

You know, Steven, there is always a friend near you, even though you cannot see him, as you cannot see your mum when she is next to you.

This friend is an Angel!

He has large wings and is surrounded by Light!

He is always close to you, since you was born.

He lived when now your mum is living.

He came on Earth to be with you, to help and protect you.

On Earth, everybody has an Angel close to him/her.

He can help you to do everything, with less effort, even your homework. And if you ask him, he can help you even more. You can ask it as you do with your uncles.

Even though you cannot see him, talk to him as you talk to your mum. I assure you that he always listens to you.

Then, when it is dark, call your mum and your Angel friend and ask them to help, protect and be near you.

You can always do it, not just when you fear the Dark.

When you want to cry or you have difficulties in doing something, or you are ill, or you feel alone, call him: He always help you in everything.

Your Angel Friend is stronger than your uncles and loves you as much as your mum.

He can do more things than those done by adults.

Angels can do just everything.

However, they cannot always do whatever we ask them, because you have to experience some situations to learn things.-

- Dave, now I remember that, when my mum was here, I saw some people like that, as you told me. I do not remember them very well... they were so beautiful and always smiled at me.

There was also a strong light...

I thought I have dreamed them, but no... I saw them...really!

They were so many...

Thus, were they Angels?

Were they all friends who loved me?-

- Yes, Steven, there could be many Angels next to you

When you are a child, seeing Angels is easier, but there are also adults who can see and hear them. Angels talk to the heart and suggest the good things to do and say.

They teach many things, especially to love everybody and be happy for what you have and what you can do.

You know Steven, besides Angels, there are other friends you cannot always see easily.

They live in the meadows, in the woods, the countryside, and love you very much.

They are so small. They like laughing, joking and playing.

They are always happy and sing.

When you are in the countryside, among the trees, you can do a beautiful play.

Call these little friends and imagine they are coming to you happily, smiling and full of joy, playing ring-a-ring-o'-roses around you.

You can talk, sing, play and run with them. You can do everything with them. You'll see how it is beautiful!

When it is dark, if you are at home or outdoors, you can talk loudly to your mum, your Angel friend and these little friends.

In this way, you have no longer fear because you know that they are there near you and protect you.

You can do it always, also when you fear other things..

You will see that your fears will disappear.

If you do that even when you are sad or you want to cry, you will be happy again.. -

... - Why has dad never said:

“Steven, I love you”!

Why has he never held me in his arms? Why has he never told me about his life with mum? -

- Steven, there are things that make us feel that we are loved.

They are called: 'expressions of love'.

They can be words, caresses, kisses, smiles, hugs.

They can be action through which you look after the person you love, help and make him/her happy.

When a child does not receive these expressions and does not see these actions, he feels he is not loved, just as it happened to your dad and you.

This is the worst pain because for everybody, young or adult, love is the most important thing to live happily.

These pains are so bad that cause many fears, making you feel insecure, weak and other things.

When you are an adult, you are ashamed of feeling that.

So, you conceal what you are feeling, in many ways, even pretending to be strong and confident.

You have so much fear of suffering more that you refuse all expressions of love, even though you wish them.

In addition, you have difficulties in expressing love for the same reason.

That happened to your dad.

Try to understand him; he loves you.

Now, understand that the most important strength is in the heart, the strength that let us give and receive the expressions of love, helping us to say what we feel in our heart, our feelings. -

- However, Dave, I also did not receive those things, the expressions of love, as you call them, but I tell you the same what I feel in my heart.

And I tell grandma that I love her! -

- Yes, you are right. And you are good in doing that.

But remember that you also fear to say the things that you tell me and your mum to you dad, your teacher, your friends...

It is not always easy, Steven...

Now, do not worry: gradually, I will help you to do that with everyone.

And when your heart will be full of love, you will do that in a better way. -

... - "Mum, I miss you very much.

I suffer a lot because you are not here, and I feel worse when I see my classmates with their parents.

I want to cry...

Dad gets on my nerves: he never stands by me!

Mum, why does he leave me always alone? What did I do to him?

He makes me feel more alone than an orphan!" -

- I also had the shivers but, after a while, it was over and I went in.

I sat at a desk in the front row of the classroom.

I did the exercise easily, how beautiful! I was the first one who ended it.

A classmate, sat at the desk behind me, asked me if he could copy my work. I gradually moved my paper so he could see it better.

Incredible, nobody has ever copied my work!

I was sure that the exercise was right, because I did them many times with the teacher at the private lessons.

When my classmate ended to copy, I handed over my test and went out laughing: I was the first one to hand it over!

I was very happy and proud of me.

Outside, I saw my dad's car: I did not expect it!

I run to meet him happily, but I saw that also Aunt Adele was there.

It was better that she was not there...

Dad asked me:

"Steven, what happened? Why did you come out soon?"

I told him everything happily and proudly, and he smiled at me satisfied.

While I was getting on the car, he looked at Aunt Adele smiling and told her that I was very good. She did not reply, and remained silent, serious looking straight ahead.

I know she does not feel good because Flavius failed for the second year running, but she was very mean since she did not say a word.

She always ruin everything! She could stay at home!

And, as usual, dad is silent. -

- Steven, do not waste the joy of this day thinking of your Aunt's behavior.

Think dad your dad came at school and you did not expect it: it was a true surprise.

Be pleased with this and proud of you.

When beautiful things happen, we have to enjoy them, without losing our happiness for other reasons.

Remember that happiness, beautiful feelings and emotions, should be always safeguarded, and nobody must ruin them. -

*... - Be careful Steven, the circle you are going to is very dangerous.
You are a good boy, very sensitive and with good values.
But your heart is so empty and wounded, so a part of you is fragile, weak and desperate.
Steven, you are pursuing love, because you know that love exists, since you received it by Susan,
grandma, uncles and some friends of yours.
You realized that they did their best to give love to you and you are grateful for that, but you feel
that it was only a drop, while your heart needs an ocean...
The people you are meeting are very different from you.
For sure, they suffered too and did not receive love, but now they are trying to fill their void with
something different from what you are searching for.
That is why they cannot give you what you wish.
Your need for love is so strong that now you do not understand clearly your feelings and you are
deluding yourself of receiving attentions and love.
Steven, I give you an example to make you understand better.
Now, you are like a clay pot and you can be easily moulded.
You could become a good, correct, sweet and respectful man.
You could also become hard, close yourself to love and, maybe, turn into dangerous and bad
streets.
Everything depends on you, who is besides you, the places where you go to, what you have into
your heart.
The people you are seeing now cannot give you the love that can heal your heart, nor the sweetness
and tenderness that you wish.
Do not judge them: you do not know what led them to lead that kind of life. They pretend to be
good, but, in reality, they are deceiving themselves...
Do not be betrayed by their smiles, confidence and words.
They try to hide their sufferings by reacting like that.
Love them, respect them, but do not be affected by them. -*

*... - Hi Dave, this night I had a very beautiful dream and I can remember it.
I dreamt about you, Dave. You talked about Catherine, Richard, their friends, love and me.
You explained to me many important things that I could not understand, and advised me.
So, I could understand more the people I met in the last few months.
Now, I feel more comfortable.
Tell me Dave, was it just a dream or was you really talking to me? -*

*- My boy, I feel and see your heart.
When you are lost in pain and do not call me because you are stunned, I speak to you by means of
the dreams, while you are sleeping.
This is possible because, even though you do not realize that, you allow me that.
You are a simple and good boy, and your intentions are full of love.
Keep on this way, Steven.*

*Remember that when you need, I will always be in your dreams.
I am happy that my words cheered your heart up.
I love you, Steven. –*

- Dave, you are fantastic, thanks for your love. -

*... - You heard well, Steven.
Indeed, what blocks you the most is the energy that you dad radiates, not only his look.
The energy radiated by a person for a thought or a feeling, is called 'vibration'.
They are invisible waves radiated by everybody.
You can feel and understand them with your heart, above all.
To learn how to recognize them, you can play this game with a friend.*

*Sit, facing each other.
Then, you close your eyes and breathe deeply.
Follow the movement of your breath until you feel very comfortable.
Thus, listen to your heartbeat.*

Then, ask your friend to think of something nice and pleasant, and listen to the waves coming from him.

Then, ask him to think of a sad thing that happened to him and go on listening his energy into your heart: you will feel that it is different from before.

*After that, ask him to pretend being angry with you and, after a while, to express thoughts of love, while you are still listening to what you feel.
You will see how his energy will change depending on what he thinks or imagines.*

You can also play this game asking him to express with his words what he expressed with his thoughts before: joy, sadness, anger and love.

Ask him to alternate those feelings while you still listen to them with your eyes closed, paying attention to what comes from him.

Try to play that game looking at your friend's eyes, you feel what is in your heart: you will get confirmation of how his energy changes.

These different 'waves' that you feel are 'vibrations'.

If you focus on them and try to recognize them, you can realize that what a person says does not always corresponds to his/her thoughts and feelings.

Thus, Steven, from now on, try to focus less on words and more on what you feel in your heart.

Remember to look always at the eyes of the person who is talking.

Men can say what they do not think, control the movements of their body to hide their feelings, but their eyes will always express what they feel in their heart.

Steven, be loving with everybody, and listen to what happens in your body.

If when you talk with a person, you feel joy, comfortable and strong, it means that his/her vibrations are good for you.

Instead, if you lose your joy, peace and feel weak, it means that there is a bad vibration near you and you should be careful.

Do that without judging anybody, but with love and respect.

With the passing of time, you will clearly understand that vibrations, although are invisible, are real and always show the reality, even when someone tries to hide it with words.

Stay calm Steven, your mum is near you and protect you.

She will help you for your future job.

Always ask help to her and your Angel friend, being sure that they will always help and protect you.

Thus, you do not feel anxiety while you think of your future.. -

... - Dave, what you told me has happened: I am not a turner!

When you advised me not to think too much about my future job, I tried to do that as less as possible, but sometimes I was about to say:

“Steven, the only job you feel you can do is the lorry driver but your dad does not agree... what will you do?”

Dave, I understood an important thing: you cannot know what could happen in the future.

Thank you Dave, I try to remember your words always. -

- “Thank you, mum, if now I am an insurer it is thank to you.

I know that you saw how much I was despaired sometimes, because I did not know what to do...

I love you very much, mum.” -

- Steven, I am happy that you realized that.

This is the solution to live your life happily, enjoying everything the life offers.

Know that doing this will not always be easy: the mind constantly brings to the past or the future, never in the present.

If you go back in the past, you can regret some moments that you experienced, leading you to act to re-create them.

If you live the same situations, you cannot have the same feelings, because you are not the same as in the past.

Furthermore, thinking about the past, you can recall some bitterness or pain and suffering you had experienced.

You can feel some guilt for what you have not loved or given to others.

You can harbour a grudge towards those who have not loved you or what you suffered.

It is good to look at the past only to understand and learn from the past experience.

You can think of the past to heal your heart, forgive others and yourself.

You can do that with those who can help and support you.

While, if you think about the future, you can have fears and anxiety for what could happen.

You can have some expectations that, if you fail in achieving them, make you feel bad.

Thinking about the future can lead you to have some certainties that are not real, since there are no certainties in life.

That is why, ask your mum and your Angel to help you live in the present. -

... - Steven, it is always necessary to face every situation, to feel good and in peace.

It is true that, sometimes, the truth hurts, but concealing it or telling lies hurts even more.

The truth can create some difficulties and can make you lose people, benefits and things.

But it makes you free and freedom is invaluable.

Truth is an expression of respect and love.

Take it with tact and kindness and always accept the reactions it can cause.

Who received the truth will thank you.

Remember that you can get away from some situations and hide the truth, but you cannot get away from yourself, nor deceive your heart. -

... - Having seen dad crying for the death of Uncle Valerius, I think that once, grandma, uncles and dad, had a good relationship and loved one another.

I would like that somebody explained me what changed their relationship later!

Maybe, love was still in their heart, since the pain and the tears of dad. -

- Steven, your remark is right: many feelings, not only feelings of love, were born between these two families...

Their union was not a free choice, so when you are obliged to do something against your will, inevitably some difficulties can arise.

These difficulties increase when you live in situations of deprivation and hardship, as they lived.

If later, they kept their misunderstandings in their heart without solving that and forgiving one another, there could never be a peaceful dialogue.

In life, it is essential to clarify all things and forgive.

Only by doing that you can solve any difficulties and live happily.

*Moreover, this allows to have peace into your heart and avoid further sufferings.
It is beneficial also to your health, because any bad feelings could create a disease, sooner or later.
Often, someone recover his health after solving his difficulties and forgiving others.
The death of a loved person makes us understand that love is the most important thing, and we never have to allow anybody to prevent its expression. -*

... - I cannot take to accept that and it is difficult to hold my tears in front of this sad reality. -

*- Steven, do not be distracted once again by these sad thoughts, because, in addition to spoil the joyful moments you are experiencing, they lead you to feel bad things, to judge and complain.
Observe how your mind makes you notice the things you do not have, leading you to be sorry for that... creating troubles and sufferings that you can avoid if you listen to your heart.
Your heart allows you to enjoy the love and attentions you receive, showing gratitude for that and rejoice at what you have.
Be watchful, Steven, and pay attention to your mind; train yourself to give room only to love and positive thoughts.
Only then, you life can be full of love and nice things. -*

... - Will I ever be a self-confident man? -

*- Yes, Steven, you will.
I cannot say when because it depends on you and other things, as always.
The wounds of the heart need a thing only: love.
The void caused by the lack of love can be filled by love only.
The uncertainties resulting from these wounds and voids are overcome only by experiencing love.
Everything coming out from experiencing difficult and painful situations turns into situations of love, understanding and peace.
That is why Juliana presence is crucial now.
Her presence, love, the cares from her family, can create the necessary conditions allowing your heart to heal and be filled, making you forget the wounds and pains.
However, everything depends on how you welcome this love, how you allow it to enter your heart and how you accept the kindness and attentions others give to you.
And, above all, it depends on how much you love and how you will give the expressions of love.
Remember that, until you are fully healed, you may be tempted to escape love.
Even the way you interact with your dad can affect you in finding confidence in yourself.
Do your best to allow this relationship to blossom fully.*

*Pay attention to that especially when you go back home, after ending the military life.
Steven, you are already realizing that a man can be strong in life, but he will remain an insecure
child if he does not win the summit of love. -*

Conclusions

My Angel, the Angels and my mum made me know the steps that lead to forgive oneself and others, while helping me to understand my relationships.

In doing these forgiveness, I realized that in reality everything I experienced made me grow up, understand more others and myself, allow me to accept others for what they are, without judging anybody.

At the end, I felt grateful to those I had forgiven and I loved them even more considering them as 'means' for my personal evolution.

Only the lived awareness and learned lessons have remained from my past: my heart is free.

I smile at the freedom I thought to have when I was twenty, because I realized and experienced that the true freedom is the freedom from oneself.

I thank my Angel, the Angels and my mum for teaching me to live in a joyful solitude, without feeling alone anymore.

I am sure that I will not feel alone anymore if I stay next to Them and I let them to take me in Their arms as a Child.

Sriyam