

**LUCES ADENTRO**



QUE ESTE LIBRO DIFUNDA AMOR  
Y TE INSPIRE A ENCONTRAR PAZ,  
ALEGRÍA Y LUZ DENTRO DE TI.



CIERRA TUS OJOS  
VAS A VER  
LUCES ADENTRO  
LIBERA TU SER

FECHA

CUANDO CIERRO MIS OJOS VEO Y SIENTO

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A child is shown in silhouette, sitting in a meditative lotus position on a dark surface. The child is centered in the lower half of the frame. Behind the child, a large, glowing orange light pattern resembling a heart or a flame is visible. This light pattern is surrounded by several concentric, glowing orange circles that resemble ripples in water. The overall scene is set against a dark background, creating a sense of mystery and inner light.

SIENTE LA CHISPA  
EN TU CORAZÓN  
LA LUZ BOMBEA TU LATIDO  
Y DA AMOR SIN RAZÓN

FECHA

ME CONCENTRO EN MI CORAZÓN Y SIENTO

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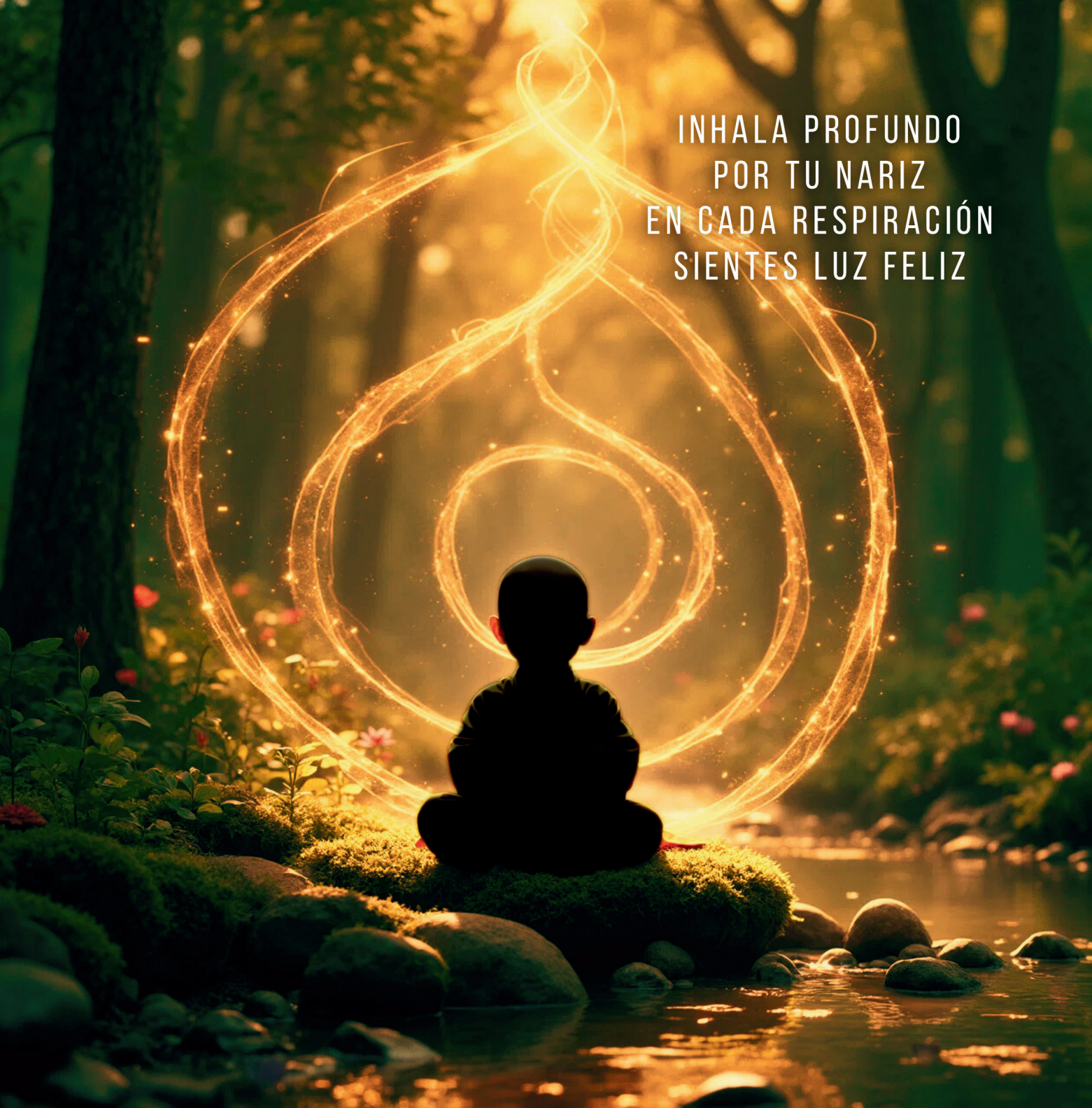
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A child is shown in silhouette, sitting in a meditative lotus position on a mossy rock by a stream. Behind the child, a large, intricate, glowing golden light trail spirals upwards and outwards, resembling a stylized flame or a protective aura. The scene is set in a lush forest with sunlight filtering through the trees, creating a warm, golden atmosphere. The stream flows in the foreground, reflecting the light. The overall mood is peaceful and magical.

INHALA PROFUNDO  
POR TU NARIZ  
EN CADA RESPIRACIÓN  
SIENTES LUZ FELIZ

FECHA

CUANDO RESPIRO PROFUNDAMENTE, SIENTO

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SIENTE COMO FLUYE  
EL AIRE QUE BRILLA  
HACIA TU CORAZÓN  
ABRE SU SEMILLA



FECHA

CUANDO RESPIRO HACIA MI CORAZÓN, SIENTO

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ABRE TUS OIDOS  
ESCUCHAS LA NATURALEZA  
SE QUITA EL MIEDO  
Y SOLO QUEDA BELLEZA



FECHA

RESPIRO CON LA NATURALEZA Y SIENTO

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SIENTES LAS ONDAS  
SIENTES LOS SONIDOS  
HASTA TU CORAZÓN  
Y ESCUCHA TUS LATIDOS



FECHA

RESPIRO LENTO, ESCUCHO MI LATIDO Y SIENTO

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VES TUS PENSAMIENTOS  
COMO UNA FUENTE  
SIENTES TU RESPIRACIÓN  
Y SALEN DE TU MENTE



FECHA

RESPIRO PROFUNDO Y MIS PENSEMIENTOS

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EN CADA INHALACIÓN  
SIENTE LUZ Y AMOR  
QUE CREZCA TU VIDA  
COMO UNA FLOR



FECHA

CUANDO SIENTO AMOR EN CADA RESPIRACIÓN

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IMAGINA TU CHISPA  
PRENDIENDO TU FLAMA  
ILUMINANDO TODO  
EL SOL DE LA MAÑANA



FECHA

SI IMAGINO EL AMANECER EN MI CORAZÓN

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ALIMENTA TU FLAMA  
SIENTE SU CALOR  
DESDE TU CORAZÓN  
TU BOMBA DE AMOR



FECHA

PRENDO LA CHISPA DEL CORAZÓN Y SIENTO

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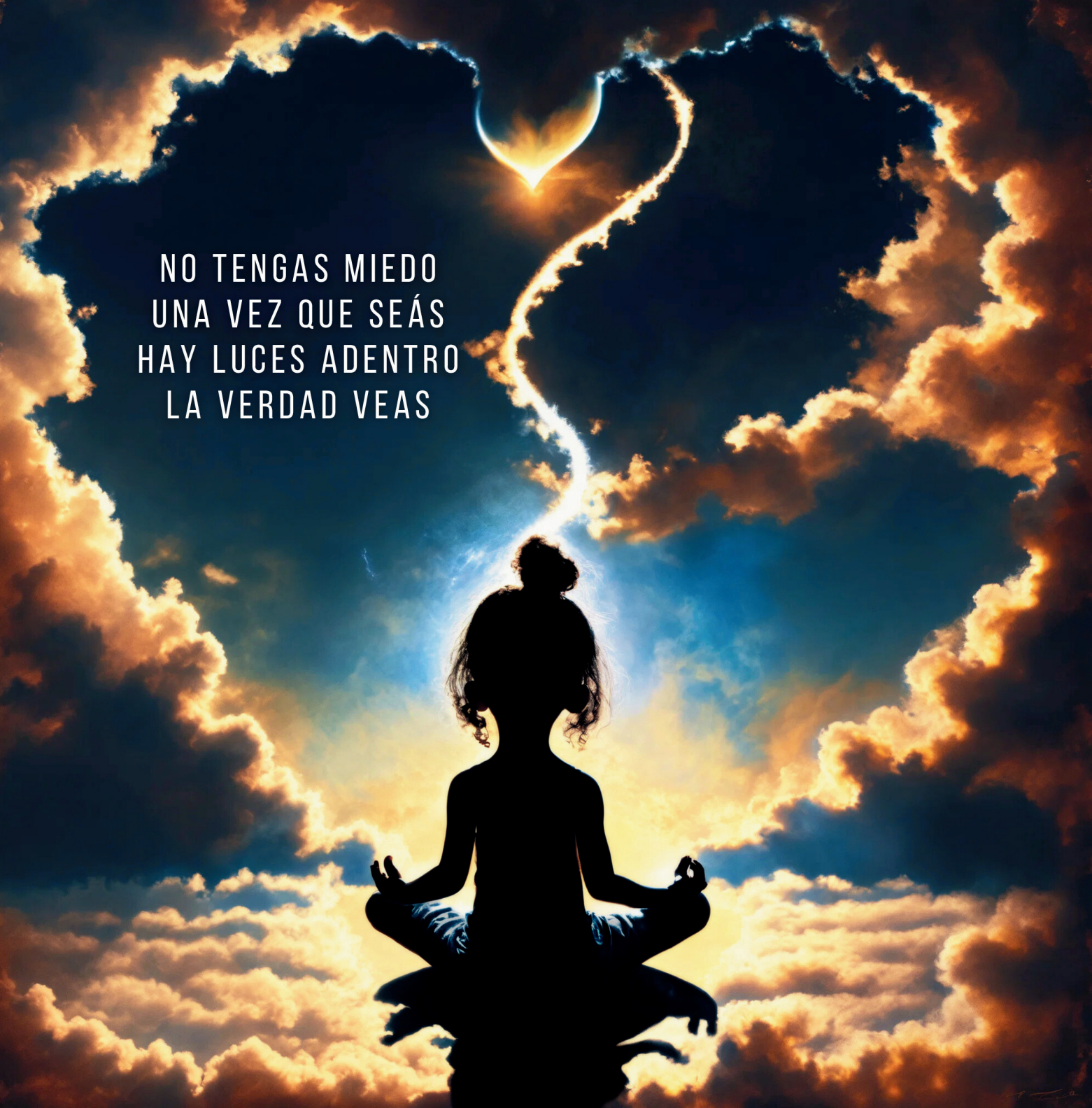
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A silhouette of a child sitting in a meditative lotus position on a beach. The child is centered in the lower half of the frame, with their hands resting on their knees in a mudra. The background is a dramatic sunset or sunrise over the ocean, with a large, glowing sun partially obscured by dark, billowing clouds. The sky is filled with numerous small, bright stars, and a vertical streak of blue light is visible on the left side. The overall mood is serene and contemplative.

ENCUENTRA ENFOQUE  
EN EL OJO INTERIOR  
RESPIRAS PROFUNDO  
Y RECIBES AMOR



A person is shown in silhouette, meditating in a lotus position against a dramatic sky. The sky is filled with large, golden, glowing clouds. A bright, glowing trail of light starts from the person's head and curves upwards to form a heart shape at the top of the frame. The overall mood is serene and spiritual.

NO TENGAS MIEDO  
UNA VEZ QUE SEÁS  
HAY LUCES ADENTRO  
LA VERDAD VEAS

FECHA

CUANDO CIERRO MIS OJOS Y RESPIRO, SIENTO

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SI TE GUSTA ESTE LIBRO  
HAY MÁS

[WWW.AWAKENTODREAM.COM](http://WWW.AWAKENTODREAM.COM)

# LUCES ADENTRO

MEDITACIONES ILUSTRADAS PARA INSPIRAR A NIÑOS DE  
TODAS LAS EDADES A MIRAR HACIA ADENTRO Y  
ENCONTRAR LA PAZ A TRAVÉS DE LA RESPIRACIÓN  
CONSCIENTE, LA ESCUCHA Y LA VISUALIZACIÓN.

ANIL MEHTA  
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