


Una Vida Plena Y Completa

Prácticas diarias para
transformar tu vida



Fariddy Yunis

***‘A Full and Complete Life – Daily Practices
to Transform your Life’***

Dear Fariddy,

“I adored your book. It is full of positive energy.
This is really contagious.” Ligia

“My mom has been very sad and cried a lot... It's
as if the hand of God has brought your book to my
place at the right time.” Cesar Augusto

“I want to congratulate you for your beautiful
book that has just come to my hands at the right
time; I know it is a beautiful gift of life, of the
Angels. I'm very grateful. A WONDERFUL GIFT!”
Roxanna

“I liked how your book reminded me of things
we know, but we don't necessarily remember. It
provides a good and fresh count of how to live life
and be happy with yourself.” Alberto

“In recent years several personal development or
self-help books have come to me. But I found yours
was written with lots of love. I personally recalled

few simple steps I can take to get closer to living a full life. For example singing, I'm doing this again and I appreciate it. The day I met you I was coming out of a situation with great sorrow and pain. Thank you for your book!" Graciela

"Each page of your book has the best recommendations. Thanks for your beautiful book."
Liliana

"This is awesome! What an inspiration you are and thank you - I have started my day remembering some of the things essential to life and happiness."
Melissa

Also by Fariddy Yunis

**Renueva tu Pasión por la Vida (Renew your
Passion for Life)**

www.faridyyunis.com

A FULL AND COMPLETE LIFE

Daily practices to transform your life

Fariddy Yunis

A full and complete life
Daily practices to transform your life

Fariddy Yunis

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Dedicated to my son Robert with love.



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Foreword

I have known Fariddy for at least 17 years. We were colleagues working together in a multinational communication advertising agency; she was my direct assistant, my P.A.

I have only praise for Fariddy with regard to her professionalism and loyalty. But I mainly want to comment on another side to Fariddy: the human and spiritual side. Fariddy is one of the most sensitive and good-hearted people I know. She is an Angel in this disoriented world that is so much in need of love. Fariddy was born to serve others.

This book portrays the purity and essence of love. Some, like me, speak of Christian love. Others may talk about the love of Jehovah; others may speak of a love for another deity. But the fact is that Fariddy talks about love for everybody and for all, she speaks of spirituality in all hearts, regardless of personal beliefs. Read. Pray and meditate. Because when Fariddy had the idea for this book, it was because she was visited by Angels, and that's the pure truth.

Paschoal Fabra Neto

Partner & CCO – Creative Director at M&C
Saatchi F&Q Brazil

Special thanks

I thank God for being by my side in every moment of my life.

I thank my parents for their guidance.

I thank my beloved brothers for being my source of motivation and inspiration.

I thank my sister Yamily, who is always close when I most need her.

I thank my dear family members and friends whose tender words make my moments sweeter.

I thank *you* from the depth of my heart. May God bless you. I wish at this moment you decide to live *A Full and Complete Life* with intense love in your heart.

Preface

A Full and Complete Life – Daily practices to transform your life was born early one morning when I got up to put wood on the fire to keep my house warm until sunrise. As I watched the wood burning, I felt a peaceful energy wrap my whole body and my thoughts whispered softly: ‘Write your philosophy of life’ - I smiled as it dawned on me that my writing should reflect my personality, my approach to life, and how I incorporate that approach in my daily interactions with others.

This idea excited me so much that immediately I ran to get lots of paper and pens.

Suddenly, I felt pleasantly immersed in thoughts and words. I was excited as they all came to my mind. They filled my heart with joy, enthusiasm, and happiness. Still smiling, I wrote on scraps of paper words such as, gratitude, positive attitude, music, joy, decision, exercise, love, kindness, water, action, happiness, harmony, and many others.

A new awareness came to me that each of these words has the power to transform our lives, and keep us in harmony with life.

I felt in my heart, that certainly by being genuinely thankful for life, was the first step for a full and complete life. Gratitude has the sublime power to lift our spirits. Small daily acknowledgements wrap us in an aura of joy for our existence.

When I recalled all the experiences about having a positive attitude, I became so excited. A positive attitude always works to our benefit. It can change any situation. A positive attitude is the secret to making friends, getting that job, attracting customers, and attracting everything we want in life. By being willing to see the positive side of each experience, our lives are filled with blissful surprises.

I could not leave music out of this book. Definitely, music completes my life. What would life be without music? I cannot find an answer, because without doubt, music fills our minds and our spirits with peace and joy.

And it was magical when I wrote how important it is to make a simple decision that can bring smiles, pleasure, enjoyment, and satisfaction into our worlds. By making a decision to fill our worlds with happiness, we can experience the wonders that each morning brings.

I could feel the enormous desire to go for a run while writing about exercising and its benefits. Probably for people who are not used to exercise, it will be hard to believe that physical activity gives us an injection of endorphins that stimulate and motivate us to want to do even more exercise! Believe me! Exercise has the

extraordinary power to invigorate every part of your body.

Water is life! So writing a book about a full and complete life certainly has to have a special chapter about water in it! Water renews us! Revitalises us! The importance of drinking water is something that all of us know. Discovering its healing power certainly will help you to create the habit to hydrate your body daily. And feel the gratifying difference in your being.

I loved to write about laughing. By adding a little humour, life becomes lighter. Nothing is as serious as it seems. And if we do not take the opportunity to smile, to laugh, to play, and to have fun now, when will we do it? Smile now!

You will notice that I have used simple and direct words. Life is simple. We do not need to complicate it!

I have followed my heart in each written line. I have written directly to you. Thanks to God and life, I can share with you my philosophy, my experiences, and my positive simple sayings that I believe will help you to create positive energy.

I am convinced that these daily practices are common to many of us. But - sometimes we forget them. So, here they are to take a look at occasionally, as a reminder of life's simplicity.

I feel happy to know that this small book can help you to see and feel life in a more optimistic way. You can read it from the start to the end or you can simply open

any page you want. Each chapter is special, each one was written with love, a desire and intention to spread the joy for living, the passion for life, the courage and the enthusiasm that we can have at all times for the miracle of being alive.

I wish with all my heart for you to have a *Full and Complete Life*.

Remember how simple and beautiful life is!

With love,

Fariddy



Your Purpose is to Live a Life of

Love and Happiness...

Be genuinely thankful to life

Be grateful and transform your life!

Be grateful for your existence. Be grateful for the new day; for the freedom that you have to create your own destiny; for the air that you breathe; for everything you can do; and for all that surrounds you. Show gratitude for your possessions and for the things that make you happy. These can be simple, but significant things, such as your books, your pyjamas, your pillow, and your clothes. When we are grateful, we positively attract opportunities into our lives. It is a law of life.

Gratitude is the first step for a full and complete life. Do you know why? Because gratitude is power. This is why spiritual teachers are always encouraging us to give thanks – “Begin by being thankful” – “Be happy with what you have now and more will come to you.”

By being thankful, your life will be wrapped in an aura of appreciation. By being appreciative, you are creating an aura of positive energy that is transmitted to the Universe. By transmitting positive energy, you are

Be genuinely thankful to life

radiating love for your life. You are lighting up your moments, and you are creating joy in your existence.

When you wake up, raise your arms with thanks for this priceless gift of a new day. Show your appreciation by saying, “I am grateful for this new day” or “This is the best day of my life” or “I am grateful for all the good things that come to me today.” Use the words that come from your heart and reflect your inner being.

We have become complacent about everything we can do and everything we have so that we no longer notice how privileged we are. We take all the everyday things in life for granted. All the simple things that we do, such as waking up in the morning and going to the bathroom without relying on anyone, are gifts. Being able to walk, to turn the lights on, to move and to do whatever we need to do. This reminds me of the story of Jacob Jankowski in *Water for Elephants* written by Sara Gruen who describes the frustration Jacob felt when he loses the right to privacy in his older years. He needed somebody to help him in everything that he did, including going to the toilet, and taking his clothes off for a shower.

Let me share with you an example of a moment in our lives where it is easy to think that we don't have anything to be thankful for. When we get on a bus that is full of people and we travel all the way standing up, and

Be genuinely thankful to life

sometimes without even being able to move, all we notice is our discomfort. At that moment we are only aware of our immediate uncomfortable surroundings. We don't notice and don't even remember that thanks to God, life, the Universe, the higher power, or whatever you like to call the Universal power, we can still walk to take the bus; we can use our arms and hands to grab the handrail and not fall; we can see where we are going, and we have the consciousness and the freedom to get on the bus that will take us where we want to go. We have the opportunity to be in contact with other people, we have the clothes that protect us, and what's more *we are alive!*

Remember, CAN and HAVE. It is so easy to forget what 'we can' and what 'we have.' The example of the bus can be adapted to any and all occasions. Imagine for a moment going to the supermarket in a wheelchair. Note how many products are out of reach. So, we able-bodied ones walk around the supermarket and freely pick up the products we want. We need to acknowledge our abilities and appreciate how blessed we are. I could tell you also that going to the supermarket in a wheelchair is something to be grateful for. Because, thanks to life, you can see, you can hear, you can speak, you can decide on your purchases, and you have the money to get what you need. You have life and life only brings miracles every day. It is essential to remember that we are alive and we are still breathing and living in this wonderful world.

Be genuinely thankful to life

You must have noticed the power of gratitude when you've done something for someone, and the person thanked you immensely and in that moment you feel pleased. Sometimes, in those moments of seeing somebody being grateful to us, we think that we could have done much more than we actually did. Don't we? On the other hand, how do you feel when somebody doesn't even acknowledge what you have done? This is exactly what happens with the Universe and us. When we are full of appreciation, we create a force of positive vibration of well-being and satisfaction. When we thank life, we are sending all this positive energy to the world and the world celebrates by giving us more, and sometimes double, back.

Focus on what you have and not on what is missing. It doesn't matter if you have only one jersey to wear; at least you have one to keep you warm. It doesn't matter if you have only one pair of shoes; at least you have a pair. It doesn't matter if you don't have the best house in the world; at least you have one. I am not saying that we don't need to desire better things in life and not strive for the best; I am saying that by being grateful, we open the doors to receive all that life has to offer.

For me, being grateful is as important as living. For this reason, I give thanks every day for all the blessings that I receive. I give thanks for using my body to hug, for listening to the voice of people I love, for sleeping in a

Be genuinely thankful to life

safe and comfortable place. I give thanks for the water that I drink and for the body that I have. I especially give thanks for my health - the most important gift of all. I firmly believe that in having health, I have everything. With health I can fill my world with what I need and feel in harmony with life. My gratitude is immense every single day because I am alive, because I know that it is one more day of life, and I know that I have one more opportunity to enjoy and discover each moment. My family often quote back to me, my own words: "Miracles will follow miracles and wonders will never cease."

What about doing your list of gratitude now? Have a look around you - what are the things that make you grateful every day? Take this list with you to remind you of all the blessings you already have.

Be grateful for every moment because they are part of your life. Life is made of moments.

Thank you God for this new day.

Thank you God for my life.

Thank you, thank you, thank you.

Shine with your positive attitude

You were born to shine!

Today is the beginning of your new life. And do you know why? Because today you decide to have a positive attitude!

A positive attitude is the best gift for you and all those around you; a positive attitude is the best choice for your well-being.

Have initiative to renew yourself. Start your day with enthusiasm. Look around you with a smile. Do whatever is necessary to bring out the best in you.

Your positive attitude will attract positive experiences that will change you for the better. Start looking at the beauty that surrounds you, and feel how joy and good humour conquer your days.

The key for a full and complete life is having a positive attitude toward life, especially in difficult times when it seems that things are not going as we wish; times when we feel frustrated, stressed and hopeless. At those

Shine with your positive attitude

moments we must remember that every experience is temporary, and that time will help us to recover. Life doesn't stop. Let's not stop enjoying our lives.

The beauty of living is to find our own way to confront and resolve our challenges. The beauty of living is to see our problems in their true dimension, and not see them as impossible to solve. Many times, problems are needed to change or improve our understanding of ourselves, others, and to understand the world.

Everybody goes through ups and downs in life. However, these experiences, no matter how difficult they seem, are needed for us to grow and develop as human beings. In everything there is a divine purpose, and one day, the sad or painful experiences will eventually be in the past, and the reasons for those will have been revealed. It is important to accept that we want to move forward, and to wish to feel good in doing so.

“All disadvantages bring an equal or larger advantage” - I read this in one of my favourite books *O Segredo da Realização* (The Secret of Realisation) written by Brasília Starepravo, and it is always in my mind.

An interesting anecdote about disadvantages is the story of a farmer and his young son. All they had was a horse. One day, the horse ran away and disappeared. The neighbours were afflicted by the bad luck of the farmer. Within a week, the horse returned followed by twenty

wild horses. The neighbours were happy for the luck of the farmer, until the day when the farmer's son was riding with the wild horses and fell and broke his leg. That was bad luck again, except that soon after the accident soldiers appeared in town, taking all the strong and healthy young men to fight in a terrible war. They didn't take the farmer's son.

The lesson of this story is that we should pay attention to the fact that inside each gift of life, we might find some disadvantages, and in disadvantages we might receive a gift from life. We might discover that all our problems and discouragements are opportunities in disguise.

Seeing life in an optimistic way helps us to feel happy, healthy and beautiful. I am not talking about physical beauty, I mean inner beauty, the beauty that we have inside our hearts when it is full of love.

Almost all my life, wherever I am and at any time of the day, people have asked me these questions: "Why are you smiling today?", "What happened to you to be so happy?" - I have never known exactly how to answer those questions, because for me, the answer is obvious. I simply reply, "For everything." But, I notice on people's faces that it is not easy for them to understand what I mean.

Shine with your positive attitude

It is easy to understand “For everything” when our hearts are full of gratitude and appreciation, when we feel that there is no need for ‘something special’ to happen, that we are already happy for many reasons. We can be happy for having our family, for our health, for our jobs. We can be happy for sleeping in a comfortable bed and for having food in the morning. We can be happy for having clothes to wear. We are happy for the ability to see, hear, walk, think, breathe, feel, love and laugh. There is an endless list for being happy when we live with optimism. Find your own reasons.

An optimistic person is a star everywhere. They make us smile simply by their presence. On the other hand, no one likes to be around negative people, people who moan and complain. Enthusiasm makes a difference, believe me! Stay away from pessimists because, like happiness, unhappiness is contagious.

It is easy to find yourself in places where people use their time to talk badly about everybody. When you hear people criticising and judging others, change the subject, ask them to tell you something positive, or simply don't respond. Criticism is a vicious cycle born out of insecurity. These people are only focusing on comparing others whilst wasting their precious moments that should be filled with happiness, love and positivity.

Shine with your positive attitude

It is your decision to become someone special,
someone to whom everyone wishes to be near.

Today is the day for you to shine in your positive
attitude!

Start your day with energy!

*Today is the best day of my life.
Today is my day of complete realisation.
Miracles will follow miracles
and wonders will never cease.*

Sing from your heart

Start your day singing!

Feel the pleasure of waking up listening to your own song. Sing with gratitude and joy. When you sing, you enchant.

Sing happy songs, sing tender songs, sing high or low, sing in tune or out of tune - who cares?

Sing in the morning, in the afternoon, in the evening - all day if you want to.

Sing songs that make you smile. Send blissful messages to the world. 'Music reveals the words of the heart, and the harmony of the sounds, which are the hidden beauty of the world.'

Sing and enchant yourself with your own melody. Imagine if tomorrow you will die and you didn't take the opportunity to sing. How would you feel? All right? I would die again because certainly singing completes my life. I adore singing when I wake up, when I have a shower, when I walk, when I cook. I sing almost all day.

Sing from your heart

Singing makes me feel alive, free, happy, and connected to my soul.

I also love singing when I am walking up or down stairs on my own. I sing so loud that I enjoy each step. It is fun when I find someone on the stairs because in that moment everything is transformed into joy. My joy is immediately transmitted to the other person. You can try it.

What a wonderful gift to have musicians and singers who enchant us with their songs full of love, joy, passion, and tenderness.

Music is a great therapy. Music fills our minds and our spirit with peace, and joy.

Do you know that singing and listening to music stimulates the area of the brain that regulates pleasure? Singing, whistling or just humming a song has an instant positive effect on us. Singing or listening to music also helps to reduce and eliminate tension and stress.

In 2010, I had an intensive summer course at an Institute in Hawke's Bay. Its usual duration was three months, but it was run in three intense weeks. During the three weeks of study, members of my group and I had to prepare a presentation at the end of each class. For the conclusion of the course, we had to give a final group presentation. That day, everybody was so stressed

Sing from your heart

and instead of talking about how we were going to present it, most of them just criticised the teacher, the programme co-ordinator, the time that was running out, the topic of the presentation, the course, and everything else. Each participant was more tired than the other, and some were crying because they couldn't think even how to start.

In the middle of their complaining, I asked them to get up to do some de-stressing movements. Of course, nobody wanted to do it. Everyone was disappointed, exhausted, angry, and full of doubts.

When I convinced them to stand up and we were moving our bodies, one of the girls began to sing the title of the subject of our presentation. Someone else joined in and then another and another. We all began to laugh while we sang and danced. Our emotion was contagious and we invented a song with the subject of our theme. Our presentation was the best and the most creative. Our joy spread to the whole class. The teacher asked us to do it again for the other teachers to see.

This was a learning experience full of excitement and a living example of how to change a negative attitude into a positive attitude with the help of singing.

Singing is without doubt one of the joys of a full and complete life. However, there are certain occasions when the inner silence is as beneficial as singing. Depending on

Sing from your heart

the situation, sometimes it is comforting just to be in silence.

Silence has the magical power to fill us with peace. It transforms into a melody for our souls. If you can, sit close to a mountain, or on a quiet beach, or in the middle of a forest. On these occasions, the silence will be your symphony. It will leave your body relaxed and it will calm your mind. You will feel the present moment in your soul.

We know that it is not easy to *listen* to the silence when we live in noisy cities. But certainly, if we are in peace and in harmony with life, even in noisy moments, we can hear and feel the melody of silence - or if we prefer, the melody of our own song.

Sing and enchant yourself. If you prefer, you can whistle or hum the music that makes you feel happy.

Feel the sparks of joy when you sing!

*I sing with joy,
I sing with harmony.
I sing with love,
I sing every day.*

Feel the sparks of joy

Start using your sparks of joy!

Have you ever thought that you might have sparks of joy all around your body? Have you ever imagined how many you might have? Not so many? Just a few? Or none at all? Start now!

Feel the sparks of joy glowing in your body. From today, learn to have a pleasant and content life.

We all have sparks of joy inside us, but if we don't use them we will lose them. Now is the time to feel the joy of life and excitement that you have within you.

By having a positive attitude you can imagine sparks of joy running all around your body and settling in your heart. Try it now, visualise them dancing like little stars and having a celebration in your heart. They are all happily tickling you. Did you notice that a smile comes to you automatically? Notice that we can make our lives feel lighter with a simple decision of accepting and welcoming our sparks of joy.

Feel the sparks of joy

Are you feeling like smiling? Are you feeling your face relaxing? Are you feeling your heart at peace? All of this is because your sparks of joy are filtering through your body, your soul, your mind, and your whole being.

I love to imagine these sparks of joy. And that is why I smile during the day and constantly receive smiles back. The University of Uppsala in Sweden has researched the reflective reactions a smile brings. Other people's smiles truly affect the control we usually have over our own facial muscles, compelling us to smile. That is, a smile will always bring another smile.

It is important not to allow our faces to have worried and lifeless expressions. I have had a few experiences when I have smiled at someone who has a tense face and I didn't get any smile back. Then, I wonder if they, for their lack of a smile, have already blocked the part of their brain that triggers the reaction. In those moments I wish I could ask them to make an effort to smile. I know that I cannot put a smile on everyone's face, so I just send thoughts of positive energy to encourage them to smile. And many times it has worked.

Researchers say that smiles and laughter are a great therapy for any ailment. For me, it is simply a divine gift to be able to heal ourselves just by smiling and laughing. Let's stop taking life so seriously and start using our sparks of joy! Admit it, everything passes, nothing is

Feel the sparks of joy

forever. If we don't have fun in this life with our experiences, we will never again have the opportunity.

Enjoy your sparks of joy today! Illuminate your day and decide to fill your world with joy.

*I splash with delight in this wonderful Universe,
and I feel the sparks of joy running through me.*

Decide to fill your world with joy

Put joy into your life!

Listen to music, have dinner with candles, fill your house with flowers.

Embellish your world! Place your favourite sayings and insightful quotes where you can see them, decorate your house with love, fill the bath with bubbles and go soak yourself. Focus on the beauty of life.

Cheer yourself up with this adventure that we call life!

Decide to put happiness into every moment of your day as if this is your last day. Flow with life. Welcome the excitement that each morning brings, with enthusiasm and optimism.

Each morning is a celebration of life. You are gifted one more day to celebrate and receive the wonders of another sunrise.

Decide to fill your world with joy

If we don't fill our world with joy, no one else will do it for us. You are the only one who can motivate yourself. Decisions are personal. When you choose to go to the gym to develop your fitness, or your strength, or your mobility, it is your decision and your own effort to make the changes to your body. When we are at the gym, why don't we ask other people to train for us? Why don't we just watch others doing their training, expecting changes in our own bodies? Because we *know* that we are the only ones who have to lift the weights, do the press-ups, sit-ups, run, walk, or whatever it takes.

This is why I am telling you, decide to fill your world with happiness, and don't wait for somebody else to do it for you. This is your life and you decide what to do with it.

It is important to have the willpower to be happy - to have the willpower to be at peace, to have the willpower to feel love, to have the willpower to enjoy life. It is important to have the desire to live life with optimism - with desire and a little practice every day, we will develop the habit of filling our world with joy.

It is true that someone special can make us feel happier. It is true that a special experience can leave us more emotional, or that a special message can change our state of mind and make us feel more energised. But, this doesn't mean we have to live depending on others or

Decide to fill your world with joy

our circumstances. We have to create our own happiness and cheer up our world.

For example, if you don't receive an e-mail you were expecting, you might get sad, but don't let sadness get you down. Think differently. You might understand that the person didn't have time, or was rushing to catch a flight, or had to finish a project. The list can be endless. Don't waste your time trying to explain things over which you have no control. Don't waste time trying to control circumstances.

Trust that everything happens at the right time. Everything happens in the divine moment of life.

Remember the different stories of those people who were saved from not being in the scene of an accident, on that flight, or in that subway. They affirm that after that experience, they are always grateful to be in the right place and at the right time.

Don't be afraid to put joy into your life. When I was a child, I was told that if I laughed a lot or I was too happy something bad would occur. Often in the middle of my happiness, I remembered that life would punish me for being happy, so I prayed for nothing bad to happen.

It wasn't until the day I decided to never have this silly idea in my head anymore, I began to enjoy the world

Decide to fill your world with joy

of joy, without guilt and without fear. I wonder now, where do adults get those ideas. And why do they say these things to children? What learning or truth does it bring?

I hope that if adults invented these stories to keep children silent and frightened, that they wouldn't use them anymore.

If you look at children, they are always filling their worlds with joy. They live in the present. They enjoy every day as just that; one day at a time. Not two or three, or a week, it is moment by moment, day by day.

Allow your heart to bring joy to your life and to reignite the happy sparks.

Trust that happiness is a result of your own actions!

I decide to fill my world with joy.

I decide to rejoice.

I decide to wake up happy,

and live this day with love.

Exercise your body with love

Your body needs to be active!

Walk, run, stretch, swim, dance, jump, skip, move yourself! Get moving and feel all the energy that vibrates within you.

Would you prefer something quieter? Practise yoga, meditation, or Tai Chi. The harmony and balance of these movements will give you flexibility, well-being, vitality, and energy.

Treat your body with love. Treat yourself with love. Do yourself a favour: exercise. By exercising you will renew yourself, and you will feel healthy and radiant.

We all know the importance of staying active because we receive hundreds of messages from everywhere telling us so. But sometimes, when we are young we abuse our bodies. We don't practise any sport, we drink high doses of alcohol, we smoke, we eat unhealthy foods, and we go to sleep very late, almost at dawn. We do all of these without realising the damaging effects on our bodies in

Exercise your body with love

the medium and long term. We do this without thinking about the consequences of our bad habits. On the other hand many grown-ups keep healthy by the simple act of exercising their bodies. By exercising we not only keep our bodies healthy but also our minds.

Many of us apologise, inventing excuses such as - “It is the nature of my body,” “I was not born to do exercise,” “My life is very complicated” or “I don’t have time.” I said excuses, because I have made them occasionally. Instead of finding excuses, we should get inspiration from the example of many athletes who wake up at four or five in the morning to practise the sport they are pursuing. They know that the effort is worthwhile because nothing compares with the pleasure of having accomplished a goal.

I can assure you that the effort you put into regular exercise is one of the most rewarding you are going to experience. It is the satisfaction of having fulfilled a goal during the day. It is the pleasure of feeling healthy and radiant. And the satisfaction is even greater when your friends tell you that you look wonderful.

When you feel the lack of energy to exercise, don’t abandon the idea or give up. Exercise even if you feel you don’t have the energy, and you will discover the satisfaction of achieving your goals. To help you stay active you can join a group of friends and together

Exercise your body with love

decide to practise sport or exercise regularly. Perhaps you can join groups that promote getting active, and gain health by exercising. Perhaps you can just start walking on your own and enjoy a peaceful time by yourself.

Exercise provides peace of mind by reducing the feelings of frustration, regret, anger, and fear that are caused by stress. It renews self-esteem and creates feelings of gratitude, empathy and forgiveness, as well as a feeling of belonging to something bigger, to life itself.

By exercising, your muscles not only become strong but also more flexible, and by increasing your flexibility, you protect yourself from diseases, such as arthritis.

Come on! Prepare yourself to start exercising your body and your mind. Record the day, time and place where you are going to do your exercises. Your body will thank you and you will feel wonderful seeing the change!

Let me tell you that sometimes when I am running and feel so tired and want to give up, I remember that life is about completing. We all admire people who have persistence and dedication. I also hear the voice of my son repeating many times - "You can do it mum! You can do it mum" - then, I continue running without feeling as exhausted as I was before. I also encourage myself to think that nothing lasts forever, and this is my time to run and not give up. I picture that I will soon be

Exercise your body with love

in my house, enjoying a refreshing shower, and this moment of tiredness will be over.

Physical activity gives our bodies an injection of endorphins which help us to improve our state of mind. It also helps us to raise the level of energy and not become weak and pessimistic.

It is important to maintain the discipline of a routine of physical exercise as this will keep us enthusiastic about life. It is great to see our bodies well cared for, our skin smooth, and our winning smile.

For me, exercising also means cleaning my house - why not? My sister used to say that she had never met anyone who is happier with house work than I am. The reasons why I am so happy are very simple. I can exercise my body without relying on anyone to do it. I feel healthy and also happy to see my house clean.

Many times I have spent hours and hours in front of my laptop, trying to complete tasks for university or work, falsely thinking that I could not go jogging or to the gym because I didn't have time. This is a common error that we do, without noticing that it is in those moments of pressure when we most need exercise to clarify our minds. What our bodies are crying out for is a walk, a run, a swim, a bike ride or even a dance. Getting out will help you feel better, and it is surprising how

Exercise your body with love

often you get inspiration for the task waiting for you back home.

The secret to enjoying regular daily exercise is that you do it for the pleasure of the moment and without expecting results in the short term. As we know, it is important to practise a little every day instead of doing lots in a single day. Our bodies will be grateful to run just a few kilometres daily instead of a longer run once a month. Or try for 10 sit-ups a day - not 100 which will make your body sore for weeks.

Remember, each day brings a new chance to go for a walk, dance, run, stretch, swim, or any physical activity that gives you pleasure, enthusiasm, and joy.

Have fun with your exercises each new morning.

Fill yourself with self-power and try it!

*I exercise my body with love,
to maintain my health, my strength and my beauty.*

Be strong - You are alive!

Walk your path firmly!

Move forward! Persist! Be strong and courageous. You have the strength and the divine protection to do everything you want. Follow your path with passion, excitement, and well-defined purposes.

Your destiny belongs to you. Courageously you decided to be born, and came into this world with your intense desire to live. You came into this world to discover and to learn. Every moment is a learning process for your soul.

Be strong! You are alive! Follow your path firmly and courageously. Trust yourself. Trust life. Life guides you, accompanies you and opens all the pathways you might take. Be fascinated by the willpower that you show in your life.

We will never experience suffering more than we can endure. Our inner strength will be all we need to surmount our challenges. We are all stronger than we

Be strong - You are alive!

think, and more powerful than we know. You don't make yourself stronger by hiding under the bed. You become stronger when you begin to take risks.

Did you know that the victim attitude is a style of conduct that we deliberately choose? Depending on the situation in which we find ourselves, we choose to be victims of life to receive more attention, more love, or more sympathy. Mistakenly we think that by showing ourselves weaker, the world will hold us in its arms, releasing us from all responsibility.

You are strong if you *want* to be strong. You are strong if you *decide* to be. When you realise that, you are fully responsible for your life, that's when you start to feel the perfect force that is inside you - and when you will begin to feel an uplifting power.

How many positive stories have we heard from people who suffered great loss or from people who recovered from an incurable disease, or from those who turned around a disastrous financial situation? How do you think they managed it? They decided to take responsibility for their lives with determination, strength, and the courage to get up again. They knew that giving up was not an option.

You might be saying that all people are not equal. You are right. There are some stronger than others, but we all have the strength of life, we all have the power to

Be strong - You are alive!

not let life beat us, and to fight in any situation presented to us.

An extraordinary story about strength, courage, and endurance is that of Anne Hjelle. She was violently attacked by a lion while riding her bike in Whiting Ranch Wilderness Park in Southern California with her friend, Debi Nicholls. Anne fought for her life while the lion repeatedly bit her neck and her face. Debi went to her friend's aid, and together they struggled against the lion until they were rescued and miraculously saved. When Anne hears phrases like, "I could never go through what you've experienced." Her immediate response is, "You still don't realise how strong you really are."

Believe it! You have the force of life!

That life-force can save us - it can empower us in any situation. It is the same self-power that can guide our steps through life - if we call on it. That force makes us stronger!

I don't know if you have noticed but usually when we are very busy and keep doing more every day, we feel stronger and fully alive. We even strive for more. When we feel that desire for completing what we want to do, our bodies and minds generate fulfilment. In 2002, I was full of self motivation. I could feel that inner force inside me from the moment I woke up. My day started with gym at six in the morning, and then I was off to my

Be strong - You are alive!

English classes for an hour. At nine o'clock, I was at my office desk. At lunch time, I taught Spanish to a group of colleagues, then back to the office. At night, I went to swimming classes. My Saturdays were entirely given over to University classes to complete my postgraduate degree in marketing.

Where did I find such energy? Firstly, my immense desire to do what I wanted to do. My second source of energy came from people around me - at the gym, office, and my classes. All of these people wanted to achieve their goals. And we were motivated just by being together. Our strength, determination, and joy were contagious, keeping us firm and positive. I can say that nobody achieves anything on their own.

Energy springs to our aid when we need it most, or call on it. For me, a great example of strength and endurance are mothers with newborn babies or young children - mothers who face gruelling challenges. They become exhausted taking care of their children, but they hold firm despite all the physical and mental demands. Exhaustion absorbs all our energy.

Certainly, our strength needs to be renewed constantly for us to see the beauty of life. Give yourself a special time to relax. It is up to you to choose what most energises you. Here are some examples: be in contact with nature, read a book, get a massage, visit a dear

Be strong - You are alive!

person who makes you smile, listen to soft music, find a quiet place, pray with devotion, write a poem, smile, or soak in a bubble bath.

Remember, you have the force of life, the force of the Universe, and the force of love. Let our hearts and bodies be renewed by the power of loving ourselves. Love comes for us in the shape of strength to follow our paths with courage.

Be strong and kind to yourself on your journey through life.

*I am strong,
I am capable,
I am courageous,
I walk my path with firmness.*

Kindness is everything

Practise kindness at all times!

Do you feel happy when people are gentle with you? I am sure you do!

What about starting to be gentle with yourself? Did you smile when you looked in the mirror today? Did you say to yourself how smart you are? Did you say how much you love yourself? How capable, competent, and brilliant you are? Do it! Be gentle and tolerant with yourself.

Recognise your talents and skills now!

Practise being kind to others too. Praise with sincerity and truthfulness. Use the magic words - “I am sorry,” “Please forgive me,” “I love you,” and “Thank you.” You will love the change in people’s attitude. It will only be the reflection of your attitude to yourself!

Small acts of kindness will increase your joy in each moment of your life.

Kindness is everything

Try to smile at someone in the supermarket, at the cinema, at school, at the beach, or anywhere. You will see that you will receive a smile in return. How many times have you complimented someone today? Often? Well done! Never? Do it now. If there is nobody beside you, say some loving words to yourself.

The other day, I saw a beautiful lady in her seventies who was wearing clothes that suited her well. I didn't hesitate to stop and tell her how beautiful she looked. She smiled and thanked me profusely. Recently, I sent an e-mail to a friend sending congratulations for her son's seventh birthday. She replied with so many sweet words that brightened my day and my life. This is how it works the exchange of kindness: the more we give the more we receive.

Give away kindness to yourself and to others each day. For instance, remember the important dates in your friends' lives - their birthdays, wedding anniversaries. These small kindnesses are the seeds that help you grow into a person who receives back the tenderness and love you give out.

Kindness can be as simple as the dishing up of food. I love to decorate the plates I serve to my family, especially to my son Robert. I cut the vegetables into heart-shapes or write the word *love*. I always try to have dinner with lit candles and soft music in the background.

Kindness is everything

These are kindnesses for me and the people who surround me.

Let's also remember the power of our words. A gentle word opens doors never imagined. It may take just a friendly word with a receptionist before your job interview to gain the position you want. But the key is your honesty and sincerity in expressing genuine interest in others. Only with truthful words can you transmit love and receive friendship from the people who surround you.

From time to time we experience impatience and anger in ourselves or with others - in just getting through the hustle and bustle of our daily lives. Many times I feel surprised at the rudeness of some people, such as on a bus or in a queue. I am convinced that it is not the world that needs to change, but each one of us, as the world is 'us' - without us the world would not exist.

If only one of us could stop for a moment to see others with love, tenderness, respect - to treat each human being as we would like to be treated. It is just as simple as that.

Some may argue that our lifestyles breed aggression. But lifestyles are shaped by people - and people can learn peaceful ways by practising a gentle word, sharing a smile, and acting with kindness.

Kindness is everything

Feel the joy when people are gentle toward you. Receive kindness with love, with joy, with naturalness. Thank them. If somebody compliments you, keep open this precious moment of charm, simply respond with a nice 'thank you' - without a doubt, we are worthy of every compliment.

Kindness helps us to be our best. Let's make our world lighter by being kind, by saying loving words, by smiling, by being tolerant, by living with excitement, by recognising our talents, by feeling brilliant, by loving ourselves, by exchanging tenderness with our families, friends and acquaintances, and by feeling happy.

Feeling happy is good for our physical, mental, emotional, and spiritual health.

It is the exchange of kindness that makes life more beautiful, more charming, more fun, more full and complete.

Kindness completes our lives!

*I am thankful for the kindness I receive,
I recognise that I deserve them,
With joy I distribute praise all day.*

Hydrate and revive

You need water to live!

Have you noticed how a wilted plant revives when you water it? The same happens to you. You are a living being who needs water to rejuvenate, revive, and vivify yourself. You are part of nature!

Hydrate and revive! Feel blessed by this divine essence; feel blessed for this gift that you receive every day of your life.

Water purifies. By drinking water your body will work harmoniously and your skin will look fresh and radiant. Feel the difference in your body when you hydrate it.

Sometimes we don't feel like drinking water because it has no flavour. However, water is the most refreshing drink on hot days, and when we are thirsty. If you cannot find flavour in water, use your creativity. Add a few drops of lemon, a few mint leaves, a small piece of ginger, orange peel, or natural herbs that you find tastier.

Hydrate and revive

Get used to having a glass of fresh water close to you. In winter you can drink warm water if you prefer. Leave your filled thermos close to you to remind you to hydrate.

I find that the best time for drinking water is in the mornings when I wake up, and before lunch. But it depends on you and your body, the hour of the day you *want* to drink water. The important thing is to do it. You might find having to go to the toilet frequently is annoying, but be happy to know that you are eliminating toxins from your body.

Think about how your skin and your whole body will look when it is hydrated. Think about the physical exercise of walking to the toilet, and the freshness of washing your hands with clean water. Think about the opportunity of looking in the mirror and telling yourself some kind words, like 'I love you.' - Can you see? It is only the desire to have a positive attitude to find a good reason to rejoice and to hydrate your body.

Aim to drink eight glasses of water per day to hydrate your body. We all know that when we don't drink enough water, our bodies get dehydrated. But it is not widely known the disorders that can result through lack of hydration. Dr F. Batmanghelidj, in his interesting book *Your Body's Many Cries for Water*, explains that dehydration brings disorders such as confused thoughts,

Hydrate and revive

stress, depression, anxiety, high blood pressure, chest pain, and headaches. Batmanghelidj also tells us that fatigue is the first symptom of dehydration. Beside fatigue, pain is another sign that the body sends us, saying we need more water.

Water is our main source of energy. It generates magnetic energy within each cell of the body which provides our life-force. It is the main lubricant for the joints, and in sufficient quantities helps prevent arthritis and back pain. At the same time, water gives us the strength and the electrical power required for the functions of the brain, in particular, thoughts. Water helps us to increase the resistance of our bodies, and gives us the strength we need for our daily activities. It also softens the skin and helps to decrease the effects of aging.

If you are having difficulty sleeping, Dr Batmanghelidj recommends a glass of water and then putting a pinch of salt on your tongue. He guarantees you will fall asleep within a few minutes. The reason is that the combination of the water and the salt alters the rate of electrical discharge in the brain and induces sleep.

As you can see, water is life and well-being. Water *makes* us alive, and transforms us. It is not just the water we drink that invigorates us, but also the contact with the water of the rain, seas, lakes, and rivers. I call them *water*

Hydrate and revive

for the soul. I love entering a cold river, especially when camping out. I feel that my whole body is connected to a higher force that makes me feel awake, energised and alive! I feel the love and the joy of being in this Universe. I feel the happiness of being purified.

Experience walking, jogging or running in the rain. You will feel that your body and your soul are being washed. It is an experience that I recommend in order to feel unified with the Universe.

Another way of refreshing yourself, without leaving home, is a cold shower during the day, but not before going to sleep. Finish off your usual warm shower with a jet of cold water, especially in winter. You will feel a flash of pure energy. It is worthwhile trying.

Likewise, water represents freedom, nature, and hope. Water is the beginning and the essence of life. It cleans, transforms, revitalises and renews us.

Drink fresh water now! Begin to hydrate your body and your skin.

Every part of your body loves being hydrated!

*I hydrate my body with fresh water
to keep me alive, healthy and radiant.*

Imagine and take action

Use your imagination!

“All that a man achieves and all that he fails to achieve is the direct result of his own thoughts.” (James Allen)

It is well proven that what you think becomes reality. Then, why wait to imagine everything you want? Imagine love, you will have love. Imagine tender moments, you will have tenderness. Imagine prosperity, health, wellness and peace.

Worth a try! Trust the power of your mind. It depends on your thoughts to attract what you desire. You're a powerful magnet to attract all the imagined and unimaginable. It is up to you to get it!

Put your imagination to work on the development of a detailed plan of one of your most intense desires, and you will be taking the first step to transform your thoughts into reality. The moment you complete your

Imagine and take action

plan is the moment you will feel the courage to take action.

Napoleon Hill, in his renowned book *Think and Grow Rich* assures that all the achievements of each human being begins within our imagination - imagination is the workshop of the mind, capable of turning mind energy in the realisation of our desires.

Everything that is imagined in detail and with intensity is transformed into reality.

Think about an experience where you've started with a thought, then put it into action, and then it became reality. Sometimes we don't notice this process, but I can mention small examples where we have started with a thought. If you have ever moved house, you thought of it first, then you actively searched for your new home. You probably imagined what colour, size, and location you wanted and you put your idea into action until you got it.

The same process happens with our greatest dreams. Maybe it will take more time, more steps, more planning, more evaluation, and more concentration. But it will happen! We cannot doubt.

We cannot desist. We cannot criticise ourselves on our way.

Imagine and take action

I like to compare how we can achieve our goals with climbing a ladder. To climb a ladder it is necessary to take the first step, the second step, the third step, and the next steps to get to the top. When we are about to climb, we don't doubt, we don't desist, we don't criticise ourselves. We understand that soon we will be at the top. This is how we need to act in order to achieve what we want - step by step - trusting that we will reach the top and enjoy the climb.

One of the lessons of our greatest teachers - Nature - is patience. No seed becomes a tree overnight. We wait for the seed's transformation with extraordinary patience. Let's be patient with ourselves too.

There are no limitations to our minds either. If we visualise something that we want intensely as if we already have it, our bodies feel every beat of delight as if it were real. This occurs because the mind doesn't recognise what is true or false. Do a test now. Close your eyes and imagine that you are sunbathing on a warm and beautiful beach. You are so relaxed and completely in tune with life. You can smell the freshness of the sea. You feel the breeze and the warm sunlight on your skin. You are at peace with the world.

What did you feel while imagining this? You probably felt relaxed and perhaps you were smiling. Do

Imagine and take action

you notice that your mind doesn't really recognise what is real or what is imagined?

A person without desires or dreams is like a wilting little plant, fading every day. It is much easier to live every day when we are motivated by our dreams. They directly affect our behaviour, our way of dressing, speaking, walking, breathing, and even our way of seeing the world. Our dreams light our lives.

It is also well proven that, with action, thoughts become realities. Therefore, imagination is the first step and action is the second step to get what you desire. Put your thoughts into action, why wait? Take action now.

In 2001, I started to imagine living on an island. When we live in continents, we always assume that islands are pretty empty. I knew that I wanted to live on an island but didn't know if it was a desert island or one teeming with people. For a year, I told my friends in Brazil that I would move to live on an island. One of my friends laughingly said: "You will have to learn to catch fish to eat." We both laughed and had fun imagining what life on the island would be like. In November 2002, I arrived on the North Island of New Zealand 'teeming' with just a few million inhabitants.

No dream comes true without action. From the first moment you take action, the whole world conspires in your favour. You start meeting the right people and

Imagine and take action

being in the right place. These ‘coincidences’ surprise you, but at the same time, give you reassurance that your actions are taking you down the right pathway. The coincidences are building up!

Whatever your dream or your desire, I would say - *just do it!* Commit yourself to its realisation. Find ways, possibilities, methods, strategies, and do it. Persist long enough to win. Try again and again without giving up. Each obstacle is just a challenge to be faced.

Sometimes we think that we cannot persist because we don't have the money, or the time, or because we don't believe that we are capable enough. But, think with me, would it not be worse to see your life pass and have regrets for not even trying?

Everything is possible when we desire with passion.

We are all born with ability, confidence, courage and strength. But sometimes we give up our dreams because we lose self-belief. We lose our intense desire because of our lack of confidence. Rescue that capable, competent and courageous child that is in you!

Other times we give up our dreams for not knowing the correct ways to get the results we want. How about starting to notice the bad habits that pull us back without letting us go ahead with our goals? Discouragement, laziness, conformism, lamentation, and procrastination

Imagine and take action

are inadequate practices that prevent you from moving forward. They have the power to remove all our energy and enthusiasm to flourish and to finish what we started.

If you really want to get ahead, it is necessary to persist with determination, with commitment, and with courage. Keep in mind that ideas are intangible forces that create the power of action.

Come on. Now!

Use your imagination and get into action. Only action brings thoughts to life. See your thoughts become reality. Thoughts shape our lives. Believe me!

*I use my imagination
and I take action to achieve my greatest dreams.*

Play, smile, and laugh

Find and create humour!

How long since you played - really played?

Find the funny side of your existence and give yourself some time to play, smile, and laugh.

Use your creativity to find the fun side of life! Take a photo of yourself smiling and carry it around as a reminder to smile. Thank the water you are drinking. Sing and dance often. Laugh freely at the small and simple things you do.

Rejoice in your life. Imagine that the Universe whispers to you throughout the day: “My greatest happiness is to see you smiling.”

Play, smile, laugh, and jump for joy. The expression on your face will speak volumes and your health will be renewed. Laugh at the world, laugh at everything and if you don't have something to laugh about, laugh at yourself!

Play, smile, and laugh

Having a sense of humour helps us to calm and to lighten our hearts and our minds. Also, having a sense of humour is one of the most precious gifts of the human spirit.

We know laughter is not always appropriate. Mostly it is no laughing matter when you are in a meeting, when you are at a job interview, when you receive bad news, or when you are offering condolences. Laughing at inappropriate times is usually seen as ignorance, arrogance or lack of respect.

Sometimes we enlarge small situations or simple experiences through our lack of humour. “Humour has the extraordinary ability to disarm the tragic.” (Lenoir)

Let me give you an example. A friend was telling me of a sad and horrible experience about her living circumstances and before she finished, we were both finding the humour in it. She was saying that every day her sister expected her to do all the household chores. My friend couldn't sit for a second because as soon as she finished one chore, her sister would request another and another and another for the whole day.

As she was telling me her ‘drama,’ I imagined the situation in a comic way and I told her I could see her finishing the dishes and running to sit on the sofa, but her sister ran faster and took her to clean the bathroom. Then my friend finished cleaning the bathroom and

Play, smile, and laugh

headed for the sofa, but her sister ran faster and asked her to do the garden. So, we went on and on, listing the chores and laughing at our very own comic opera. We also imagined that night came and she was so exhausted, her hair messy, legs shaking and asking for compassion to sit for a second on the sofa. This might not sound funny to you, but I promise we started to invent and make the situation bigger and more comic. We laughed without stopping almost all afternoon.

Each person acts and reacts differently to a given situation. My friend will have to find a solution eventually. My decision is to play, to smile, to laugh, and not to take things so seriously. Do you know why? Because when I am old and in my rocking chair, I will think about how much I enjoyed most of my life instead of regretting it. This is one of the tips from my maternal grandmother who always told me to enjoy life, go out for a walk, fall in love, and to live fully. At that time, I used to look at her with a smile without understanding the real meaning of her words. Now I understand her very well.

I am going to share with you a message I found: “If sorrow invades you, smile! If the smile is not sufficient, whistle! And if the whistling fails, sing!”

What did I do with the message? I put it on one of my kitchen walls to remind me to smile, whistle, and sing every day. Goodbye sadness!

Play, smile, and laugh

Do you know that no living creature except man can laugh? As soon as we are born we have the ability to laugh. Researchers affirm that we even laugh while inside the womb. We also have the ability to laugh whenever we want to.

Laughter, like physical activity, is one of the factors that most increases our levels of endorphins. Endorphins are substances in our bodies which produce a feeling of well-being. With high endorphin levels, we feel less pain and fewer negative effects of stress. That is why endorphins are also known as hormones of happiness.

Develop the habit of laughter. Make smiling and laughing part of your regular routine. Think about all the benefits that you attract into your life when you laugh - improved digestion, improved skin, improved attitude - and even your heart improves!

When you feel sad, analyse the situation. Remember not to allow something small to disturb your happiness. All our problems will become insignificant with time - especially from here to 100 years when nobody will be there to cry or to laugh. Everything passes.

To enjoy a full and complete life, you must have happiness in your heart. Never be impatient or lose your sense of humour.

Play, smile, and laugh

By laughing, problems are reduced to their proper size. I have experienced it and sometimes, with laughter, the problem has actually disappeared. Only with laughter and joy will we obtain what we desire.

“We don’t stop playing because we grow old; we grow old because we stop playing.” (George Bernard Shaw) - What an easy and simple way to keep us young! What about taking some time during the day to play, to smile, and to laugh?

Reduce your problems with good humour - lighten up, laugh more, play more, and fully welcome your experiences of life.

Remember, fun gives you energy! It empowers you.

Smile now!

*I play and laugh every day, because
it is part of my philosophy of life.*

Open space for the new

Create harmony with the world!

Allow positive energy to flow into your life. Our lives are energy systems. When we get rid of the things that are useless and the things that we don't use any more, we create harmony.

Harmony is always an expression of balance and freedom. By bringing order to our lives, we are harmonising ourselves with the natural order of the Universe.

Our home environments directly affect the way we feel. In clean spaces we are more kind and gentle. In clean and free spaces we feel free and lighter. In clean spaces our attitude to the world is more optimistic.

If you suddenly feel tired or bad humoured, begin to create a space in your home that makes you feel good. Begin to put order in your house, paint what needs to be painted and fix anything that isn't working properly. To create harmony, everything should work as it is designed

Open space for the new

to do. I agree with Andrew Matthews in his marvellous book *Follow your Heart - Finding Purpose in your Life and Work* that it is “better to live in a one room apartment that is clean than in a mansion that’s a mess.”

Most of us accumulate unnecessary things all through the years. We keep furniture, ornaments, papers, letters, cards, suitcases, clothes and so on, because everything seems to have so much emotional connection. To help you get rid of things you are not using, imagine you’re going away and allowed to carry only a few essential and precious things. Ask yourself, am I going to really need this? If the answer is no, without any doubt, put it in the donation bag. Also ask yourself, how long ago did I last use this? If you don’t remember, get rid of it too.

Clutter has a negative impact on our energy, our attitude and our feelings. It creates blockage that keeps us from living into our greatness. Cluttered spaces create stress. We become aggressive and impatient. Look around your home, your office, your car and be aware of damaged things. Dispose of all of them to create an environment of love and power. In keeping unused or broken things, you are blocking the energy of well-being. You are attracting discomfort to yourself. You are sending the wrong message to the Universe - the message that you enjoy less than what you deserve, and do you know what? This is exactly what you will get!

Open space for the new

I was recently speaking to my neighbour who was selling her house. She told me that she had accumulated so many things in the eleven years she had lived there. Only now that she was decluttering did she realise the space she had wasted, and what's more, she now has to pay for disposal.

This reminds me of a movie for children, *Up*. It tells the story of a couple who started an adventure together when they were very young. They were happily married for many years and Carl was 78 years old when his wife died. Now another adventure begins for the old balloon salesman. By tying thousands of balloons to lift his home, he sets out to fulfil his dream to see the wilds of South America and to keep a promise made to his wife.

When many of the balloons burst, Carl realised he had to get rid of most of his furniture. Every piece brought him memories of deep love, and we see his pain in choosing which items had to go. All of them tied him to the past and didn't allow him to start a new adventure. It is uplifting to see his courage in opening space for the new journey that life offered him.

Life offers simplicity. I agree with the ancient Chinese proverb "A cluttered space equals a cluttered mind." The space can be our surroundings, our time, our relationships, our emotions.

Open space for the new

Simplicity has power. By choosing simplicity, our lives will become more peaceful. We will focus on the blessings we find in simple spaces.

Harmony comes into our lives when we declutter our physical, spiritual, and emotional lives.

Feel the lightness of life in that special place where you live, rest, love, read, eat, create, laugh - and dream.

*I open space for the new.
I open space to receive
the abundance of the Universe.*

Free yourself - Use the truth

Simplify your life with the truth!

Dare to be yourself. Use the infinite power that is inside you. Open your arms fully and say, “I am free, I liberate myself. Today I use the truth.”

Feel the power of your words when they are said with sincerity. By using truth, honesty, transparency, and authenticity, you reveal the unique, special and fascinating being you are.

In certain situations, you may hesitate with the truth. However, sincerity simplifies our lives and gives us the lightness and firmness we need to live fully.

Sometimes, depending on the circumstances, it is difficult to use the truth. For example, during the time when I was married, living in Brazil, I heard from friends that they were unhappy in their marriages, but they continued together because of the family, the children, the neighbours, the house, the cars, the jobs, and especially for what people would say if they were not

Free yourself – Use the truth

together. I always told them to stop being slaves to their own lives. Despite all the arguments, my friends always found more powerful reasons to continue under the dependence of lies.

Without noticing, one day, I was in the same situation. Living in a marriage of appearance. I was full of fears and doubts that only built and fed my unhappiness. I was so fearful about the comments of other people, and I was so scared of causing the unhappiness of others. I was afraid and ashamed of becoming a divorced woman.

All kinds of doubts were produced in my mind, taking on the bad thoughts and criticisms of others. I was being a complete slave to my own thoughts, thoughts that didn't allow me to see that in reality nobody cares about what we do or what we don't do. We are the ones that judge and criticise ourselves. I swear, I thought I could never have the courage to divorce my husband. I was convinced that I would live in pretence for the rest of my life.

I discovered that my actions conflicted with my words. So, I said to myself, "Free yourself, and dare to be yourself. Simplify your life with the truth!" So, I decided to use the truth above all, and do you know what? The world didn't come to an end - on the contrary, the world hugged me with the tenderness, the lightness, the

Free yourself – Use the truth

tranquillity and the immeasurable peace that we feel when we speak with sincerity and honesty.

Unfortunately, we still see divorce as serious personal failure. But now, I can say freely that we cannot live trapped in relationships that make us sad. We cannot live in broken relationships because of society's ideas of what is right or wrong. I don't recommend that couples get separated. On the contrary, I suggest they make an effort to save their relationships, including doing some couple therapy to help regain the feeling that initially brought them together. The whole point is that we should not live like prisoners, with experiences that leave us without passion for life. We need to recognise that we are individuals with our own interests and desires.

Life is simple. We are the only people responsible for complicating it. Don't worry if at times you feel trapped. It is a natural coming to terms with different phases of our lives - dealing with family, health, and wellbeing.

The important thing is to decide not to continue loading the weights of untruth upon yourself. The important thing is to decide to leave behind the inner slavery that some of us carry when we are not honest in our hearts. Let's learn and accept our errors, and begin to value ourselves for the courage to dare. Free yourself from situations that weaken you, and release your true essence.

Free yourself – Use the truth

Being oneself is the most liberating feeling that can be experienced. It is to live again and to realise that the world is there for us, to welcome us and to help us with the love of a heavenly Father.

Plant the seeds of truth in your heart, and water them with love and tenderness. You will harvest the healthy fruits when you use sincerity, truth and honesty.

Feel the glow of truth in your body and your soul, giving you divine peace.

*I am free,
I release myself,
Today I am myself.*

Call people who enrich your life

Live the now!

This is the ideal time to call your family and friends to tell them how much you love and appreciate them. Don't let another day go by.

Share happiness with everybody. Listen to their dreams and stories. I am sure you will hear words, such as "I am so happy talking to you" or "This time is unforgettable" or "You made my day" or "This is the best present of the year." You will feel happier and more engaged with life.

Why wait for another hour, another day, and another time? Call now! This is the time for you to fill their worlds with joy.

Feel the pleasure of telling your loved ones how glad you feel when you are with them, or have the pleasure of seeing them, or the joy of sharing time together.

Call people who enrich your life

Life is made of moments. Tomorrow may be too late; our reality is today and now. We think that tomorrow is possible, but tomorrow is uncertain.

You don't need to call them every second, but it is important to let them know how much you appreciate them at the right time. For example, the other day I received an e-mail from a childhood friend wishing me a happy friendship day with love to "Negrita bella" (my childhood nickname) - my joy was immense in the surprise of knowing, without even imagining, that this friend may be thinking of me.

Friends have the same soul that unites them in essence and existence with you. So talking with a friend you love generates the greatest concentration of positive energy imaginable. Friends help to lift your mood and make you feel good.

To receive phone calls from the other side of the world is very exciting. I feel this when I receive phone calls from my friends and family. Also, they feel happy when they get a call from a faraway island in the Pacific. Certainly, friendship is essential to the happiness of human beings.

Friends are the sparks of joy in life. With friends we can share experiences, we can laugh, and we can just chat and feel that life is worth living.

Call people who enrich your life

I agree with Frédéric Lenoir that friends nourish our souls, pacify our bodies and bring joy to our hearts.

It is important to have smart friends, friends who share ideals and have a positive attitude toward life. Get together with happy, motivated and like-minded people who transmit positive energy, cheer your soul, and help you get ahead.

I love my friends who, with their tender words, make my life more beautiful. I love my friend who calls me “Minha Flor” (My Flower); I love my friend who is always telling me that he admires me; my friend who said that she has learned to be courageous because of me. Without them my life would not be the same.

I love my brothers who are my best friends. To know about their lives, to listen to them, and to visit them fills me with joy for being alive.

Don't wait to share moments with your friends, families, acquaintances and people you appreciate. Today is the right day, the perfect day, to call or visit them. Today is the day to be there for them and be grateful for their existence in your life.

Take good care of your friends. By nourishing their spirits, you will be allowing your own to flourish and grow. Brighten their days and enjoy the hugs!

Express your love to people who enrich your life!

Call people who enrich your life

Loved ones are our life essence, nourishing us with special moments.

*I call my friends,
I call my family,
I call all people I love,
and together we share special moments.*

Say your name with love

Love and accept who you are!

Treat yourself with kindness, gentleness and patience.

Learn to love yourself and become your number one fan. When you start loving and respecting yourself, the whole world will love and respect you. The world is only a reflection of our actions.

It is necessary to love and approve of yourself to be able to reach your highest potential. Try repeating these affirmations and start off by saying your own name:

“_____, I love you”

“_____, I love you more than ever”

“_____, I love you. I truly love you”

To say that you love yourself is a powerful practice in developing well-being, self-confidence, and optimism. And certainly your body needs this self energy to glow

Say your name with love

with emotion and to feel the miracle that produces the energy of love.

Love and acceptance dilute our negative criticisms and our bad judgments. The simple way to see and feel your unique and special being is in discarding all the accusations that come from yourself and others.

Only when we treat ourselves with love can we find our inner beauty that, undoubtedly, will be reflected in our outer beauty.

Usually when we hear the word love, we immediately think of all the people we love, without even imagining that love begins by loving ourselves. Unfortunately, most of us have grown up being told to value others. They are more competent, more glamorous, more attractive, more intelligent, and more everything than ourselves. As long as we keep busy seeing the perfection in other people, we will blind ourselves to our own perfection.

If you spend your time focusing only on your defects, even in moments when you have just groomed yourself, you will end up thinking how bad you look. You will find yourself talented and interesting, when you learn to say loving words to yourself - exactly what you would say to your friends. When you learn to be your best friend you will change negativity for positivity. For example, instead of telling yourself “I have horrible hair” or “I have an awful skin” - be gentle and friendly to

Say your name with love

yourself. You can say, “Dear hair, you need a good haircut” or “I need more water to improve my skin!”

Think of the way you would suggest to a loved one that they could improve their looks. It is hard to imagine saying something like, “How horrible you look.” It would be quite the opposite - because we always see the best in them. Start using that love and kindness you use for other people on yourself.

Forget the criticisms of the past and start living a full and complete life. Since we were children, and many times as adults, we have heard criticisms from people who were close to us, and unfortunately we have accepted their words as a universal truth without question. We have allowed their negative opinions to blind us from seeing our beauty, competency, fortitude and all the gifts that we have received from life. To put aside criticism and welcome appreciation will strengthen your confidence every day.

It is important to be aware that appreciation of people who surround us has a great influence on our wellness. It is essential to surround yourself with people who motivate you, inspire you, fill you with enthusiasm, who value and appreciate you. Wrapping yourself with positive, enthusiastic and good people will help you to flourish.

Say your name with love

Remember times when you've heard from your friends and family that you're intelligent, capable, and competent. Start to see yourself as they see you, with love and without criticism. Learn from them to value yourself.

There are no storms that last forever. All of us have those days that we wake up and think that we don't want to get even close to the window. Why is it that one day you wake up full of passion and joy and the next day wake up feeling worried and horrible? It is the energy of the Universe that is in motion. Nothing is eternal and everything is in constant transformation, including our bodies and our emotions. The key is not to abandon ourselves or to bring ourselves down, but to continue loving, accepting, and respecting ourselves.

In those moments of low emotion, have a shower or wash your face, look in the mirror and even though you cannot see your beauty, smile and repeat that you love yourself the same way as you loved yourself yesterday. Remember experiences that have filled you with pride and have made you glad to be alive - for example, a graduation, an act of kindness, or a few loving words from a friend or a family member.

Afford yourself the same love and respect you give your friends. You don't love or admire them one day and not the next day.

Say your name with love

Say your name with love, tenderness, and pride. You
are a unique and special person!

Nothing is stopping you from loving yourself!

Loving yourself will make you feel good!

*I say my name with love,
I love and accept myself as I am.
I value my strengths and
I rejoice with all my vicissitudes.*

Nothing stops you - You decide to be happy

Decide to be happy!

By being happy your health improves, your appearance glows, and your friendships flourish. You are the source of your happiness. The joy of living is within you! Happiness is contagious. By making others happy you will be happy. Joyful people attract joyful people. Sincere people attract sincere people. Courageous people attract courageous people.

Happiness is created. In the same way that you decide which course to study, what clothes to wear, what book to read or whom to call, so you create your happiness or unhappiness. Convince yourself! Happiness is produced! Resentful, discontented, grumpy and whiny people create a wall of hopelessness that prevents them from seeing the best in themselves. Their stories focus on what others have. Their thoughts take away their

Nothing stops you - You decide to be happy

energy and make them dissatisfied and pessimistic about life, missing the opportunities that come their way.

Happiness is a decision. Our experiences are the result of our decisions. There are no wrong or right decisions, only decisions that will bring us different results. You can choose to be miserable or you can choose to make a decision to bring joy into your life. I agree with Brasília Starepravo who says that man doesn't die when he ceases to exist. Man dies when he stops having aspirations, and lives crawling through the world of the wailing, whining - the poor me's. I trust that you choose not to complain. The habit of complaining develops when people feel powerless to improve things for themselves. In the act of complaining they are admitting their lack of competency, of character, of ability to communicate, and their lack of commitment to improve things.

Complaining doesn't lead anywhere and what is worse, wraps us in an aura of negative energy that doesn't allow us to receive the miracles of each day. If you are dissatisfied with your job but you need your salary, then take action to find what gives you pleasure rather than creating the daily habit of complaining. Possibly you are not going to find what you are looking for the next day, but it is determination, desire, effort, courage, positive attitude and action that will help you to get what you are looking for.

Nothing stops you - You decide to be happy

Happiness comes when you start to have a positive attitude. Without doubt, when you begin to see the positive side of every experience, you begin to attract cheerful and good experiences to you. It is when nothing stops you from being happy, because your positive attitude will help you to enjoy every moment of your life.

You cannot find happiness in a final destination. Imagine that you are feeling sad or frustrated while travelling on a bus and this arrives at the final destination. Do you think that all your sadness or frustration will disappear by magic? No, because you are simply carrying all the feelings with you. Many people take the bus and think that arriving at a particular place is where they will be happy. I don't think so.

I know that sometimes it is necessary to change work, city or country to renew our energy. But, keep in mind that wherever you go, if you don't decide to be happy, there will be no place in the world where you will be. If your attitude is negative, you will take negativity wherever you go. Unhappy people attract unhappy people. Other people will not change your life; *you* are the one who can make the changes.

Let me give you an example that I heard once. If you take an orange and squeeze it in your kitchen, you will have orange juice. If you take the same orange to a neighbour's house and squeeze it, you will have orange

Nothing stops you - You decide to be happy

juice. If you take the same orange to another city and squeeze it, you will still have orange juice. Being in a different place doesn't change a thing. The same happens with us. We can move to another room, house, city or country, and we are just the same inside. We cannot give what we don't have. If we have love, joy, peace, kindness, acceptance and enthusiasm, no matter where we go, we will have those gifts in our hearts. We take with us the energy of love.

Happiness is inside us. Just like our hearts within are for sharing love and our lungs are for breathing, our souls for feeling, so we have happiness within to radiate. Believe it! By smiling now, by rejoicing now, by valuing every moment, you are helping yourself to enjoy every moment and to get to the final destination full of light, love, understanding, tenderness and kindness. Your decision will make you feel that life is really full and complete.

Begin to live each sublime moment with joy and love. Give to yourself the happiness that you deserve!

*Nothing lasts forever,
I enjoy every second of my life.
Nothing stops me from being happy.*

Act with kindness

Attract love wherever you go!

By acting with kindness, we are transmitting loving words like, “I like you,” “I care for you,” “I love you,” “I am here for you,” “I support you” and many other expressions that will make us, and those around us, feel valued and appreciated.

When we are kind, we are filling our hearts with love and attracting love and gentleness to ourselves wherever we go. We become an irresistible magnet that everyone wants to come closer to. Remember, you will always stay radiant while you are transmitting joy, courage, hope, and optimism. Be a magnet for joy!

Certainly when we act with kindness, there will always be someone who will think about us lovingly.

Love, respect, understanding, compassion, humility, and honesty are feelings that will help us to act with kindness. When we do, surely we are strengthening our spirits.

Act with kindness

Acting with kindness doesn't mean that we need to do heroic acts to make an impact. We don't need to be martyrs either. We can do small acts of kindness at any time. Little things can make a big difference. Sometimes it is the small things in life that truly help *us* to feel empowered - and to empower others. And do you know what? Most of them, in fact, are free or don't cost a fortune.

Learn how to offer help. Offer some help to those who need it; pick up a child from school if their parents cannot do it; do the supermarket shopping for someone; or do something that is useful for a family member, friend, or anybody you know or maybe that you don't even know. Remember, whether it is support, praise, love, compassion, pleasure, or laughter, the more we give the more we will receive.

Let's be kind to others by treating everyone with compassion and respect, by offering inspiring words of encouragement, by sharing tender moments, by deciding to do our best, by being friendly, and by brightening someone's life.

Some people say that they have no time to act with kindness, reasoning they work hard the whole day, and when they arrive home they still have more to do. Most of the time, acts of kindness don't require special hours from our routine or a change in the way we live. If we

Act with kindness

are in a queue, give preference to a person who most needs it; if we are in our office, treat all colleagues, irrespective of their position, with respect and consideration; if we are with our family, let's talk with loving words.

By being friendly certainly we will find people being friendly toward us because kindness is contagious. We are infected with true emotions, we radiate happiness, we create smiles, and we brighten our and others' days. We create a connection of well-being and peace.

Learn how to receive help from others as well. I am sure that you must have pleasant experiences of somebody who was kind to you, and made you feel like you were experiencing miracles. Surely you keep them in your heart forever.

I have many stories, especially from my trips by myself, of where I have found so many friendly, gentle and helpful people. I think of the family in Bolivia who offered for me to stay in their house without even knowing me; the wonderful Argentinian family who received me with love and allowed me to be with them for some weeks; the two gentle Peruvian men who covered me with their blankets to protect me from the cold on a train in Peru; the person who bought me medicine and hot tea when he saw me crying with pain from menstrual cramps on a bus while travelling through

Europe; the wonderful family that I met in Rarotonga who made me feel part of their family and we had a great time together, including delicious dinners at their house. I will be forever grateful to all those people. They are always in my heart.

I call all these experiences *miracles*. I believe that miracles come from loving thoughts. They appear to us and of course to many others.

Noel McGrath in his book *Living without Fear* mentions that there are no big or small miracles. There are only miracles, and they are part of our natural heritage. I agree with the author. I could mention many miracles I have had in my life, none greater or less than another. Miracles have made me feel that life is made up of magical moments when we fill ourselves with kindness, when we open our hearts to love and simplicity.

If we don't have miracle moments in our lives, it is because we have forgotten to love. Perhaps now is the time to observe if you are acting with kindness to yourself and to others. How do you know? Observe if you are complimenting yourself, pleasing yourself, enjoying yourself, and cheering yourself up instead of criticising, judging, complaining, and denying. See if you are doing the same to others. If you are not acting with kindness, decide to change your attitude now. Fill your

Act with kindness

heart with love and attract love to yourself wherever you go!

Don't wait any longer to act with kindness. Today is your day to manifest your love and your kindness. Turn this day into the best day of your life, serving yourself and serving others with kindness.

“Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can, as long as ever you can.” (John Wesley)

We are magically attracting miracles for ourselves when we are actively engaged in helping our fellow human beings. The magic of life is to experience its miracles every day, acting with kindness toward ourselves and others, especially to someone whom you have now forgiven.

In giving to others, we are giving to ourselves.

*I act with love,
I follow the purpose of my life,
I serve others with love.*

Forgive now

Get more health, more peace, and more wellness!

How? By forgiving now! By forgiving, you will get peace for every moment of your life. You deserve a healthier, peaceful, and happier life. Release the past. Live now.

Live with harmony. You were born free. Why get yourself in a knot? Get rid of the chains of the past and live life to the fullest. Forgive now and feel the contentment and calmness in your soul, your body, your mind.

Forgiveness is an act of love toward yourself and others. Accept yourself and accept people as they are. Learn to enjoy the present with love and forgiveness. Every day brings marvellous opportunities when you are free of resentment. Without resentment you liberate your heart to live freely.

Forgive now

It is important not to waste your time thinking about sad experiences that occurred in the past. A common reaction in each of us is feeling distressed by a friend or by a person whom we feel has disappointed us. The disappointment we have suffered is only our unrealised expectation that we created in our minds about the actions of others. We must be realistic with what we expect from people. The best way to forgive is to put ourselves in the place of the other person. No judgment or criticism, just accept them as they are. Accepting others is when we learn not to hold resentment. If we don't hold resentment, we have nothing to forgive. Without rancour we free ourselves and start living a healthy and harmonious life.

‘Forgiveness opens the door to love. By forgiving, we get greater relationships, greater spiritual and emotional well-being. Forgiveness influences our attitude and opens our hearts to kindness and beauty.’

Forgiveness is to love and to decide to have peace in our hearts. You don't need to agree with what someone did or didn't do to you; you forgive for your own well-being and benefit. You forgive because you love yourself, because you respect yourself, because you deserve a peaceful sleep, because you want peace in your heart, and because your soul was born healthy, free and strong. There are no excuses and no buts. Forgive now if you want to live a full and complete life.

Forgive now

There are many studies about the enormous damage that bitterness and resentment cause in our bodies. One of them is from the Public Health Institute in California, which found that hostility and resentment damage our immune systems, and increase the risk of heart attack, cancer, and diabetes. Therefore, resentment makes you sick because it is a poison to your body. Believe it! Rage, resentment and anger only harm you and bring diseases and sorrows. If this is the way that you want to live your life, and if this is the way that you want to waste your life, you decide. Remember that forgiveness is a gift we give to ourselves to benefit us physically and emotionally. It is an act of love that certainly brings great benefits to the giver as much as to the receiver.

We know that it is difficult to forgive, but it is not impossible. Forgiveness helps us not only to be at peace with ourselves but also helps to get rid of conflicts. Forgiveness gives us joy and serenity and this is a required condition to end violence.

It is essential to forgive ourselves too. Forgiveness leads us to a greater feeling of hope, compassion and self-confidence. Possibly you've had times in which you've crucified yourself, recalling all the experiences when you felt you let yourself down. Maybe you have tormented yourself thinking about what you should have done or what you shouldn't have done. While we

Forgive now

concentrate on our faults, we punish ourselves. Bless issues from the past with love and let them go!

Without a doubt, remorse is a big mistake that limits and stops us living in the present. There was a day when I was running around a beautiful apple tree plantation in Havelock North, and I began to ask God to forgive me for this and for that; to forgive me for what I did and what I didn't do. Suddenly, I noticed that my words didn't make any sense. I was asking for forgiveness as if I was being sentenced, when in reality it was the opposite. I noticed the wonderful beauty and calm that surrounded me. I felt my body healthy and strong. I had the exhilarating freedom and the huge pleasure of running. At that moment I felt that my life had just been blessed. With all that beauty and health close to me, certainly, it was not God who had to forgive me, I needed to forgive myself; it was me who should release those thoughts of guilt, and to live in peace with the supposed 'wrong' decisions behind me. If forgiveness is an act of love, then it is important to love ourselves and accept the lessons of the past.

When we were children, we were told that if we did something wrong, we would be punished by God. Then, we grow up in fear of punishment. God doesn't condemn us, He doesn't judge us, and He doesn't criticise or torture us. God is pure love and if God

Forgive now

created us in His image and likeness, we are pure love too. Let's nurture the love that is in our hearts.

Forgiveness is the key to inner peace. Forgiveness is the mental technique to turn our thoughts into loving thoughts. Forgiveness is acceptance and acceptance gives us healing.

We all have heard that the present, today, is a gift. I ask you now, what do you do when you receive a gift? You are glad, thankful, you smile and take care of it, and depending on what the gift is, you use it with love; if it is a card, you save it along with your other special things. Then, I ask you, what do you do when you receive the gift of today? Are you glad? Are you grateful? Do you smile? Do you take care of it? Or do you just complain about all your faults and the errors of others? This is the time to enjoy your special gift and to forgive. Life is too short. There is only time to love.

Remember, each day brings marvellous opportunities when it finds your heart filled with love.

Feel the power of forgiveness in your heart, body, mind, and soul.

Being free is your divine right!

Today, I decide to forgive myself and forgive you.

Today, I decide to love me and love you.

Today, I decide to have peace in my heart.

Release your fears - Everything is possible

You can do it! You deserve it!

Free yourself from fear! Let fears go, give them a hug and dismiss them. Venture with courage. You will be free when you overcome your fears and enjoy the adventure of living.

Open your heart only for the feeling of love. Love is the magic formula to dissolve fears and worries.

Do you know that the biggest inhibitor to change is within us? Nothing improves until we change our thoughts. Change your negative vibration of fear and you will change your life. You have the ability to transcend negative emotions.

Strive courageously for the things you desire. Breaking the obstacles of fear is when all is possible! It is when doors open to welcome you because you're a beloved treasure of the Universe.

Release your fears - Everything is possible

Trust the true essence of your being. Trust your unlimited power. Trust life. Trust your actions. Trust your inner voice. Trust your present. The present is a gift from God, when we should be *present* in body and soul.

Fear destroys our self-confidence, initiative and freedom. Fear makes us regret and complain about life. Fear makes us vulnerable to blame. Because of fear, we blame our partners, the country we live in, the people surrounding us, the neighbour, the family, or whoever else. Blaming others doesn't work!

It is important to recognise that nothing and no one else is to blame for how we live. We are the ones who decide to live in fear. We are the ones who don't have the courage to make the changes to improve our lives. We are the ones who create thoughts of fear that paralyse us.

We have the power to fill our minds with positive thoughts. We can control our minds. We can liberate ourselves to live in peace. Every time we act courageously, we become stronger.

Fears that overwhelm us are thoughts of the past or thoughts about the future. When we worry about the past or the future, we are dissolving the precious present. I mean, if we are worried about the car that was damaged in an accident, it was an event that happened in the past. If we are afraid of not getting a job to pay the bills, it is

an issue for the future. In the present neither of these events are happening. The present/now is different.

Focus your energy on your present. Take for example, people who are afraid to travel by plane. In reality, they are safe, but they feel numb with fear that something might happen to them. Their thoughts convince them that the plane will fall at any moment. If at that specific moment, they focus on the now, they will notice that the aircraft is flying safely, that they are safe, that they can enjoy a drink, food, a movie.

When we notice that fears are only our own thoughts and we face them, we discover that we are much stronger than we realise. We are that powerful divine essence created to feel love, to feel peace, to feel serenity and to feel life within us.

You hear many accounts of people who rid themselves of their fears by choosing to act courageously and explore what they really want to be and do. People who feel the fear, but choose to excel.

One person who comes to mind is René Godefroy. He was born in a small remote village in Haiti, and moved to the United States with five dollars in his pocket. With no English, he took a job as a hotel porter, but all the while dreamed of becoming a professional motivational speaker. He not only became a professional

Release your fears - Everything is possible

speaker but he became a world-renowned speaker and author of the book *Kick your Excuses, Goodbye!*

Another of my favourite examples of 'feel the fear and do it' is Les Brown, one of the greatest motivational speakers in the world. His powerful messages lift our spirits to go and do it.

Fearful thoughts might be the worst obstacles to face - but everything is possible when we act despite that fear when we superimpose pure love over fear.

You have the spirit of love, power, and sound mind. Light up your way with the fullness of your being.

Wrap yourself fully in the now. Feel the present. Feel your divine gift.

Conquer your fears and you will conquer the world!

I break down obstacles and barriers.

I accept the challenges of the moment.

I live with courage.

Breathe with passion

Give strength to your heart!

Feel the fresh air flooding your body, your soul, your spirit and your life.

At this moment focus on your breathing. Inhale gently and deeply, keep the air for a few seconds, then exhale slowly until all the air is out. Repeat this exercise for some minutes. You will notice how your mind calms, your heart melts, and your soul becomes serene. Perhaps inadvertently you're smiling because you still have life within you to live it. You have a life to do everything you want.

You have the air to reinvigorate your life! Isn't it comforting to know that we can breathe in and out and that we have the power to do so? Feel appreciation for this sublime moment of breathing freely. I hope that you never go through the experience I had when I blocked the passage of air to my body. It was in the United States, during one of the many times when I overdid the training at the gym. I spent all night without being able to

Breathe with passion

inhale properly. When I breathed in, the pain in my chest was intense. The air seemed only in my nose and mouth. It couldn't enter my body because of the pain. It was as though I had blocked the passage of air to my body. I felt that I was dying, of course. For reasons like this, it is important to be grateful now and to notice how fortunate we are just for the simple act of breathing, and because we are alive.

Practise peaceful breathing when you are worried, fearful, upset or whenever you feel the need to calm your body and your mind. Every time you take a deep breath repeat positive affirmations like “I am perfectly healthy” or “I am at peace” or “My heart is strong and loving,” and breathe out gently. If you decide to do this simple exercise, choose the words that fill your heart with peace, words that reassure you, and words that help you to feel good about life.

By breathing you give strength to your heart. Deep breathing reduces the workload of the heart and increases the oxygenation of the blood. As a result, we have a more efficient and stronger heart that works better and lasts longer.

Do you know that by its relaxing effect, good breathing helps us to overcome stressful situations and to expand our mental clarity? It aids concentration and memory, and helps combat insomnia and depression.

Breathe with passion

Sometimes simply breathing properly makes all the difference in our lives. It can help us to feel revived and inspired. The more you relax, the healthier you become.

Many times we don't realise the blessing of breathing. We ignore the fact that we breathe to keep us alive. We forget that we can survive for a few days without food and water, but within minutes we will lose life if we stop breathing. We don't appreciate the fact that wherever we are, we can breathe deeply and immediately our health benefits. As simple and easy as that.

When you read about the benefits that slow and deep breathing bestow, you will possibly be as fascinated as I am. These are just some of the benefits that I have chosen to share with you. Slow and deep breathing helps to eliminate toxins; it increases the body's ability to digest and assimilate food; it improves the condition of the nervous system; it helps to relax the muscles; and it keeps your lungs healthy, protecting against future respiratory problems.

Even better, slow and deep breathing rejuvenates glands in the human body, especially the pituitary and pineal glands. The brain benefits from more oxygen uptake. As it is, the brain requires three times more air than the rest of the body, and when we get air in abundance, it has a fundamental impact on our wellness

Breathe with passion

and the rejuvenation of the skin. The skin becomes smoother and facial wrinkles are minimised.

And for people who want to lose weight, deep and slow breathing helps burn fat. But on the other hand, if we have insufficient weight, oxygen nourishes tissues and glands.

Become aware of your body's need for oxygenation.

Breathe in with passion the unlimited air that was given to keep us alive. When breathing in, say words of affection and imagine a divine light protecting you. You will feel your body filled with energy, confidence, love and strength. What a divine feeling.

Breathe deeply and feel how your mind calms, your heart rejoices, and your soul unifies. Life flows inside you. Feel the satisfaction of being healthy and strong.

Feel the passion for life! Breathe in the fullness of life!

*By breathing I give rest to my heart,
I calm my body,
I quiet my mind,
I revive my soul.*

You are the perfection of life

You were born healthy and strong!

By being thankful, by being loving, by forgiving, and by smiling, you will create intense energy that will keep you healthy, strong, and radiant.

Recognise each part and function of your body as perfect and natural. Learn to listen, to feel, to give what it needs with care and unconditional love. Talk to your body; tell it how perfect and wonderful it is; how much you love it; how much you are grateful for your life. Your body is your life - without it you would not exist.

Feel the pleasure to live in your body! Show respect for it by eating nourishing food, drinking lots of water, walking with joy, and getting plenty of rest when it is needed.

Feel the power of doing daily activities with energy, enthusiasm and joy.

Usually when we are healthy, we feel strong and happy, but when we are in physical or emotional pain we

You are the perfection of life

feel discouraged, sad, fragile, lethargic, and everything seems difficult. Don't let despair and sadness invade you. If those feelings come to you, talk to them fondly, tell them that they are part of life, but you don't want them with you because you deserve a full and complete life.

It is in those moments of pain when we need to make a decision to heal ourselves and live well. It is in those moments when we must find some extra love to regain the strength and the joy of living.

Always treat yourself with love. Think of when you see a child crying in pain. You hug and console him, you encourage him, and you give him love. This is exactly what we need - an extra dose of love, some attention and some words spoken with sweetness by and for ourselves.

Practise healing meditation to remind yourself to live with the light of peace. Healing meditation teaches us to listen to our bodies, especially to listen to the part that is in pain - that source of the discomfort we are suffering.

Remember to watch funny movies, drink water, and be thankful in advance for your healing. Believe in the power you have to heal yourself. Repeat how much you love yourself, how much you are grateful for your life and for the health you have.

Do your daily healing visualisations, repeat positive affirmations to strengthen your body, your soul and your

You are the perfection of life

spirit. Take a deep breath to feel the life that is inside you.

Don't give up your treatment of extra doses of love, not even in the most painful, difficult and hopeless moments. Don't give up on your healing. Trust the power inside you. Take time to meditate, pray or simply *be*.

When you visit a doctor, ask yourself what you expect from them. I am sure that your answer will be for the doctor to cure you. Doctors help us with physical treatment and medicine, but much of our cure depends on us, our faith and our desire to be healed. How many thousands of stories have we heard of people with a grim medical diagnosis who have healed as if by a miracle. In 2009, I started running again, the same day that I cancelled a surgery on my foot. Since that time, I have not stopped running. It is true that many times I have started my run with an uncomfortable ache in my foot, but I know that after a few kilometres the discomfort will disappear.

I agree with Louise Hay, the author of *You can Heal your Life* when she says that we have to love, forgive, and accept ourselves to keep healthy. We create our diseases through lack of love toward ourselves. Louise has demonstrated with her exercises and positive affirmations that we have the power to heal when we

You are the perfection of life

start treating ourselves with love. Without self-loving and self-acceptance our hearts close to healing.

A practice of healing that Louise recommends is the mirror exercise. You look at yourself in a mirror and say out loud, “I love you, I truly love you.” At first, this will seem all very strange. Perhaps you cannot even look at your face for a second, let alone pronounce the word love. But it is important to try and try again, until you feel love wrapping you tenderly.

Another practice I heard about was kissing your hands repeatedly. This seemed an odd thing to do, until one day I looked at my hands and gave a kiss to each of them, and then I gave two kisses, three, and four. It is amazing how your heart begins to soften and you feel a special love toward yourself, toward others, toward nature, and toward the Universe.

Love your body. Bless your body with love. What we love becomes more beautiful! Say tender, sweet, and caring words to yourself. You deserve love, especially your own!

Feel the pleasure to live in your body!

I feel love wrapping all my body.

I feel the energy of the Universe.

I feel the happiness of my heart.

I feel the joy of being here.

You create your reality

Obtain all you want!

Life is a continuous process of creation. Trust the process of life.

Start to create your reality and you will experience double reaction: your own reaction of taking action, and the reaction of the Universe strengthening and supporting you.

It is essential that you define your goals. These have to be clear and detailed. Set goals for a day, a week, a month, a year and for life.

Have you ever entered a travel agency and bought a ticket to nowhere? I imagine that it was never. But, surely you have asked for a ticket to go to a determined place, with an exact date and time to travel, to arrive at a specific airport, and maybe you have confirmed with somebody to collect you from the airport.

You do the same process with your goals: clarify what you want, how you are going to do it, when you are

You create your reality

going to start, how long it will take you to achieve them, and who will be with you to celebrate. A clearly well-defined action plan develops self-confidence, personal initiative, enthusiasm, discipline, and concentration of our efforts. A list of small daily goals makes it much easier to get somewhere. To reach its destination, a plane needs to begin the journey from its starting point.

The art of achieving our goals is to have patience, willpower, self-discipline, and especially persistence. The everyday decisions are the ones that transform our lives. Goals are not achieved in a day; we need daily, small, steady steps to lead us toward what we desire. Jeff Olson, in his interesting book *The Slight Edge* explains, in a simple manner, the effectiveness of persistence and the importance of not letting a day pass without doing what it will take us to get to the final goal. Olson suggests us to do at least seven daily activities that lead us toward what we desire.

We know that it takes the first step to climb a ladder. So, creating the reality is a process, a dedication, a continuation, little by little to complete it. Don't sabotage yourself with your thoughts; don't wait for the perfect day; for the day that you don't have to do this or that, for the day when it is not raining, for the day that the sun shines, for the day that you have money, for the day that you feel better. Waiting only brings desolation and frustration. Dare now.

You create your reality

We are always waiting for tomorrow to begin, without noticing that we are missing our valuable *now* to start.

Don't miss your days anymore. Every *now* is a miracle that life offers you to start. Focus your energy on what you really want. They can be simple but important goals for your personal well-being. Keep in mind that each human being is unique - no one is just like you. It is important to create the reality that makes you feel good. The reality that when you are thinking about what you did, you feel the pleasure and pride of having done what you wanted; the reality that you truly want and not what other people want you to do.

Sometimes we feel that life begins to play against us, putting obstacles in our way. But, let's be inspired by Burt Munro's words, "If it's hard, work harder; if it's impossible, work harder still. Give it whatever it takes, but do it." Let's roll up our sleeves and continue with determination.

The day you become aware that you have sole responsibility for your life, that day, you will begin to create your reality. That day you will start your direction to obtain what you desire. Don't wait for things to fall from the sky. If we want to change a situation, start by doing it differently. It is insane to continue doing the same thing every day and expect different results.

You create your reality

Start by making changes. For example, if you want another job, start by preparing a CV; if you want to be an actor, enrol in a school of art to study. It is impossible to get what we want if we don't create what we want. If you want to lose some weight, start exercising. Decide to walk at least 20 minutes every day, have a balanced diet, drink plenty of water, breathe, and engage in other practices that will help you to change your condition. After all your own effort and time, you are rewarded with better health and fitness.

Develop yourself by starting to make small goals. Small goals help you to feel emotionally connected with life. As small as they may be, they help you to have a reason to live, a reason to get, little by little, all you want to achieve. It is important to use your intuition, intelligence, competence, ability, and disposition, and above all be proactive. With action, thoughts take form!

Create your reality by defining your goals and being responsible for your actions, for your life, for your destiny, for your dreams, and for your decisions. The world is filled with people who have achieved their dreams. Be one of them.

Open the doors you want to open; make your own keys. You have all the unlimited power to do it, and the ability to overcome challenges.

You create your reality

The entire Universe will support you when it sees
you taking the first steps.

It is in you to realise your dreams!

*Today I relax and enjoy creating my reality.
Today I collaborate with the process of my life!*

In unity with nature

What fantastic perfection!

Admire the beauty of the mountains, the hills, and the forest. Flow with the vastness of the oceans. What greatness of life!

Feel the power of the stones, rocks and crystals. Observe the shapes, the colours, and the texture of the plants.

Enjoy the harmonious chirping of birds. Recognise the immensity of life that exists.

Keep in contact with nature. You are part of this Universe! Everything was created for a special reason. You are a special and essential part of this divine world. You are nature's greatest miracle.

Feel in harmony with the Universe, opening your heart to appreciate the beauty of a rainbow, a sunset, or the rays of light passing between the leaves of a tree.

Possibly, it is not so easy to notice that this wonderful nature exists when we live surrounded by houses, buildings, and constructions that prevent us from appreciating the greenness of a hill, the diverse colours of the trees, the chirping of birds, a cloudless blue sky, or the brightness of the stars. In being part of this Universe, it is vital to take some time to go to a beach, to a river, to a lake, to a field, to an open space where we can breathe pure air, where we can open our arms and be thankful for the energy that only nature offers.

When I lived in São Paulo, Brazil, surrounded by buildings, I used to pay for ecological trips during weekends. I would leave my apartment at six o'clock in the morning, walk six blocks, and wait for the public bus to take me to the subway station. There I would join a group for our excursion. We travelled for a few hours to get to the beautiful green forests alive with rivers and waterfalls. We would walk for hours in the middle of so much natural beauty. At the end of the trip, I returned to the big city feeling revitalised and at peace. I adored those trips because I felt the value of life and the connection with myself and with the intensity of nature.

I also took the opportunity to visit friends who lived in Amparo da Serra in Belo Horizonte. To get to their place was an adventure in transportation, to say nothing of the experience of the busy and noisy Tietê bus

In unity with nature

terminal, the largest in Latin America and the second largest in the world. But all the effort was worth it. I felt the joy of this adventure in my heart. I arrived in Amparo da Serra, a magical place for me, after more than thirteen hours of travelling.

I was hosted by caring and simple people in a small cottage, surrounded by nature. My hosts cared for me lovingly and gently. I walked all through the beautiful peaceful hills. I just loved being there. I loved the nature, the people, the calm, the divine connection with this place. I enjoyed the Brazilian arroz com feijão - rice with beans - prepared on the firewood stove. Without doubt it is one of my favourite dishes.

Thanks to God, life and the Universe, now I live in the middle of nature. I am surrounded by wonderful hills, trees, reserves, rainbows, stars, blue sky and clean air. No more do I have to travel long hours to find nature. I live in it and I am grateful every minute for this extraordinary beauty.

This unity with nature makes us understand that life is more intense and meaningful than our daily routine. The contemplation of much perfection and beauty helps us to reflect and appreciate that we are part of a magnificent world. And certainly, a connection to nature also helps us to live a calmer life.

In unity with nature

We have the responsibility to protect, to value, to enjoy, and to save our natural environment. It is such a pleasurable feeling when we collaborate with nature in its protection. Try to clean an area in a park, a river, a lagoon, or your favourite beach. Pick up that piece of rubbish. It does make a difference. You will inspire someone else to do the same.

I have some experiences collaborating with nature that left me very satisfied. One of them was in 1994, when I took my niece, Fabiana, to help clean up a dam in Jaú, Brazil. We left her house early in the morning wearing gloves, carrying garbage bags and full of good humour. After some hours of work, we were joined by other helpers. My niece and I both felt very happy and our joy was contagious when we returned home to the family.

Another experience was in the summer of 2012 in Saint Martin, Switzerland. My niece Elia, my son Robert and I left very early in the morning, carrying plastic bags and gloves to clean a small river close to my brother's house. After a few hours, we were sweaty and tired from lugging three heavy bags of garbage. But, how satisfied we were with what we had done. Nature always rewards us.

Nature is the gift that we receive from life to live a full and complete life.

In unity with nature

We all need a sacred place for contemplation and creation. Find your sacred place, your rock, your hill top, your tree. A place that you can get to easily and rejoice, revive yourself. Nature has its own healing vibration to replenish our energy.

Honour the land and its beauty; please give thanks daily for everything Nature provides for you!

Energise yourself with nature and admire its perfection and immensity!

*I unify myself with the divine nature.
I unify my soul, my spirit,
and my being with my beloved Universe.*

Unveil your charming nature

You were born to enchant!

Get dressed and smarten yourself every day of your life! Feel the pleasure of taking a shower and feel the soap lather your body, and wash it away with fresh water, leaving you invigorated.

Feel the beauty, splendour and radiance when you are all smartly dressed and looking fresh and revitalised!

By dressing with charm, you will feel in harmony with yourself and with the whole world. You will gain confidence, self-esteem, and optimism. You will be grateful for being born and you will feel happy to be alive. How so? Because everything around us influences us directly or indirectly. The way that you dress affects how you feel.

We need to regularly reinforce our self-image in order to keep it healthy. Sure, there are days when we just want to spend all day in our pyjamas. Having a shower is the last thing we want to do. We just want to

Unveil your charming nature

be untidy, pale, messy, probably eating something unhealthy and doing nothing. Have you ever felt like this? Probably you will say yes. Well, let me tell you that it is all right to do this sometimes, but not regularly.

When you are not feeling like looking your best and it upsets you, please be strong, make an effort, get firm and make a decision, a decision to have a refreshing shower, get dressed and look fabulous. I guarantee that a good shower and some neat clothes will renew and invigorate your spirits and you will feel better.

You will be immediately creating an aura of positive energy around yourself. You will be creating the power of charm. Do you know that the word charm is related to kindness, attraction and seduction? Charm is also associated with luck, divine will, and enchantment. Therefore, when you decide to wear charming clothes, you are sending a message to the world. This message is the strength of the sensory connection with all the people who are around you, and mainly the magic connection with your soul. You will suddenly find yourself with such vitality and energy that you will not want the day to finish because you feel so energised and happy.

It is up to you to decide to feel the charm of presenting to the world a self that will reaffirm you as being unique and special.

Unveil your charming nature

It is important to have basic, essential and comfortable clothes that make you feel good. Remember to dress in a way that helps you to express firmly a feeling of strength and optimism. You don't need to have lots of clothes, but, yes, you need clothes that you can wear easily and will make you feel confident.

Have you ever tried to dress like other people do and discovered that you cannot feel yourself in those clothes? Have you ever felt strange and that you had lost the essence of yourself by wearing those clothes? Let me tell you about when I could not find myself because I was wearing clothes at odds with my soul and my personality.

In 1993, I bought many dresses, skirts, blouses, and shoes that I saw some co-workers wearing and that seemed pretty on them. That year, despite all the new clothes that I had, it took me more than half an hour each morning trying to choose what to wear. It was so hard to find something that could make me feel good. I changed many times, every piece of clothing that I put on. You can imagine changing one skirt for another, one blouse for another, and then another; one dress for another, then discarding all of them and trying some different dresses! Imagine how my bed looked with that pile of clothes! Nothing was right! And the worst thing, apart from wasting my time, was that when I finished dressing, I left my house feeling heavy, uncomfortable and sad.

Unveil your charming nature

I always wondered why. What was wrong with those clothes? The answer is that they simply didn't dress my soul. I had the wrong clothes for me. So, one day I decided to buy only clothes that I fell in love with at first sight - clothes that made me smile thinking of wearing them. Getting dressed never took me more than five minutes after that, and the best thing of all is that I kept a happy smile the whole day.

By choosing clothes that make you feel nurtured you are also nurturing your soul because you are embracing your wholeness.

Getting dressed with charm doesn't mean having the most expensive or designer clothes. Getting dressed with charm is to feel free and comfortable. It is good if you can afford to have all the expensive clothes that you love; you will feel marvellous too. But remember, that how you dress should show that *you* are the most important, not the clothes that you wear.

My pretty dress for 2011 New Year in Vanuatu, an island in the Pacific, was created in half an hour. I went to the plaza of Port Vila market, chose a fabric and asked a dressmaker on site to cut the fabric and sew the sides. The night of the 31st, I dressed in my super mini dress and I felt comfortable, beautiful and free. This is a simple way of living that makes our lives easy, full and complete.

Unveil your charming nature

It is important to have a combination of appropriate clothes too. It will save you time, patience and energy.

Many of us accumulate clothing unused in the closet and really it is just a waste of space. Donate the clothes that you don't use anymore. Feel the joy of seeing your clothes used by people who really need something to wear. Get excited about the joy of people using something that was yours. In those moments you will appreciate the wise choice of not having them accumulated in your closet.

Dressing with charm is one way to show how much you love and respect yourself and the people who surround you. Imagine that you are invited to a formal celebration where you need to wear formal attire and you decide to wear your track pants and slippers! I don't think that you are going to transmit good energy either for you or for others.

Dress with charm and every day will be a magical day, believe me! You will be attracting golden opportunities that are waiting for you everywhere.

Many times I have heard, "Why am I going to dress up if I am not going anywhere?" My answer is that you dress with charm for yourself, because you love yourself, you appreciate and respect yourself. Because you deserve to feel the perfect energy of the Universe; you deserve to live in harmony.

Unveil your charming nature

Always present yourself in the best possible way. Remember, first impressions count! Use your best clothes, your best perfume, and your best smile today. Tomorrow is another day.

Today is your day to enchant yourself and delight the world!

*I dress myself with charm, with joy, with harmony,
because I live with passion,
I live with excitement,
I live with enjoyment.*

See the divine connection

Divine connection at all times!

Each action you take, every step, every thought is divinely connected with the Universe.

How many times have you reacted with “What a coincidence!” when you meet a person you haven’t seen for a long time, and you have just thought about them. How many times have you chosen to go somewhere you’ve never been and yet feel you have been there before - another surprise, and you say again, “What a coincidence!”

Coincidences are experiences that we create with our thoughts, desires, and actions. They are the heavenly relationship between us and the world we live in.

The divine connection is the force that each human being transmits and receives. I believe that if there was no divine connection with the Universe, life would not have the same meaning. In the same way that our souls are connected with our close family, our souls can be

See the divine connection

connected with people who are on the other side of the world. I trust God and His sublime power in the glorious union that exists between us.

Have you heard cases of people who have just met and they have the same likes, the same desires, the same books, the same music, the same thoughts about life, and also the same goals? Yet they have grown up on different sides of the world. Or have you heard of people who have never seen each other and when they get close it seems that they have lived all their lives together? I know in my heart that it is the divine connection that unites our souls.

I have always felt connected with God, with the power of love, with something supreme and superior that protects and shelters me. This connection has allowed me to feel the love and the beauty of life. It has allowed me to see the greatness of the Universe. Many people may think that God doesn't exist. Perhaps for them it is true. But for me, God is everything in life. God is the force that drives me to carry out my wishes. God is the energy I feel every day that I live. God is the vitality to complete my tasks. God is the divine connection between my heart and the people I love. God is the strength of my life.

The greatness of this God is revealed when we trust that the sublime connection exists between our thoughts

and actions, and the thoughts and actions of everybody and everything surrounding us.

Believe in this power and have faith in the connecting forces that are beyond our understanding.

We don't know what life has reserved for us. What to keep in mind is always be truthful with ourselves and with others. Remember, what we put into the Universe, will come back to us.

We must be careful with our words and our actions. We never know when we will need the help of a colleague, a neighbour, a friend. I am not saying that we should pretend and be kind only because we might need help. I am saying that kindness comes back to us - and so do our criticisms of others.

Many times when I look at people I see such beauty in them that I believe that it is their soul that I am seeing. It seems that this soul connection is meant to be, and the reason can become apparent in time. There is the divine connection manifested in each of us. The connection with the true nature of our being, our souls.

By seeing the greatness of the Universe, you are opening the doors to the divine connection - to the manifestation of all the miracles that you deserve, to the revelation of your own divinity.

See the divine connection

You are attaining an enlightened awareness of the true nature of your soul.

You will be opening the doors to harmony, love, peace, inner calm, health, and physical, emotional and spiritual well-being.

Have faith! Trust God!

*True is my faith in my beloved God
who protects me with
blessings of his divine light.*

Keep your passion for learning

Discover something new today!

Life is a journey of discovery. Discover new places and new people. Discover the benefits of meditation. Discover how to make friends. Discover your abilities and talents.

Discover yourself with love!

Learning keeps us motivated for life. Learn how to play a musical instrument, how to say numbers in another language, how to make people feel important, how to plan your work, how to be a good listener, or how to make a difference in people's lives. Choose what you really want!

There is so much to learn! Take advantage of your precious time to learn things you love. Cherish your moments. Put your best effort into appreciating them, and live them intensely. This is your real-time. This is the time you are living and there will not be another like it.

Keep your passion for learning

Turn the *now* in your favourite moment to discover and to learn.

Learning new things stimulates our brains and opens our minds to new ideas, new ways to do things, new perspectives, new knowledge.

Why do we usually admire and respect people who excel in sport, who do well at work, who fight for a new world, who make a difference to our lives, and who achieve their dreams? Because they are people who have most of the qualities that we most value: honesty, courage, persistence, generosity, determination, and humility. They are people who, no matter what situation they face, remain firm in the pursuit of their goals, never giving up on learning, as in the case of Chris Gardner who fought against his circumstances until he won. Gardner had no job, no money, no house and a small child to look after. He focused on what he needed to learn to get the job of his dreams. You can watch his story in the inspirational movie *The Pursuit of Happyness*. I am sure you will be motivated to strive to learn no matter what your circumstances.

Learning increases our self-confidence and resilience, and makes us feel happier with life. In May 1998, I started work with a wonderful advertising agency. That year was my last chance to get my diploma as a registered secretary. This qualification would give me great

advantages in future employment. The only option to gain that diploma was to study in the centre of São Paulo, Brazil. The classes ran from 6pm to 10pm. It seemed impossible. My new full time job didn't finish till 6pm. I would also have to battle rush hour traffic to get there. And when classes were over, I would have to walk nearly seven blocks on my own to take the bus back home. It would be close to 11 o'clock and not safe.

I knew I would do it. I just didn't know how. When I told my ex-husband, his immediate response was "Impossible, forget it." His words only motivated me not to give up. That night, I went to sleep thinking that I would get my diploma that year, no matter how, but I would do it.

In summary, I agreed with my boss that I would go to work two hours earlier and leave an hour earlier. To get to classes I decided that the best option was to go to the centre of São Paulo by bus. This involved driving directly from the office to my home, to have a quick shower and walk (almost running) the seven blocks to Santo Amaro Avenue to catch the bus. At that time, all buses in São Paulo were absolutely full, so normally I travelled standing up for an hour, squeezed among hundreds of people.

Returning home close to 11pm was another adventure. I had to run non-stop from Senac Institute to

Keep your passion for learning

the bus station, ignoring drunks and beggars along the way. At least on the journey home I always got a seat. My ex-husband also agreed that he would pick me up at the bus stop in the interests of my safety.

On December 4, 1998, I had the satisfaction of being in the graduation ceremony. This is a small example of determination and willpower to gain something I wanted. We don't need to be in challenging situations, such as faced by Chris Gardner, to achieve what we want. The extra effort often makes all the difference.

Learning is a lifelong process. It is never too late to discover and learn. An amazing example is the Japanese Yuichiro Miura, who climbed Mount Everest, the highest mountain in the world, at the age of 80. He encourages us with his wonderful words: "I am still healthy and strong, I think that I have a good chance to reach Everest again."

Learning invigorates and stimulates our bodies and minds. Applying my philosophy of life, I discovered in my late forties the pleasure of cooking, the pleasure of learning Taekwondo and the satisfaction of running a half-marathon.

Keep your passion for learning. Learning enhances the quality of your life and helps you to rediscover yourself. Learning keeps us alert and alive. The pleasure of discovering that we can achieve what we desire is

Keep your passion for learning

indescribable. Miura confirms that, “It is the best feeling in the world.”

Learning new things keeps your mind active and gives you a feeling of well-being. Gift the opportunity to your body and your mind the benefits of learning. Learn something that you can believe in passionately and give it your all. Make time each day to develop your talents although you may not see immediate results.

Renew yourself and add to the richness of your life.

Discover the joy in learning. Do what you love!

*I love to discover and learn.
This is my divine time to free myself
and discover something new.*

Dive into the adventure of life

Today is the beginning of your new life!

Have you ever thought that your life is only an adventure? Have you ever noticed that when everything seems to end there is always a beginning? The beginning of living life fully! The beginning to awaken with joy. The beginning to smile, trust, celebrate and to become your sublime, glorious and special self.

Today is the beginning of becoming the star actor in your life. Today is the beginning of modifying your story. Create your own movie. Convince yourself that you are the only one who writes the lines of your script. You are the director, the producer and the main character in your movie. You are here today in this epic. Tomorrow you will not be. Take advantage now!

Write the lines, the phrases and the appropriate chapters. Create a motivating story for every moment. We know there is no time for rehearsal, so get the script started. Don't waste it. Don't allow life to pass by without diving into its adventure - an adventure that, if

Dive into the adventure of life

you wish, can be full of animation. Certainly, it will be a pleasurable adventure when you decide to enjoy the journey.

Don't live only in a world of desires and dreams. Enter a world of adventure without fear. Fear undermines the power of the human spirit. Fear is heavy in our hearts and bodies but courage lightens our spirits. Don't let fear have power over you. You have the strength when your heart is full of love and gratitude toward life.

The adventures also can be small experiences, but significant, those that lift your heart, open your mind, and make you catch your breath. Real adventure is doing what you really love - from the creation of your vegetable garden, or finding close moments with your children, or having dinner by candle light or inviting friends to watch a movie at your place. Experiences like these can transform your life in unexpected ways.

True adventures are all the pleasant moments that will give unique meaning to your life, making it complete. One of my favourite sayings is "Life is made of moments." For this reason I value each moment with happiness. I value also the sad moments because they make me appreciate the happier ones.

I remember the first time I confessed to a friend that I used the therapy of crying for my skin. She was going

Dive into the adventure of life

through a sad time and I thought it might work for her. Her immediate response when I told her was to burst into laughter. So amid bursts of hilarity I recounted my crying therapy experience.

All day I had been preparing myself mentally for what I would do when I arrived home for my crying session. I would remove makeup, clean my face, brush my teeth, have a shower and snuggle into my pyjamas. Then, I would go to my bedroom prepared with paper tissues, play some sad music and cry for as long as my body wanted. And this is what I did.

I guarantee that after so much crying, you feel an enormous relief in your soul and your body. A good healthy cry leaves us so light, as if we are floating. You feel renewed and your skin looks flawless, smooth, fresh and splendid. Believe me, it feels so good to just let tears flow freely.

Diving into the adventure of life is to dive into all the experiences that you want - into the experience of crying, of singing, of forgiving, of playing, of loving, of everything that makes you feel connected with yourself. You choose. It is your decision and nobody else's.

Be free to create your adventure. Have a little dream in your heart, have a little inspiration, have a little self-confidence, have a little self-belief and say *yes* to the adventure of your own life.

Dive into the adventure of life

Our adventure begins with our desire to live well each day, our desire to give to others, our desire to allow ourselves a time to play, our desire to be connected with life and with our desire to love others.

Start your adventure by giving, playing, praying, forgiving and loving every day. Start enjoying the beauty of a sunset and the sound of birds. Be in contact with your family and friends. Express your love openly and honestly. Pray for guidance in your life. Decide to be the best person you can possibly be.

The more light, the more fun, and the more joy you give to yourself, the more exciting this adventure becomes.

Listen to your inner voice to discover the authentic you - that capable being to trust and love.

Give thanks to God for being part of this adventure called life!

I adore living.

I adore this life.

I adore every day of my life.

Epilogue

Life is made of moments

We know that life is short and that nothing lasts forever; and to live without doing what we like doing is a wasted life. For this reason, I hope this book will help you to feel how wonderful it is to live, and how wonderful it is to be alive. How wonderful it is to enjoy every moment of life doing what we really want to do.

Thanks to God, I can say that this simple way of seeing and living has helped me to live in a particular way, in a way that many people ask me what the secret is to my positive attitude toward life.

My answer is simple - *Life is made of moments* - that is the reason for me: The present moment is all we will ever have. Every moment is special. Every moment I love being alive, I love the opportunities of life, and I love to receive the miracles of life.

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Without YOU this dream could not be realised.

Thank you! Thank you! Thank you!

“With a fresh and light prose, Fariddy directs us to the positivism of life in multiple ways. After this reading, you will rediscover the essence of yourself and others.”

Jaime Campodónico Viacava (Publisher - Peru)

“This book portrays the purity and essence of love. Fariddy talks about love for everybody and for all. Read. Pray and meditate. Because when Fariddy had the idea for this book, it was because she was visited by Angels, and that's the pure truth.”

**Paschoal Fabra Neto
(Partner & CCO - Creative Director at M&C Saatchi
F&Q-Brazil)**

We all dream of a happy, peaceful and harmonious life, yet fail to search inside our hearts for the blessings awaiting us. How about starting this day by being grateful? By being positive? By using the truth? And by becoming gentler with ourselves? How about starting to actually take responsibility for our happiness and well-being?

A Full and Complete Life offers very simple but important practices to discover a life that enriches - with simple steps to inspire and re-ignite the inner source of our happy sparks, even when we are overwhelmed by the demands of work, family and routine.

This book upholds the simplicity of life, when we embrace love and self-acceptance. Celebrate the unique you!