



YOGA & MEDITATION FOR PRISONS

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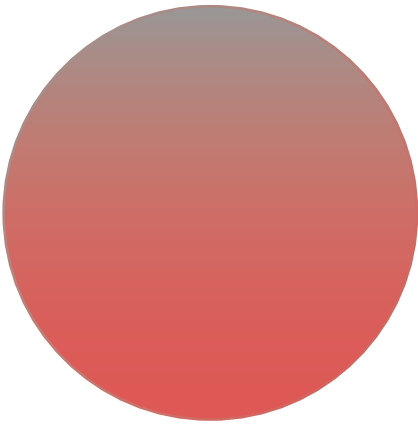


STUDENT GUARD'S MANUAL
YEAR 1 - LEVEL 1

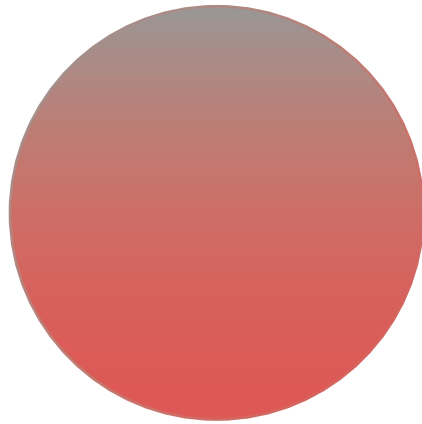
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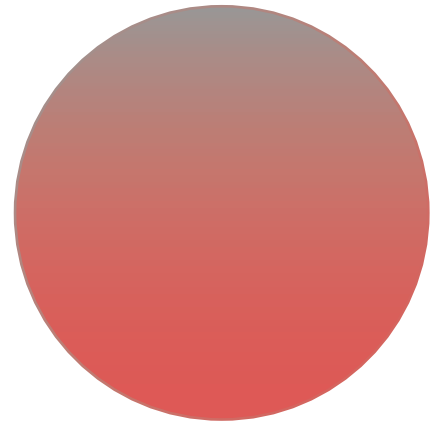
Non-profit foundation,
working on
rehabilitation and
reintegration of inmates.



Certificate 2



Certificate 3



Certificate 4

WHY YOGA AND MEDITATION?

One of the great problems of life in prison is the lack of silence and private space. With meditation we learn to find this silence and this peace, within each one of us, without needing to physically isolate ourselves.

Discipline within the class, punctuality and perseverance are basic requirements to be able to receive the course, in this way we are able to create new and good habits of life and coexistence.

The physical exercise in this class is focused on stretching and relaxation, generating a good physical condition, improving health and reducing the physical deterioration of immobility. Each class begins by touching on an emotional, psychological and human development topic. The guide for teachers gives all the tools so that they are able to pose and converse with students, in a simple but clear way.

HEALTH OF MIND, BODY AND SOUL

These are the three dimensions that we focus on in CARE's yoga and meditation method.

The focus of these classes is to give tools to find silence and inner peace. The mind, body and soul are connected, if we relax the body, the mind connects and the soul relaxes. The external tension generates an internal tension that is reflected in the body, and consequently in the mind and soul.

YOGA

The methodology of this course is based on the Hatha Yoga technique, simplified and adapted so that students can start in the practice of yoga, from basic and efficient postures and exercises. The base course lasts one year, after which they will move on to medium Yoga levels, in a safe way.

The methodology seeks that they can replicate these exercises in their daily life, without the need for specific equipment or a lot of space, and thus their practice is part of their lives in prison. The practical exercises are accompanied by a theoretical framework, where they are given psycho-social tools.

Yoga teaches them to disconnect from external tension using breathing, and with very simple exercises, to release the tension that is generated in the body, achieving stable and lasting physical health. Within prisons, silence is a value that does not exist, with meditation it is possible to reach a space where they can be in complete stillness and peace.

MEDITATION

This course will study the traditions of yoga, including guided meditation and its emphasis on non-violence. It will also immerse students in meditation, through philosophy and ethics.

In this class we explore the inner or mystical life as it is articulated in the life and practice of various traditions that include meditation as a method of seeking inner peace.

CARE METHOD

CREATED TO WORK IN PRISON CENTERS IN TWO MODALITIES:

1. TEACHERS

The teachers are persons deprived of liberty, chosen from the population of each prison, who voluntarily want to be trained by an expert in the CARE method. They give theoretical and practical classes, both to prisoners and to guards at the center where they are serving their sentence.

Profits

- Diploma as a yoga and meditation teacher by the CORE Foundation.
- Recognition of good behavior and collaboration.
- Accreditation of sentence reduction, based on prior agreement with the prison system.
- The possibility of work upon release.

2. STUDENTS

- Deprived of liberty
- Prison guards

Levels

- First level - 1 year duration.
- Second level - 2 years duration.

Diploma

- The diploma will be awarded based on:
- Obligatory participation in 90% of the classes.
- Significant progress.
- Evaluation at the end of 37 school weeks.



THEORETICAL FRAMEWORK

38 THEMES - 37 WEEKS + CLOSURE

1. MIND-BODY CONNECTION

2.-3. INNER PEACE

4. MINDFULNESS

5. SILENCE

6. BREATHING

7. CHEMISTRY OF THE BRAIN

8.-9. SELF-ESTEEM

10.-11.-12. SURRENDER

13.-14. EMOTIONS

15. ANXIETY

16. ANGER

17. PAIN

18. SADNESS

19. FEAR

20. GUILT

21. JOY

22. ACTION OR REACTION

23. RESPECT

24. EMPATHY

25. POSITIVE MIND

26.-27. GIVING & RECEIVING

28. DETACHMENT

29. ATTITUDE

30. RESPONSIBILITY

31. VICTIM OR PROTAGONIST

32. SELF DISCIPLINE

33 THE 4 AGREEMENTS

34.-35. KARMA

36. THE POWER OF NOW

37. THE LAW OF ATTRACTION

BONUS: LIBERTY

1. MIND-BODY CONNECTION

UNDERSTANDING THE MIND-BODY CONNECTION: IF YOU HAVE EVER FELT KNOTS IN YOUR STOMACH IN A TENSE SITUATION, PRESSURE, WORRY, YOU CAN IMAGINE THAT THERE IS A CONNECTION BETWEEN THE MIND AND THE BODY. THE BODY REACTS WHEN A PERSON IS UNDER A LOT OF STRESS, SUFFERS FROM ANXIETY OR IS DEPRESSED.

Some people manage to better manage the stress and pressures of life, they usually have a circle of friends and family who give them help, have support groups, play sports, practice Yoga or meditation, and thanks to this they suffer less illnesses and recover faster when getting sick. Some people see things negatively. They do not handle stress well, there are few people around them to help them, they do not have the discipline of sport, they do not know the benefits of Yoga and meditation, and for this reason they tend to get sick more often, suffer more physical conditions and do not improve as well. Quick.

Question: It doesn't usually happen to you that when everything goes wrong and you wonder "what else could happen?" it is usually the precise moment when you get sick. Feeling hope can be the best medicine. It could be just what your doctor ordered to keep you healthy.

Here are some simple ways to keep your mind and body in sync.

- Look for the bright side of things.
- Calm your mind and body with meditations (moments of silence) and deep breaths.
- Exercise your body, walking and doing Yoga are great exercises.
- Have a balanced life. Make time for the things you enjoy.
- Laugh out loud and often.

2.-3. WHAT IS INNER PEACE?

THE CONCEPT OF INNER PEACE HAS BEEN TRIED TO DEFINE IN MANY DIFFERENT WAYS. SOME EXAMPLES:

- Feeling of well-being and happiness that is experienced internally.
- Mental state of relaxation, tranquility and well-being that is experienced continuously over time.

Feeling of complete bliss independent of internal and external stimuli. Goal to which the human being aspires who wants to find that physical and spiritual balance that allows him to be well with himself. Absolute tranquility, inner calm, relaxation, well-being, emotional balance.

How can we achieve inner peace? Inner peace is a very personal matter. The first thing we have to know in order to achieve inner peace is that each person is a world. There is no single method to achieve that emotional balance that will translate into inner peace.

Methods that work: Natural Therapies, Bach Flowers, Guided Meditation, Relaxing Yoga, Saunas and Massages. In summary: inner peace is a very personal matter, but fortunately there are some keys that work with all human beings regardless of their circumstances and their level of empathy and sensitivity.

There is no magic and infallible method, but we can try different techniques until we find the one or those that help us maintain that delicate emotional balance that allows us to live in peace with ourselves and with others.

ADVICE:

1. AVOID TOXIC PEOPLE

Surely you have met a toxic person more than once, right? I mean those people - fathers, mothers, brothers, cousins, friends, boyfriends, husbands, children, neighbors ... - who absorb our vital energy and break our inner peace. Thus, fleeing from toxic people, from emotional vampires, is the first advice you must follow in order to build a strong, solid and lasting inner peace.

2. ACCEPT YOUR FLAWS

We are the only people from whom we cannot flee until the moment of passing to a better life. We talk that to achieve inner peace we must force ourselves to accept those small defects that we all have, that we do not beat ourselves up all day because we are not good in this or that artistic discipline, because we are unable to orient ourselves when driving in a city strange, because we can not be as orderly as we would like ... Accept the small defects that we are not able to correct.

3. TAKE CARE OF YOUR BODY

The human being has an emotional plane and a physical plane, two halves that make up a single being and are strongly united in the same trajectory of life. Do you remember the phrase "A healthy mind in a healthy body"? Perhaps right now you are thinking that there are many sick people who have achieved inner peace and, of course, you are absolutely right.

There are many examples of people who suffer from chronic pain and have an enviable inner peace. But beware: these people enjoy inner peace because they have accepted their physical situation, they have minimized their limitations and they have pampered their body instead of hating it.

Is it easy to change the chip and accept the body that has been our lot? Of course not, but it is essential to be able to enjoy that inner peace that everyone needs to feel good about themselves.

4. WORK ON YOUR POSITIVE THOUGHTS

How do you always see the bottle? Half full? Half empty? Working on positive thoughts is essential for our fragile, delicate inner self and, do not forget, too exposed to the bad news that comes to us through the media and social networks.

Working on your positivity daily, projecting positive and relaxing images in your mind will not harm you, rather, it is a well-being that will bring you one step closer to that inner peace so close or so far away.

4. MINDFULNESS

DEFINITION

Mindfulness is the focus of attention in the present moment, focusing on what is happening "here and now", accepting it without more, without trying to change, or judge anything. Its meaning is full consciousness. Concentrate on what is happening in us and around us and know how to renounce noise and distractions.

In 1979, they began to use Mindfulness in a therapeutic way to improve objective levels of health, among them it is essential to reduce stress and anxiety, to improve concentration levels and our memory, to discard intrusive thoughts so disabling and for the improvement of pain.

Some neuroscientific research suggests that the practice of Mindfulness supports the connections between the amygdala and the prefrontal cortex, responsible for regulating the expression of our thoughts, emotions and actions. A strong connection between the prefrontal cortex and the amygdala protects us from the damaging effects of stress and anxiety.

In practice, what a person experiences with Mindfulness is a very close connection with himself, with his body, with his mind and with his emotions. When practicing Mindfulness you see yourself from another perspective, as if you were an observer who sees everything that happens in you and in your environment, so that you become more aware of what you feel and think. This will give you greater ability to align your thoughts and feelings with whatever purpose you have in life.

HOW DOES IT WORK?

In order to achieve Mindfulness, you will have to learn from the beginning and train hard for it. There are different techniques that can help us achieve this: doing Yoga, practicing meditation, conscious breathing. Meditation is one more vehicle of all that we have to be able to achieve Mindfulness. Mind-

fulness is a state that is reached through the practice of meditation, regardless of whether the person is religious or not. The goal of Mindfulness is to get our consciousness to relax and not make judgments of our sensations, feelings or thoughts.

5. SILENCE

HOW THE MIND WORKS IN ABSOLUTE SILENCE

“Silence is the element in which all great things are formed” —rn **Thomas Carlyle.**

In recent years, researchers have highlighted the peculiar power of silence to calm and raise the volume of inner thoughts. The findings are that the absence of sound produces more relaxation than “relaxing music.”

In 1960 the first studies of “noise pollution” were made and noise was linked to higher rates of sleep loss, heart disease and the appearance of tinnitus.

Sound works like this: sound waves vibrate the bones of the ear, which transmit movement to the cochlea, and the cochlea converts physical vibrations into electrical signals received by the brain. The body reacts immediately to these signals, even in the middle of deep sleep. Noises activate the amygdala, associated with the formation of memory and emotion, and activation causes an immediate release of stress hormones, such as cortisol. This means that people who live in noisy environments often experience chronically high levels of stress hormones, since they are producing them even while they sleep.

A Duke University biologist, Imke Kirste, eventually discovered that while all sounds have short-term neurological effects, none have a lasting impact. Except for the silence.

6. BREATHING

THE EMOTION-BREATH CONNECTION

In the brain stem there is a group of neurons that activate inspiration and expiration. This network is interconnected with the autonomic nervous system, which is what is activated by our emotions.

The autonomous nervous system - which controls involuntary functions and acts - is divided into the sympathetic and parasympathetic systems.

The sympathetic system is activated when we are in situations of stress or emotion.

Example: that our intestinal transit stops or that our respiratory frequency and intensity increase.

The parasympathetic system does the opposite: it contains it.

The control of this is complex, it is self-regulating with the information it receives from mechanical, chemical and barometric sensors located in the lung.

The set of all this determines the frequency and duration of each breath.

The breath drives all the actions we perform. The brain has a respiratory pacemaker that is activated and can be precisely adjusted by breathing and manipulating the rate at which you breathe in and out.

Slow and controlled breathing decreases the activity of this circuit, influencing emotional states.

7. CHEMISTRY OF THE BRAIN

FIVE CHEMICALS IN OUR BRAIN THAT CAN MAKE YOU FEEL HAPPY: ENDOCANNABINOIDS, DOPAMINE, ENDORPHINS, SEROTONIN, ADRENALINE.

Endocannabinoids: Also known as “the happiness molecule”, it is cannabis produced by our body that works on the CB-1 and CB-2 receptors of the cannabinoid system. There are different types of cannabinoids (of which 85 have been isolated from the cannabis plant) that have different effects on the cannabinoid system. A study from the University of Arizona indicates that endocannabinoid production increases after running, causing the “runner’s joy” effect.

Dopamine: This molecule is responsible for rewarding behavior and the pursuit of pleasure. When someone seeks some kind of reward, dopamine transmission levels increase in the brain.

Endorphins: Its name translates to “self-produced morphine” and has an effect similar to opiates. This chemical has analgesic properties and is produced by the pituitary gland and hypothalamus during intense physical exertion, sexual intercourse, and orgasm.

Serotonin: A high level of serotonin can boost a person’s self-esteem, decreasing sensitivity to rejection and increasing feelings of self-love.

Adrenaline: Also known as epinephrine, this chemical causes an increase in energy, increasing the heart rate and blood pressure. We can get an adrenaline rush by being in situations of distress or danger, such as parachuting.

8.-9. SELF-ESTEEM

THE DIFFERENCE BETWEEN SELF-ESTEEM AND SELF-CONCEPT

Before defining self-esteem, it is necessary to define and understand what self-concept is, since self-esteem is based on self-concept.

WHAT IS SELF ESTEEM?

Self-esteem can be defined as the emotional result that arises if we accept and like our self-concept. Contrary to popular thought, self-esteem does not arise from evaluating ourselves positively in each situation, but from observing ourselves objectively and above all from estimating and accepting our self-concept. Self-esteem is not a fixed and stable concept, it manifests itself in a changing way depending on our vital situation and our circumstances and is modified throughout our lives.

WHAT IS SELF-CONCEPT?

Self-perception forms a mental concept of who and how we are. We all have a mental image of ourselves, that is, a perception and an idea of how we are both physically and psychologically. We form that image over time, beginning in our childhood. This idea of ourselves can coincide with the idea that others have of us or not, even this idea can coincide with reality or not. The more realistic the self-concept, the more appropriate our interaction with the environment that surrounds us, the more we accept ourselves, the greater our capacity for personal growth and the stronger our self-esteem.

WHAT IS THE IMPORTANCE OF SELF-ESTEEM?

We can affirm that self-esteem is the basis of our psychological health. If our self-esteem is adequate, we can interact with the world in a healthy way, we can assert ourselves in any situation and defend our rights without alteration. With a healthy self-esteem we will be immune or little vulnerable to the emotional attacks of the environment and we will act calmly in any situation, accepting ourselves unconditionally, which will make us satisfied with our reactions and behaviors. A healthy self-esteem prevents psychological illnesses such as depression or anxiety. It is also one of the bases of human relationships, and, therefore, it directly affects our way of acting in the world and of relating to others.

Nothing in our way of thinking, feeling and acting escapes the influence of self-esteem. A healthy self-esteem allows us to have a series of behaviors and attitudes that have beneficial effects on health and quality of life.

For example, a person with a healthy self-esteem:

- Is willing to defend its personal rights even when finds opposition or emotional attacks
- Feel confident enough to change its opinion or judgment if experience shows it were wrong.
- Is able to act according to its own criteria, and without feeling guilty when others do not agree with its behavior.
- Doesn't waste time worrying excessively about what has happened in the past, or what may happen in the future. Learns from the past and plan for the future, but live the present with intensity.
- Is confident in its ability to solve its own problems, without being intimidated by failures and difficulties, and when really needs it, is willing to ask for the help of others.
- As a person, considers itself and feels the same as anyone else, neither inferior nor superior; simply equal in dignity; and recognizes differences in specific talents, professional prestige or financial position.
- Recognizes that which can be interesting and valuable to other people.
- Does not allow itself to be manipulated, although it is willing to collaborate if it seems appropriate and convenient.
- Recognizes and accepts in itself different feelings and emotions, both positive and negative, and is willing to reveal them to another person, if it seems worthwhile and so, its wishes.
- Is able to enjoy a wide variety of activities.

- Is sensitive to the feelings and needs of others; respects the generally accepted sensible rules of coexistence, and understands that does not have the right — nor does wish to — to have fun at the expense of others.

In conclusion, we can affirm that a healthy self-esteem will bring us great benefits in all aspects of our life.

10.-11.-12. SURRENDER

The possibility of surrender is a personal choice and is always present. What changes is your way of dealing with the situation.

Giving up, for many people, is giving up, throwing in the towel, letting challenging events and situations roll over you and ruining your dreams, your goals, and your life. Surrender, too, means surrendering to the future of things or connecting with the deepest experience behind each difficulty over which I have no control. These two meanings of the same word mean that, above all the things that we live daily, we have at least two options: we assume them with a spirit of improvement, or let them annul us.

STRENGTH APPEARS IN TIMES OF CRISIS

“When nothing is certain, everything is possible,” says Margaret Drabble. All the great crises that we go through as human beings strengthen us, if you choose and accept it. We all have this innate ability, because, in essence, we are all resilient, that great invisible force that appears to help us overcome enormous challenges. When we have near death experiences; when everything seems to have been destroyed in a second; Even when life appears completely black and dark, we have the enormous opportunity to begin to learn from that experience, without forcing, with gratitude, understanding, and “see” what is beyond the obvious of that bad moment that we are having.

There appears a basic and strategic component of the internal strength not to give up: the total and absolute responsibility over me, and, above all, the enormous influence that the power of attitude has.

Beyond the good times, where there are no major drawbacks, it is in the bad times when challenges arise.

In the attitude aspect there is a third space, in between, which is the neutral attitude: it does not mean that you will stay without doing anything, but that, for the moment, you are going to stop all kinds of action, and you will only dedicate yourself to thinking and to process what is happening; to observe it from different perspectives; and to outline possible courses of action.

8 IDEAS NOT TO GIVE UP

1. Explore your self-awareness

This human dimension, that of consciousness, has often been neglected, as it is linked to spirituality and even religion. However, it is the self-awareness of who you are that supports your worth, your courage, your determination and your motivations. Do personal work, cultivate.

2. Avoid defining mistakes as failure

Every time you say the word “failure” to your mind, the energy automatically decreases; and in challenging times you need to have as much internal potency as possible, simply because you need it. So, avoid defining a simple mistake - we all make them - as a failure; correct what is within your power and continue.

3. Keep the end goal in sight

Another frequent behavior in difficult moments is that that emotion that is felt floods the whole being. So the panorama looks completely black, or gray at best. To overcome this trend, keep in your inner vision, with your creative imagination: visualize yourself reaching the final goal. Although in the midst of the crisis it seems that it will never come, it is that vision that will strengthen you step by step, lower your anxiety and connect you with self-confidence and greater serenity.

4. Remember what motivates you

This is the time to focus on your greatest motivations, and sometimes in the dizzying pace of life we forget the essential. Go back to the small, to what makes sense to you and that connects you with internal experiences of motivation and self-leadership. There you will find guidance, purpose and extra energy to recharge your batteries.

5. Discover the hidden meaning of the experience you are living

At this point you need to become a scientist of your emotions to quickly analyze, identify and detect what you are feeling; in which part of the body they resonate and what is their root origin. Once you do, you will find part of the meaning, of why this experience comes into your life, instead of wondering why, which connects you directly with your part of the victim of circumstances.

6. Analyze your strengths and enhance them

To gradually move to the next step, you can also discover your strengths and enhance them. Make an F.O.D.A. ∴ trace a cross on a sheet of paper, and write Strengths, Opportunities, Weaknesses, Threats. Put in each quadrant what you deeply reflect about yourself and your inner strength; and continues with the next quadrant. It's a pretty accurate X-ray of what you have, and what you could do to fill in what's missing.

7. Incorporate lateral thinking

Phyllis Battome has a lot of common sense when she says that “There are two ways to deal with difficulties: you change difficulties or you change yourself to face them.” So, put in the same circumstance, two people in the same conditions react in completely different ways. What is activated is lateral thinking, an alternative route of action that can lead us to totally different results.

Thinking the challenge in totally different ways connects you to the infinite world of possibilities that may be available; just maybe you haven't seen them yet.

8. Change the word “problem” to “issues to be resolved”

Here we have another formulation of the internal language with which we speak that can help you: every time you use the word “problem” to define a situation that arises, however critical it may be, the subconscious mind tends to close and precisely what you need is to open options and alternatives.

Instead, we invite you to correct your internal vocabulary with an expression such as “here is a critical issue to be resolved”, “I can do it”, “I will do absolutely everything in my power” (and you do), and you go Let's see how the neuroplasticity of the brain will help you to do all its work in your favor, in expansion.

13. EMOTIONS

EMOTIONS ARE REACTIONS THAT WE ALL EXPERIENCE: JOY, SADNESS, FEAR, ANGER ... AN EMOTION IS AN AFFECTIVE STATE THAT WE EXPERIENCE, A SUBJECTIVE REACTION TO THE ENVIRONMENT THAT COMES, INFLUENCED BY THE EXPERIENCE.

Emotions have an adaptive function of our organism, to what surrounds us. In humans, the experience of an emotion generally involves a set of attitudes and beliefs about the world, which we use to assess a situation and, therefore, influence the way it is perceived.

For a long time emotions have been considered unimportant and the most rational part of the human being has always been given more relevance. But emotions, being affective states, indicate personal internal states, motivations, desires, needs and even goals.

As soon as we have a few months to live, we acquire basic emotions such as fear, anger or joy. Some animals share with us these very basic emotions, which in humans become more complex thanks to language, because we use symbols, signs and meanings.

Each individual experiences an emotion in a particular way, depending on their previous experiences, learning, character, and the specific situation. Some of the reactions that trigger emotions are innate, while others can be acquired.

Charles Darwin observed how animals (especially primates) had an extensive repertoire of emotions, and that this way of expressing emotions had a social function, since they collaborated in the survival of the species.

Although we have all felt anxiety or nervousness, not all of us are aware that a mismanagement of these emotions can lead to a blockage or even illness.

THERE ARE 6 BASIC CATEGORIES OF EMOTIONS:

FEAR: Anticipation of a threat or danger that produces anxiety, uncertainty, insecurity.

SURPRISE: Shock, amazement, bewilderment. It is very transitory. You can give an approximation to know what happens.

AVERSION: Disgust, disgust, we tend to distance ourselves from the object that disgust us.

ANGER: Rage, anger, resentment, fury, irritability.

JOY: Fun, euphoria, gratification, content, gives a feeling of well-being, security.

SADNESS: Grief, loneliness, pessimism.

THEY HAVE DIFFERENT FUNCTIONS:

FEAR: We tend towards protection.

SURPRISE: Helps to orient ourselves to the new situation.

AVERSION: It produces rejection towards what we have in front of us.

ANGER: It leads us towards destruction.

JOY: It induces us towards reproduction (we want to reproduce that event that makes us feel good).

SADNESS: It motivates us towards a new personal reintegration.

14. HOW TO MANAGE EMOTIONS

Actresses and actors manipulate their emotions through breathing. One method is the “dawn emoting”, because by managing the breath you are managing the heart rate, and also what hormones and neurotransmitters are working. So, breathing directly impacts the physiology of the body.

SO THAT EMOTIONS DO NOT CONTROL US:

Managing your breath does not allow you to control your moods, but being aware of your breathing and worrying about making it slower and deeper in stressful situations, “helps to calm us down, to regain control of the situation, and will avoid some of the added symptoms. that occur when we breathe rapidly and sweep up a lot of dioxide: the sensation of dizziness, tingling in the hands and feet, and the sensation of clumsiness ”.

The scientific article Breathing above the brain stem shows that through breathing we can work on attention, memory or emotional control.

“If I need to function and be alert, I can do it; if I need to relax in order to sleep, I can do it. “

There are breaths for stress, others that allow you to wake up, relax, or manage anxiety. For this reason, we seek to train the body so that, every time we have stress, we can recover from the situation quickly ”.

15. ANXIETY

Anxiety is a normal emotion that is experienced in situations in which the subject feels threatened by an external or internal danger.

It would be necessary to differentiate between fear (the subject knows the external and delimited object that threatens him and prepares to respond) and anxiety (the subject does not know the object, being the internal threat and there is a difficulty in the elaboration of the response). Anxiety is abnormal when it is disproportionate and too prolonged for the triggering stimulus. Unlike the relatively mild and transient anxiety caused by a stressful event, anxiety disorders last for at least six months and can get worse if left untreated.

There are different clinical pictures in which anxiety is the fundamental symptom:

- Panic attack disorder, in which anxiety occurs episodically as palpitations, a feeling of suffocation, instability, tremors, or fear of dying.
- Generalized anxiety disorder, with a permanent state of distress.
- Phobic disorder, with specific or nonspecific fears.
- Obsessive-compulsive disorder, with intrusive and unpleasant ideas that can be accompanied by ritual acts that reduce the anguish of the obsession (washing many times for fear of catching it, checking doors or plugs, continuous doubts).
- Acute or post-traumatic stress reactions.
- Adaptation disorders to adverse life situations.

What are the most common symptoms?

- Palpitations
- Feeling of suffocation
- Anguish
- Phobias

16. ANGER

What is anger?

Anger is a natural human emotion, like others, that arises from the perception of the environment and the physiological reaction of the body to the sensations that are produced by it.

Anger is like an emergency signal for the body. To resolve this emergency, the nervous system activates and prepares the body to respond to it or flee.

What happens in the body when we get angry?

- Breathing accelerates
- The heart pumps faster
- Raises blood pressure
- We sweat
- Pupils dilate
- Hands get cold
- Possible tremors

Getting angry leads to emotional disturbance, irritation, anger and / or desire for revenge or revenge. Many times it is reflected in a verbal or physical aggression towards the one who caused it.

What happens in the brain when we get angry?

The part of our brain that responds when we get angry is the amygdala, which controls emotions. At the top of the amygdala is the frontal lobe, which is involved in decision-making, problem solving, and controlling our behavior. When anger strikes, blood floods the frontal cortex and clouds rational thinking. The right frontal lobe of our brain is in charge of controlling negative emotions and the left frontal lobe the positive ones. When we get angry, the right frontal lobe of our brain is activated causing rationality to be lost. This raises dopamine levels, causing the areas of the brain that allow us to self-control to become inactive, so when we are angry we commit acts that we do not do in a normal state.

17. PAIN

Buddhist philosophy believes that the only way to overcome the pain that our existence entails, this “valley of tears” is to renounce desire, intention, and will in short and allow ourselves to be dragged into the denial of that innate tendency to conserve what is. material.

The German philosopher Arthur Schopenhauer lived from 1788 to 1860; If we read his thoughts carefully we will find a lot of similarity of his time with today’s society, profitably pursuing excellence, power, beauty, money at any price, with the idea that the achievement of these goals will give us happiness and, without However, with the experience of dissatisfaction after reaching them, needing to look for others.

This thought decisively influenced other later thinkers such as Nietzsche, Thomas Mann, Freud, Sartre, Unamuno or Baroja, thinkers charged with a certain pessimism who also reflected on human suffering.

It is true, that it is easy to write theories about things while one has the basic needs resolved. However, we can take advantage of his or Buddha’s teachings. “Happiness is not in material things, in the satisfaction of desires, but perhaps in finding a way to improve as a human being and help others to improve as well.”

Introspection, or “mindfulness”, as it is currently advocated, are methods of moving away from the material towards that interior that equals us all and makes us a tiny portion of the Universal whole.

Enlightenment is not in the spotlight of success or popularity, but in detachment from the individual for the benefit of the general. “The welfare of the majority must be above the welfare of the minority”: this is not from a philosopher, but from a fictional alien, Mr. Spock. Nature imitates art.

18. SADNESS

What is it?

A reaction to a loss or adverse situation by which we are overcome.

What makes us sad?

The most common triggers for sadness are usually:

- The loss of a valuable person, object or objective.
- The experience of an adverse situation.

These same triggers are shared by other negative emotions such as anger or rage. The fact that a person experiences sadness or anger in a certain situation will depend fundamentally on whether he considers that something can still be done, in which case the emotions that he will feel may be anger, rage, etc. If, on the contrary, that person considers that nothing can be done to improve the situation then he will feel really sad.

What factors determine the intensity of this emotion?

It is well known, the fact that not all people get sad in the same situation. Not all of them react with the same intensity to these situations.

The most common modulators of this emotion are:

- Personality patterns
- Schemes
- The sociocultural environment

Among the personality patterns, it is convenient to know that a person with a high degree of neuroticism is more likely to feel sad, since this trait is usually associated with low self-esteem, a great facility to feel guilty and a high degree of demand with himself. On the other hand, cognitive variables of the personality also influence the emotion of sadness. Thus, for example, a person, with a pessimistic style, thinks that another person is responsible for and causes all the negative things that happen to them in life, when the

lucky events are only the product of chance and have nothing to do with their person.

What is sadness for?

- Attenuate the functional level of the person.
- Focus your attention on yourself.
- Provoke the search for social support and promote empathy on the part of the environment.
- Facilitate introspection and constructive analysis of the situation that has generated the conflict.

Body expression

- The face of a sad person is characterized by:
- Elevation of the inner part of the eyebrows.
- Descent of the corner of the lips.
- Ascent of the cheekbones and narrowing of the opening of the eyelids.
- Head tilt.
- Look down.

As for the rest of the body, a slower movement is observed. One of the most characteristic things of people afflicted by sadness is their tone of voice that decreases noticeably as well as verbal fluency.

19. FEAR

What is it?

Fear is the reaction that occurs in the face of imminent danger.

What makes us afraid?

The variety of stimuli that this emotion generates in us so extensive that it is impossible for us to list them. Anything can cause fear in a certain person.

Processing

When we feel fear we believe that we have a low ability to control and predict. However, we believe that we need to confront it imminently and for this, we mobilize a whole series of behaviors. We always avoid and / or escape from what causes us that fear.

What is fear for?

Fundamentally, it helps us to “react” and effectively escape any imminent danger.

Physical effects

Fear paralyzes us and makes us focus all our attention on the triggering stimulus. In addition, in those cases in which it is necessary, it will facilitate defensive behaviors. Among other physiological reactions are the following: an increase in cardiac pressure, sweating, pupil dilation, decrease in body temperature, increased skin conductance, increased muscle tone, even stiffening. In addition, there are times when the stimulus occurs suddenly, it generates a startle response in us.

Subjective effects

The main subjective effects of fear are: a great feeling of discomfort, worry, and on a large number of occasions, the feeling of total loss of control.

Consequences of fear

As we have seen, it is an emotion that is very useful when it comes to escaping from dangers or potential dangers. However, do not forget that it is also a barrier that prevents you from living life. In case it is excessive: “Fear paralyzes us, blocks us emotionally and makes it difficult for us to enjoy the small or great pleasures of life on many occasions.”

Fear leads to a huge amount of psychological disorders. Among them it is worth highlighting:

Obsessive compulsive disorders
Anxiety disorders.
Panic attacks.
Post-traumatic stress syndrome.
Phobias

For something to be considered a phobia, they must have the following characteristics:

- Unavoidably avoiding the stimulus or triggering condition.
- The feeling of fear is disproportionate compared to the real danger of it.
- We cannot control it.
- They produce a certain degree of uneasiness and discomfort.
- There is no real justification for that feeling.

Clinical psychology is a resource sometimes necessary to overcome these disorders since the affected person is very limited in their day-to-day life. In those cases where the severity is extreme, the medication achieves very beneficial effects. Do not forget that we can never self-medicate.

20. GUILT

Learn to differentiate between guilt and guilt. We tend to confuse guilt with the feeling of guilt, although the reality is that these feelings do not have to be related to each other.

On the one hand, guilt refers to “realizing at a cognitive level” that something has been done that is not right. On the other hand, the feeling of guilt makes us feel “a certain pain or discomfort” for having done something that is valued as negative. Neither guilt nor the feeling of guilt are negative in themselves. What makes them “negative” is the disproportionate way in which we sometimes experience them.

It is true that guilt, or the feeling associated with it, can “hit” our self-esteem a bit when faced with our limitations and imperfections.

To avoid this, it is convenient to assume from the confidence that my value as a person does not depend on how well or badly I do things. So we can live them in a healthy way and learn from our mistakes.

Both guilt and the feeling of guilt can be adaptive, understanding adaptive as a positive tool to learn to relate to others, or harmful.

21. JOY

Joy is a state of mind produced by a favorable event that usually manifests itself with external signs such as a smile, a good mood and personal well-being. The word joy comes from the Latin alicer or alecris which means “alive and animated.”

The term joy can be used as a synonym for: contentment, joy, animation, enthusiasm, happiness, fun, relaxation, joy, pleasure, among others.

Joy as a value manifests itself from within the soul, and is reflected through feelings of well-being. Joy is a positive feeling caused by a pleasant emotion, or by proximity to some person or thing that expresses this type of emotion and transmits it to other people.

Love is the deepest and most common cause for joy as it leads to relationships with other people.

22. ACTION AND REACTION CAUSE AND EFFECT

A basic natural law governs human communication at the mental level: the law of cause and effect. The principle of action and reaction, on the psychic plane.

Another way of putting it could be: “In the end, what you receive is equal to what you gave.” According to this law, everything we receive and perceive is neither more nor less than the perfectly logical, complete and exact answer to everything we express. You may think that this law is not working, since sometimes you receive reprimands, or complaints, or criticisms that you consider unjustified, undeserved.

They may seem unfair to you, with respect to your current thinking and feeling, but surely they are the answer that corresponds to what you have been expressing for years, consciously or unconsciously. Think about it.

Remember that if you did not or are not managing your communication consciously, or strategically, if you have not been making great efforts to master your communication, then you are and have been your whole life emitting a great deal of involuntary communication into the world, with careless, sometimes inconsiderate, or even sarcastic, mocking, critical, sharp, or aggressive security. And the world, remember, simply responds to what you express, according to what it receives, and according to its own interpretation; it does not respond to what you think, or feel, or what you really wanted and could not, or did not know, express.

The world simply responds to what you express to it, consciously or unconsciously.

If we could clearly see everything that we emit towards the world and, above all, what we have emitted throughout our lives, and its impacts on other people, then we could clearly see how everything that ends up happening to us is the exact response to our previous actions. . But for this it is necessary to become more aware. Become more aware.

Get to know each other better, observe better what we do and did, and thus

better understand what happens to us now. We need to know ourselves more and better, and thus come to perceive everything we express to the world, consciously and unconsciously, verbally and non-verbally, directly or indirectly, and the effects that all this produces on other people. If you do not understand or do not like what you receive from the world, do not be angry, do not protest, do not be upset, do not be indignant. Just try to observe what kind of signals you are sending out, that is, what are you saying to the world in the first place, and what you have been telling it for years.

After some time of observing and meditating, you can begin to see that what you receive is neither more nor less than the world's logical response to what you have been sending. But not what you are saying now, or what you said yesterday, but what you have been saying forever.

The law works in the long term, throughout life (and beyond). It does not balance every minute, or every hour, or every day. You are in no rush. This is the fundamental law of human communication.

So, if every day, for years, you go out to visit the city with the face of a “bull-dog”, do not wonder why you do not receive affection, or smiles, or beautiful looks from other people.

If every day you go out to torture people with your barking, for a long time, do not expect the world to treat you well, remember you, and give you beautiful birthday gifts.

If you, for years, have been treating your children badly, pressuring and threatening them, do not expect that when they are independent they will come to you with gifts, smiles and thanks for their childhood.

23. RESPECT

Respect is a value and a positive quality that refers to the action of respect; it is equivalent to having veneration, appreciation and appreciation for a person or thing.

The word comes from the Latin *respectus*, which translates ‘attention’, ‘consideration’, and originally meant ‘look again’, hence something that deserves a second look is something worthy of respect.

Respect is one of the most important moral values of the human being, as it is fundamental to achieve a harmonious social interaction. Respect must be mutual and born from a feeling of reciprocity. One of the most important premises about respect is that to be respected it is necessary to know or learn to respect, to understand the other, to value their interests and needs.

Respect must also be learned. Respect does not mean agreeing in all areas with another person, but it is about not discriminating or offending that person because of their way of life and their decisions, as long as said decisions do not cause any harm, or affect or disrespect others. Respecting is also being tolerant with those who do not think the same as you, with whom they do not share your same tastes or interests, with whom they are different or have decided to differentiate themselves. Respect for the diversity of ideas, opinions and ways of being is a supreme value in modern societies that aspire to be fair and to guarantee a healthy coexistence.

Many religions address the issue of respect for others, because it is one of the essential rules to have a healthy relationship with others. Moral values are principles created by society and tradition in order to define correct patterns of general behavior.

Without respect we would not take into account the lives, opinions and beliefs of others. All of this would create chaos and would be a step backwards for society.

Therefore, every time we act with respect we are helping to create a much more just and friendly world to live in. Respecting the other only for the fact of being human, considering him an equal, even if he looks, expresses himself, or thinks differently is one of the highest expressions of respect as a moral value.

24. EMPATHY

Empathy is the intention to understand feelings and emotions, trying to objectively and rationally experience what another individual feels.

The word empathy is of Greek origin *empátheia* which means “excited”.

Empathy makes people help each other. It is closely related to altruism - love and concern for others - and the ability to help.

When an individual manages to feel the pain or suffering of others by putting himself in their place, he awakens the desire to help and act according to moral principles.

The empathic person is characterized by having affinities and identifying with another person. It is knowing how to listen to others, understand their problems and emotions.

On the other hand, empathy allows one person to understand, help and motivate another who is going through a bad time, achieving greater collaboration and understanding between the individuals that make up a society.

25. POSITIVE MIND

ALWAYS USE POSITIVE WORDS

How many times do we find ourselves complaining about everything? Many, right? That is why it is important to remember that our words reflect our thoughts and the more we look for positive things to say, the more we will fill our thoughts with a positive attitude. Make an effort to commit to always having a positive mind. I suggest the following exercise: every day when you wake up have a conversation with yourself and ask yourself: what do I want to achieve? How will I react when I arrive at my destination? How will I avoid negative thoughts?

Make a commitment in that moment to avoid them and replace them with constructive and positive thoughts. The next morning check how much you managed to expel negative thoughts in your previous day and start again!

FOCUS ON THE PRESENT MOMENT

We usually make problems seem bigger than they really are. This can become a habit. A lousy habit! But by focusing on the present you will diminish your worries and fears about what might go wrong. Accept that not everything is perfect, perfectionism does not bring us closer to happiness, it takes us away from it! Being positive does not mean thinking that everything is perfect. It can be difficult to give up the need for perfection and control, but accepting that things won't always turn out the way you expect will give you inner peace, reassurance, and a positive focus for the future. Many situations are out of our control, and instead of wasting energy generating negative emotions for this, it is better to accept that things did not go the way you wanted and focus on what you could do better next time.

LIVE WITH POSITIVE PEOPLE

Tell me who your friends are and I'll tell you who you are! We look like the people around us: the more time you spend with people who have a positive mind, the more and more you start to think / act positively.

CONTRIBUTE TO YOUR COMMUNITY

One of the best ways to be more positive (and actually feel better) is to contribute to your community in some way. It is wonderful to help other people.

BE GRATEFUL

Once a week, take a few minutes out of your day to say thank you for all the good things you have in your life. Remembering all those reasons for which you feel grateful helps you maintain a positive focus to face any situation in your life. Being grateful will turn anger and frustration into more positive feelings.

MEDITATE!

Meditation helps us generate positive thoughts.

26. AND 27. THE LAW OF GIVING AND RECEIVING

Giving and receiving are two very important capacities present in our lives that, for a long time, have been highly “misinterpreted” by society. We are all quite clear about the value of giving to others, but no one talks about receiving. The ability to give must be accompanied by the ability to receive to create healthy and balanced relationships between people.

But, this part usually costs us something more, why does this happen? Social and religious beliefs tell us that we have to give love, support and affection. And they remind us how important it is to be generous and share with others.

For years, women were educated and prepared for this: to care, to love, to support. And, as usual, we were told that this was love. Men were prepared to give answers and solutions, to give security to the family and they were told that this was love. That is why, for years, and little by little, in our minds we have been forming a wrong idea about what true love is.

We believed that in order for them to love us we had to be helpful, surrender despite forgetting ourselves, and never asking for anything in return. However, that is a big mistake. When we do, we are creating asymmetrical and unbalanced relationships. And in that way, although in the short term we feel good, in the long run, it makes us feel inferior and dissatisfied.

True love is the one that gives, but also, the one that asks for and accepts what it receives. When we give we feel valuable to the other person, and when we ask, it is the other person who feels worthy of our trust and valuable to us. What allows a balanced relationship and equals. The ability to receive is closely related to our ability to be grateful and humble. Also with the “merit”, because we are not going to receive anything that we do not think we deserve.

Thankful when someone gives us their help. Humble to ask and acknowledge that we need help and that we are open to receiving it. Deserving of all this. Because we all like to love and be loved and because we all deserve that happiness.

EXERCISE:

We will ask ourselves these questions:

When i give...

- Do I surrender, why do I do it?
- Do I want to get something in return?
- Do I give what I need to receive or, on the contrary, do I give what the other needs or deserves?

When i receive...

- Do I feel worthy of it? Do I appreciate it or do I downplay it or even reject it?
- Am I receiving as I give?
- Do I feel inferior if I receive?

The answers to these questions will be determining the quality of your life and your relationships.

28. RELEASE

“Happiness is like a butterfly, if you chase it away from you, but if you sit down and relax, it ends up posing on your shoulder.” - Viktor Frankl

We all seek happiness and have a full life, free from suffering. And we all use every one of our resources to achieve it.

This is applicable to every facet of our life, from the sentimental to the professional. All of them are important to our happiness.

How is it possible to be happy if you are suffering emotionally?
Detachment is an invaluable tool for achieving full happiness.

WHAT IS ATTACHMENT?

Attachment (from the verb to attach) is synonymous with clinging, tying, and even establishing dependence or obsession with something or someone.

When you become attached to an object, idea, activity or person, you end up creating strong bonds with them. So strong that you can get addicted to them. And when you are addicted to something, your life ends up revolving around that addiction. You are willing to do anything to not let go of that object, activity or person. You do everything in your power to stay by their side and nurture the bonds that unite them.

There is nothing wrong with weaving and nurturing bonds with people, ideas, activities, and even objects. The problem with addictions is that they often end up limiting your life, and even dominating it.

Collateral damage:

- Anxiety - a close friend of stress.
- Fear - cousin-brother of anger and violence.
- Frustration, disappointment, or depression.
- Disease, the ultimate consequence of all forms of suffering.

Logically, all of this gets you out of your way and makes you feel unhappy and lost in life.

UNTIL WHEN ARE YOU GOING TO GET CLOSE?

Detachment is always calling, but it is not easy to hear, because the ego resists. He resists because he does not want to change, he does not want you to change. Changing would kill him, and the ego, like any living thing, has its own survival instinct.

The ego makes you get attached to everything that keeps you within your comfort zone. To achieve this, he uses all his henchmen: fear, dependency, laziness, insecurity ...

But the comfort zone is a place where there is no progress, personal growth, or evolution of any kind. It is a place that - as the word itself indicates - is comfortable. And that place is good for you to rest, to take a break or to digest past experiences. But not to spend your entire life in there.

Therefore, when you have been in that comfort zone for too long, you begin to suffer, degrade yourself, and feel the damage and collateral effects that we talked about earlier.

29. ATTITUDE

ATTITUDE IS THE RESULT OF YOUR PERSONAL CONSCIOUS AND UNCONSCIOUS CHOICES.

The victims are focused on the outside; they always dream that a person comes to solve all their problems, and in that fantasy, they lose themselves in enjoying, learning and expanding. Their attitude is negative, pessimistic and nostalgic for a past that, they say, knew how to be better, or fantasizing about a future that, they affirm, does not depend only on them.

The protagonists take on the challenge of staying in an intelligent balanced state, with a higher rate of positivity in their attitude than the average person. They face problems, sit on top, and solve them. They care instead of worry. They have the quality of permanent gratitude, and they seek to connect more and more with people and experiences of well-being and happiness, starting with them - the basis of their healthy self-esteem - and, consequently, for others.

All of this is linked to personal responsibility, which is yours and cannot be handed over or delegated to anyone else. Respons-ability is the ability to respond to situations that occur to you. It just depends on you, and no one else.

5 questions to become the protagonist of your life:

- How am I limiting myself in my development?
- How can I work consistently and persistently to achieve this? (Be 100% responsible for my life / Respons-ability = ability to respond)
- What do I really want in the different aspects of life?
- What is the conscious and unconscious choice of attitude that I can make to make my life better?
- What results have I obtained with my negative attitude? How could they be if I change that polarity, to a positive attitude?

30. RESPONSIBILITY = RESPONSE + HABILITY

The word **responsibility** comes from the Latin **responsum**, from the verb **respondere**, which in turn is formed with the prefix **re-**, which alludes to the idea of repetition, going back, and the verb **spondere**, which means “to promise”, “to be bound” or “engage”. Hence, “The ability to respond”

In other words, responsibility means taking care of yourself and others, in response to the trust that people place in us. When we are responsible, we are expressing the sense of community and commitment that we assume with others. Responsibility is a value and an ethical practice, since it impacts family, academic, work and civic life. A responsible person fulfills her duties in a timely and efficient manner.

For example, a punctual person is responsible for her work, who carries out the assigned tasks and objectives in the best possible way. It is also said that someone is responsible when he assumes the consequences of his actions. For example, when a person accidentally damages a foreign object and is about to repair it or replace it with a new one. In law, responsibility refers to the legal obligation to respond for the damages that an action generates in others, always in the terms established by law for each case.

The value of responsibility lies in the fact that, thanks to it, we take care of each other and achieve family, community and social development.

When someone is not responsible, it not only affects her own growth, but it hurts others. In society, people are expected to act responsibly, exercising their rights and fulfilling their obligations as citizens. For example, when a father abandons a son, he affects his emotional growth and exposes him to a more difficult life. But when you care for him lovingly, the child grows with self-confidence and develops his skills better.

In the same way, when the president of a country and his government team do not fulfill their obligations, a social crisis is unleashed. On the contrary, when they act responsibly, the country advances. As we can see, there are situations or roles where the level of responsibility is higher: a political position, a job, being a parent or taking care of someone.

31. VICTIM OR PROTAGONIST

IN LIFE, IN ANY SITUATION, ONLY TWO POSITIONS CAN BE TAKEN: VICTIM OR PROTAGONIST.

Intent has to do with your inner power to reach the level of experience for which you are willing. Those who assume to be protagonists of their life plan, develop and use their intuition as a guide, they set goals and dreams; However, victims seem to spend their days with the handbrake on - as in their car - out of fear, beliefs and paradigms, and this leaves them stagnant and paralyzed. The power of intention, then, is the great inner activator.

Action is a direct consequence of intention. The protagonists know that only what is inside is manifested and specified. Even if what arises in reality is different from what they yearn for, they take advantage of that experience by placing themselves in the position of an apprentice, ready to make it come true and evolve. The victim generally stays in the first stage, that of sleep. This living in the “reverie” of reality does not make things happen. When what they want does not happen, they complain, paralyze, and postpone any other desire, so they give up without trying again.

Did you know that the vast majority of people give up only on a first try?

The protagonists are different: they rise from the setbacks and challenges, and move on.

32. SELF-DISCIPLINE

SELF-DISCIPLINE IS THE ABILITY TO FOLLOW PERSONALLY IMPOSED RULES, WITH ORDER AND CONSISTENCY, USING ONLY WILLPOWER.

Self-discipline is a virtue that is acquired with constancy. Being a disciplined person implies focusing on the goals you want to achieve, whether in the personal, work or academic sphere. The ability to self-discipline requires the transformation of discipline into a habit, respecting the rules and regulations imposed by each one until it becomes normal.

How to acquire self-discipline? To acquire self-discipline it is necessary to have determination and to practice it whenever possible, so that it becomes a habit.

To do this, it is important to keep these points in mind to begin to strengthen this virtue:

- Use time well: we must schedule our activities to achieve our daily goals.
- Identify our strengths: it is important to recognize what we know how to do to use them to our advantage.
- Know the priorities: it is necessary to be clear about the order of importance of our tasks.
- Surround yourself with supportive people: this will help generate more motivation.
- Make decisions with limited information: getting to be quick in action gives focus to what we want to do and not put it off indefinitely.
- Choose to act: between doing or not doing, the first is always preferable.
- Write down everything: it is a mechanism that helps us not to forget anything.
- Stop being a perfectionist: the habit of discipline takes time, therefore, if we stop being a perfectionist, we avoid being always nervous and acting.

33. THE 4 AGREEMENTS (MIGUEL RUIZ)

The belief system is very powerful. From the moment you are born, people try to mold you based on what they believe is correct and what is not.

Without realizing it, as you grow up, you begin to mold your life, or happiness, based on these beliefs, so you end up living a life that you did not choose, but the one that was programmed for you.

Each attitude is reinforced by punishments and rewards, if you behave well they reward you and if not, they punish you. Thanks to the fear of being punished or of not receiving the reward, little by little people began to pretend something that they are not to please others. That is why human beings see normal subjects such as suffering, living in fear and having emotional dramas. Every time you look at the society you are in, you see that it is a difficult place to live because it is governed by fear.

However, it is not necessary that your dream be a nightmare, because you can enjoy a pleasant life. The problem is that we spend our lives looking for beauty, justice or happiness. To the point where we forget that everything is within you, and that your current beliefs do not allow you to see what you have in front of you.

FIRST AGREEMENT: BE IMPECCABLE WITH YOUR WORDS

This agreement is one of the most important and complicated. It is about managing your words correctly. Although it sounds simple, many times we tend to say things without thinking and hurt others (although that is not our intention).

Words are so powerful! and the way you use them can free you or imprison you. That is, your words or thoughts have so much power that they can change or destroy a life. Think of the person who led the world to a world war just by using his words, only with that he was able to convince hundreds and thousands of people to do horrible deeds. Hitler's words, created by fear, were so powerful that they created chaos in the world ... Imagine that your mind is like a field where every word, idea and opinion is a seed from

which a plant will grow. You should consider sowing seeds of love and not hate since that is what you will have in your life. Your words build or destroy.

Each word has the ability to enter the mind and change all beliefs for better or for worse. To be impeccable with your words is to use your energy in the right way, it is not to go against you. When you are flawless, you can take responsibility for your actions without blaming yourself.

For example, if you think that offending someone is not going against you, think twice. What results from that attack is that the other person hates you and that hatred is not good for you.

AN EXAMPLE:

A tired mother after a day's work wants to come to her house and enjoy some quiet time. But when she arrives she finds her daughter singing at full volume. This behavior makes her headache increase and she yells at her daughter "Now be quiet, you have a horrible voice!" At that moment, the mother doesn't care if her daughter has a pretty or ugly voice, all she wants is a bit of silence. Hearing these words, the daughter decides to create an agreement with herself and not sing again, because she believes in the words of her mother and it will upset anyone who hears her.

If you can understand and apply this first agreement you will see the amount of changes that your life will have. You can see these benefits in the way you treat others and even yourself. Seeing the power of the first agreement, you should focus on saying and thinking positive things, since this way you can fill your garden with experiences and emotions.

that give a benefit to your life.

SECOND AGREEMENT: DON'T TAKE ANYTHING PERSONAL

This agreement is about the importance of not taking things so personally. What others say are only words, you are the one who controls the meaning they have in your life.

For example, if a stranger stops you on the street and tells you that you are fat, what would you think? What this person is trying to do is send you their

beliefs, ideas and opinions. But in the end you are the one who decides if you take these words personally or if you let them pass without affecting you. When you don't take things personally you become immune to all the poison that people try to put into your life, that immunity is a gift of this agreement.

But unfortunately, many times people tend to believe that they are responsible for all the things that happen. The reason you end up with these types of thoughts is called self-importance.

Miguel Ruiz mentions that personal importance is the greatest expression of selfishness, since you think that everyone and everything revolves around you.

To free yourself from these thoughts you must understand that nothing that others do is related to you. Even in situations that may seem very personal where someone insults you to the face, it doesn't have to do with you either.

What other people say, do or think is based on the agreements you have established in your mind. When you know what you are and what you are worth, you don't need to look for this information elsewhere or try to be accepted. If you know this, nothing they tell you can affect you. By making this second agreement a habit in your life, it is when you begin to feel freer than ever, because little by little you are breaking dozens of small agreements that make you suffer.

Remember that you are the owner of your film, you decide how you feel, what affects you and what doesn't. At this moment you are in control and you should take advantage of it.

THIRD AGREEMENT: DON'T MAKE ASSUMPTIONS

All people at some point end up making assumptions about anything in their life. The problem is that, by doing so, you believe that what you assume is true and you end up creating a drama out of nowhere.

Not for nothing do they say that making an assumption is looking for a problem. If you start to review all your sadness and bad times, you will re-

alize that they always arise from some kind of assumption. Believing that everyone thinks and acts like you is what ends up causing you great disappointment when you realize that things are not this way. To avoid this type of situation, the best thing you can do is ask and put aside all your assumptions. Because when you ask people what their intentions or instructions are, you avoid unnecessary confusion or conflict. This applies to any aspect, be it work, as a couple, family or even with yourself.

Do not worry if you need to ask more questions to be clear, do it without fear! because the more questions you ask, the closer you will be to finding the truth. This agreement focuses on the way you communicate with people, with this change your relationships will not be affected by wrong assumptions.

FOURTH AGREEMENT: ALWAYS DO YOUR BEST

Miguel Ruiz says that this agreement allows the other 3 to become a habit in your life. The fourth agreement focuses on: giving your best effort regardless of the circumstances or the outcome. Surely you have ever heard the phrase “Do the best you can.” But do you know what those words mean?

First of all, you should know that as changeable beings you may find that your best effort is going to be different sometimes. There will be days when you feel discouraged or even sick, so it is normal that your performance is not the same as when you feel good. Here is the advantage of this agreement, “when you give your best in every situation you eliminate the regrets or feelings of guilt” because you gave the best of yourself.

When you give your best effort, you can live a life with great intensity in all aspects, from your work or even with your family. Giving your best effort means acting because you love doing it, not because you expect a reward. The moment you start loving what you do, giving your best will not be an obligation but a natural reaction.

Enjoy what you do. Many people only work to have a reward every 15 days or a month (their salary), as this is their only motivation they end up with a resistance to work. They are impatient, hoping that it is time to leave or that it is the weekend. These people don't give their best effort as they only do

things because they feel compelled to be able to maintain their lifestyle. By the time the weekend arrives, they try to get away from all responsibility because they are not happy with the direction their life is taking.

Meanwhile, people who move for the fun of it and see their salary as something additional, end up achieving more than they ever thought. If you enjoy what you do you will always give your best effort and you will find yourself enjoying your life. Although this agreement is not easy to maintain, it is the one that makes you feel truly free, because when it becomes a belief in your life you begin to accept yourself while learning from your mistakes. But it is important that you do not go to extremes either: If you try to give more than your maximum effort, you will only end up wasting your energy without any need.

If you give less than your best effort, you will end up with a feeling of guilt and resentment.

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GIVE YOUR BEST.

YOU MUST GIVE YOUR BEST IN EVERY SITUATION.

WORK HARD BECAUSE IT IS WHAT MAKES YOU HAPPY, NOT BECAUSE YOU EXPECT SOMETHING TO CHANGE.

IF YOU MAKE YOUR MAXIMUM EFFORT TO AVOID BAD HABITS SUCH AS: MISUSE YOUR WORDS, TAKE THINGS PERSONAL AND MAKE ASSUMPTIONS WILL BE LESS PRESENT IN YOUR LIFE.

ALWAYS DO YOUR BEST EFFORT TO KEEP THESE AGREEMENTS AND OVER TIME YOU WILL SEE THAT IT BECOMES EASIER TO ACHIEVE IT.

34. AND 35. KARMA (SADHGURU)

WHAT IS KARMA?

What we call “my life” is a certain amount of energy controlled by a certain amount of information. This information, in today’s terms, can be called “software.” You become a certain type of character because of the type of information that has entered you. From the moment you were born to this moment - the kind of family, home, friends, the things you did and didn’t do - all of these things influence you.

Every thought, emotion and action comes solely from past impressions that you have had within yourself. They decide who you are right now. The very way you think, feel and understand life is just the way you have assimilated the data.

In your perception, right now, from the moment you were born until today, what kind of parents, family and education you had, what kind of religious and social background, what kind of cultural realities, the sum of this information is traditionally called «karma “Or” karmic body “or” causal body “, that which causes life.

TYPES OF KARMA

For the sake of understanding, we can talk about the other two:

SANCHITA KARMA

If you close your eyes, become conscious enough and look within yourself, you will know the nature of the universe, not because you look at it. through your head, but simply because this information is present in the making of the body. There is an information store that dates back to creation. That is your sanchita karma. But you can’t take over your warehouse and do retail business. You need to have a store to do it retail. That ‘retail store’, which is for this life, is called ‘prarabdha’.

PRARABDHA KARMA

Prarabdha karma is a certain amount of information assigned for this life. Depending on the vitality of your life, life assigns to itself the amount of information it can take on. Creation is very compassionate. If he gives you all the karma you have, you will be dead. At this time, many people are tortured by the simple memories of 30 or 40 years of this life. If they were given that memory a hundred times, they would not survive it. Nature allocates prarabdha, an allocated memory that you can handle.

FREE YOURSELF FROM KARMA!

Whatever type of karma you have, it is a limited possibility and that is what makes you a limited person. Depending on the type of impressions you have received - whether of hatred and anger, or of love and joy - you consequently have a certain type of personality; Usually every human being is a complex mix of these things. Once you allow this karmic structure to develop beyond a certain point, there really is no freedom. Everything you do is conditioned by the past. If you want to move in the direction of liberation, one of the first things you need to do is loosen the grip and shackle of karma. Otherwise, there will be no movement.

... if you are genuinely on the spiritual path, nothing will be clear. Everything will be blurry.

How do you do it? One simple way is to physically break karma. If your karma is to wake up at 8 in the morning, set your alarm for 5. Your body's karma is that it will not want to get up. But you say, "No, I'm going to get up." Even if he gets up, your body will want to drink coffee. But you give him a cold shower. Now, you are simply breaking the old karmic process by consciously doing something. What you like you can do unconsciously, can't you?

What you don't like, you have to do consciously. This is not the only way, there are other more subtle and effective ways, I only tell you the crudest way possible.

SPIRITUALITY AND KARMA

Once you enter the spiritual path, you are making a statement: “I am in a hurry to reach my final destination.” You don’t want to take a hundred lives. And, in the process of these one hundred lives, you can gather enough karma to last another thousand lives. You want to hurry. Once a spiritual process begins, if the initiations are carried out in a certain way, dimensions are opened that would not have been opened otherwise. You would have lived a calmer life if you weren’t spiritual, but a duller life too, closer to death than life. Without anything fundamental stirring inside of you, maybe you just spent it comfortably.

Does this mean that all negative things happen to you once you are on the spiritual path? It is not like this. It’s just that when life moves at a tremendous rate — a rate much faster than that of the people around you — you think some tragedy is happening to you. No tragedy is happening to you. It’s just that they go at a normal speed, but your life rolls in fast forward.

36. THE POWER OF NOW (ECKHART TOLLE)

1. Focusing solely on the present and ignoring the past and future radically improves life.

We tend to live complaining about the past or dreaming about the future, and we don't value the now enough because we take it for granted that there will always be another chance. When we bring back memories of the past or dreams of the future, we make them part of a present to which they do not belong, wasting the situation of living each moment as something unique that we have at our disposal. Only the present matters, stop clinging to the past and don't be afraid of the future. Solve all situations as they arise and fill your life with those little moments that shape a happy life.

2. Most of the suffering we feel is self-created and therefore can be eliminated.

Suffering is nothing other than the resistance we oppose to accept the things that bother us and we cannot change. If you don't take steps to reduce it and manage your thoughts, it can turn into a vicious cycle. From that moment on, everything you don't control takes hold of you, you get irritated and frustrated easily, then you make suffering an essential part of your life. Face all situations the moment they arise, accept them or do whatever it takes to change them, but don't let them take over you.

3. The ego can be our worst enemy

Do you know people who sabotage themselves all the time? They are people whose only mission in life seems to be to be miserable. It is very likely that they do not know, but the culprit of everything is the ego. The ego is that part of the mind that makes us overreact and unequal, get into absurd discussions, pretend to control others and always want to be right. The ego, as its name implies, pretends to be the central part of your life and corrupt it to gain all the attention. Get away from it, detach yourself from the mind and focus on your body. Pay attention to the feelings, the emotions that people and situations provoke in you and listen to your instincts and hunches. Every time you judge someone or a negative thought occurs repeatedly, you can

be sure that it is the ego taking control of your life. Ignore it, listen to your body and move on.

4. Live alert and willing

If you live alert and willing to take the opportunities that appear when they present themselves, you will be living in the now. Focus your attention on it and do not allow the mind to rule over you. When you live mindful, the mind has no opportunity to fly without sense, your energy and focus are directed to build real things that improve your quality of 'life, raise your self-esteem and your levels of well-being. Although many people think that living in the present is synonymous with living a passive life, it is the exact opposite, it forces you to strengthen your determination and solve problems in innovative ways.

5. Living in the present does not eliminate suffering in an absolute way, but it helps to manage it better

Let's not be naive, living in peace and happy does not make you immune to all kinds of suffering. Although most of the pain we experience is self-created, of course there is pain that we cannot avoid, such as the death of a loved one. This is the perfect example that living in the present is not intended to ignore or hide discomfort in a banal way. Sadness, depression, and other destructive feelings and conditions are real; They exist, and it is necessary to recognize them and improve their handling. Living in the now does not eliminate all ailments at once, but it helps you to tackle them immediately and reduce their negative effects.

To conclude, we can say that living thinking about the past or the future, without giving enough value to the big or small things that happen to us in the present, is the perfect route to discomfort, frustration and suffering.

HOW IS THE HERE AND NOW MEDITATION PRACTICED?

In relation to time, it is advisable to start practicing several minutes a day and expand as you acquire the routine until you reach the ideal rhythm of 30 minutes a day. You have to be persistent, don't give up if you don't notice changes at the beginning and try not to move too fast. Be patient.

Find your quiet moment of the day: in the morning just after waking up, before going to bed at the end of the day, after eating at noon ...

Choose a relaxed environment or place: free from noise and / or external distractions, with a suitable temperature and in which we feel very comfortable: in your room, in the office, in an outdoor park, in the garden ...

Put on comfortable clothes and position yourself: also in a comfortable position. Sitting on the floor with your back straight so as not to obstruct your breathing or lying on a mat.

Focus on your breathing: focus on how the air enters through your nostrils into your lungs, how it nourishes the oxygen throughout your body and how it comes out again through the nose, taking with it all the bad and the negative. As soon as your mind wanders, bring it back to the attention of your breathing. With practice, little by little you will improve your technique and it will take you less and less time to achieve it.

Let the thoughts and emotions that arise freely appear: It is essential to maintain a neutral attitude towards them, not to judge them as good or bad, simply to perceive and observe them impersonally.

37. THE LAW OF ATTRACTION (JERRY HICKS)

THE SECRET: There is a secret that few have known for thousands of years. Many of the powerful leaders knew it, but preferred to keep it to themselves and not share it. The great secret of life is called the “law of attraction.” This postulates that similar things attract. Therefore, when you have a thought, it draws similar thoughts to you.

Thoughts are a form of magnetic energy and have a rotating frequency. When you have a thought, it is sent out into the universe, and magnetically attracts those things that are vibrating at the same frequency. Consequently, if you want to change something in your life, you must change the frequency and intensity of the vibratory state and this is achieved by changing your thoughts.

Your current thoughts are creating your future life right now, and everything that happens in it in the near future. What you think about most often, what you focus on the most, will appear in your life in one way or another. Your thoughts will turn into things.

Successful people, those who have attracted abundance into their life, have learned to use the Law of Attraction to do so, consciously or unconsciously, anyway, this universal law still works. They have lured him kept thoughts of wealth and abundance, and they did not allow themselves to have conflicting ideas in their minds.

On the contrary, those who do not have what they want, it is simply because they spend more time thinking about what they do not want or what they do not have, than about what they really want. Whether we realize it or not, we are always thinking. For most, the only time we don't think is when we sleep. However, the Law of Attraction still works with the last thought before going to bed. So make sure that your last thoughts before going to sleep are positive thoughts and dreams.

The secret (law of attraction) in a nutshell:

The law of attraction is a natural universal law, as is for example the law of gravity. As such, it is consistent and impartial.

BONUS: FREEDOM**HOW IMPORTANT, NECESSARY, AND RELATIVE IS FREEDOM.**

Meaning in a dictionary:

- State or condition of the person who is free, who is not in prison or subject to the will of another, nor is he constrained by an obligation, duty, discipline, etc.
- Faculty and right of people to choose responsibly their own way of acting within a society. “Freedom is a basic human right”

Physical freedom or mental freedom, both depend on the emotions. You can live in paradise, and be imprisoned in your mind, you can live physically imprisoned, and have a free mind. This ability or deficiency depends on your emotional potential.

Emotions, directly connected to our mind and body, affect and control our quality of life. If we learn to moderate and direct our emotions, the body and mind will respond, and we will be able to take our lives to the highest levels of quality. We can stop surviving, and instead live fully.

One of the effective tools to achieve a balance between body, mind and soul: meditation.

NOTES



YOGA

STANDING - HEAD & SHOULDERS

1. Head - tilt

- » Inhale
- » Head to the front
- » Exhale
- » Focus on the back
- » Inhale
- » Head back
- » Focus on neck stretching

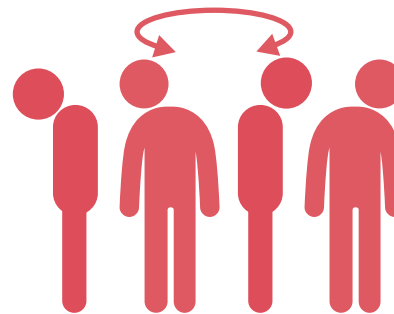
Two repetitions



2. Head - circles

- » Inhale
- » Head circles
- » 2 right
- » 2 left

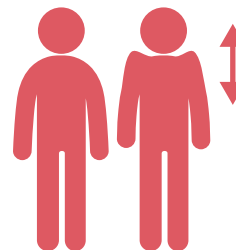
Two repetitions



3. Shoulders - raise / lower

- » Inhale
- » Shoulders up
- » Exhale
- » Shoulders down

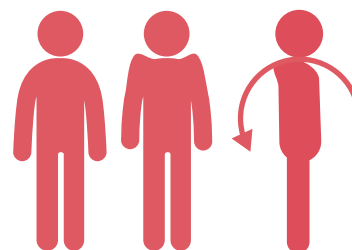
Two repetitions



4. Shoulders - front circles

- » Inhale
- » Shoulder circles
- » Start up front
- » Exhale when finished

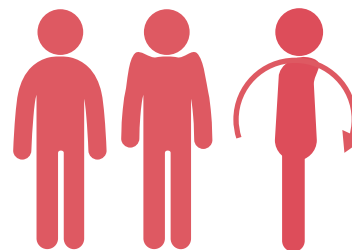
Two repetitions



5. Shoulders - back circles

- » Inhale
- » Shoulder circles
- » Start back
- » Exhale when finished

Two repetitions



ROLL AND TWIST

6. Roll up like a snail

- » Feet spread, body relaxed, arms dangling
- » Inhale
- » Start with the head, go down slowly, vertebra by vertebra
- » Get down to where you can
- » Exhale
- » Swing right, left
- » Slowly return to the starting position

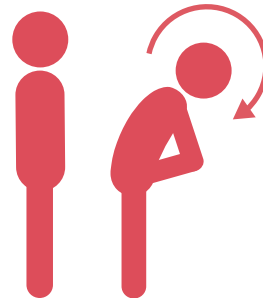
Two repetitions



7. Twist back

- » Feet spread, body relaxed, hands on hips
- » Inhale
- » Head back, twist back looking at the wall
- » Exhaling, return to the starting position

Two repetitions



STANDING - STRETCHING

8. Stretch your back straight

- » Put your hands together in front
- » Inhale
- » Stretching your arms, pull your back straight like a table.
- » Arms outstretched, back outstretched, head between arms
- » Relax and exhale

Two repetitions



9. Stretch your back by bending overhead

- » Put your hands behind your back
- » Inhale
- » Stretch arms and hang forward, raise arms to ceiling.
- » Arms outstretched
- » Exhale
- » Stay a few seconds. The weight of the arms on the shoulders.

Two repetitions



10. Stretch the waist on the right side

- » Left arm at the waist
- » Inhale
- » Stretch right arm up, lean to the left side, stretching the side of the body
- » Exhaling, return to the starting position

Two repetitions



11. Stretch the waist on the left side

- » Right arm at the waist
- » Inhale
- » Stretch left arm up, bend over to the right side, stretching the side of the body
- » Exhaling, return to the starting position

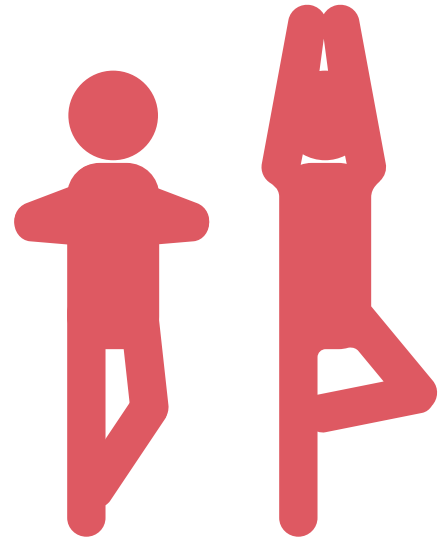
Two repetitions



STANDING - TREE POSE

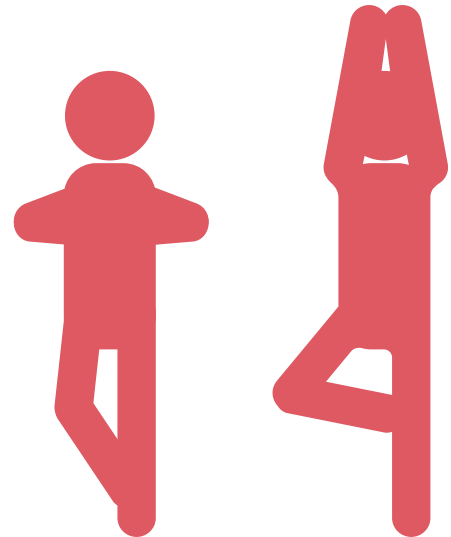
12. Tree pose, left leg

- » Put the weight of the body on the right leg, and the left foot rests on the right ankle
- » Option: support only the left heel on the right ankle, the toes to the floor for balance
- » Raise the left foot fully, resting on the inside of the right knee
- » Put your hands together in front of your chest
- » Inhaling, raising and stretching your hands
- » Breathing out, lower your hands
- » Inhale and exhale slowly, lower your foot



13. Tree pose, right leg

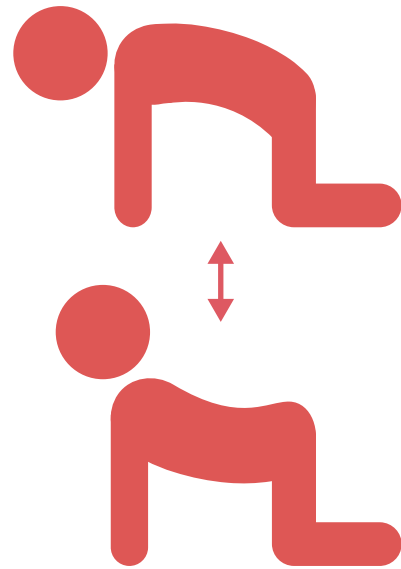
- » Put the weight of the body on the left leg, and the right foot rests on the left ankle
- » Option: support only the right heel on the left ankle, toes to the floor for balance
- » Raise the right foot fully, resting on the inside of the left knee
- » Put your hands together in front of your chest
- » Inhaling, raising and stretching your hands
- » Breathing out, lower your hands
- » Inhale and exhale slowly, lower your foot



KNEELING / LYING

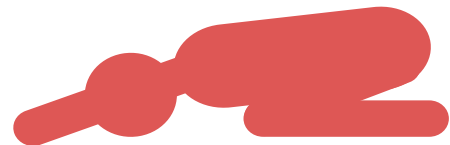
13. Cat / cow

- » Lean on knees and hands
- » Straight back as a table
- » Inhale
- » Curve your back up, head between your arms, tuck your abdomen in
- » Return to table position
- » Exhale
- » Straight back as a table
- » Inhale
- » Curve your back down, head up to the sky, buttocks up
- » Return to table position
- » Exhale
- » Two repetitions



14. The child's pose

- » Sit on the heels, spread the knees
- » Lean forward, stretch your arms, lower your head, stretch your back, grow
- » Inhale and exhale slowly
- » return to the starting position



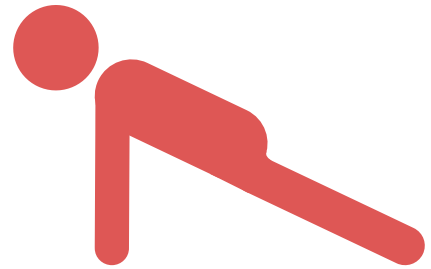
15. Upward dog

- » Lying on your stomach, hands placed on your sides
- » Inhaling, raise the torso leaning on the straight arms, looking up, move the shoulders away from the ears, chest open, knees raised off the ground, legs straight
- » Inhale and exhale slowly

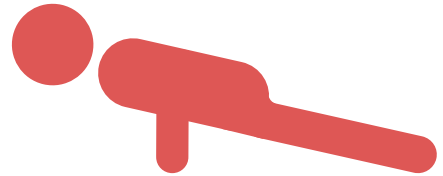


16. Plank

- » Lean on hands and tips of feet
- » Straight legs, arms and back
- » To hold
- » Inhale and exhale slowly

**17. Low plank**

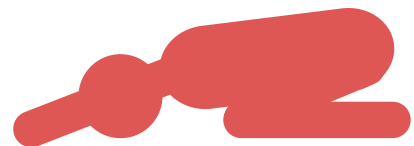
- » Slowly lower yourself from a plank position, bending your elbows, until you are parallel with the ground.
- » Straight legs, arms and back
- » Hold, then lower to the ground
- » Inhale and exhale slowly

**18. Cobra**

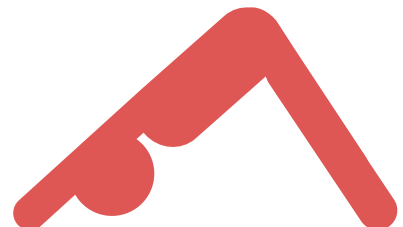
- » Lying on your stomach, place your hands on the side of your chest
- » Push the torso up
- » Keep your elbows bent in half, looking straight ahead
- » Legs outstretched, hips pressed to the ground
- » Inhale and exhale slowly

**19. The child's pose**

- » Sit on the heels, spread the knees
- » Lean forward, stretch your arms, lower your head, stretch your back, grow
- » Inhale and exhale slowly
- » return to the starting position

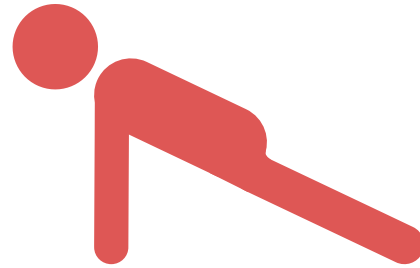
**20. Downward dog**

- » Straight arms, lower the hips to the front, legs straight, lean on the heels.
- » Bend knees in walking gesture, right, left, right, left
- » Inhale and exhale slowly

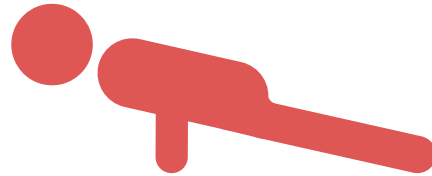


21. Plank

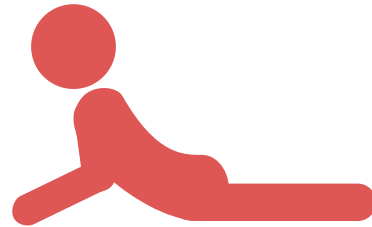
- » Lean on hands and tips of feet
- » Straight legs, arms and back
- » To hold
- » Inhale and exhale slowly

**22. Low plank**

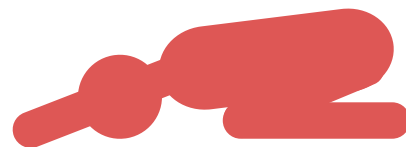
- » Slowly lower yourself from a plank position, bending your elbows, until you are parallel with the ground.
- » Straight legs, arms and back
- » Hold, then lower to the ground
- » Inhale and exhale slowly

**23. Cobra**

- » Lying on your stomach, place your hands on the side of your chest
- » Push the torso up
- » Keep your elbows bent in half, looking straight ahead
- » Legs outstretched, hips pressed to the ground
- » Inhale and exhale slowly

**24. The child's pose**

- » Sit on the heels, spread the knees
- » Lean forward, stretch your arms, lower your head, stretch your back, grow
- » Inhale and exhale slowly
- » return to the starting position



SEATED**25. Right twist**

- » Legs straight, back straight
- » Cross right leg over left, right foot on the ground at the level of the left knee, left arm embraces right knee
- » Look towards the right shoulder, right arm straight, resting on the floor to keep back straight
- » Inhale and exhale slowly

**26. Left twist**

- » Stretched legs
- » Cross left leg over right, left foot on the ground at right knee, right arm embraces left knee
- » Look towards the left shoulder, left arm straight, leaning on the floor to keep back straight
- » Inhale and exhale slowly

**27. Inclination**

- » Legs crossed, we lean forward, resting our elbows on the ground, or as far as possible
- » We stay in until counting to 30
- » Inhale and exhale slowly
-
- » Change the leg and lean forward again, resting our elbows on the ground, or as far as possible.
- » Hold counting to 30
- » Inhale and exhale slowly



28. Seated stretches

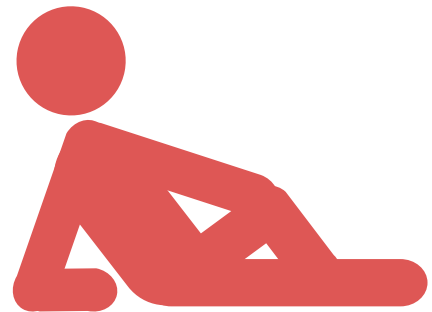
- » Sitting cross legged
- » We support the left arm on the ground, lowering until the elbow is resting on the ground.
- » With the right hand we press the left knee, to stretch the right side
- » We raise the right arm above the ear, increasing the stretch
- » We inhale
- » We bring the right arm straight to the front while we exhale and go back up to the ear.

We repeat three times.

We change sides

- » Sitting cross legged
- » We rest the right arm on the ground, lowering until the elbow is resting on the ground.
- » With the left hand we press the right knee, to stretch the left side
- » We raise the left arm above the ear, increasing the stretch
- » We inhale
- » We bring the left arm straight to the front while we exhale, and we go back up to the ear

We repeat three times.



29. Feet

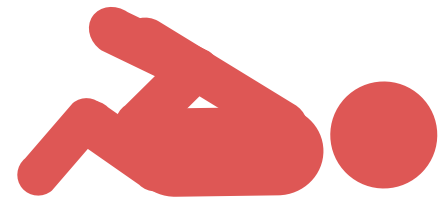
- » Sitting with the legs bent, bringing the feet together in front of the hips, we will begin to massage the feet
- » With the hands making “pincer”, we look for the base of the toes
- » Starting with the big toe, we make circles to the right, to the left, making a clamp and pull the finger
- » We continue with the second finger, we make circles to the right, to the left, making pincers - we pull the finger
- » Third, fourth and fifth fingers, in the same way
- » With the palm of the hand we hug all the toes, we bend them all together, both feet at the same time, inwards and outwards, three times
- » Inhale and exhale slowly.
- » With the hands making “pincer”, we go to the arch of the foot
- » With our thumbs, we make circles all over the soles of the feet
- » We feel where it hurts, there we stop, inhale, and press for 30 seconds, we release the pressure by exhaling

We repeat 3 times



LYING**30. Hip stretches**

- » We hug the right leg, with both arms, leaving the left leg stretched in the air.
- » We hold the right leg bent over the chest for 1 minute, inhale and exhale.
- » We support the left leg to the ground, and leaving the right leg bent over the chest, we grasp the right foot with the right hand
- » The leg is still flexed.
- » Inhaling and exhaling, for a minute.
- » We lower our right leg and cross it over the left leg, which is still stretched out and resting on the ground. We put both arms on the ground, on the sides of the body, tightening the abdomen, we raise the left leg stretched out along with the right bent, crossed over the left.
- » We go up and down in 3 repetitions, inhaling and exhaling

**We change legs**

- » We hug the left leg, with our arms, leaving the right leg stretched in the air.
- » We hold the left leg bent over the chest, inhale and exhale. We hold for 1 minute.
- » We put the right leg on the ground, and leaving the left leg bent over the chest, we grasp the left foot with the left hand.
- » The leg is still flexed. Inhaling and exhaling, for a minute
- » We lower our left leg and cross it over the right leg, which is still stretched out and resting on the ground. We put



both arms on the ground, at the sides of the body, tightening the abdomen, we raise the straight leg together with the left bent, crossed over the right.

- » We go up and down in 3 repetitions, inhaling and exhaling

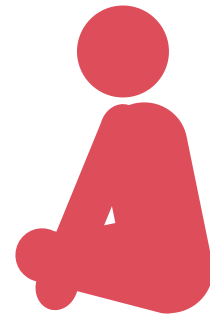


31. Pretzel

- » We cross the bent right leg over the bent left leg.
- » The right hand supports the left foot, outside the legs, and the left hand supports the right foot, outside the legs.
- » We hold inhaling and exhaling for 30 seconds.

We change legs.

- » We cross the bent left leg over the bent right leg.
- » The left hand supports the right foot, outside the legs, and the right hand supports the left foot, outside the legs.
- » We hold inhaling and exhaling for 30 seconds.



32. Abs

- » We hug both legs bent over the chest.
- » Inhale, bring the forehead to the knees, hold for 30 seconds
- » We relax and exhale.

Three repetitions.



33. Candle

- » We support both elbows on the sides of the body.
- » Using force in the abdomen, and pulling with both legs at the same time, we raise the trunk until
- » Remain straight, with the legs stretched upwards, and we hold from the waist with our hands.
- » We stay in this posture for 30 seconds, inhaling and exhaling.

**34. Bridge**

- » With the legs stretched out, we place our elbows on the ground, inhale, bend our back towards the sky, in a half arc, and throw our head back.
- » We stay 15 seconds, come back and exhale.

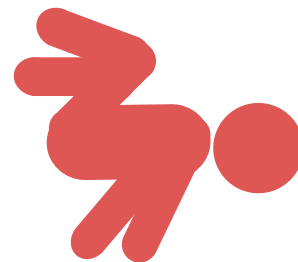
We repeat three times.

**35. Twist**

- » We bend the legs over the chest, and we bounce them together towards the left side, twisting the body towards the right side, bringing the arms to the right side and the head facing the right shoulder.
- » inhaling and exhaling

We change sides

- » We bend the legs over the chest, and we bounce them together towards the right side, twisting the body towards the left side, bringing the arms to the left side and the head facing the left shoulder.
- » inhaling and exhaling



SEATED**35. Strength**

- » With crossed legs, we are going to tighten all the muscles of the body at the same time, without moving.
- » We inhale deeply
- » We squeeze the whole body: neck, face, back, legs, feet, arms, hands in fists, Abdomen, buttocks, we hold for 20 seconds and we release exhaling at the same time, and letting ourselves fall forward in total relaxation.
- » Repeat 3 times.





MEDITATION

GUIDED MEDITATION

Sitting cross legged

Back straight

Arms resting on the legs

Hands relaxed

Eyes closed

Relaxed but connected body

Duration: 15 minutes.

Inhale and exhale deeply, slowly.
(3 reps)

Inhale, relaxing the eyes, gently, the lids
only touching.
Exhale

Inhale, relax the face, cheeks, jaw.
Exhale

Inhale, relax neck, smooth, release tension
Exhale

Inhale, relax your shoulders, let go.
Exhale

Inhale, relax arms, lowering to elbows,
soft, relaxed.
Exhale

Inhale, relax your back, connected but
relaxed.
Exhale

Inhale, relax your hands, soft.
Exhale

Inhale, relax hip, release, no more tension
Exhale

Inhale, relax your legs, your knees.
Exhale

Inhale, relax your ankles.
Exhale

Inhale, relax your feet.
Exhale

Inhale, feel the soles of your feet, feel your
heart beat on the soles of your feet.
Exhale

Inhale, see the light in front of your eyes.
Notice the color of the light.
Exhale

Inhale, feel your heart, feel it beat.
Exhale

Inhale, relax whole body, release body.
Exhale

Inhale, release the body.
Exhale

Inhale, we slowly open our eyes.
Exhale

REST MEDITATION

Lying down

Arms stretched out alongside the body

Palms facing up

Eyes closed (mask can be used)

Listen to music and optionally sleep

Duration: 15 minutes

RECOMMENDED BOOKS

- **The Power of Now** - Eckhart Tolle
- **The four agreements** - Don Miguel Ruiz
 - **Self-discipline** - Paolo Marrone
- **The Monk Who Lost His Ferrari** - Robin Sharman
- **The Tibetan Book of the Dead** - Padma Sambhava
 - **The Law of Attraction** - Free Minds
- **Meditation and Mindfulness for Beginners** - Maria Prajna
 - **Yoga Complete Guide** - Tai Morello
- **The Wonderful Book Of Famous Phrases** - Samuel CA
 - **The Attitude Effect** - Víctor Küppers



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