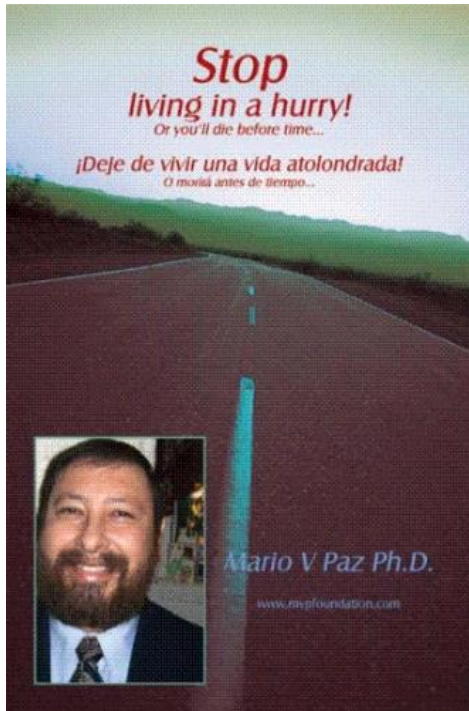




El Paso, Texas Sunday, 18 of November of 2007

Stop living in a hurry!
Or you will die before time...©

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Dedication:

To the sweet memory of my beloved and unforgettable paternal grandfather Mario Vitalino Paz Menendez (1882-1974) that taught me to live with tranquility.

Introduction

*“To know wisdom and instruction,
 To perceive the words of understanding,
 To receive the instruction of wisdom,
 Justice, judgment, and equity;
 To give prudence to the simple,
 To the young man knowledge and discretion—
 A wise man will hear and increase his learning,
 And a man of understanding will attain wise counsel,
 To understand a proverb and an enigma,
 The words of the wise and their riddles.
 The fear of the LORD is the beginning of knowledge,
 but fools despise wisdom and instruction.”*

Proverbs 1: 2-7.

Salomon, the most powerful king, accumulated wisdom and honored of Israel, wrote these words —plus more than three thousand other proverbs around the year 700 AC.

“All who love wisdom, practice philosophy.”

Yes.

The sapience is not for many; it is for a few.

It is for those that undergo the fervent desire of the knowledge; for those that need to understand who they are, where they come from, why they are here; which is the fundamental function in this life, for where they go, who is behind the curtain leading the program and why.

It is for those that will not be satisfied until they have discovered the true intention of existence because they know that when it is obtained, they will have found the slippery footpath of happiness.

The most important lesson that we must learn here is that it teaches us to have the virtue to acquire knowledge, because when we opened our heart to the necessity of knowledge, we are in the capacity to identify the instructions that are necessary in the way of life.

Then being apt to follow commands we will be able to guide others so that they can also illuminate the footpath of those that come behind.

A process of education and learning is everything that is transmitted from generation to generation adapting to the circumstances of the moment but

without losing its structural identity that comes from the same presence of the creative and lifting God of the universe.

And when the revelation of the divine knowledge has illuminated our existence, we will only be able to proclaim to the four winds that we are free, complete and happy.

Then, a calmed tranquility will invade our soul, body and spirit to overflow overenthusiastically, overflowing itself with blessing to those who surrounds to us.

This book is for all who understand a wise person and for those who wish to take a journey without haste through life.

Preface

The wheel was invented already a long time ago.

What we have done through the course of history are modifications to the same one.

We have put in lights and adornments, but the original concept continues being the same one, the wheel.

What I allow myself to present here or display to you dear reader, is not a new science or innovated theology.

It is not a newborn and interesting philosophy either.

I'm trying simply to demonstrate some uncomplicated old principles that will make us return to experiment to live a life of peace, tranquility, and relaxation in the middle of the present wild social system in which we live.

The purpose of the birth of this book obeys to the fact that with sadness I have been eyewitness to the people whom I love the most in this life: my beloved, familiar beings, friends and brothers and sisters in Christ, that live a confused life.

So important it is that the content of this book and the necessity that arrives at your hands to the possible brevity, that I have had to cancel the

publication of other two literary projects already finalized, and I have put them in ready delay for their impression and publication in future opportunity.

I do not lie to you; one is called "Know your mind" and the other is denominated "An open book, the MVP biography".

Also, I have seen myself in the necessity to slow down the production of four compact discs that must have seen public light in the spring of this year.

So that all the center of attention, time and resources are concentrated in the book that you so amiably have in your hands, these sacrifices have had to be made unavoidably.

Hurry is synonymous among other things, of stupidity, lacks common sense, impulsiveness, nonsense, absurdity, plenary session of negative emotional repercussions; imprudence, reckless, no premeditation; no reflection, and lightness.

And it is that speaking with honesty I am also one to the group of the confused ones so that also in my life, I have observed that in many occasions I have been victim of this bad way of conducting myself.

It has not been but through decades of experimentation in observation and analysis of the human conduct that I have had the privilege to be polishing and perfecting methods, strategies and procedures whose action is able to transform our style of life for good.

One of the problems to face immediately is identifying the reality of which the person who lives in a hurry not only has given account of his serious mistake but he is not sufficiently truthful to himself to recognize his error.

Simply the haste does not allow visualizing the ambiguous condition.

The reason obeys to the sad reality that most people live in the same way, and then he thinks that he is correct and therefore normal.

Allow me to graphically illustrate the difference between living a life confused versus a life of peace and tranquility.

In the Pacific Ocean the coasts of Central America in normal meteorological conditions, waves rise at about sixteen feet of height.

The waves are stirred up and in the measurement that they come near to the shoreline soon to return once again to the aquatic surface causing much turbulence with current force that mix with sand producing an immense amount of foam.

This process is called in Spanish "reventazón", —which is the moment when the waves brake off.

If you are at the beach, you can notice that before the line where the waves return to the water surface, before "reventazón", the water is always scrambled with sand, flood of current forces and with much foam.

It represents the craziness of life, the noisy things of the existence.

It is there where the great majority of tourists are used to bathing and delighting of a good time while on the beach.

On the other hand, after "reventazón", the thing is completely different. There the water has more depth and remains calm, in comparison.

There is no stronger surge, sand, or foams either.

Everything is a delicious swing that hammocks smoothly for the courageous swimmer in that part of the ocean.

In despite of it, you must notice that to enjoy that calm space, it is necessary to swim first all the previous part of the "reventazón" and soon to swim aggressively and using the perfect moment, to surpass the line where the waves return to the ocean.

Our confused life is like the water that without order is shaken off from the reventazón to the beach.

The agitation of the daily life with their eagerness and precipitation, their haste and desperations are represented by the mixed waves of current force with sand and foams without direction, organization, or harmony.

To live a life on tranquility is equivalent to be swimming after the line of reventazón.

It is the same ocean, the same waters, the same person.

The difference is in the location of such a person before or after reventazón.

Remember that many people find themselves before reventazón.

To be able to enjoy calm waters, it is necessary to be a good swimmer with full confidence in yourself and have the disposition, desire, initiative, and eagerness to cross the turbulence where the waves explode strongly.

Follow the suggestions of this book and you will be able to enjoy the privilege of living enviably happy.

I ask: Where are you in connection to those two forms of life?

Before or after reventazón?

Introduction

"The four classes of men that exist are:

That man that knows and does not know that he knows.

This man is asleep.

That man that does not know and does not know that he does not know.

This man is an idiot.

That man that does not know and knows that he does not know.

That is a boy.

That man that knows and knows that he knows.

He is a king; follow him."

Chinese proverb.

We lived with an accelerated rate of life.

The daily agitation is the cause for which thousands of people suffer the most varied and imaginable diseases.

People walk around like a crazy person.

We go from one side to another, desperate to arrive soon.

And since we are almost always late, we tightened the accelerator to the bottom without considering to that we took off a necktie.

This is not life; it is suicide, tragedy, pain and lamentation waiting to happen.

The thing is not "what if..." but "when".

We wish to arrive always earlier or on time, even though for this to happen oversee the rights of others.

The violence of drivers on the streets is a clear example of this unstoppable psychosis that we suffer.

We experience a continuous uneasiness that we don't know where it comes from or where it goes.

We underwent it and not even realize that we may suffer from it.

It destroys us and we don't notice how lethal its influence is.

It is urgent for us to maintain with an occupied mind; doing something, no matter what it is, but something.

Just the thought of to rest for a while and putting the mind to relax, terrorizes us.

We simply can't because we do not have the vocation of a Chinese monk.

In case this little is not enough for us, to make things simultaneously; we do several other things at the same time as well.

Thus, we are accustomed, therefore we have learned it and thus we conduct ourselves through life without realizing that little by little we are applying in an individual way, "hara-kiri" to ourselves and to the dear people that surround us.

To walk with haste through life... is correct?

To live a confused life, is it in approval with the will of God?

There will be some better or more excellent alternative...?

Dear reader, I need you to know the following thing:

To always live quickly is an aberration of the conduct.

It is a compulsive behavior; therefore, inevitable.

The hardships are the result of a saturated life of activities in which time is never satisfactory.

Some have arrived there by mistake, others by ignorance and the great majority, by imitating.

The intention of this book is to help you to arrive at the understanding that God does not wish that you live in a hurry.

God is not in agreement with you living in a perplexed life.

My wish is to make you see by means of rational scientific elements and through the experience that I have been acquiring in life, how foolish and absurd it is to live in hardships

The increase of your intellectual heap on the matter is extremely important for the transformation of your conduct towards a better life.

In such way then, this book must be read; to study, to be interpreting, to digest it and to apply it.

By no means is this a fast task.

The problem is that as the majority walks with acceleration, because of it many reach the conclusion that it is something normal.

But as well as the water always looks for its level, the same way life teaches us that if we all walk running like crazy people, we are going to end up at the hospital and in the worse case scenario, the cemetery in a premature way.

We can then die before the day, hour, and minute that God has indicated and to finalize prematurely our journey on this earth...?

You'll find out the answers during the route of the adjacent chapters.

By compulsive behavior of the conduct, it is understood that is everything we do and still make over our good desire of not wanting to do it.

"I would like to eat slowly... but I cannot."

This it is the mental concept that produces an undesired behavior.

"I cannot" is the harder part in this concept.

To eat fast and involuntarily is the act in itself.

This is the way our conduct is assigned to the dictated concepts that are rooted in the deepest part of our mind leaving the will force as an element incapable to help us overcome and jeopardizes compulsive behavior that puts in danger all our integrity, beginning with our health.

To walk quickly is to become ill.

The confusion is a psychosomatic disease.

It is to say that coming from the thinking factor in the mind, it finds the development as a disease in the systems of our body affecting the way immediate to which is weakest and vulnerable.

For example, if you continuously live with anxiety and your immunological system is fragile, it is for sure that your body will be exposed to easily acquire any kind of disease, virus or allergies that appear to you.

You will be able to take medicines and remedies that help you to cure any disease that appears to you, but it will not be until you undo the anxiety, that you will be able to enjoy a complete healthy life.

The depression as intangible and pertaining to the thinking factor is not cured with aspirins.

The headache is a consequence of the stress.

But pain is the result and not the cause.

It is the same as wanting to cut a tree... beginning with the leaves.

To learn to lower the revolutions of life is to learn to live according to the plan that God has preconceived for us.

And it is because God is not in a hurry.

We glided; God laughs; somebody guessed right when saying it.

Can you mention some passage in the gospels that they indicate to us that Jesus walked quickly?

Not, of course.

God wishes for you to be healthy, blessed, prosperous and happy.

The haste, the rushing is not to a good way to obtain such objectives. On the contrary, they prevent all the process.

So, we will make good if we understand well; if we analyzed it, we digested it, assimilated it and we applied with thoroughness the principles of this analysis.

For some, they'll be obsolete and unreal in the context of the modern life.

Perhaps others will see it like writing in an indecipherable and incomprehensible language.

I invite to you to reach your own conclusions.

I am sure that at the end all those who apply this education to his/her existence will have learned to live better; bottom line is this is very sincerely what I desire for you.

You are somebody very special to God.

God wishes that you live in the heights of the excellence of life and enjoy the benefits of totally being happy.

Remember: you are an extremely special person to God.

This is the only prerogative reason for which this book has arrived in your hands.

I invite you to read then, you'll be the judge.

Chapter 1:

I give you my own example.

In 1983 I was in the epic of the ministry that God had conferred in my hands.

Years later I could perceive that instead of cataloguing them like a successful period, it was the worst horse walk in my life.

Just look.

I was twenty-seven years of age.

With my finished curriculum as student in the Theological Seminary and my capacity to lead, it opened abundant doors for me within the National Evangelical Presbyterian Church of Guatemala.

In the beginning, I was the very well-known Pastor of a dynamic church of approximately one hundred members in the capital city.

Some of my responsibilities consisted of preaching the word of the Lord, minister of the sacraments, to celebrate ceremonies, to preside over regular and extraordinary sessions of internal organizations, to provide well-taken pastoral care to three increasing congregations; visiting new members, and in case this wasn't enough, I became involved in the development of a wireless program of thirty minutes of duration five days per week.

At the same time, I was the Director of the Youth Choir.

In addition, I had been elected the President of the Executive Committee of the Honorable Central Presbytery, privilege never before conferred in a person of my age.

I was also elect President of the Committee of Evangelism at that level.

At national level it occupied two privileges:

One was the Chairman of the Committee of Promotion of the Centennial of the Presbyterian Church in which the invited preacher was Dr. Luis Palau.

The other position assigned to me as Secretary of the Board of Directors of the Zion Mount Camp Retreat.

To finish putting the cherry to the pie, I also was an active member of the Inter-denominational Association of Pastors of Guatemala.

If you ask me how I managed to fix my self fulfilling them really good with as much privilege and responsibility, honestly, I will respond to you that I don't have the slightest idea.

But this I must admit it was the biggest mistake I could have committed against my self, my health and my family.

On the other hand, I was a husband and a father.

It was not until much later, that I noticed that to give as much time, persistence and dedication to the multiple responsibilities of the ministry I was leaving out my wife and daughter; I was destroying with my own hands the home that God had conferred to me.

My wife and daughter underwent in silence my absence at home.

But what could they do?

I was serving the Lord!

When I arrived at home, I was so tired that the only thing that I wished was to go to the bed and to sleep.

In despite of this the Lord oversaw correcting very slowly the mistakes that I was unaware of.

It was then that I began to decline privileges and responsibilities to dedicate the time that was deserved to my wife as much as my daughter.

A few years went by and again I returned to fall for the same mistake when I became involved completely with the Expansion Evangelistic Ministry, at the same time that I held a full-time job.

Again, the call of attention from Jesus was loud and clear.

This time I was on the verge of losing the few goods that we had and as of that moment I promised not only to the Lord but to my beloved wife that I recognized that before being a preaching minister of the gospel I was husband of the woman who God granted to me and at the same time, father of my daughter and son.

Let me give you an example of how badly things go when one puts in as much responsibility; in "shirt of eleven twigs", per say.

Because I had so many things to do, I no longer had time to study the Sacred Scriptures.

You know how I prepared my Sunday preaching?

I bought in the bookstore a book of sketches.

When not having time to study with diligence and praying the Holy Bible, I gave the church prefabricated messages.

It is something as good as "a sermon to the instantaneous thing". Or perhaps it's similar to a lunch in a fast-food restaurant.

Instead of going to my pastoral office and meditating for hours in prayer and devotion and looking for the illumination of the Holy Spirit to guide me to find the suitable text and the message to me for the specific one in need of my listeners, I gave "prefabricated spiritual food".

With those sketches already designed, the preacher only must copy them on paper, give an eagle look and ready, just add a few touching shouts of by means and all the Sunday people will applaud the scholar of his "theological depth".

Of that sin I had to regret to me and to request absolution and forgiveness for being so foolish to come towards my loved ones that came Sunday to Sunday to receive food for their soul.

Chapter 2

We must recognize our error.

Then by the Eighties when we lived in Providence, Rhode Island I had the privilege of being invited to lectures sometimes in a special celebration on to different Alcoholic Anonymous groups.

They were enchanted by my form to present or display my speeches. I only had to make sure of not incurring into some specific doctrine and they received with satisfaction my conferences of motivation, but more than anything else my speeches were camouflaged preaching.

Studying and knowing a little closer by the program that they follow to leave the dependency of alcohol was fascinating the reality to me of the first step within the program:

To recognize that one is a slave of alcohol.

They say:

“—We admitted we were powerless over alcohol—that our lives had become unmanageable.”

When a person asserts to himself that he can control the vice, he is mistaken in first instance because he will never be able to leave his mistake.

The same law is applicable when we talked about living a perplexed and rushed life.

Step number one consists of recognizing that he has been living a lifestyle erroneously.

But the first step is extremely difficult since many factors are against it. Most people thus live, if you observe with thoroughness in their daily conduct that surround you, notice that the greater percentage of them lives in a flash.

That it is the style of the modern life, —we say.

To a certain extent, they are right.

See these examples:

In Europe they have trains that reach extraordinary speeds.

The Trans-European Network of Trains of High Speed can transport 994 passengers to 200 kilometers/125 miles per hour and they hope that for the year 2009, it will reach a speed of 300 kilometers/187.5 miles per hour.

We are in an era where the subsonic speed was conquered by supersonics where airplanes surpassed the sound barrier from 1950.

But in order to leave such tangled life we would need to leave this world, we have to find another alternative, here and now.

Then this is no more and no less the reason for this book.

We have automated ourselves.

Our society every time is more automatic.

Automatic, means something activated by itself.

Whenever you speak to a company, usually it is a prerecorded voice in an answering machine that takes care of the call.

Soon that voice makes available a series of alternatives.

When choosing one of them, it has more alternatives; all pre-recorded. You can make a complete electronic transaction with no need to speak with a living person.

You must only make use of your credit card and with the pursuit of the instructions you can finalize any negotiation.

There are people who already have learned to speak metallically as robot in their attempt to demonstrate how updated to the technological reality is.

Nevertheless, the human being still needs the heat that produces a personal voice

We need somebody that can respond to our questions.

—And what good when such person is amiable!

You know with no doubt, it is often much better to speak with a person rather than a machine.

It is not wonder, many people agree with the saying “the more I know people, the more I love my dog.”

How beautiful it would be if we as humans can learn something from the dogs!

For excellence one says that dog is men’s best friend.

They are obedient, submissive, humble, dynamic, athletic, playful, faithful, guardians, loving; and over all, they don’t answer back.

Why can’t we arrive at the conclusion of such an ample range of qualities in our interpersonal relation?

In the accelerated rate of our evolutionary society, we don’t act like people any more.

We are just a number.

We have numbers for everything.

Nevertheless, and in spite of the numbers in which we are submerged, we continue being individual people.

We are made of flesh and bone; we have emotions and feelings.

We continuously needed to listen from other people words of encouragement and hope; of camaraderie and friendship; of rejoicing and happiness; of fellowship and congratulations; of direction and advice.

We need to express our feelings.

To be objects of sentimental interchange also is part of our life.

How good we felt when somebody applauds all the good things that we do.

On the other hand, how badly we feel when all along people are criticizing our errors and mistakes.

We need for somebody to say to us "I love you".

We are at the same time been urgent to say to somebody "I love you". To feel loved and to love back is like a pleasant beneficial bath.

We have feelings and emotions, dreams and objectives to reach; still it hurts us when somebody offend us and we smile when somebody dares to smile.

It was well summarized when Abraham Lincoln said:

"A drop of honey attracts more bees than a gallon of bile."

People can go in search of sex anywhere, but love cannot be bought. Also, we can be owners of a whole pharmacy, but health comes from God.

Frozen relationship

In this systematized and cold personal interrelation, we are passing the eloquence of the simultaneous things, spontaneously and the simple things of life that go unnoticed.

The norms enforced upon us.

To stop living very uproariously in life we have to return to the innocent simplest nature of childhood.

A brilliant thinker of the anonymity suggests the following plan:

"Live with simplicity.

Love generously.

Be careful in everything.

Speak amiably.

Leave everything else to God."

But our interpersonal relations come to constitute themselves colder than the Russian Station Vostok of Antarctica in the South Pole that in 1983 obtained a temperature record of -89°C (-131°F).

For example, if a policeman sees a person hurt on the other side of the street and if that part of the sidewalk is not his jurisdiction, he simply and by law cannot do anything although that unfortunate poor man is with his gouts hanging out.

If you help a person in an emergency and if by your help, such person is more injured or dies, you can be taken to Court and have to pay a very high price because of your good Samaritan heart.

Then, what we do with all those laws?

We don't know, but I guarantee you that if I see you in danger, I will not hesitate for a single moment in lending my aid to you at the risk of my own life, although later I must defend myself before a judge.

I think that this is a matter of principles, vocation, and sensitivity.

In the middle of a robotized society, you never lose the human flavor.

Smile.

It does well to your soul and other people will return although it is by commitment, smile.

The doctors indicate that to laugh positively it is a great exercise. When you emit a series of outbursts of laughter, they say, the diaphragm descends deepening itself in the body and when the lungs expand, a greater amount of oxygen is taken to them.

At the same time, when expanding towards the sides, the diaphragms gives a smooth and rhythmical massage to the heart that responds with more effort and express it by stimulating the liver, the stomach, the pancreas, the vesicle and the bladder.

The whole body receives a good stimulus.

This confirms the old Greek saying of Aristotle who wrote already more than two thousand years ago:

"Laughter is an exercise of the precious body for its health."

Nevertheless Howard Pollis, professor in the University of Tennessee, reports that when laughter is used for negative or aggressive, like ridiculing or embarrassing, it can cause damage to the robust.

In despite of this, people choose not to smile.

They do not wish to smile.

One does not have to worry to always win in a discussion, or to try to come out victorious; smile even though you leave losing in the business.

"It is better to yield the way to a dog than to be bitten by him in the containment to have the right. Anyway, still by killing the dog, the bite will not be cured."

Abraham Lincoln.

Why people choose not to smile?

They're afraid to do it.

They feel that it is synonymous of weakness and impotence.

Smile as God wishes, and a new panorama will open before your eyes.

Ralph Waldo Emerson reminds us that "by every minute that one remains under anger, sixty seconds of mental peace are lost."

Back to the first step one more time

To recognize that to live in a bewildered way is a mistake it's the first step.

While you consider that to live anxiously is normal, you will continue living like most of the people in this world, by the edge of the knife.

But why must we recognize?

We have to because a restless life is counter-productive.

Because it is unfortunate to live with haste; although it does not seem it is an erroneous way whose result is adverse, it has an unfavorable and disadvantageous end.

God gave this ephemeral and fleeting life to us to enjoy it peacefully.
He says to us:

“Be happy and enjoy eating and drinking! God decided long ago that this is what you should do. Dress up, comb your hair, and look your best. Life is short, and you love your wife, so enjoy being with her. This is what you are supposed to do as you struggle through life on this earth.”

Ecclesiastes 9: 7-9

Notice that it says, “This is what you are supposed to do”.

To enjoy every day is the unique thing that we must win in this life under the sun since all the other things are pure vanity.

That is the concussion at which the Preacher Salomon arrived, the son of David, King of Israel.

When we live in a hurry, we are doing all the opposite.

“Getting rich quick may turn out to be a curse.”

Proverbs 20: 21.

It is necessary to take a break on the way; to recall a mental lucidity, to analyze our attitude and then, to recognize with simplicity and humility of heart our mistakes.

In order to recognize it is necessary to make a stop on the way.

This pause is advisable, necessary, and indispensable in as much as it is there where we will have the opportunity to meditate to understand visualizing our reality from a systemic and integral point of view, it is to say complete.

The analysis takes to the understanding and this one leads us to the recognition.

You will never be able to have acknowledgment without meditation.

If you cannot have the humbleness of locking yourself in your room for a good short while to reconsider and to look at the way you are running your life, you will never be able to get a glimpse of the necessity of recognizing that living always in a hurry is a mistake.

Chapter three

We must start establishing new principles.

Task to do:

Please take a notebook and a pencil.

On the left side of the page make a list of all and each one of the habitual activities in which you're involved from Monday to Sunday.

In the right part write what indicates the amount of time in hours and minutes that each one of them requires of you.

Soon after prioritizing each one of those tasks in order of importance and hierarchy.

Later eliminate those that are not elementary, and you will have one better panoramic alternative with more time to enjoy.

Change unnecessary aspects: Let us say that you dedicate four daily hours to watch television.

If you eliminate three hours from them and it remains only with one hour daily, then you will have to your disposition three hours to more use in something beneficial and much more productive like extending your knowledge studying something that is of your discretion.

This will increase your intellectual knowledge and it will open the doors to new opportunities in the future.

Why do people become so attached to television?

Some do it by distraction, others by pure vice.

Do you wish to know if you have this vice?

Look and analyze your conduct when the little thing called remote control gets lost.

If you are hopelessly looking for it and you feel that you can't breathing or because the entire world is going to explode if you do not find that remote device to control your television, then you are under the influence and effects of the dependency of the television.

This is a new class of vice; do you see my point?

Not as harmful as alcohol and drugs but in the end just another vice.

There were some fanatic people around the seventies that to them the television was denominated in certain religious circles "the devil's box" only to years later understand, recognize and to admit that it was not a satanic instrument but rather, massive mass media communication tool through which as it is possible also to put it to the service of the Lord for the expansion of the gospel.

Let us deepen a little in this thing of television and you'll agree with me. Many people do not watch a single TV program.

When the moment arrives for commercials, they change to another channel immediately to watch another programming in order avoid the time of the marketable ones.

What does this mean?

Simply my friend, it implies that this procedure is revealing that such a person is not able to be capable to maintaining her mind without doing anything even only for a few minutes.

In other words, such people must have their thinking activity occupied all along, not to feel outside the comfort zone and to fall in to boredom.

Eliminate what is extra:

When we find ourselves living in a consumer society, we have been absorbed in captivity by a great number of things and unnecessary circumstances.

The problem is in that the mass media bombarding us by saying that if we do not use their products, we will be outside context.

Who said that a woman's face looks ugly without make up?

The companies that sell cosmetics say so.

Other ladies, also say so.

Then, most of the ladies end up using all types of artificial material for the decoration of their face.

With it they are not only using a good amount of money, but that also deteriorates the freshness and natural brightness of the skin causing the aging process to accelerate.

While a mother in front of the mirror was applying cream to the face, her little daughter asked:

"—Mom, what was the purpose of the cream?"

The mother responded:

"—It is for the wrinkles, my pretty one..."

To which the girl said:

"—It is doing you good because already you have many..."

The same happens with the dye for the hair.

It is the consumer society that dictates that the color in the hair is a kind of inescapable necessity.

All these artificial impositions affect the conduct negatively forcing us to make unnecessary and preventable decisions.

The same thing happens with food:

As we live in a hurry, we have invented fast food.

As we do not have time to warm up the food to a slow heat, we invented the microwaves.

Since we do not have time to wait for the natural process of growth that occurs in the animals that we consumed, we have come up with the task of accelerating this process with hormones.

So a poor chicken that by nature must grow in six months, in three months its ready for the plate.

A similar thing happens with the cows turned into hamburgers that we eat in the restaurants of express food.

The result is that all those hormones that accelerate the growth in the animals, still remain active after going through the fire of the kitchen and go directly to the consumers making us not only heavier in weight but also increased in size.

Recent statistics showed a great increase of big people that in an unfortunate way became sickly obese, proving that our fast food consuming society is the cause of this epidemic factor.

Most of the canned foods contain great percentage of sodium.

It causes the kidneys to debilitate in their function of elimination having given passage to multiple bony diseases, of conjunctures and blood circulation.

It is the same history with what we drink.

Gaseous drinks and saturated sugar refreshments create habits that send tons of calories to our reserves of energy in the body, becoming unnecessary fat at the same time.

The United States is the country of greatest sugar consumption in the world, consequently the greater country with obese inhabitants.

Do you need to lower your weight?

Get use to drinking only pure water.

Eat lettuce and chicken breast.

Live with tranquility.

With these three components, I have allowed myself to send to you the most excellent and economic of all the diets we have.

Practice it and later tell me about the results.

Chapter four

Make a serious consideration about the time factor.

Time

It is indeed important to understand in an exhaustive way the meaning of time.

That speed comes, exactly by lack of time.

People always say that time is money and money is time and in our society money is everything or at least, almost everything.

The absence of enough time to finish our tasks makes us run; and by running we are hopeless.

Desperately we make many mistakes.

These mistakes make us feel badly.

Therefore, we have to resort to what can give us back the tranquility, like for example a cigarette, a glass of liquor, illegal drugs or submerge in a film or an electronic game.

Let's speak about the concept of time.

Time was created by God and it's a dimension in which we move on this earth.

Time is a fundamental part in the structure of the universe, being consequently a fundamental component of our system of measurement.

It is a dimension where events happen in a sequence.

This is at least the idea to which Sir Isaac Newton adhered.

In science, philosophy, arts and astronomy time has been a factor of excellent value.

Some think that the twenty-four hours we have are insufficient to cover the activities of our life's rhythm.

It is not that our days are shorter than those of our grandparents; what happens is that we have added more activities to ours.

It is not that life is very short; it is that eternity is very long, somebody said.

Until several years ago the city of New York was known as the city that never sleeps due to the continuous activity of the same day and night.

Now that same nickname can describe any other metropolis.

Until recently only the great cities of Atlanta and Los Angeles enjoyed highways with eight and more tracks in a single direction.
Now the same can be said of many other smaller cities all over the United States.

In the dimension in which we live, it gives us the idea that we need that every day should at least have thirty-five hours.

Time is still equally the same.

What has changed is the intensity of our activities of the style we live.

While we must do more things in a shorter amount of time, we feel that the days are not enough and thus, life slips away from us.

In the New Testament two Greek words exist that are used for the word time.

One of them is "kronos" and it is used to talk about the aspect of measurement of time.

From "chronometer" comes the word that we use to name the machine that measures time called clock.

Thus, we can sub divide measuring time from a trillionth of a second, called nanosecond, to a millennium.

This way we know that light travels at a speed of 1079¹952,848.8 Kilometers per second (186¹282, 397 miles).

Then, we know that light needs 08.31 minutes to travel from the sun to the earth.

To this kind of time "human time" is denominated to us since it is the one that we used in this life.

On the other hand, is the word "Kairos" that instead of talking about a portion of time in an individual way is used to express a time interval that does not have limits.

It is applicable for example, to time like a season of the year that does not have a beginning or a specific end.

This kind of time is denominated to us, in the sense that it does not have a determined beginning or end, "God's time".

Time is a merely human dimension as well as it is space.

The spirit is a dimension that affects the materialized universe.

Space is perceivable and material.

Time is tangible and immaterial

Spirit is not solid and immaterial.

In this life we move in two dimensions and incurred in a conscious and possible way, in one third: the dimension of the spirit.

In the spiritual sphere of God neither time nor space exists.

And if they exist, they live much more in a sphere that is out of our finite knowledge, reason why healthful it is not to fall in speculations.

"Jesus Christ is the same yesterday, today and for ever." Hebrews 13: 8.

Moses inquired in knowing which the name of God was the answer that came from the burning bush was:

"I AM THAT I AM".

"I AM..."

Exodus 3: 14.

Perpetually is in present time.

This was the first time that God revealed itself like the great I AM that in Hebrew "hayaj" comes from the verb that means "to be".

This also is the name known as "tetragrammaton" that means "four letters":

YHWH from where the Jehovah name comes from.

The exact pronunciation of YHWH is not known because in Hebrew the old one, they do not have vowels; what we do know it is that the Hebrews consider so sacred the name of God, that they don't pronounce it.

The Apostle John wrote what Jesus Christ of himself said, he wrote down twice:

The Lord God says, "I am the Alpha and Omega, the one who is and was and is coming. I am God All-Powerful!"

I am Alpha and Omega, the first and the last, the beginning and the end.

Revelation 1: 8; 22: 13

The first letter (Alpha); and the last one (Omega), in the Greek alphabet.

Jesus exceeds the time and the eternity and per excellence overwhelms with principle to aim the vocabulary.

He is the one who began, and he will culminate all the programs of God in the world.

He is eternal and powerful, in essence and in authority.

"No subjects; I am the first and last one." 1: 17.

This is a title that corresponds to Jehovah according to Isaiah 44: 6 and 48: 12.

He is the eternal and absolute God, the lifting and creator of the universe, the strategist of history for excellence.

Therefore, at the time of death, we left so much the dimensions of space and time to commit to us completely and without chance to return back in the dimension of the Spirit, from where originally we come.

It is while we lived this life that we were subjects to the dimensions of time and space.

If we can consider, when studying Scriptures than we'll be aware that God is never in a hurry.

It is at least what can be noticed in the anthropomorphic qualifying one: "I AM".

Why are we impatient then?

With our anxious way to lead us by the life we stay nervous and without harmony.

The problem is that this attitude is like a contagious virus that infects all that comes in contact.

Of this form we pass on our anxiety and preoccupations to those who we also found by the way of transforming them into sleepwalkers alarmed under tremendous destructive tension.

And the only antidote against the absence of patience comes through the tests that teaches us to lower the rate of our revolutions of the way of life we have.

Somebody said that while we formulate plans, God laughs.

For the Israelites that left Egypt under the direction of Moses, it was a lesson of forty years which they had to learn, due to the hardness and incredulity of heart.

My grandma was used to saying to me during the unpredictable time in my youth: "Lost time, little Mario, is cried even by angels."

All the pastimes that help us to kill time are very effective because in truth they kill our time and at the same time they kill our only opportunity of success in life, so that when recalling minding already it is much too late to go back.

We are too old to study, or we have fulfilled our family commitments and responsibilities that prevent us from continuity of our studies.

The success disappears out of our hands like water between our fingers.

Thus, we continue being poor and lacking knowledge transmitting this same tradition to our children and they will do it to the next generations.

With every minute that happens the hours go; with the hours the days leave; with them the years dissolve. And just like a leaf taken by the wind, our life goes away... until eternity.

Death is the end of life to a biological organism

Many suffer of thanatophobia (fear of death) but said the preacher:

"There is no man that hath power over the spirit to retain the spirit; neither hath he powers in the day of death: and there is no discharge in that war; neither shall wickedness deliver those that are given to it."

Ecclesiastes 8:8.

If you had the opportunity to return twenty years back in time, how would you conduct yourself during the following twenty years?

Which would be your condition at the end of such?

If there is some serious sin of which we can be accused of is the one to have wasted the time in a foolish way.

Wasting time entails the payment of an extremely high price: the success or the failure in this life.

"There are two kinds of triumphs in life.

One is very rare because it comes with the man who has the power to do what no other has the power to do. This is the genius.

But the average man that obtains what we called triumph is not a genius.

This is the type of man who has ordinary qualities that shares with his friends, but whose haste developed those ordinary qualities to a greater degree of the ordinary."

Theodore Roosevelt.

God has granted us life with a specific time.

We are the administrators of such privilege deposited in our hands.

By learning to use the time wisely, the anxiety of life disappears as a result.

Recognizing that my time belongs to God, I will rest trusting in his hands knowing that all activity in which I'm involved with will lead me towards a better and more excellent seat of honor of learning in my life about His will. Then the daily eagerness and the desperation of the haste diminishes its influence in the dimension that I delight in contemplating the hand of God on my life in every minute, hour and day knowing that nothing will happen around me if God has not approved it for my benefit.

We are children of God who is the creator and owner of time.

It is a categorical crime against our own nature and towards the will of God that we waste the time that has been positioned in our hands, with our Thinking with anxiety, desperation; the doings of our daily life.

We can measure time, but God has the last word.

Said in other words:

*"To man belong the plans of the heart,
but from the LORD comes the reply of the tongue.
All a man's ways seem innocent to him,
but motives are weighed by the LORD.*

*Commit to the LORD whatever you do,
and your plans will succeed.*

Proverbs 16: 1-3.

It seems to me that with so many complications in which we are involved today, the most sensible way is to return to the simplicity of the existence.

But in order to reach it, it will be necessary to be more than heroes; because the task is not easy.

The great question in any case is:

How can we redeem time?

Chapter five

Making a return to the ABCs of life.

First, to come back to the way of simplicity, it consists of exercising the mind; place your actions in opposite direction forgetting a little about you and thinking about the benefit of others.

In other words, a turn of one hundred eighty degrees (180° —six o'clock) in relation to the course of most people is required:

*"Make all the good that you can
At all costs that you can
In all the ways that you can
In all the places that you can
At all moments that you can
To all the people who you can
At all the time that you can."
John Wesley.*

Observe the birds of the field.

They are dedicated to looking for foods and to sing; to reproduce and to take care of its young.

Simple.

How simple can it get to have in our life all the high technology and advance in the communication, transportation, medicine, and etcetera?

The secret dear reader is in the beauty of the simplicity.

“Therefore, I say unto you, take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”

“Therefore, take no thought, saying, what shall we eat? Or what shall we drink? Or Wherewithal shall we be clothed?”

(For after all these things do the Gentiles seek :) for your heavenly Father knoweth that ye have need of all these things.”

Matthew 5: 25, 31-32.

To worry about the food and clothes for the future is a sin against God since it openly denies his power in the sense to think that he is not able to provide; the reality is without a doubt of his veracity when considering that God will not be able to fulfill his promises and is overturned by the hurt the reality of the divine supremacy in the sense to consider that since God is not able to take care of our future, we have to fill such emptiness worrying about it in such a way that good and the beautiful things in life escapes us without giving us a chance to reverse them.

With the complex that is the rate of life at the present time its difficult to warn which way is the most correct to follow.

In such circumstances, the best thing is to go back to the plainness of life.

For example:

When you enter a supermarket notice the immense variety of products to choose from.

If you are thirsty, you can choose anyone of the numerous flavors that are at your disposition.

They are big or small, the color that you prefer; the brand that pleases you; in a package of glass, plastic, or aluminum.

But of all the ample range of these tempting liquids, of all, the simplest and sublime by excellence is the pure crystal-clear water.

Water is the unique thing that our body needs to satiate its thirst.

The water is unsavory, colorless, and odorless, is to say does not have flavor, color or scent.

Despite most people cannot live without taking artificial drinks.

When one replaces necessity of pure water, our organism must pay the consequences accumulating the excess of calories that transform into fat causing overweight with their corresponding implications.

Decide once and for all to eliminate of your drinking any artificial drink that contains sugar.

Get used to drink pure water exclusively to satiate the thirst and you will see that in only one week you will notice the difference in your organism.

Your body will thank you for it and your pocket will have a little more money.

Remember this formula from now on: H_2O .

The same happens with what we eat.

The foods that we ingest are energy so our body can execute all its functions.

When we eat more than what the body needs, our metabolism comes to accumulate the extra energy in forms of fats.

These are accumulated throughout the body deforming our shape.

The worst of everything is when the fats thicken the arteries producing high blood pressure with their equivalent contraindications to the health.

To eat without control is the result of a sickly mental condition.

Many reasons exist by which people consume foods compulsively.

Basically, it obeys to pre-established patterns in our subconscious mind in quality of concepts.

They are the ones that determine such behavior of co-dependency.

So, it does not matter how well or bad it is the diet kind that is followed; at the end of it all, it will fail since the mental meaning is more powerful than the rigor of any diet.

On this topic we'll amplify later.

The antidote to stop eating out of control consists simply on learning again to only ingest what it is needed to survive.

The problem is that once we find ourselves in the habit of eating beyond our need, the impulse to follow thus is so strong that is in the end so difficult to change its course.

There's no other alternative:

We have to eat only what we need, and not a single mouthful extra

Also, we must drink only H₂O; no other substitute.

That is the key to our success.

To eat what is necessary and the necessary thing; to take pure water, to live modestly, to bring peace to the heart, contentment to the spirit and calm for the soul will produce health to the body.

For example, the second son of David, that began to reign in Israel as soon as he was about seventeen years of age; his name: Salomon, one of the wisest men in the history of the humanity. Around 1,035 BC He wrote:

"The glad heart constitutes good remedy; but the sad spirit dries the bones."

Proverbs 17:22.

Said in the words of Blake Clark:

"The negative emotions can kill."

Chapter six

Make one thing at a time.

Henry Ford wrote:

"A weakness of all human beings is to try to make many things at the same time. It breaks the effort and destroys the direction. It leads to the haste and the rapidity produces losses. Of this form we make all the things of way mistaken before making it in the correct form. Single then we realize that the correct form is the best one, because it works having been the last alternative that we could visualize."

Why do we have to learn by the bad lessons in life...?

We learn that way simply because we are prone to making things in such a way.

It is part of our human nature.

We are content to learn from our mistakes.

It is not the most viable way but we like to learn at clean wood.

The problem is in the fact that in the school of the life, each learned lesson comes at an extreme high price.

Here's an example of something unfortunate.

"—In this modern life I am a person set up in my habits and ways to accommodate all I can do at the same time" someone said to me laughing about my concepts coming from the stone's age.

So, with my wisdom of a caveman, I responded:

“Then you will die much faster than you can imagine—”.

We are used to making several things at the same time, correct?

It is very easy to see somebody making multiple functions at the same time.

To eat, to watch TV, to speak on the telephone and to take care of the children at the same time is not a scene outside the common thing today.

The fact is that our mind is as well as the gradual center of a hand flashing light.

While you are turning it on, it's obvious that it will have an ample room to cover because the illumination includes a space greater to wrap. But you will not have the opportunity to focus on a single place with a strong ray of light.

Something similar happens with our concentration.

While more tasks are supplied to the mind to execute at the same time, less effective and practical it is in its functions.

On the other hand, if we concentrate the attention in a single task, we will have the capacity to finalize what we set out to do successfully and unequivocally.

The person of the previous example will not be able to watch television, nor enjoy the flavor of ingested foods. He either will not be able to pay the necessary attention on the telephone conversation and the children will be under bad care.

Out of the four activities, not a single one will be done right. This is simply because he cannot handle many things at the same time.

The result is that such person finalizes his day with great fatigue with the customary headache and corresponding general discomfort.

What do you think that the person's mood will be at the end of the day under such circumstances?

He will have a lot of depression, anxiety, fatigue, irritation, and bad temper.

Would you like to have an evening meal with somebody like that...?

It is very important to remember that moods are contagious; so, this warning serves so that you can receive in retrospect the same one if not more accumulation of feelings than projects towards the others.

If you ask me what the worst thing that bothers me is, as far as the communication between people today, I will say immediately to you that it is the bad habit to talk on the phone at the same time while doing something else.

With honesty I say to you that I disapprove when I am talking on telephone with another person, and they go on with their activities as usual.

To use the telephone and to blow one's nose or to wash dishes at the same time, are samples of disrespect towards the other person.

Let us finish concluding and understanding that the person on the other line is somebody that deserves our attention, and respect.

Let's not offend then, wearing down in similar mistake.

In truth I am thankful that in the United States in the big metropolis, already they are prohibiting the use of the cellular telephones while a vehicle on the streets is conducted.

When you talk on the telephone and drive your automobile at the same time, it puts you in danger of your own life and the people who are around you because your focus of concentration is divided.

Then, you will not drive properly or pay attention to the phone conversation.

If you drive, leave any distraction that maybe this joke can get to become the most expensive and traumatic experience of your existence.

Concentrate only in driving your car.

The information published in an article is very interesting; published by the magazine the Carrier in its edition of December 2006, page 24:

"According to a study made in the 2002 in Wokingham, England, by the Research laboratory of the Transit (Transport Research Laboratory) that is

recognized world-wide level: 'To speak on the cellular telephone while it is conducted is more dangerous than to operate a vehicle under the effects of the alcohol.' The study used handling simulators and the legal definition of drunkenness for the United Kingdom that now also is the norm in all United States: 0.08 of alcohol content in the blood."

But a big mistake and one of the worst examples in this case I have seen is while being in a public restroom, people carry on with all normalcy and complacency the satiety of their physiological necessities whereas at the same time, they talk throughout with somebody by telephone.

For me this is an insolent person, who openly behaved shamelessly with lack of respect towards the other who is listening on the other side.

Imagine you if there's a mother giving instructions to her daughter and at the same time, she is giving a food prescription while using the toilet and evacuates her physiological remainders.

Can you see the ludicrousness and blindness of the scene in reference?

The person, who listens to us, does not deserve an attitude of a similar nature.

Our personal business and privacy while using the toilet must be strictly reserved for the same one.

Why then do we have to make other people participant of a particular and personal moment that pertains only to us?

I think that it is incorrect and in violation to others to behave shamelessly to the norms of moral, politeness and respect.

The Austrian Dr Sigmoid Froid, (1856-1939) known as the father of the psychoanalysis, formulated a redefinition of sexual desire when considering it like the fundamental motivational energy of the human life. He suggests one of the first sexual emotions experimented by the human being is the need to satiety a physiological necessity.

To verify if this is true or not, the next time that you go to the toilet specially analyze with thoroughness all the physiological emotions that you experiment during the evacuation process, if makes it voluntarily slow.

Relay them with the sexual pleasure and you'll reach your own conclusions.

Take a nutritional example.

When I was young, I used to observe my dear grandpa at the moment that he was seated at the table having ingested his food.

He was always used to eating slowly.

Halfway of his chewing, he used to close his eyes as to concentrate himself better in the delight and enjoyment of foods.

I do not know who taught such a system to him, but I must say to you that it is fantastic.

It was verified by me through the years being aware that there is a great but simple wisdom behind this practice and even, so it is an extremely difficult exercise.

When you eat quickly the foods are not taken property to the ideal consistency to be received by the stomach.

Thus, we force a process that by nature must take its due time that it is necessary.

God was wise up the minimum detail when he created us.

The foods must remain in the mouth during the mastication process the necessary time so that they are mixed with the segregations of mouth and acquire the temperature, smoothness and ideal saturation of humidity.

In this way when they are transferred to the stomach and processed through the path of the digestive track, all the work of assimilation of the nutrients and separation of the unnecessary matter, called peristaltic movement, it was created for the benefit of our health.

Learn to eat slowly.

When you come to the table, please avoid any kind of interruptions and rush, if possible.

Avoid reading any thing and although you may not believe it, do not listen to music.

Concentrate exclusively on the foods that you have in front of you. Far better would it be if you come near to the table with a good appetite and pleasant anticipation.

Before you begin try to prepare your soul in gratitude to God because he is the reason why you are going to eat.

You can close your eyes and breathe deep a couple of times.

Think for a moment about all the people who had to work arduously to make possible the fried chicken that you have in your dish.

Be thankful for the fortune that accompanies you in comparison with millions of people around the world who do not have the privilege to eat like you.

At the same time analyze and give thanks for the life that the chicken had to give up for you to eat its meat.

Give thanks to God because the death of such chicken will help you continue with your life and energy by a few more hours.

Think a little about the sufferings that the feathered innocent animal experimented so that you can enjoy it.

Be thankful that you were not born being a chicken because if not, you would be the one that would be in the dish to be devoured!

Thanks for the water and the rest of what is going to be ingested. Then, with an attitude of unworthy recognition, with humility simplicity and joy of heart, you may begin to digest the food in the same way since the Christians in the earlier church did when the joy of salvation was overwhelming and consequently desirable, according to the references of Dr. Lucas in Acts 2: 46.

When you are in the mastication process, you have to fix your attention to the flavor of food and solely to the flavor of the food, while you mix it with the saliva and the segregations in your mouth.

Take pleasure to the maximum in the flavor which you ingest.

Enjoy when the foods and the water arrive at the interior of your stomach.

Benefit from the heat of a good soup or the cold of a glass of water.

If you wish for something sweet, another extraordinary product better does not exist on the planet than the natural honey of bees; forget about refined sugars and its derivatives.

Get use to eating with little salt; if it can be eliminated, even better.
Feel Happy when beginning to enjoy the nutrients assimilated by your organism.

Smile, although nobody is by to your side.

"With the continuous fear that is in me day and night, if I did not laugh already, I could have died."
Abraham Lincoln.

Forget about all your problems and tribulations.

Do not mentally try to solve anything; your duty is taking your foods.

Do not formulate plans.

Do not preconceive anything; the future will come at its moment.

Do not think about the past; in what you did or what you did not do.

Dedicate to remove the juice and the flavor from your food; that is your job and fundamental occupation while you eat.

All the others' problems will be solved later.

So far what matters, is the food.

Take water after you have swallowed the food once effectively mixed.

Remember: eat slowly.

Make a small pause between mouthful and mouthful.

"A wise man is the one who is not lamented by the things that he does not have but cheers in which what he already has."

Epictetus.

Feel the beneficial result of foods in your stomach begins to take effect in all your body giving you new energies to follow ahead.

Eat everything that you serve yourself until the last breadcrumb.

Do not waste nor throw anything.

With the hunger that we have in the world, it is something as well as to sin consciously.

To eat slowly and without preoccupations is a millionaire's privilege.

"Better it is the vegetable food where there is love, than a fattened ox where there is hatred."

Proverbs 15: 31.

Here's a good recommendation.

After lunching my beloved grandpa was used to going to his dormitory to enjoy a small nap.

He slept around one hour.

Soon he rose and went to his office for the evening four hours of work. He died at ninety-two years being of robust presence, like Moses who

"His eyes never were darkened, nor did he lose his vigor"

Deuteronomy 34: 7.

When half through the day we closed our eyes to take a nap, all the accumulated tension and pressure during the first hours of the day are eclipsed.

During that time our conscious mind becomes disconnected of the reality allowing that the energy that is not used to be distributed in all the other parts of our mind, and in our body.

When we wake up the result is that we are loaded with necessary spirit and energy again to finalize the daily tasks of the rest of the day.

Get use to the reality that you need and you deserve a nap around noon time.

Chapter seven:

Everything is in our mind

Our mind is like the most beautiful vehicle the latest model that has all the possible benefits that we can imagine: Think about a vehicle that at the same time combines the comfort of a Cadillac, the force of a Hummer, the luxury of a Jaguar, the speed of a Lamborghini, the space of a limousine, the elegance of a Roll Royce, the power of a military tank and the economy of a bug Volkswagen.

Although the price of such vehicle is immeasurable, you have the title and the keys of the same one because it belongs to you.

Here we are speaking of the wonderful human mind, the inscrutable peak of all the creation; the maximum source of the thinking capacity; the incognoscable magnificence of the image of God; and the enigmatic genesis of our wisdom!

The mind is one of most wonderful flatteries than God has given the human being."

Glenn Van Ekeren.

"To think it is to live."

Cicero.

However, one thing is to be proprietor of the mind; another is to have the knowledge to use it.

We all prodigiously have an enabled mind but not all know how to use it suitably.

The Brain is a fabulous mechanism.

As it is part of the central nervous system the scientists indicate to us that physiologically, it is able to record eight memories per second during seventy-five years without being worn away.

A place of storage with such capacity is something as well as to keep from between ten and one hundred trillion of computer science pieces.

If we wanted to construct a computer that equals the capacity of the human brain, its size would be like the building of the Empire Estate needing to use a trillion of watts of electricity to work.

The tripartite aspect of the thinking factor:

It is probable that you have already listened to someone, or I speak about the three great subdivisions of the human mind:

They are the conscious, the subconscious mind and in unconscious.

It is something as well as to say to a flag of three different colors or the three different states of the water, or the doctrine of the trinity deity.

Each one of the parts contains its own particularity which diametrically defers one from the other but which at the same time they are part of the same basic composition.

I explain very briefly:

The conscious oversees providing information coming from the outside and of our interior by means of the senses.

The senses are the physiological methods of perception.

The unconscious one oversees protecting us against all type of attacks, dangers, or risks to which we are exposed internally or externally and is the one in charge of our survival.

The subconscious mind oversees storing all the information permanently that we consider important in quality of concepts and that at the end of accounts are the ones in charge of our conduct.

It is much more necessary to elaborate on the matter but due to the nature of our analysis we amplified without much deepening in the characteristics of the subconscious mind:

The concepts that we filed in our subconscious mind are the ones in charge of the repetition of acts, beneficial and detrimental in our conduct.

To do exercise for example is a repetition of benefit; on the contrary, to smoke is a harmful duplication.

Both activities come from a concept that take root in the subconscious mind.

A concept is a short phrase that we filed in a permanent way.

The repetitive conduct everyday in our life is simply a repetition of the same concept.

"I love to exercise". It is the trigger that shoots going day after day to the gym.

"I smoke because I am a very macho man" says the concept that entails to go to the hospital with cancer of the respiratory track.

"I always do things quickly". It is the subconscious base for a fast and confused life.

"Everybody does" says the person that wishes not to be responsible fundamentally for the consequences of his/her activities.

Haste is in our mind and until we do not understand that we must eradicate the concept there established, we will continue living wildly and always in a hurry.

Maria's example.

Let me give you a sample as a prototype of how a concept can mold the existence of a person of radical and detrimental way:

Around 1995 while I practiced the mental therapeutic profession in my clinic in Coral Gables, Florida came to me an elegant lady from Colombian origin called Maria. (Name is fictitious to protect clinic confidentiality).

She wished to change the miserable life that she lived, in spite of being a woman of well-off fortune.

Maria had the happiness to have all good and the luxurious life that a woman may want to have.

Mother of two children; her husband, a successful industrialist; properties, vehicles and even a small luxury boat were part of their life.

Nevertheless, and in spite of all the material comforts that one can enjoy, Maria was not happy.

During her adolescence she was assaulted sexually by a thief who broke into her house to snatch not only her virginity but valuable objects.

Maria was pregnant.

Their parents forced her to have an abortion to avoid scandal and bad commentaries in the high social spheres where they lived.

She also developed an aberration and hatred against all men and repudiated sex.

From then, she was started abusing alcohol and tobacco; she smoked marijuana, she underwent a progressive depression, she had had two attempts of suicide in the past and she had never experienced an orgasm.

She stayed of bad genius and frequently she resorted to the violence to solve familiar subjects.

The things went in progressive deterioration to the point that her marriage was on the brink of a madness divorce.

She was under psychiatric treatment and nor still the best wizards in the city had been able to do something good in her favor.

She attended a Christian church regularly, but it seems that everything was a simple religious expression of external appearance.

She was in short, a lost case.

She was a beautiful woman on the outside, a rag on the inside.

I guided her through therapy as procedure that lasted seven consecutive visits with a weekly session of two hours of duration.

When investigating in the depth of her mind which was the concept of greater relevance for her life, it turned out to be this two:

"I do not have the right of be happy" and "I deserve to suffer".

It was good to identify "what"; now corresponded to go deeper to discover the "why".

The answer came by means of the blossoming of a feeling of guilt as a result of what happened in her adolescence as I mentioned, Maria had been forced to have an abortion and that was something that her soul should never forgive, besides to consider herself the worse one of all women to have lost her virginity of involuntary way.

Having known the root of the problem it was a matter simply to change such concept.

The problem was this concept was rooted in the permanent memory of its subconscious mind deeply.

It was like it was written in stone.

To make matters worse, that feeling of guilt was so strong that Maria cried like a coyote during a cold full moon-lit night in the prairie.

Then, whenever Maria came for her therapy, I had to prepare to listen to her howls that crossed the thin walls of the neighboring clinics in the building at the Executive Center.

Little by little the situation was changing for good.

Maria collaborated willfully and effectively; she followed the strict instructions faithfully; collaboration and ardent desire to leave the muddy well in which she was, represented the key to her success.

Already at the end of the treatment and once the negative concepts of her mind were eradicated, Maria was completely another person.

It was as if the old Maria died on the therapy sofa and a new full woman with the vehement aspiration of joy, life and gratefulness flourished.

Her gratitude was so great that one day she and her husband stepped out of their automobile to say hello and brought me a present.

It was a beautiful decoration for the wall for my clinic consisting of two gorgeous golden sea gulls flying.

One was bigger than the other.

She said:

"—Doctor Paz, you taught me to fly.
I am that small sea gull.

Now I am a new woman, and I am free to enjoy to the maximum my life next to my family."

Both left with tears of joy.

Maria could have finalized her days in a mental hospital or successfully die by cutting her veins.

But from the moment in which those bad concepts that dominated her were uprooted for ever and replaced by others of rational truth, her existence changed for good, for the rest of her life and brought happiness to those around her.

It is an option in front of our existence.

Of course, this is not a single concept acting separately.

We are talking about a whole attitude in front of our life.

We must learn to visualize life in an integral way in first instance, to start to develop changes in the old concepts that erroneously we acquired and to take other new, vibrant, dynamic, fresh and rational elements, if in truth we wish to learn to enjoy the good side of life and give joy to those around us.

Opposite case scenario will happen in the case of a mother-in-law who when she passes away, the husband of her daughter wrote in the following epitaphic in the head of her tomb:

"Here she rests... and everyone else too."

By honestly talking about the three great aspects that involve the essence of the same existence like for example disease versus health:

- 1) Physic, our body.
- 2) Mental, our mind, which in the bible is called "soul".
- 3) Spiritual, our spirit.

When people asked Tomas A. Edison what the secret of his success was, he responded:

"My ideas are visualized before being written."

The harmony or discord between these elements of our being will dictate the way of perception with their consequent implication, either for good or bad.

Thanks to God that although any concept rooted in the subconscious mind is permanent by nature, they can be changed so their effect in our conduct can be modified.

It does not imply that such concepts will evaporate or vanish off our memory.

They will remain there since the permanent memories are impossible to erase.

What changes, I emphasize, is its influence in the behavior of life. Thus whoever was enslaved in passions of the flesh, will be free from it.

The consequences and memories will remain in the mind and the derivations from the past will come to continue present but without influence, so the individual will remain free of the influence of the same concepts and will be able to project towards the future with new and better alternatives.

There are many ways to change a concept in the subconscious mind.

I know the most sublime and effective of all and it can be demonstrated scientifically and tested in any way to all that may ask for it at any place.

The subject consists of that which once eradicated a negative concept and replaced by a positive one, the person has the capacity to be able to transform his/her habitual conduct for his/her own good, that is at the final product, which we all are looking for.

Living every day in a hurry is the natural reaction of a series of bad accumulated concepts in the deepest part of our mind.

Therefore, it is necessary to do a modification of them, to analyze when they were acquired, who was the cause of such, to identify the irrational that is and to count on the good disposition to eradicate them by means of new elements that appeal to the objective of reason.

You will wonder how it is possible to obtain it.

It is very easy.

You have all the necessary elements to make such changes.

They are in your mind.

Aristotle (384-322 AC) student of Plato, teacher of Alexander the Great and one of the most important contributors in the west school of thought said:

"We learn by practice."

You are able to transform them because your mind is powerful and it will respond to the treatment process as well as your body responds to healing for some wound you might have.

Your mind is therapeutic; it is to say that it has the capacity to heal of bad accumulated concepts either by mistake or ignorance.

"Tomas Alva Edison was almost deaf. But he did not waste his valuable time trying to learn to hear.

Instead, he concentrated himself in that which he knew to do very well: to think, to organize and to create.

He came to be great exactly for that reason."

Anonymous.

The only thing that you must do is to analyze all and each one of the acts of your life from the morning until you go down to sleep.

See yourself like in a mirror.

Listen to the words that leave your lips when speaking.

See your behavior as the day passes.

Study your own reactions to the different circumstances by which you must come cross and at the end of the day before going to sleep, make a review of everything that occurred.

Use much amplitude as far as sincerity and honesty with yourself; anyway, if you lie, it will be deceived towards you and that is the worse thing that you can do.

There in the silence of your room, with your soul wide open and in the sublime presence of God, you begin to listen to the internal voice of the Spirit who will guide you to all truth.

Then take note of the things that you did wildly, and you will notice the lack of sanity in the same ones.

You will notice about the errors made, proffered insults, uttering curses, and accumulated stupidities.

All of it must be surrender at the foot of the cross for a new dawn. It is something like disrobe of our dirty clothes, to bathe and to put on new clothes again.

Oops, now he must live up to his own words, —somebody will say.

—To dress in new clothes, to soil them on the following day to repeat the same process... again?

That is a negative; not at all.

Remember that we are in the presence of God that makes all the things new, in one single moment and for ever.

Do not forget that any change happening in the subconscious mind is permanent, for the better or for the worst.

Chapter eight

Here are some beneficial strategies.

Do you remember the popular phrase that says, "It is better to be safe than to be sorry"?

Then let me say that Eastern people are experts in this aspect.

Here in the Western Hemisphere, we do all the opposite.

Let me explain.

What I know here, is that we go to the doctor when we become ill. —Am I right?

And when the professional at the health clinic examines us, he or she gives the prescriptions and then we go, to take the medicine to cure ourselves.

We don't have the slightest idea of what's wrong with us!

Let's put it that way, of course relatively speaking.

In the countries of the rising sun it is, to some degree, all the opposite.

There, people are going to see the doctor not to become ill.

If you are under the care of a doctor in Hong Kong and you become ill, you can take the doctor to Court and file a law suit for malpractice.

There, the preventive medicine is practiced.
Here we practice the healing medicine.

Analyzing this and being honest, it is up to us to acknowledge before the millenarian wisdom of the Eastern ones.

I'll give you an example to visualize the difference.

When the doctor puts the thumb on your wrist he says:

"—I'm going to take your pulse".

When an Eastern professional of the traditional health puts his thumb in the same place, he says:

"I'll take your pulses—".

We understand that there is one pulse.

Traditional Chinese medicine indicates that there are more than five points of pulsation and all in the same place of the single wrist but at different level of pressure.

The difference is the approach.

The Western medicine is excellent; the Eastern traditional medicine is sublime.

But what does this have to do with the theme of the book?

A lot, since if we make an analysis of the two cultures we notice that while here in the West we are passed healing from sicknesses, the Eastern ones are enjoying health and after all, they turn out to live far better life than the life we have.

This is what we should take in consideration: those aspects transferred to our culture, for good.

For example, we have to learn how to meditate.

Here I am not inviting you to become yoga or stick between mystical aspects or spiritualist rites.

Rather I desire to wake up in you the urgent necessity to qualify actually for personal meditation.

To meditate is diametrically different from the praying.

Why meditate?

We must, simply because meditation is all the way an opposite of walking up with acceleration.

And if there is something we know to do, it is to be in a rush.

To meditate is synonymous of reflection and is a recall to our mind.

It is to analyze in fragments the experience of the individual to find in it the lessons in which God wishes to instruct us and to enable us to be in tune with His good will which some have denominated "the perfect will".

It is to make an autopsy of the events happened in our life to verify how correct is the course that we took and of being necessary, to make the pertinent changes according to the sapience with which God illuminates to us.

To meditate is to sit in your bedroom or living room.

Be there without noises or interruptions.

Stay there without music or television.

Wait there only you, your soul and God.

There you will have the opportunity to see by yourself internally so as you are.

There in the presence of God, allowing that the Divine Spirit descends and initiates to guide your reasoning.

Right here is the context for the song I wrote called

“The need to be alone”:

“Then he (—Jesus) went up on a mountain where he could be alone and pray. Later that evening, he was still there.”

Matthew 14: 23

That evening at the shore of the Sea of Galilee, Jesus dispersed a multitude of between 10,000 and 15,000 people. The bible says that it was 5,000 men without counting women and children.

Jesus and his disciples came from the other shore the night before.

It is probably that Jesus made this move not necessarily because Herod was troubled by reports of His miracles but because His disciples needed a place to relax since they just came from their trip of preaching and healing people around.

The crowd came from far away.

After preaching the word and healing the sick Jesus multiplied the five loaves and the two fishes.

It was a great lesson about provision and organization.

Nevertheless, Jesus was tired and He needed a place to rest.

After He dismissed the multitude ordered His disciples to get into the boat and to go back through the same way they came.

I was about six in the afternoon.

By the sunset He has alone.

He went uphill and prayed.

He was in intimate communion with His Father until the fourth watch of the night (between 03:00 and 06:00 hours.)

This need to be alone was prolonged for at least nine hours.

During that time, Jesus made two things: first He was in close relationship with His Father in prayer and second, He was watching His disciples all the time.

How they were battling against the fierce waves upon which later He walked on.

What an interesting lesson we can appreciate here.

While we're in the darkest hour of the night, and all the waves are agitating against us, we have the assurance that Jesus is not far away; He is watching us and then, He show us the fact that those fierce waves and the antagonist storm that come against us with violence and no mercy, they are under His feet.

Also, we're instructed here to have the need to be alone in communion with our Father, and then we'll have the opportunity to pray for those who are under our care.

We have the need to be alone.

It is so beautiful that in the same way as Jesus, we have the need to be alone.

My song "Soledad" became alive on July 24th 2,004.

"To be alone" it comes from the Greek root μόνος that implies no escort, privacy, to be apart or alone.

In Spanish Soledad also is a female's name but this song is dedicated to those moments of intimacy, tranquility and relax that all of us needed in certain moment of our life.

As a professional Truck Driver, I spend around 90% of my time alone. So, I think I know a little bit what I'm talking about.

It is in those moments when we have; we need to be unaccompanied with no body around us. Not even our loved ones.

I'm talking about that personal and circle where there is room only for us.

It is there where our deepest thoughts gain development.

Those are the moments when no body is around.

It is where the loudness of life has no room.

It is when haze of life is finished.

It is when rushed and desperation comes to an end.

It is when our mind relaxes and adopts a passive posture of waiting.

It is there where time stops.

It is the beginning of contemplation and with it, the analysis of all things happening around; those that affect us positive or negatively.

We can see what that had happened and those things that will take place.

Wisdom interrupts in this celestial preface and our highest and sublime feelings begin to have room in our toughs.

As a result, the peace of God come down and takes over.

Trust and tranquility take a seat beside us.

Everything is all right because all is under God's control and nothing will be done without His powerful will.

These moments of solitude are beautiful; they are inexpressible as well as inexplicable.

Not everybody has the capacity to acquire the privilege to enjoy them.

Particularly, the youth in our days are restricted.

The intensity of modern activities denied the access to it.

Because of it, been by yourself is a hard task to have and hard to obtain.

Its price is in extreme elevated.

Only those inebriated lovers of truth will have the dispensation to find it.

In moments of solely we find that inspiration can be born.

The best strategies, the best plans that we can develop in our welfare, they come to be true when we are alone.

There, when we are on our own, we find the divine breath that refreshes our judgment; this allows us to visualize all those things that veiled our natural sight.

When we are thirsty and dry, in the deepest part of our soul, we find out that there is light at the end of the tunnel.

When we're weak and fragile when we're about to give up, to sail down, when we wish to surrender; been alone we can renew our strength, visualize with clarity, we can have

direction to keep going; courage to stand up one more time and keep going in the way of our life.

When we're on our own we can find the way to freedom inside us.

We have, for example, to learn to respect.

Benito Juárez said:

"The respect to other people's right is peace"

Somebody added:

"—And it is also the conservation of our teeth!"

I grew up in an indigenous town of Guatemala when black and white television was a single luxury destined for well-off families.

Back then the norms of respect towards others were strictly kept:

Before going to the table, wash your hands and no hats were allowed to be worn.

No speaking with your mouth full.

You must request permission to speak to an adult.

You must greet the adults with respect on the street by taking off your hat.

You will raise your hand before asking something to your teacher.

Not to interrupt any conversation between two adults.

You were obligated to say "thank you very much" when finishing eating, etcetera.

All these norms of conduct molded my form of personal interrelation for good; they have been with me since my childhood and will follow me until the last day of my life.

But our times are different now.

Even though our children grew up having been instructed under the same norms of respect, their time and culture differs considerably.

Today we live in a permissive society that has changed the freedom for libertinism.

To the good thing they call it bad and to the bad thing they call it good. The concepts of the behavior and conduct today are so arbitrary that it is almost impossible to notice the existence of ethics, moral politeness, and respect to one another.

When I must travel to the Northeast part of the country, around New York, I'll tell you of how terribly degraded we are.

90% of the time I see myself in the obligation to turn off the Tran receiver radio in the Civil Band of 40 channels.

The frequency of channel 19 (27.185 megahertz assigned by FFC FCC) destined for information of the users in the highways, is simply a way to interchange foul language.

You can still easily verify how a driver proffers curses towards another without knowing each other.

Why?

The answer is in the fact that such individuals never learned how to respect another person.

Thus, they grew up and thus they will die, unless they entrust their life to the Lord Jesus and from there, they will come into the waking of a new spiritual dawn.

It is a full bitter world of sadness, detesting and being ostracized.

With hatred in their hearts, they live offending whoever crosses their path, no matter who it is.

If there is something we must learn of the Eastern ones is the respect toward our fellow man.

Without patterns of conduct and role models, we move in such a way as if we are fierce and indomitable dromedaries of the desert going from one side to another in our cities.

It is better to see in someone else God's favor upon his/her life.

Do not see their mistakes.

Praise their virtues.

Perhaps you can emit a word of enthusiasm and lift the spirit; you will see how such a person begins to admire to you and perhaps in the future will imitate you.

Respect towards the same life includes a phrase of gratitude to God for the air that we breathe, the food that we eat, the health that we enjoy, the relatives who surround us, the work that we have and the happiness of the joy that we share.

Respect towards the old ones and the less fortunate than us is in essence a demonstration of the limitless mercy of God in our existence.

Respect makes me think twice before incurring aggressively into the space of another person in the highway or in a personal interposing.

At the same time it is an instrument of teaching by means that we are able to instruct others that don't know the meaning of respect.

For example, if somebody is behind you desperately in a line at the supermarket, it would be a very good idea to give him/her a lesson of courtesy and respect yielding your place with a smile in your lips.

I guarantee you that such person will remember you with admiration during for a long time.

We have for example; learned to be disciplined and be united.

The overweight population in the United States is something alarming.

It is an epidemic wave.

And for much of it we must thanks to our dear oriental friends who about four decades ago came with the fantastic idea of the restaurant type "buffet" that was copied from the French.

When you enter an oriental restaurant, notice yourself, in addition to the images of Buddha, bamboo canes and small golden fish that the business is run by the family.

While mom and pop serve the tables, the young are in charge to make the food; the uncle to throw the sweepings, the niece of the cleaning and the cat to eat the surpluses of chow mien.

Also notice that while we fattened ourselves eating, they remain skinny thanks to their diet of rice and vegetables cooked without salt.

So at the same time that we become ill devouring more than twenty varieties of greasy food which they put in front of our eyes, they fill to their provisions with health and money.

This is not a surprise to us.

The Chinese count on an army of more of a million members with such discipline so high that it can be compared with the high performance required of the soldiers pertaining to the U.S. Marine Corp.

False promises:

I have observed that most of the diets fail not that they are not good but by the indiscipline of the interested one in being able to take advantage of it at full range.

For example, you may remember the famous promises of the beginning of the year. All overweight people think that the gluttony of Christmas and New Year are going to be the last ones.

They will be in any case the last ones of the year.

The year initiates with plenty of spirit and optimism.

Before January finalizes, the plans, dreams and itinerary have succumbed before the undisciplined habit to continue eating without brake.

Our good force of will seems not to be in our favor in the attempt to return to the indicated weight.

And thus, we continued; we become older and the process of loosing weight is made more and more difficult until we die, fat and sick.

Chapter nine:

Look at the irrational of the being in a hurry.

Do you know that I wrote the manuscript of this book while away on the road, and while driving a truck and trailer combination over-the-road. Like a professional driver, I benefit from the privilege of carrying my portable computer.

When the time and the circumstances allow it, I write.

Please let me tell you about an experience that I just had finished going through.

The intention is to illustrate how irrational, how foolish and dangerous it is to make decisions too fast.

I was in a rest area in an interstate highway in Massachusetts.

I had just finished delivering a cargo of high value consisting of 33,019.9 pounds of computers with a cost superior to 1.5 million dollars.

The trip from its point of origin had 1,277 miles (798.12 kilometers).

Using good speed, I made it in 1 ½ days.

I was there then, resting and waiting for the allocation of a new shipment in the sleeping berth of my truck.

I spent one hour, and I suddenly woke up and I looked at my watch and I began to be hopeless and desperate.

While in communication via satellite with my dispatcher, I understood that I was the unique one on the waiting list in that city.

When I noticed that more than one hour had passed without receiving information on my new assignment, I thought that if I remained the rest of the day in that rest area, I was not going to have the opportunity to enjoy the comfort of a truck stop.

Then I decided to head towards the next truck stop that was 72 miles (115.8 Kilometers) away.

I knew that 72 miles is a long distance to cross only in search of a truck stop.

Nevertheless, I also knew that the possibility existed that my next assignment was going to be in the same route and thus kill two birds with one shot.

Without giving too much thought, I jumped in the seat and began to drive.

As I was arriving, I received information of my new trip.

I took a break at a rest area, and I realized that my new destination was only 20 miles (32.18 Kilometers) north from where I was initially.

I was angry at myself for making a quick decision and not having the patience and hope because just a little further from the point where I was originally resting was the place of my next pick up.

Anyway, I decided to arrive at the truck stop where I went, since next to it there is a supermarket that sells giant crab legs from Alaska at a very good price and since I was within the New England territory, it was worth the trouble to eat something from the sea.

How great was my surprise when I drove into the truck stop and noticed that it was hardly dusk, and completely full of trucks.

Not a single space was available for parking.

I felt frustrated, tired, hungry, and disappointed.

I got angry with myself.

More rabid than a street dog the antagonism against me grew bigger.

I had to return to the initial point of the trip driving back and saying goodbye to the delicious sea food that according to my plans I was going to enjoy.

On my way back to my original point, I was so frustrated with myself for making such a quick decision.

If I had been able to make a double of me and kick myself, I would have had the pleasure from the bottom of my heart.

But from this, I learned something when I returned to my habitual state of tranquility.

I realized that still at the time of writing this book I am so vulnerable and fragile to the temptation to fall for hurriedness and desperation like any other perplexed person.

It is something as if God was teaching me a practical and objective lesson in the school of life as to not be filled with pride.

More or less like when the apostle to the gentile requested to God to free him of the tremendous sting of the devil that distressed him, having received the divine answer in three occasions:

"My kindness is all you need. My power is strongest when you are weak."

Second Corinthians 12: 9.

As somebody indicated so wisely:

"The successful service to the Lord comes through weak servants. While weaker, the greater servant is the power of Christ accompanying to him in his teachings."

Try to cook frying a piece of meat in a high fire pan and you will see the ugly aspect it will have in your plate when you see that part of the outside is burned and the part of inside is still raw.

Put another piece of meat to slow fire and you will see the difference between both.

Which is the differentiation?

Only a few minutes!

Somebody will be able to argue that the problem is that in these days people do not have those "few minutes" to have the luxury to cook at slow fire.

I agree with it.

But you know, please leave others to follow their confused way.

You, from now on, take your cross every day and start cooking at slow fire.

Chapter ten:

Find the link between hurry and dishonesty.

Four boys arrived late at their school on the examination's day.

As their excuse they said that a tire of the vehicle in which they traveled had exploded.

The teacher with all the patience in the world gave them a piece of paper and she placed them in separated places.

She did the same question to all of them:

—Which tire was the one that was damaged?

Somebody said that every layer must have a very good memory.

The totality of life could be interpreted like the process of accumulation of knowledge with the purpose of obtaining the good that we can use to satisfy our elementary necessities that we can be proud to enjoy them and soon we'll transfer them to future generations.

Said in other words, we work to eat, to dress, to have a house, to buy a vehicle for transportation and to enjoy a little luxury that way and to inherit them to our children when we die.

But to acquire money after having one long life of studying is not an idea with which everybody gets along.

Many wishes for the benefit of it, that is to say, money, comforts and luxuries but without the implications and sacrifices and the discipline of a university profession requires.

The fact is that while less intellectual knowledge an individual has, he thinks more that he knows it all; and while more knowledge you have acquired, the more you know about the little that you understand.

The Greek Socrates (470-399 AC), better known by the development of the philosophical practice of modern pedagogical system, considered that the wisdom in a person is limited when waking up from his/her own ignorance; that the best way to live is focusing on the development of yourself, instead of pursuing material enrichment.

"I only know that I do not know anything"

It is the deep wisdom proverb.

Our mind is so ample that the learning process takes even in the privileged brains the only use of around three percent of their potentiality, say the experts.

"Intelligence is what one uses when you don't know what to do"

Jean Piaget said.

Life is a continuous mechanism of learning and accumulation of knowledge; the latest we will learn on this earth will be to die.

But what many people do?

Simply not desiring the natural order of honest prosperity, many people look for shortcuts in life and in their assumption to consider themselves more astute, they sin out of ignorance.

Paul says to us that:

"...they know about God, but they don't honor him or even thank him. Their thoughts are useless, and their stupid minds are in the dark. They claim to be wise, but they are fools."

Romans 1: 21-22.

"Rejected light is denied light; those who do not want to see, lose the capacity to see."

Anonymous.

Ignorance and lack of judgment always accompany the obstinate fool in heart.

These short ways, deviations of the conduct, generally are accompanied by criminal acts at the verge of the law.

Because of them then, jails were invented.

To rob is a criminal act punished by the law.

Depending on the offense, the punishment is applicable in conformity with its nature.

It is not just like a boy that steals a candy in the store, to that of an adult that commits murder.

Both differ radically as far as the East is from West; nevertheless, both come from the same anti ethical, antisocial and anti moral foundation.

A thief steals to have what doesn't belong to him.

When using strong force, treachery, premeditation, advantage or nocturnal condition, his whole life is consecrated to do wrong.

This comes from the maniac ego that limits us and is motivated exclusively by the necessity to acquire possessions for him, without concerning the

means that are used, or the risk that implies; although it involves inclusively, undress to somebody of the life.

However, this occurs not only with the average thief without any education that is dedicated to ransacking houses or to assaulting passers-by on the streets.

It also happens with that retailer who sells a pound of sugar at fourteen ounces; or the butcher who injects water to increase the weight of the meat; or the police that accepts a "black mail"; or the merchant who receives "money under the table"; and all that practices bribe, kidnapping and acts of intimidation to collect unlawful "tax protection".

It also can be seen in greater scale and for misfortune of many countries between the high spheres of a society contaminated in many cases, beginning with corrupted governors.

These are the white-collar thieves.

They have a university education, academic titles, and honorable positions of respect.

As much as the one who steals one million whiles being a political figure or the one that holds up a store for a few dollars, obey to the same pattern of conduct: Dishonesty, indecency, and greed.

Despite it our Lord in the Sacred Scriptures has a word of inclement application to everyone that incurs in dishonest acts:

"There is nothing hidden that will not be made public. There is no secret that will not be well known."

Gospel according to Mark 4: 22.

These words are as deep as certain, foolproof, and infallible.

It does not matter how great or small the secret is; at some point it will be of public knowledge.

When this happens; fire of shame, punishment, and live coals crown on the head of the implied one.

By being a Christian, it is our responsibility to analyze the small acts that may corrupt our spiritual life.

For example, if I enter a supermarket and I steal some thing of small value, where nobody will notice or will be affected by it; by doing this, I am demonstrating my lack of confidence in the Lord Jesus.

If I refuse to bring my offerings according to how I have been prospered by the hand of God and if I don't give the first tenth part of my income every first day of the week, I am demonstrating that I do not trust God totally. It is something as well as to say to God:

"My God seems to me that I am not going to be able to subsist with the ninety percent of which I make so, with your excuse, I am not going to be able to give you my tithes.

I believe that you're not able to replace my ten percent; therefore, I will limit myself to give you a symbolic offering, only so that others may see on Sunday morning that I give something.

I believe that your word is not effective to supply to my daily necessities; I believe that you were mistaken when you requested offerings and tithes and I prefer to remain living my superficial religious life and handling my money in the best way than it is possible to me."

If I make or buy an illegal copy of some CDs or DVDs films and the copyright doesn't belong to me, I'm not allowed to make such duplications; I am sinning against God and against the owner of the legitimate ownership.

Nobody will notice, it won't affect anybody, everybody does it—, and those are the arguments that normally are used in their favor.

Nevertheless, it has been, it is and it will continue being as insignificant as it may seem, a corrupt act at the margin of the law with its corresponding punishment.

One more time; with this I am demonstrating that I do not trust that God is able to provide for me with enough money so that I may buy an original copy.

Thus, my faith is debilitated, my anxiety grows and my necessity to continue making small acts of dishonesty will continue to increase. The result is to live a fictitious life giving a good appearance on the outside, but

corrupted on the inside, something like a whitened tomb, using words of our Lord Jesus Christ.

Money is not the problem as it is the unhealthy desire to accumulate it.

Paul very well wrote to his son in the faith Timothy in his first letter from Greece:

"People who want to be rich fall into all sorts of temptations and traps. They are caught by foolish and harmful desires that drag them down and destroy them. The love of money causes all kinds of trouble. Some people want money so much that they have given up their faith and caused themselves a lot of pain."

First Timothy 6: 9-10.

The unsuitable desire of being rich leads to temptation; it is so strong that it is almost impossible to get rid of it.

*"The destruction is complete.
One becomes a total ruin of happiness, virtue, reputation, and soul.
The urgent desire of being rich leads in a train of trivialities that ruins everything in this earth and further on.
Many families of humanity have been destroyed for that reason!"*

Barnes Warn.

The insatiable love and greed for money will harm and destroy us.
Jails, hospitals, and cemeteries are full of witnesses on the matter.

"It is better to have I peacefully glass of water and a plate of beans with tranquility, than to possess one million dollars in desperation."

It is the part of one of the songs that God inspired me a few years ago.

In the criterion of Bishop J. C. Ryle:

*"Money in truth is one of the most unsatisfactory possessions.
Acquittal many preoccupations, there is no doubt; but it brings at the same time so many uneasiness as those that take.
There is much problem to obtain it.*

*There is much anxiety to keep it.
There are many temptations to use it.
There is much guilt when abusing it.
There is much sadness when losing it.
There is perplexity when wasting it.
Two third parts of all the judgments in the cuts of justice around the world
are established by the same cause: Money."*

True happiness does not consist of possessing abundant material wealth.

If this were not true, we wouldn't hear about wealthy people taking their lives.

I highly recommend to you, if by any means possible, the old, titled film "Brother Sun, Sister Moon" produced by Paramount, directed by Faunknier Franc.

It speaks about the biography of Francis of Assisi; (1811-1226).

Back in medieval Europe, inspired by a deep love for God, Francis relinquished his privileged position of son of a well-off family.

Renouncing to all the goods coming from his father Piero Bernadotte, he returned the clothes that he took and left running naked in the middle of the streets' town towards the prairie where he found refuge in the beauty of the simple things of the life.

He consecrated his existence to the poor, took care of lepers and lived with simplicity as a vow of sanctity next to his initial eleven followers.

It was an example of genuine happiness that does not need the possession of material goods to germinate in the soul of a sincere person of God.

Chapter eleven:

Many people keep escaping from their reality.

Why do people tend to destroy themselves from in the context that surrounds them?

The answer is simple:

Their life is boring, miserable, misunderstood, bitter, exasperating, depressing, loaded with anxiety and impregnated with desperation.

With a situation that involves such ominous components who's not going to wish to leave running faster than walking from a similar scene...?

It would be necessary to be crazier than a Chinese goat and outside common sense not to wish it!

So, people, who are in these sorts of situations, automatically look for an escape valve that alleviates them.

They look for something that mitigates the necessity to shake off such desperation.

It does not matter that the escape may be temporary and at an elevated cost.

The objective is to attenuate no matter how, the grotesque adjacent circumstance.

People who feel bad with this reality, resort to anything to be able "to feel well", although it comes by an ephemeral, transient and momentary time interval.

If the mood is sad for example, they look for some antidote that produces joy, no matters if it is artificial.

For example, in need of love many take refuge in commercial sex and by lack of understanding, revenge or by natural impulse, others practice illicit and illegal relations outside of the marriage.

Some become fanatics of the pornography whereas others are transformed into addict of the television.

There are some who take refuge in the gambling and games of chance; others safeguard a secret life of aberration and erotic distortion.

There are no few that look for refuge in the ingestion of food.

Three tacit ways exist to disintegrate themselves from the reality:

One is alcohol and tobacco; second are illegal drugs and third, suicide.

Why do people wish to escape from their surroundings?

This is simply because they do not like it.

The interpersonal psychological pressure at work or at home makes that the average person stays in a constant stress.

Did you know that the pills that are consumed more in the United States are the medicines to calm the nervous system?

Depression, sadness, melancholy, and anxiety have devastated the emotional state of million of individuals that require professional aid immediately.

Nowadays the professional psychiatrists, psychologists and counselors are very busy in their corresponding fields of work due to the great demand of their services.

Unfortunately, there are those that are dedicated to swindle people as they are “spiritual guides” or they are ominous or sellers of faith.

The reality of life is so bitter for many that the only way to escape although is by awhile being drunk, drugging themselves or in the worse one of the cases, committing suicide.

But the effects of the quick fix come with a very high price.

The problem is that while the alcohol destroys the liver; tobacco, the respiratory system, and the drugs the brain, all are in the end addictive.

The alcohol and tobacco destroy the physical organs which affect the mind.

But the worse addiction is the illegal drugs since these destroy the cells of central, peripheral, and autonomic nervous system that do not have the capacity to reproduce again.

Thus, the conduct is affected irreversibly.

The interrelation between the people, family circle and work is deteriorated in progression until the victim finishes his days going to jail, to a physical or mental hospital and possibly the final destiny is a premature death.

God granted us a strong and harmonious body that can live around seven or eight decades of life.

Everyone is a responsible administrator for the body that God gave us. Therefore, when a person incurs on the vices in mention, physiological and psychologically he shortens such existence.

By each cigarette that is consumed, one minute of existence is lost, say the experts on the matter.

Each glass of alcohol or beer is mining the digestive system progressively. The liver is the most vulnerable organ in most of the cases.

Each incursion in the territory of narcotics plays a good part of the nervous system, with immutable negative repercussions.

This is so bad, that at the present time people don't die in their nineties, as they used to, but long before their fiftieth birthday.

It is not the will of God that a person prematurely passes away but the consequences of a bad administration of the health shorten the life inescapably and unavoidably.

We then have greater jurisdiction and authority than God in relation to the length of our lives?

I say absolutely no.

God is all-powerful, invariable, and immutable.

Although God is the owner of our existence, he has allowed us to manage our body, to administer it wisely.

A vehicle is something as good as that when leaving a factory, it has the guarantee of being efficient for many years.

Providing the routine maintenance to the car and using it properly, this automobile will be able to work by several decades.

If on the contrary, we neglect and abuse it every day; for sure it will not last us the time that the manufacturer intended it to.

“Don't blame God when you are tempted!

God cannot be tempted by evil, and he doesn't use evil to tempt others.

We are tempted by our own desires that drag us off and trap us.

Our desires make us sin, and when sin is finished with us, it leaves us dead”.

James 1: 13-15.

As well as the exercises of our faith are predestined to shine the best spiritual health for us, earthly temptations are briefed to produce the worse thing than it can produce in us.

No of these crutches of life can produce good results over any argument that fencing in its favor.

They produce dependency, addiction, slavery, disease, and death.

As humans we are inclined to attribute to others the cause of our sin.

When God cannot be blamed as it is the case of previous the Biblical passage, we blamed to the modern psychology saying that sinned it is a disease.

But sin is not a disease; it's a moral fault for which everyone is accountable for.

Some people use their own theological hypothesis as excuses:

"—Jesus turned wine from water at the wedding of Cana in Galilee..."

"—Paul recommends to his son Timothy to take wine because of his diseases..."

"—Lot was drunk and sexually assaulted by his own daughters... "

"—If I don't damage anybody, it's not bad..."

"—You know that everyone is doing the same thing all the time..."

Please, don't forget that "a text without context is only a pretext".

It is possible beloved reader; it is possible to live this life free of vices; with no need to take the chains of condemnation that come with its consequences.

It's simply necessary to practice yourself to live the life as God wishes for you and not as our sickly consumer society dictate us.

The decision lies in each one of us.

Nobody can or must be forced nor by suggestion or persuasion to do anything by obligation.

God made us free of vices and thus we can remain this way for rest of our lives.

Moses, although it's unknown the place of his grave because it was God that in secret buried him to avoid idolatry, said:

"Moses was a hundred twenty years old when he died, yet his eyesight was still good, and his body was strong....."

Deuteronomy 34: 7.

Whereas "the days of our age are seventy years; and if in the most robust they are eighty years... "(Psalms 90: 10) people of our times pass away much earlier than before because of the accelerated and destructive bad way they live.

The thing is that the damage is initiated by us.

Chapter twelve:

Overthrowing the ego

During the first year of my pastoral ministry in 1979 a great friend of mine, a Presbyterian pastor advanced in age and wisdom, gave me a very good recommendation and advice.

He said to me:

"—If you want to be successful in the ministry, you have to be very careful about the three 'pees' that affects all minister:

The P for "pisto" (money, —in good Guatemala Castilian); never let money be your avarice source, covets and quarrels. Do not serve the Lord because of money.

The P for "poder" (power); either never permit that the pride, boastfulness, and vainglory find nest in your heart.

And the P of "patojas" (girls, —in good Guatemala Castilian); be also very careful about women."

So, we're talking about money, authority, and sex.

These are the three great sources of tragedies and misfortunes when they become the fundamental objective of your life.

The modern acceleration demonstrates that people are looking for to obtaining material goods for the exaltation of the own egocentrism painstakingly.

The word "ego" comes from the Greek language that means "I".

The primary objective in the acquisition of objects, aren't much the use or service that such thing can provide.

This has come to stand out in second term of importance.

For example, I need a vehicle to be transported.

I go to the car dealer lot and choose not the one that I really need but the one that is going to be the envy of my neighbor, admiration between relatives and friends.

If I must jeopardize my word for which I must work more arduously or obtain another job or a partial time, I will make it in order to leave with the taste of pride and drive out the vehicle I want.

Therefore, I add more activity to my schedule every day with which I am shortening the privilege of being able to rest or to spend more time with my family.

Something worse happens with the ladies.

People say that they dress not as much to wake up the attractiveness towards the opposite sex; but they do it to give envies to other women.

The same principle is applicable in many other aspects of daily life in which the obtaining of material goods refers to.

But when life turns around the person and this person become to be the center of the universe, we left the parameters of happiness and tranquility since there we broke a law of the universe:

We came here to live and serve.

I much like to listen to a friend of mine, a Baptist pastor:

"Who ever do not live to serve, he does not deserve to live."

In the words of our Lord Jesus:

"If the seed of grain does not fall on the earth and dies; it cannot take fruit. But if it dies, it brings much fruit for itself."

John 12: 24.

When we contemplate the reality that we have come to this earth to adore God by means of service which we render to our brother, life itself takes a completely different tone.

Life becomes much more interesting, attractive, dynamic, energetic, and exciting.

Then, and only then we can see others not like a competition or an enemy but as somebody whom we could help if necessary.

Then we'll see others like an opportunity to be able to demonstrate the love of God that flows in our hearts and when we serve and we give to others by means of compassion, we serve God with genuine and free fervor without prejudice.

Once upon the time a little piggy complained to a cow that life was unjust.

"—All people praise cows because they give milk and their derivatives and of us, pigs, they only say insults related to our obesity and dirt..."

After thinking about it for a little while, the cow responded:

"Perhaps it is because we give when we are alive. —"

This simple but complex exercise of faith, to give and to serve, elevates us to the sublime heights of the Spirit and it allows us to demonstrate that our faith is not a single complement of beautiful rhetoric of external appearance.

When we begin to think more about the necessity of our fellow man that in ours', the blessings of heaven are poured down as waterfalls on our existence.

This is an unshakeable law in the universe.

When we enter into the presence of God with prayer and intercession about others, in the end of we forgot to request about us knowing that God is careful of whatever we need, and he will replace in abundant way in his moment and for the glory of his name.

And it is that, at the end of our life from this earth we'll have not much to carry. We'll only take the dressing with which our loved ones deign to cover our body without life.

In my last will I have asked to my beloved family to write these words on tombstone as soon as they deposit my mortal body in the cemetery of San Lucas Sacatepéquez, Guatemala next to my father:

*"Naked I came from my mother's womb,
and naked I will depart.
The LORD gave, and the LORD has taken away;
may the name of the LORD be praised."
Job 1: 21.*

If there is something in truth that fills us with satisfaction is the privilege to be able to serve our fellow man with joy and spontaneity since it is one of the fundamental intentions of our existence.

If our life turns around "me", we will have unpleasantness and we will finish our sad days in scarcity.

The ego cannot be overthrown of the center of our heart because that is the nature we were born with and is part of the Adam's inheritance.

We are self-centered since birth.

The only way to re-establish it is giving up our hearts to Jesus not only as our Savior but also as our Lord will reign in our life.

To confess Jesus Christ as Savior is one thing; to proclaim him as Lord of our life, is different.

To pay neglectful attention to God's request through the preachers and the Holy Scriptures to obtain peace with him in Jesus Christ, is the worse triviality that a human being can incur in.

To live far away in opposition to God's will, is the same as to be battling for the egomaniacal tragedy of live; offending, detesting and hurting to everyone around, no matter if these are our loved ones.

This is the best of ground where the seed of dissonance germinates indiscriminately at the individual, family, social, national, and international level giving rise to war in anyone of its multiple expressions.

Pride, egoism, vanity, and vainglory are inseparable ingredients of a full life of hurries.

Sadness, disease, pain, and death will be the unequivocal results.

With it I do not emphasize that a calm person does not die; since we all must return to dust sooner or later with the exception of those that may be alive when Jesus Christ once again returns to settle down his real kingdom between the nations according to the divine eschatological panorama.

The intention here is to demonstrate that to live without alacrity it is to live better and to obtain it is indispensable to undress the negative characteristic of the human personality that I have mentioned, related to the "selfishness".

Learn to live for others and you will see how you will benefit in abundance because when we died to ourselves it is when in truth we begin to experience the great fullness of and the beautiful things of life.

Love.

To love our self is not a bad in it; on the contrary to be deficient of self-esteem is cause of great mental tribulations and behavior.

My children laugh when I see myself in a mirror and with a smile I say aloud to my reflection:

"—O God, why did you make me so handsome...?"

(I know that it is lie because all fairness I am not all that I say, but I say it so that they can realize that it's good to love oneself and so that they can understand that self-esteem is important for our physical, spiritual, and mental health.)

The problem that sometimes we love ourselves much more than we must, then it is there where the problems really beginning.

We must invert this principle.

Instead of loving us so much, we must turn it upside down in love towards others.

The thing is that for that reason we do it, because the truth is we love our loved ones, friends, neighbors, and people we know.

They in return, love us back.

But one thing is to love those who love us back and that is an easy task in fact requiring no effort at all.

The complication is accentuated when we're demanded to love those people who don't get along with us.

We have to love our enemy.

Well... this already sounds a little difficult to digest.

It will be possible?

Humanly speaking... No.

In human nature it's impossible to love back those who hate us.

We harvest feelings of revenge, wrath, resentment, and anger like part of the inheritance coming from the original sin.

The only way that we can return love in exchange for hatred is after having understood and experienced the love of God spilled in our hearts like a proven experience by the testimony of the Holy Spirit operating effectively in us.

That is the key: love for and from God.

In Acts 7: 54-60 we found a virtual example of love to those who hate us. Take a look at the first martyr of the early church Stephen, who testified about the gospel, the following Passover after the crucifixion of Jesus Christ, when he sealed his testimony dying by stones.

He saw heaven open and imitating Jesus at the cross, he exclaimed:

"Lord Jesus: receive my spirit..."

Jesus said:

"Father, in your hands I entrust my spirit."

Luke 23: 46.

"Lord, do not take into account their sin."

Jesus said:

"Father, forgive them because they do not know what they do."

Luke 23: 34.

The accusatory position against Jesus and Stephen was the same one: pronounce threats against the temple in Jerusalem.

So then, you are able to love your enemies and even praying for them for whom the love of God has become something real for your own existence.

We then become a prototype of the personality of Jesus!

“And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.”

Second Corinthians 3: 18.

While the love of God is something theoretical, philosophical, cloudy, or incomprehensible, you will never be in the capacity to surpass the limitation of your own original nature.

To understand the love of God we must begin to develop love for God.

And this is the most sublime of all feelings rooted in a human being.

We have to love God.

The anonymous author of the following classic poem has shaped it skillfully in the following words that have been registered for perpetuity:

*"It does not move me, my God, to love you,
The heaven that you have promised to me.
Either moves me hell to fear you,
I cannot stop, because of it, to sin against you.
You move me, my Lord,
It moves me to see you nailed at the cross and suffering,
I tremble to see your body so wounded,
I am moved because your insults and your death.
Inspires me, in short, your love, and in such a way,
That although there should not be a heaven,
I still will love you,
And even if there should be not hell, I will fear you.
You do not have to give to me because I love you,
Because although what I hope did not wait for,
Just like I love you, I will still love you."*

This literary jewel was including like one the one hundred better poetries in the world by Don Marcelino Méndez Pelayo.

In his commentary on the matter, Fr. Martin Angel, wrote:

"The love about crucified Christ had never reached such degree of purity and intensity in the sensitivity of the poetic expression.

In dates in which the superficiality based in the fear to the doubtful destiny of men is further on, the motion of the popular mercy, this poet guesses right to forget prizes and punishments to provoke a love that, by true, does not need the interested incentive of the corrective one, but that is born clean and deep of the painful contemplation of the martyrdom whereupon Christ rescues men.

That is the only effective reason that it can move us to separate from the ingratitude of his martyrdom at it derives from a love in such an extreme way.

The style is direct, energetic, almost penitential by naked it of ornamental figures and resources.

It is not the imaginative beauty of the language which defines this sonnet, but the force whereupon gives up to everything that is not to love.

The language, resigning to the makeups of the appeared language, relies on and connects, in admirable conjunction, from the strong and muscular form, to the mystical nakedness of the content."

Then and only then, in as much as we loved God in a close way, we can love our adversaries.

Another formula does not exist on this earth.

In other words, we don't love our enemies so that God loves to us. We give love to them in as much as we love God; and in as much as we love God, we give love to them.

Love your enemies tacitly and leave God in charge to compensate us in public for the glory of his name and honor of the gospel.

Here is a laconic practical illustration:

A pastor and his wife were praying by many years to the Lord so that he provided them a small house that adapted to their financial limitations. A good day they encountered a tremendous offer of a house that exceeded the desires of both at a fabulous price.

When the salesman showed the house to them, their jaw dropped because of the low price and good deal that it was.

Asking about which was the reason of the low price, the agent spoke to them with honesty saying to them that this house was reduced in its cost due to the neighbors alongside.

He said to them that this individual was so hostile, that several families had previously bought the house and they had to leave also.

—That's not a problem,
They spoke.

—We'll buy it.

They closed the business as soon as they could.

They went to visit with the neighbor who always was in a bad mood so he slammed the door to them in their face.

The first morning, they found their small dog that they loved so much beheaded next to the door.

They bended their knees and prayed and she took a plate of hot soup and placed it before the door of their neighbor.

The following day they found the walls with all type of unpleasant words indicating them to go away.

Another dish of good food was placed to the door of the bitter neighbor. And thus the weeks passed.

Whenever they received an insult or offense, they always took an exquisite plate of food the door of the neighbor and in secret, they prayed for him without saying a single word.

One day this neighbor was waiting for them and when they arrived with the corresponding plate of food, this time he was full of rage and asked them

about the reason they were always kind to him in exchange for his badly rudeness.

The pastor responded:

"—You are a person entered years that live a very bitter life.

We know that when you die you will not go to heaven, but you will have sufferings and pain for the eternity.

So, with the food that we bring to you in exchange for the damage that you did to us, we only wished that you could enjoy just a little bit here on earth since you will undergo much in the eternity."

In that very moment the anger became shame and with tears in his eyes he requested to them that they start speaking to him about the God that they knew and who had made them be so admirable.

The old fox quick-tempered person ended up receiving Jesus Christ as his Lord and Savior and since then he was the best neighbor in the world.

Love for other makes you slow down the revolutions of an apprehensive and anxious life and vindictive in exchange for peace and tranquility in your soul to get to the bottom of the most difficult problems than appear, with the aid and intervention of God.

Chapter thirteen:

The anxiety and restless related to the violence.

Our society is characterized by the violence.

All type of violence that goes from the verbal aspect to the execution of life. Violence is part of our natural inheritance.

It makes us violent.

To kill, to fight, to attack, to insult are the bread of our every day.

The first registered violent act in the history of the humanity goes back to the first two children of Adam and Eve.

Back in the dawn of history it tells us that the first bad boy said to the good one:

"Let's go out to the field.

And while they were in the field, Cain attacked his brother Abel and killed him."

Genesis 4:8.

The envious attitude of Cain soon became a diabolic action that produced the first murder.

The massive mass media is bombarding us every minute praising the violent behavior.

I offer you an example of one of my ex-patients:

Esteban (fictitious name) from Cuban origin was fifty-seven years old when he first visited my clinic in Miami.

He had served as secret police in the guard of Fidel Castro in Cuba and had under his conscience the official and confirmed execution of seventy-five people.

He had contributed to the execution of innumerable tortures and was used to see suffering of his prisoners until the last breath.

Esteban was tired of having to take pills against depression and anxiety.

By night he had nightmares; the eyes and voices of his victims throughout the night followed him in a paranoid way.

The most interesting is that when Esteban didn't take his prescribed medicine, and then descended to his soul feelings from wrath, resentment, and revenge; mainly, a growing desire to kill.

He only wanted to see blood; to smell blood.

He needed to make slowly another person suffer until death.

Such feelings have their origin in the darkest part of his personality and filled his soul and wore down Esteban's conscience.

Something as hot coal ignited with fire coming from the same hell under the instigation of Satan.

Esteban, —what a poor man he was!

His therapy never was completed since by an overdose of his own pills he was taken to the emergency room of the hospital where he was pronounced dead in the middle of moaned and anguish, desperation and fear when facing his last step that would take him to the threshold of the unknown after death.

Violence only drags more violence.

The inflamed consequences of aggression, mark life with inexpressible sadness; nevertheless, it is something that also entertains us.

All people that are devoted to films about killing and bloodshed are only that, a bunch of fans. If they were put in a position of danger on neither the reality of life to see death undergoing another human being, nor the stomach of them would be able to support the terribly hateful feelings about the reality that is to be around death.

Death is not something exciting or amusing.

It is not a distraction.

Real death is accompanied almost always by pain, suffering, distresses, weeping, desperation, and spiritual wretchedness.

These are components that the best producers of films have known to disguise, with a touching of flavor by means of sounds and scenes with special effects.

The films differ from the reality as the East from West.

The more violent the film is the better probability of success it at the box office.

Hollywood has operated very well this form of entertainment.

Can movies influence our behavior?

Two men in North Hollywood, California a few years ago did a holdup at a bank.

Armed up to their teeth with automatic pistols, rifles, and semiautomatic machine guns of high caliber AK-47 of Chinese manufacture, they initiated their incursion during the first business hour.

The police surrounded the building in a matter of minutes but after the settling of the bullets' interchange, they realized that their weapons were inferior to those of the bank robbers.

The shooting lasted more than one hour.

There went off more than ten thousand projectiles exchanged until cornered, one of the delinquents committed suicide pulling a shot in his mouth whereas the other bled to death by the wounds caused by the police bullets.

When the investigators made a scrutiny of the delinquent's house, they found a copy of the film "Heat" played by Robert de Niro and Al Pacino.

And what can you say about the electronic games of sadistic nature that our children, boys, and in my humble opinion, adults of mental immaturity, enthusiastically play today.

The violence actions are so graphic that it is only necessary that they invent a system in where the blood leaves the screens.

Violence related with our youth.

In the same week to find me writing this part of the manuscript, I knew by means of the news that a young man of nineteen years old, Hawkins Robert, armed with semiautomatic AK-47 fired indiscriminately of bullets at people at a mall of Omaha, Nebraska.

Nine people died and there was five more wounded.
Soon he committed suicide.

What makes these young people lose the stirrups to go to such extremes?

I strongly believe that it is because of lack of peace in their soul and the lack of a genuine personal relationship with God.

They lack the ability to face and to solve their acute problems of the daily life.

A violent system of life

Look at our contemporary youth involved in violence as modus vivendus:

The gang Salvatrucha MS-13 composed in its majority by young people from Guatemala, El Salvador and Honduras is the greatest criminal organization in the United States.

They had their origin in Los Angeles, California in 1980.

It is believed that by the end of the 2005 this band of young criminals had enlisted more than 50,000 members.

Today its outlaw activity is expanded already to Canada, Mexico, Guatemala, El Salvador, Honduras, Colombia, Spain, England, and Germany.

The criminal activity that keeps them busy can be mentioned as:

- Contraband, consumption, and sales of drugs
- Buy and sale of firearms
- Trafficking of people
- Murders by payment (Homicide)
- Robberies
- Assault to officials
- Kidnapping and
- Intimidation and collection of "tax of protection".

Their motto is:

“You rat, you die.”

(If you provide information to the police... you must pay it with your life).

In 2005 60% of the prison population in El Salvador was related to the influence of this organized band of delinquent young people.

This mockery criminal personifies a socioeconomic gangrene where the ideal feasible clarification on this dilemma is the dissection of the contaminated component with the purpose to redeem the rest of the organism.

If you have a basket with twelve apples of which two are rotten, the most reasonable thing to do is than you remove the bad fruits because:

First, the decomposing process is irreversible.

In other words what is already rotted is without doubt, a loss.

Second, the rotting process is polluting.

If you do not take them out of the basket, the bad apples will transmit the state of rottenness to other good ones, until it's a total loss.

And third, only a single miracle could turn the bad ones into good.

The same principle is applicable to a person who because of cancer in an extremity needs to decide between remaining alive with one single leg, or on the other hand, allowing that individual to go whole to the grave.

The most reasonable thing is to amputate, and such determination does not involve in the minimum any signal of cowardice or fear; on the contrary it is considered like a worthy heroic act of admiration and respect.

We know that a miracle is the divine intervention in a human circumstance where the laws of nature are broken.

There is no other way to explain a possible change or transform the rotten apples.

So, the only alternative is the divine intervention by means of which it is almost impossible, but not impossible at all.

Nicky Cruz was the well-known leader in the violent gang of the Mau Mau in the streets of New York who came to the feet of Jesus Christ and was changed for good.

With his testimony of more than four decades preaching to young people submerged in the violence around the world, he says to us:

"They need to listen to a different message and need to listen now. They come hopelessly to our 'invasions' looking for an alternative from the circle of abuse from drugs, alcoholism, and violence. We must offer an alternative source of security to them in exchange for what they have in the gangs. They do not surrender to the authorities that have disappointed them all their life. But believe it or no, they will respond to the message of God if it comes from someone that has survived the same hell."

For a young delinquent to transform his destructive path simply requires a miracle.

Nothing less will be ineffective and counterproductive.

Humanly speaking it is impossible.

Reformatories, jails, and prisons have served as base and seminaries where initiations are enabled in techniques, tactics and methods in the school of crime.

Here we find a tacit example of the irreversible negative consequences in the mind affecting the conduct by means of the narcotic use.

In simple language, drugs kill the brain.

Then these young people while living for ruthlessness, they have become logs for the bonfire of hell and, although it is difficult to digest, preordered for perpetual sentence and eternal reprobation.

*"Can the Ethiopian change his skin
or the leopard its spots?
Neither can you do good
who are accustomed to doing evil."*
Jeremiah 13: 23.

Today we're living an era when life value worth no much.

A few days ago, I met a partner that works for the same company as me. We only exchanged some words for a few minutes, and I took advantage of this to ask him a series of important questions.

This truck driver is a retired U. S. Colonel in the Marines that served the country for more than twenty-six years, having made trips to Vietnam, Panama, the Persian Gulf and Iraq.

He also culminated his professional studies as a lawyer, and he had served as judge in his city.

With somehow similar background, he is also content and satisfied driving trucks.

What made an impact to me was the answer that he gave me while we spoke about the war in the Middle East.

He said that the people there don't have the same concept about the value of life, like we have here.

For them he said, life is worth less than nothing; it is well if in exchange for the life of one American soldier, one hundred of them die in the attempt.

Perhaps this type of interpretation about life is eloquently summarized in the ominous words of the most wanted terrorist in the world, Osama Bin Laden:

*"Americans love life; that is their weakness.
We loved death, which is our strength."*

Can you see what this satanic instrument of destruction said the day after the American troops attacked terrorist bases in Afghanistan:

"We did not differentiate between those with military uniform or dresses from civilian.

All of them are shot to the target in this FATWA (holy war).

The war has only begun; America will have to wait for our answer."

When life is valued with this formula, we're looking at the most grotesque distortion ever imagined.

Which is the antithesis to the violence?

Peace.

Peace and love but not like the one at the time of the hippies during the Seventies with its symbol of a broken cross down when the liberty was confused by libertinism by means of wasted music, sex, and narcotics.

How to have peace when we undergo violence even within ourselves?

Here's the answer:

One of the qualifying titles with what Isaiah identified Jesus Christ is "Prince of peace".

Jesus Christ is the incarnated emissary of peace from our unique God and the one able to produce the peace of God in our hearts.

The cross is a symbol of perfect peace.

The vertical part of the cross reminds us that by means of Jesus Christ human being can obtain peace with God.

The horizontal part of the cross lets us know that in as much as we have already made peace with God; it's possible to experience peace with our fellow man.

Then, the cross symbolizes peace with God and between us.

However, one thing is to know about the peace of God; another one, to experience peace with God.

Peace of God is that characteristic that is known as part of its infinite personality.

Unlike the hundreds of worshiped pagan military and esoteric mystical gods around of the world through all the ages, God is God of peace.

Thus I identify with Paul when he said:

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4: 7.

Jesus Christ said of himself:

*“Peace, I leave with you; my peace I give you.
I do not give it to you as the world gives it.
Do not let your hearts be troubled and do not be afraid.*

John 14: 27.

Please, let me clarify to you that as Christians we have been called to be docile, not stupid.

*“I am sending you out like sheep among wolves.
Therefore, be as shrewd as snakes and as innocent as doves.”*

Matthew 10: 16.

In original the Hebrew when it is said to us:

“You shall not murder.”

Exodus 20: 13.

"You will not kill", the verb is in its passive manifestation.

The commandment specifically talks about the act to assassinate, not the capital punishment.

This order speaks to us about the respect of the human life.

It indicates to us that we do not have to kill another person to finalize an aggression or in the culmination of a whole revenge process, or by negligence.

The passive emphasis entails a connotation that is not applicable when you're found in the obligation without alternative to neutralize an individual to defend your life, your home or your country.

Let us give the case for example, that you go on the street and an assailant attacks you with the intention to steal your things of value without mattering that for it he must take away your life or hurt you in a traumatic way.

You have the divine, sublime, and legal right to safeguard your own life.

If you have knowledge in the field of self-defense, easily you can neutralize your aggressor although for its necessary to use a couple of mortal blows.

I guarantee you that no judge on earth will dictate a verdict against you if you are able to demonstrate without a shadow of a doubt that you acted one hundred per cent in legitimate self-defense.

Tranquility is not either meant to be slow or passive.

To have peace and tranquility does not imply to do things in "slow motion".

Life is dynamic and flows continuously.

Its rate does not have to obstruct the peace inheritance to us from God we have obtained through the gospel.

We are in the world, said Jesus.

But we are not part of this world.

Our spiritual citizenship is in the celestial heights from where the peaceful that comes. It helps us to face our daily problems.

It's something like being at the center of a hurricane where although everything around is turbulence and destruction, while remaining in the same one, a tranquility incongruous peace, exists.

We are something like the purest white tenderness of the petals in the irises that grow among the mud of the tropical forest.

Chapter fourteen

Right now, is when we can see inside ourselves.

"Look within yourself"

I have reserved for this last chapter the lyrics of a musical composition that the Lord granted me some time ago.

This song was born as the result of the observation about the behavior of most of the people whom I have had the opportunity to analyze.

We return to the same circumstances:

Most of the people lived wildly and always in a hurry.

Quickly, stressed and confused as they go from one place to another pouring out their existence at every minute and with every breath they take.

And the end, what does it really account for?

I'll repeat it once more:

With the minutes the hours go by; with the hours, the days; with the days, the months; with the months, the years and thus life disappears as the water escapes between the fingers.

Today we are, tomorrow... only God knows.

And what did we do? Why did we strive with desperation? What ever happened all together becomes just a memory with our body in the cemetery and from there ... to be forgotten.

It is true that this life is ephemeral and fleeting because soon, in the blink of an eye we're gone.

Many believe that there is nothing else after death.

The problem is not that life is short, the subject is that eternity is very long and according to the Holy Scriptures, we have only two alternatives: perpetual life or eternal death.

Whenever a professional musician listens to my music, they suggest that I shorten my lyrics, since the radio broadcasting stations, or television channels prefer them to be around three minutes.

My songs are very long, I do admit it.

Well, that is their style according to their commercial commitments.

In many cases I have attempted to reduce the time of my interpretations, for sure; but when I remember that it is my duty to demonstrate that in walking in stress it is not always the best way to follow, I just keep going with my own style although for many it seems obsolete, boring or outside of context.

With no further delays, here are the lyrics of the engaged song:

Sight within your being: (D Major 4X4 05/12/06)

You who strives

And you that are hopeless

Walking stressed out,

At all times.

You're that are oppressed,

You that suffer,

Always expecting to be the first.

Hold on still,

Please watch your life:

You're killing yourself.

And what you have,

*When you will die,
To whom will it belong?*

*Your anxieties,
Have become ill to you,
And your eagerness, made you older.
When you lie down,
Or when you rise,
Bitter and pain are always in you.
Your avarice, and your greed, always disturbs you:
And what you have, when you'll die,
To whom will it belong?*

Choir:

*Look inside yourself:
Your soul moans to be born.
Give it the opportunity,
You gamble the eternity.
//If you understand me, you'll know:
Thirsty you will never be.//*

*It is not with money, is not with rites,
That your conscience will be so peaceful.
Neither the selfishness, nor envies,
Will be a way that will prosper you.
Without charity, your brotherhood is not a true:
And what you have,
When you will die, of whom will it belong?*

*Do you forget that what we see is always fleeting, is not forever.
And like the grass, and the like a fog, are your days,
And for that reason, now; stop and listen,
Look at yourself; you're killing your self:
And what do you have,
When you'll die,
To whom will it belong?*

Synthesis

It's up to us now to execute a summary of everything that has been said for the realization of the fulfillment of the call and the challenge explained in the preceding pages.

1. Not necessarily to have abundant responsibilities, good pay, leadership and public recognition, is synonymous of happiness.

2. The task of auto disciplining ourselves today to live a life without promptness becomes difficult since our contemporary society, the advance of science; the technology and the communication have made of our life an eddy of hardships and races.

3. Despite our system of automated life and numerical system, we cannot forget that we are people with feelings and emotions; dreams and objectives to reach.

4. Smile. It is healthful for the body, the soul and the spirit.

5. To recognize that it is necessary to make a stop on the way to meditate and to be able to appreciate life as a whole realizing that living all the time in a rush, is detrimental and dangerous.

6. Make the suggested exercise in chapter three changing unnecessary aspects and eliminating what is not needed.

7. Learn to live with simplicity from what you eat to what you wear.

8. Do you wish to lose weight?

Eat green vegetables, no fat meats and drink only pure water with honey.

9. Time belongs to God, and he has granted a specific period on this earth to every one of us. We are administrators and therefore, we must give accounts of the good or bad use that we did with it.

10. Adopt a mental attitude of action in favor of others.

11. Use the beauty of simplicity.

12. Worrying is a sin against God.

13. You have to be elementary in your eating habits learning to eat slowly, without preoccupations, with joy and simplicity of heart.
14. Get use doing one thing at a time.
15. If it possible, take a nap around your lunch time every day.
16. Our mind is the extraordinary instrument of our intelligence.
17. The Conscious receives; the unconscious protects, and the subconscious mind files all the information which is retained by means of concepts that mold our conduct.
18. Visualize life entirely recognizing that to live quickly is a natural reaction of negative concepts acquired erroneously.
19. Meditate and pray analyzing yourself sincerely and from the inside out.
20. It is better to take care before you get sick from being mad all the time, than cure later any disease.
21. Develop a style of respect for life, with blessing and appreciation for others.
22. Our good will is uncertain and ineffective causing deceptions to those who trust it.
23. To live which rapidity is irrational as far as its nature, it becomes a synonymous of insecurity and fear of failure.
24. Do not base any of your decisions, assuming.
25. It is not necessary to run or even cook your food in a fast way.
26. Everyone who lies must have a very good memory.
27. Do not look for shortcuts in your life; it is counter-productive since generally they always end up going to jail, hospital, or cemetery.
28. Remember that any indecent or immoral act will be brought to the light sooner or later.

29. To steal much or little constitutes an openly deny of God's veracity, capacity, and power.

30. The use of drugs, tobacco and alcohol is a false valve of escape to the oppressed reality in which many people live with; and in the worst-case scenario ends with suicide.

31. We are administrators of the body and life that God has granted us in a way of a loan; a bad administration is the equivalent of the shortening of our existence.

32. It is possible to live without vices by means of the intervention of God in our life.

33. You must be very careful on the adjacent danger of money, sex, authority, and pride.

34. We have come to this earth to adore God by serving others.

35. By tending to the necessities of others, God will provide for all our needs.

36. Naked we came to this world... the same way we will go away.

37. The only formula to overthrow the ego of the heart is to surrender unconditionally to Jesus Christ's lordship.

38. To love our enemies the same way that we love us places us in the will of God when we become receivers of the virtue to give back good in exchange for bad.

39. Violence is part of our original nature; do not forget that brutality attracts more hostility.

40. Television and the cinema contribute to mold an aggressive personality.

41. Violent behavior as a way of living is destroying the life of millions of young people in our days.

42. Although in many countries of the world life is worth less than nothing, Jesus Christ is the only alternative to rescue us from evil.

43. The cross is the symbol of perfect peace towards God and the fellow man denoting the power of the countercultural Christian alternative.

44. When we have the opportunity to see inside ourselves we will only be able to recall to our mind that we have to live without hurrying.

Conclusion:

One says that to know a special person you need only one minute; one hour to admire him; one day to know him and all life long to forget him.

You are for me, dear reader, that special person.

Bibliographical credit:

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