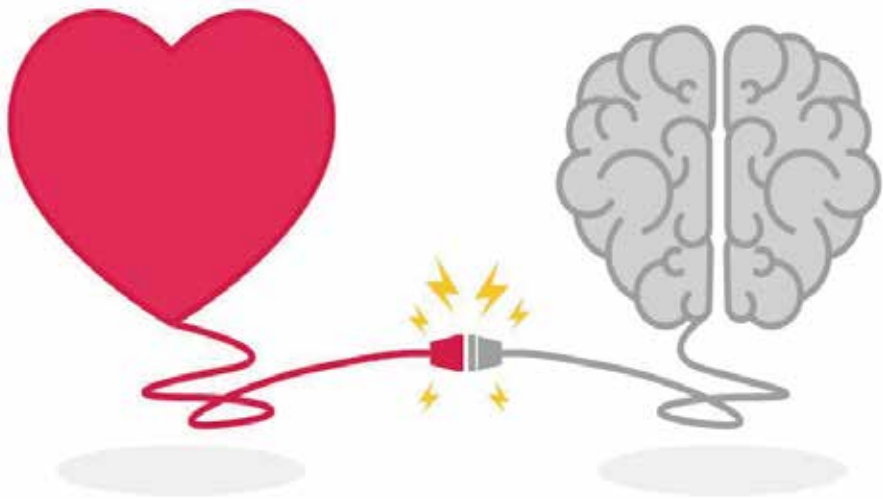


Toolbox




*Useful Application to Transform
our Individual and Social Life*



How to Use this Toolbox

1. *Read*, preferably in a loud voice, the messages herein propose to stimulate your brain power on a daily basis.
 2. *Practice* a brief *reflection* about them. If you do it with closed eyes, it improves your concentration, receptivity, and assimilation.
 3. Then, *breathe* at least three times: inhale, hold and exhale air slowly. This promotes a mind's alliance and commitment with body and action.
 4. *Put on hold this process after the sixth day*; have a break on the seventh day and then, restart it the next day, and then back again to the same cycle, up to one month. This way you allow your mind some convenient rest and a healthy waiting time.
 5. *Continue* with this practice until it becomes a habit throughout your life.
- The chosen messages are founded on diverse traditional knowledge and have been conveniently updated. It is not about making a quick or just instructive reading of them, because the results depend on a personal training process. A daily practice is recommended, at any time, hopefully in the morning hours; but if you interrupt it, retake the whole process adapting it to your own rhythm; be persistent with good spirits. Add new and invigorating messages for your brain, as per your own goals, and use always this toolbox freely.

There are more tools you can have access to, if you visit the website Abrirotroscaminos.com (*Openingotherpaths*). : +57 311 619 5572. Luis R.T. Franco.



Messages to Stimulate your Brain Power, Day One

- *I accept myself* the way I have been and am now, with all my merits and mistakes, without wearing me out with useless regrets.
- What I am now is not equivalent to what I can be and valued for in the future because it is always possible to *improve my current situation*.
- *I take responsibility for* and I am aware of my affairs and aspirations; no one will do it for me.
- As much as others are my fellows, there is no other person in the Universe like me *I am what I am*, I can do what I can, and I am worth what I am worth.
- *Feel good*, be truly happy, that's what it is all about. And this is possible, only, if I do not make those around me feel bad.