

MAGAZINE

# AGRI Dulce

“This is how transformation sales”

## "Rays of change, the key to a transformation"

numerology · health · radiant · worldview  
destinations · emotion art · conscious · color  
finance · the couch · namaste · well-being  
new favorites · nutrition · what if · humorous  
the interview · alchemy · voices of triumph



[agridulcetransformacion.mx](http://agridulcetransformacion.mx)



NO. 2 - JUL - 2024

Illustration: Hublester Lodoza

# AGRI *Dulce*

Welcome, dear readers of Agridulce!! In this edition, we embark on a journey of personal transformation and constant discovery towards our best version. Each page is infused with inspiring stories, deep reflections, and practical advice to guide us on our path. Each article is an invitation to explore the most intimate corners of our lives, embracing both the sweet moments and the challenges that make us grow. We are committed to accompanying you in this process, providing you with tools and perspectives that illuminate your path to well-being and fulfillment.

Enjoy this summer-tinged trip!



*Brenda Soriano*

Editorial Director



# INDEX



Click on the little house and always come back here

**numerology**



**the couch**



**namaste**

**health**



**well-being**



**radiant**



**new favorites**



**worldview**



**nutrition**



**destinations**



**what if**



**emotion art**



**humorous**



**conscious**



**the interview**



**color**



**alchemy**



**finance**



**voices of triumph**





# Love compatibility according to you

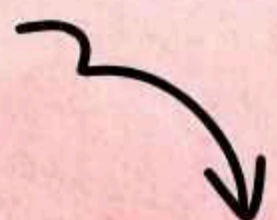
## Numerology



Love compatibility according to numerology is generally determined from the life number (or destiny number) of each person. This number is obtained by adding the digits of the complete date of birth until it is reduced to a single digit.

### To calculate your life number, follow these steps:

1. Add the digits of your day of birth.
2. Add the digits of your birth month.
3. Add the digits of your year of birth.
4. Add the results obtained in the three previous steps until you reduce it to a single digit.



For example, if you were born on May 23, 1990:

Month: Day: Year:

Day:  $2 + 3 = 5$

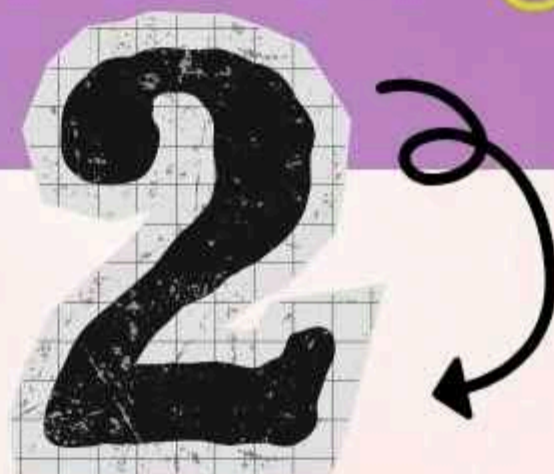
Remember to reduce to a single digit



Month:  $5$

Year:  $1 + 9 + 9 + 0 = 19 \rightarrow 1 + 9 = 10 \rightarrow 1 + 0 = 1$

Total:  $5 + 5 + 1 = 11 \rightarrow 1 + 1 = 2$



And this is how we get our life number:

Numerology is not only used to understand individual personality and abilities, but also to explore love compatibility between people. Each number has specific characteristics that can influence how it relates to other numbers. Next, we will explore how different numbers interact in a love relationship.

## Number



- **High Compatibility with 3 and 5:** The 1 is independent and a leader, which combines well with the 3, who is creative and communicative, and with the 5, who is adventurous and adaptable.
- **Low Compatibility with 4 and 8:** The 1 can have conflicts with the 4, who is structured and practical, and with the 8, who is ambitious and controlling.

- **High Compatibility with 6 and 8:** The 2 is diplomatic and cooperative, which works well with the 6, who is responsible and affectionate, and with the 8, who provides stability.
- **Low Compatibility with 1 and 9:** The 2 may feel dominated by the 1 and disconnected from the humanitarian objectives of the 9.

## Number



## Number



- **High Compatibility with 1 and 5:** The 3, being expressive and optimistic, gets along well with the 1, who is determined, and with the 5, who is versatile.
- **Low Compatibility with 4 and 7:** The 3 may find the 4 too rigid and the 7 too introspective.

- **High Compatibility with 2 and 8:** The 4 is stable and organized, and complements well with the 2, who is cooperative, and with the 8, who also values structure.
- **Low Compatibility with 1 and 5:** The 4 can clash with the independence of the 1 and the need for change of the 5.

## Number



## Number



- **High Compatibility with 1 and 3:** The 5 is free and adaptable, and enjoys the company of the 1, who is innovative, and the 3, who is creative.
- **Low Compatibility with 4 and 7:** 5 may find 4 too restrictive and 7 too distant.

- **High Compatibility with 2 and 9:** The 6, being responsible and affectionate, gets along well with the 2, who is diplomatic, and with the 9, who is compassionate.
- **Low Compatibility with 5 and 7:** The 6 may find the 5 too unpredictable and the 7 too reserved.

## Number



## Number



- **High Compatibility with 2 and 4:** The 8 is ambitious and efficient, and is complemented by the 2, which is cooperative, and by the 4, which is structured.
- **Low Compatibility with 1 and 7:** The 8 can have conflicts with the 1, which is also dominant, and with the 7, which does not share its material objectives.

- **High Compatibility with 4 and 9:** The 7 is introspective and spiritual, and gets along well with the 4, who is stable, and with the 9, who has a humanitarian vision.
- **Low Compatibility with 3 and 8:** The 7 may find the 3 too superficial and the 8 too materialistic.

## Number



## Number



- **High Compatibility with 6 and 7:** The 9 is compassionate and humanitarian, and gets along well with the 6, who is affectionate, and with the 7, who is spiritual.
- **Low Compatibility with 1 and 8:** The 9 may feel in conflict with the 1, who is individualistic, and with the 8, who is materialistic.

## Virtual Consulting

Would you like to know your numerological chart to enhance your areas of opportunity and achieve your fulfillment?



# Brenda Soriano

Wellness Consultant



Sígueme



Sígueme

Contact me



PRODUCTS OF

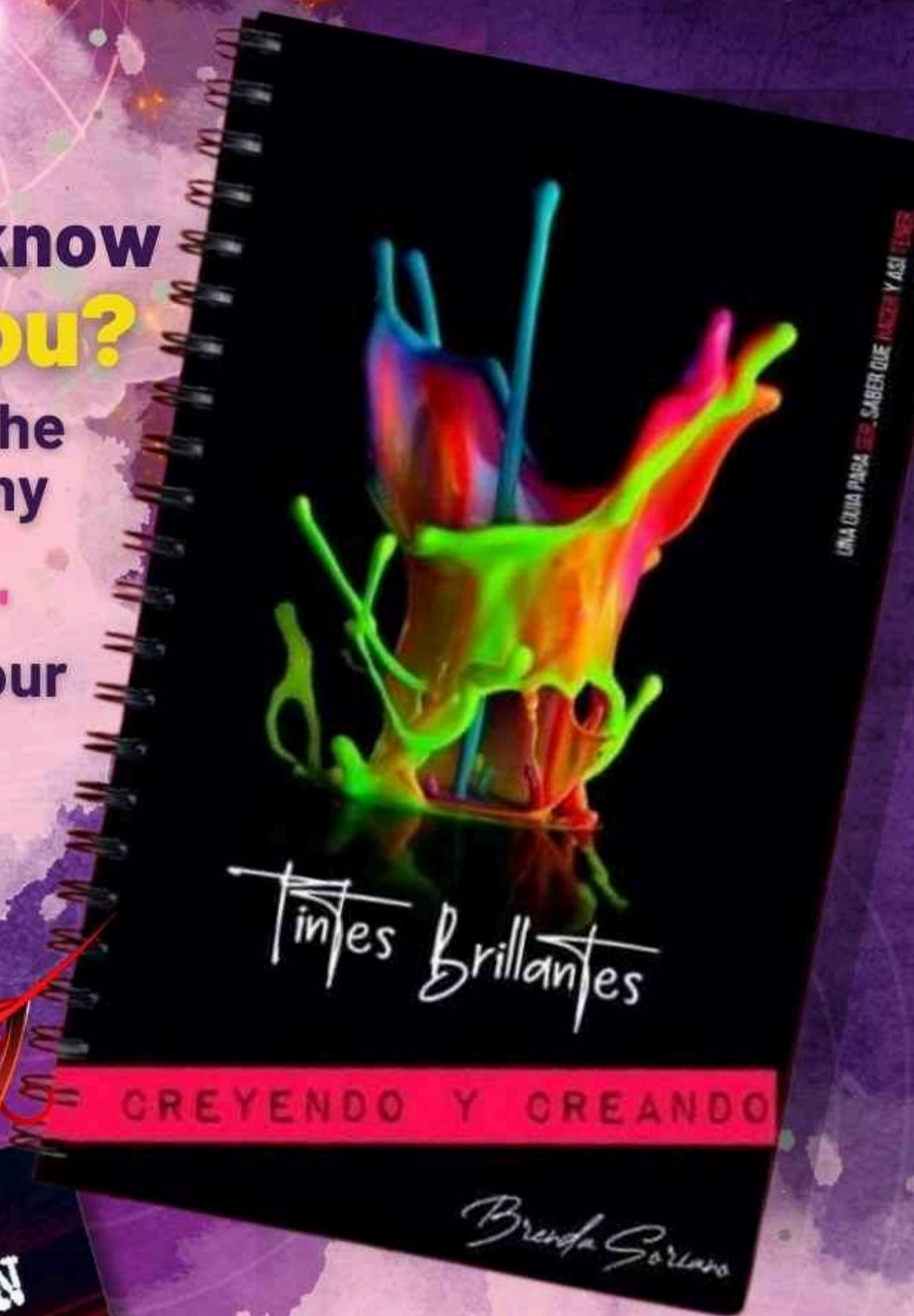
*Brenda Soriano*



**Comprar**

**And you, you know  
Who are you?**

Find out with the  
exercises in my  
notebook,  
**"Bright Dyes"**  
and unleash your  
full growth  
potential.



**LAS ALAS DE UN  
AVE MORIBUNDA**

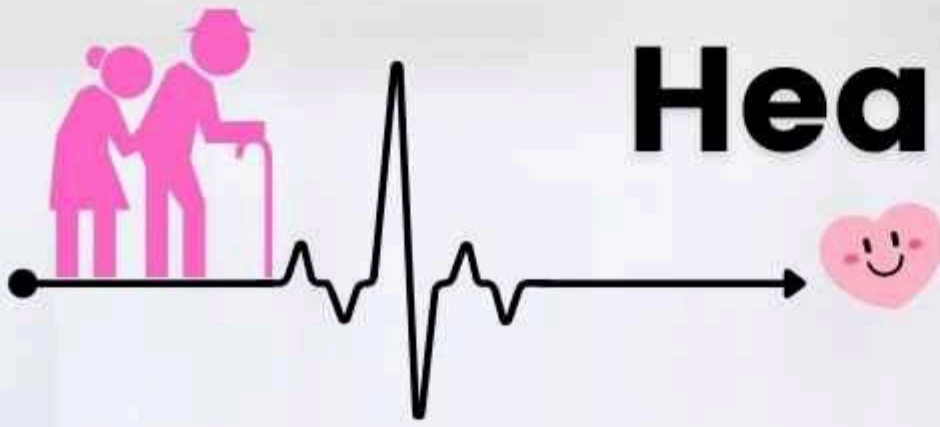
A story that will  
help you redefine  
your life.

Immerse yourself  
in its pages and  
begin your  
**transformation.**

Por Brenda Soriano



health



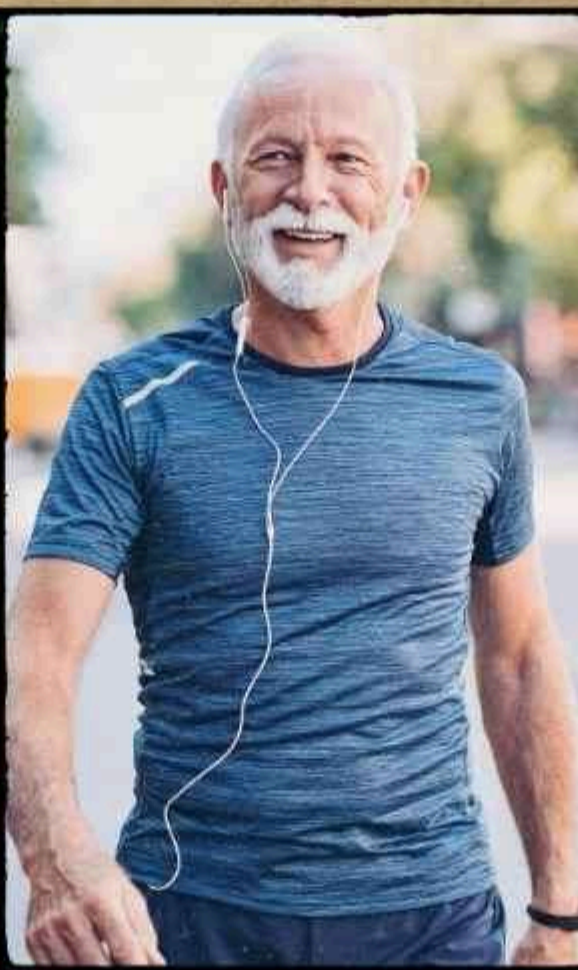
# Healthy Aging

We never visualize ourselves as the years go by living each of the stages of our life with all the physical and emotional changes that occur. This should definitely be a project that begins from the moment we are born, taking care of our health in all the important areas of the human being, but unfortunately we do not do it.





Imagine for a moment that you are 75 years old. How would you like to be physically, emotionally and socially? I assure you that you had not thought about it.



First, it is important that you know that in our country, currently, life expectancy, which is the average time that a human being lives according to data from the INEGI, is **78.8 years** for women and **75.5 years** for men. If we compare it with the data from 10 years ago, it has increased significantly, which means that we live many more years.

The aging process is irreversible, progressive and inevitable, and is related to the years of life of each individual and the care we have given to our body.

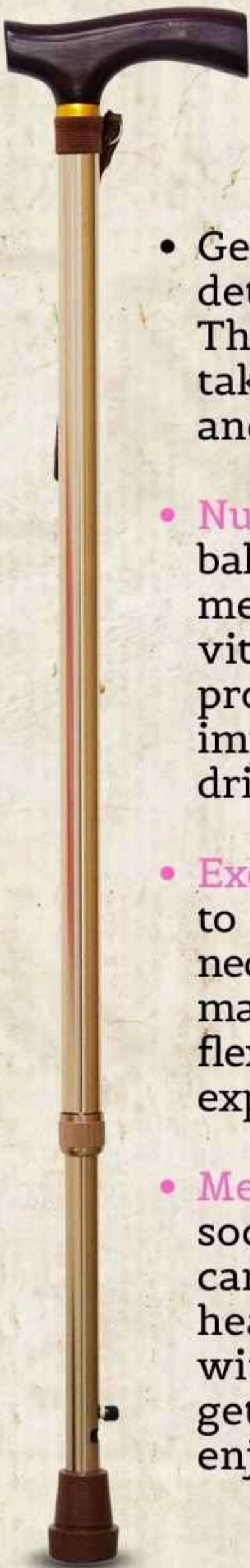


I think it is extremely important to generate awareness that it is a process that we hope to live with dignity, being self-sufficient until the last day of our lives. Therefore, it is important to start by removing the ideas that it is normal for teeth to fall out, to lose height or weight in older adults, among others, when in reality adequate care in time can lead us to avoid it.

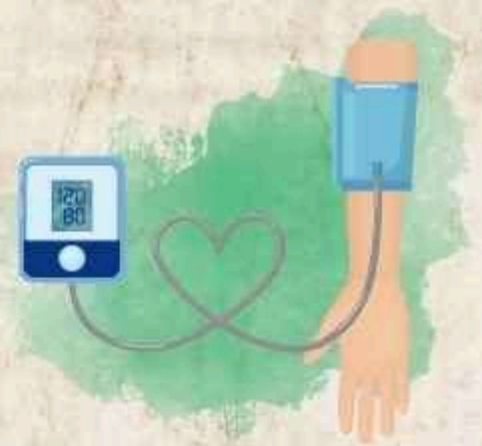
That is why **Geriatrics** was born, which is a recently created branch of medicine that is responsible for helping in this aging process, intervening at the age of 60, when it is considered, according to the World Health Organization, as Elderly.

It is important to understand that the care of older adults is multidisciplinary, which means that the intervention of several specialties such as ophthalmology, otorhinolaryngology, orthopedics, etc. is required. These interventions depend on the conditions of each patient. The main objective of these interventions is to ensure that we can carry out our daily life activities alone, emotionally stable and inserted in society. It seems like a difficult task, but in reality it is not, although it does require a lot from us to achieve it.

To reach this goal, we are going to break it down easily into interventions that we can start doing right now, no matter what age you are:



- Get regular medical checkups to detect any health problems early. This includes having blood tests, taking blood pressure, and vision and hearing checks.
- **Nutrition:** it is important to eat a balanced and nutritious diet, which means consuming foods rich in vitamins and minerals, avoiding processed and sugary foods. It's also important to stay hydrated by drinking enough water.
- **Exercise regularly:** it is not necessary to do intense workouts, but it is necessary to do exercises that help us maintain muscle strength and flexibility, always supervised by an expert to avoid injuries.
- **Mental health:** Maintaining positive social and emotional relationships can have a great impact on our health. This includes spending time with friends and family, as well as getting involved in activities we enjoy.



## Denice Cazares

Geriatric Physician



Sígueme



Sígueme

radiant



# Tips to grow your hair fast

## "Tips for healthy and strong hair for men and women"

Healthy hair typically grows 1/4 to 1/2 inch (0.5 to 1.2 cm) per month. Therefore, the key to growing hair quickly is to have healthy hair. If you want to take care of your hair, wash it with warm water, condition it, brush and cut it regularly, and avoid thermal styling tools. Get plenty of vitamins and minerals, along with plenty of water, to keep your hair strong and have the best chance of growing it quickly.



**radiant**

## Use sulfate-free hair products to protect your hair



Opt for hair care products that are made with natural ingredients, as they will keep your hair nourished and hydrated. Sulfates tend to increase frizz and dryness, leaving hair more brittle in the long run.



## Avoid chemical treatments such as keratin treatment

Although keratin is an essential protein for keeping hair strong, the ingredients and high temperatures used in chemical treatments do more harm than good. Such treatments often thin the hair, leaving it more vulnerable to breakage and loss.



## Wash your hair with warm water to prevent breakage

After washing your hair with warm water, rinse it with cold water to close the hair follicles. This way you will reduce the risk of suffering from frizz and hair loss.



**radiant**

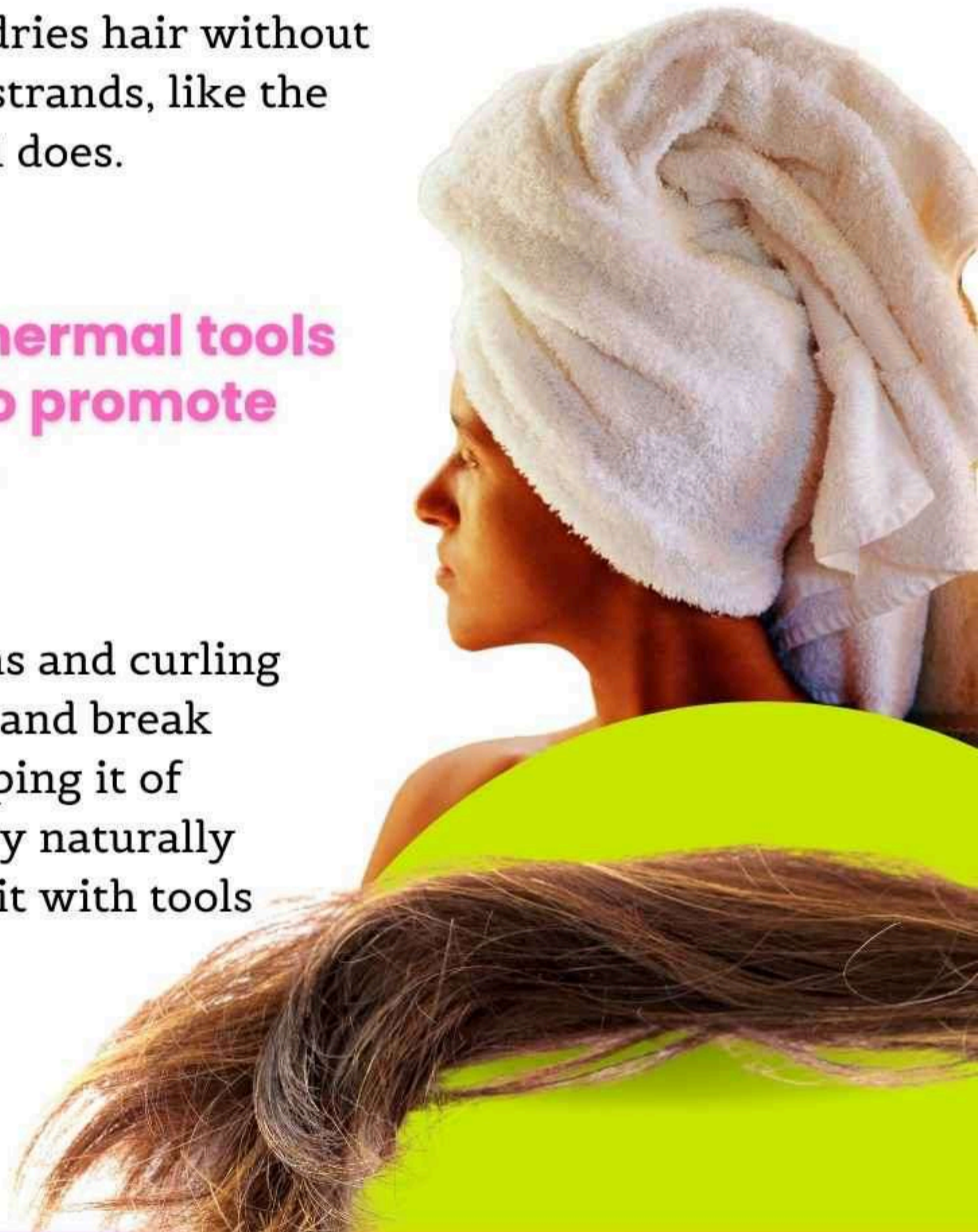


**Use a fine  
microfiber towel  
to dry your hair**

Wrap it in a microfiber towel as you would a thick cotton towel. The microfiber towel dries hair without damaging fragile strands, like the thick cotton towel does.

**Avoid using thermal tools  
on your hair to promote  
faster growth**

Straightening irons and curling irons can damage and break your hair by stripping it of moisture. Let it dry naturally and avoid styling it with tools thermal.



**radiant**



**EL SECRETO  
MEJOR  
GUARDADO**

In short, taking care of your hair involves a combination of healthy habits, from using the right products to eating well and avoiding excess thermal tools and chemical treatments. By following these tips, both ladies and gentlemen can enjoy strong, healthy hair that reflects their vitality and general well-being. Remember that hair care is an investment in your long-term appearance and health. Dedicate time and effort to your hair and you will see the wonderful results!



**Valeria Quintana**

Stylist



Sígueme



# ALDEA YAAKUN

— THE JUNGLE EXPERIENCE —



Aldea Yaakun is the ecotourism development that gives you the opportunity to invest in the Riviera Maya. Favorite destination nationally and internationally. It offers you 450 m2 lots, a security booth, a bike lane, shopping areas, restaurants, an outdoor gym, swimming pool, sports areas and 2 beautiful cenotes. Contact now to learn about the monthly interest-free financing plan and all the details of your best investment.

Location / Capital Gains / Construction Options / Sustainable Development



Informes



# Pachamama who is it?

In the western region of South America, in the area known as the Andean region, there is a diversity of indigenous peoples who descend from the original people who inhabited this region of the Andes Mountains, several centuries before the conquerors arrived in this part of the world. To locate ourselves today, this area covers current territories of the countries of Peru, Ecuador, Bolivia, Chile and Argentina.



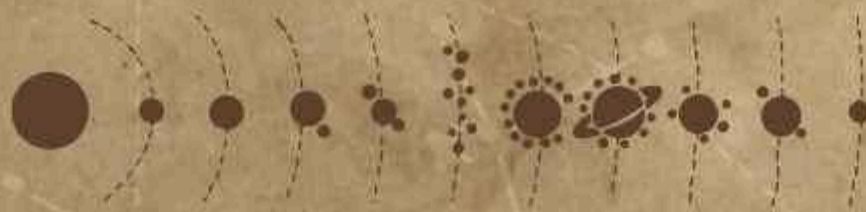
The Andean peoples have been characterized by keeping an ancient culture alive, dedicating themselves to domesticating species for their agricultural activity through a deep knowledge of the species to be able to cultivate them in accordance with the time and the natural conditions of their environment (climate, soil, temperatures, etc.). In addition, they were also artisans who created textiles, pottery and ceramics. They are also remembered for the archaeological constructions that they have inherited in said region.

While this is not a history class, it is important to remember where the Andean people come from to understand where we are going with this article. Part of recognizing the history of the Andean peoples in today's modernity is that they have precisely managed to keep their culture alive, despite the social and cultural changes, especially from the colonial era and accentuated even more with the arrival of the modernity of the last century.

The worldview, understood as the way in which a people conceives the universe and in turn perceives themselves in it, gives each people a very particular vision, since it depends completely on their culture and, in turn, this culture is linked to his worldview.



To learn a little more about the worldview of the Andean peoples, I return to the words of Griselda Gunther (2014): “From the same indigenous (Andean) perspective, all acts and behaviors have consequences not only for the community, but also cosmic, generating the anger of hills or the sadness of rivers. Full life involves achieving total harmony with the community, Pachamama and the cosmos. There is no substantial ontological difference between the human being and the rest of the beings and phenomena, which is why they cannot be considered inferior or objects. This implies that anthropocentrism, as we know it, does not make sense from the indigenous Andean worldview. Man does not conceive of himself except as part of that fabric of connections of the cosmos and conceives himself as an 'equal' part to the rest (without privileges) (De Paz, 2002).”



Griselda Gunther



Now, I would like to break down these words a little more to deepen the understanding of said worldview. In the first instance, it is mentioned that what we do and how we do it has consequences in our social environment, but also in the natural environment that surrounds us. This implies, from the most local to the cosmic level, as indicated there, in turn provoking emotions in the elements that are part of nature; highlights that both mountains and rivers can feel these emotions.

By emphasizing that human beings, other living beings, elements of nature or natural phenomena do not have a hierarchy, it is explained that no one is the owner of anyone, because to begin with everything that surrounds the human being is represented as another being and not like an object. In addition to the recognition that everything that exists can be conceived as "a being", since there are no hierarchies in being or having, the human being is then conceived as part of that interweaving that forms the entire universe and not as the owner. of the same. This implies that we treat what surrounds us as another being that deserves to be respected and treated as our companion.

When referring to who Pachamama is, I am not only referring to giving a Spanish translation of this word, but also to trying to briefly make known what the Andean peoples share with us about who they live with and thanks to whom they have what they need. to exist. Also in this Andean worldview, nature is conceived as a being, who is named "Pachamama." This beautiful word has its origin in the Quechua language, **Pacha** which is interpreted as **world, cosmos, universe, Earth**, and **mama** which means **"mother"**

In this sense, it is likely that someone thinks: "well, they also call nature mother, so mother nature must be the same as Pachamama, therefore, it is not new to know this." However, this is not the same. I say the above because it made me question if it was the same and if it was just named differently in that region of the world. In fact, it has been complex for me to try to really understand what Pachamama is, since my culture and my knowledge are not based on the little I know of what the Andean peoples have received from their cultural heritage.

What I do understand and share here is my interpretation from what I know, have experienced and have lived. On the one hand, to my mother, who has been a being that I value not for what she has but for what she is. She is home, where her food is not food but the seasoning of love that takes away your hunger, because she is firm but fair, she is empathetic and cuddles you when you feel sadness, hugs you when you feel angry, demands you to improve, celebrates you When you achieve an achievement, it boosts you when you have trouble trusting yourself.

This is what I know and understand to be my mother. Also now that life has allowed me to create a life, I have known from another perspective the inexhaustible love that as a mother I feel towards my son, the home that I want to be for him, to accompany him on his path as long as we have to live together in this world.


So, if I project my knowledge and experience, I try to glimpse Pachamama as a mother who gives us everything to live, but who, although it is a home, will also bring us challenges to live and coexist with her and everything that makes her up. .

Then I came to understand that Pachamama is loved, cared for, celebrated, thanked, offered, respected and lived with, treated as a spiritual being, as a mother and therefore Therefore, from it we also receive benefits and gifts that allow us to live our daily lives in harmony.

When I reflect on it, I realize that it is not the same as what I have been taught, so I prefer to share what I understand (in part) of this worldview of the Andean peoples, leaving aside the materialist idea of the “environment” or of a nature seen as an object of convenience that is extracted, exploited and deteriorated, and which in turn does not have the slightest right to defend itself.

The latter is what is most difficult for us to unlearn, since from religious, political and economic ideology, we have been taught that human beings have the right to take ownership of what is on Earth (even beyond), and therefore Treat however you want everything that your god has given you, what you manage to conquer (through power and violence), or what your money is enough to buy. Under this logic, there are no beings more powerful than humans who can do and undo as they please, under the assumption of the freedom that this gives us.

It is for this reason that this ideology focused on the so-called human power has no place in the worldview of the Andean peoples. But how can we ensure that this transcends and does not remain only in the thinking of people, but rather reaches the actions of modern societies? In both Ecuador and Bolivia they have achieved that the Pachamama is recognized as a being subject to rights, framed in their Constitutions.



It has taken on a transcendental legal role and, well, in addition to giving it recognition, it allows the cultures that have adopted it to have legal tools today to defend, care for and protect what their ancestors have inherited. In addition, today in Latin America the Pachamama Day is also commemorated on August 1st, a celebration that is increasingly becoming more visible and recognized by various communities around the world.

It seems to me that opening ourselves up to other visions of the world will allow us to adapt to the changes we are facing. It can give us tools to rethink what type of reality we will build, a destroyer or a transformer. These reflections also invite me to question that this transformation can no longer be understood as a series of individual changes, but must start from transforming how we relate to our Pachamama, since I trust that this would affect how we relate to ourselves and with others. "everyone" who is part of this universal fabric that disrupts all around us.



## Faty Lodoza

Economist and University Professor



**Escribeme**





XIQI  
YEHUA

"The flower that never dies"



Follow

destinations



# Türkiye & Greece



## "From Anatolia to the Greek Islands: An Unforgettable Adventure with Friends International Travel"

This is how the transformation tastes: from ancient history to island serenity. Imagine embarking on a 21-day journey through cities and landscapes that seem straight out of a dream. This is the trip that our friends at Amigos International Travel invite us to live. From the majesty of Istanbul to the idyllic Greek islands, this adventure promises to be an experience that will transform your perception of the world.



**destinations**

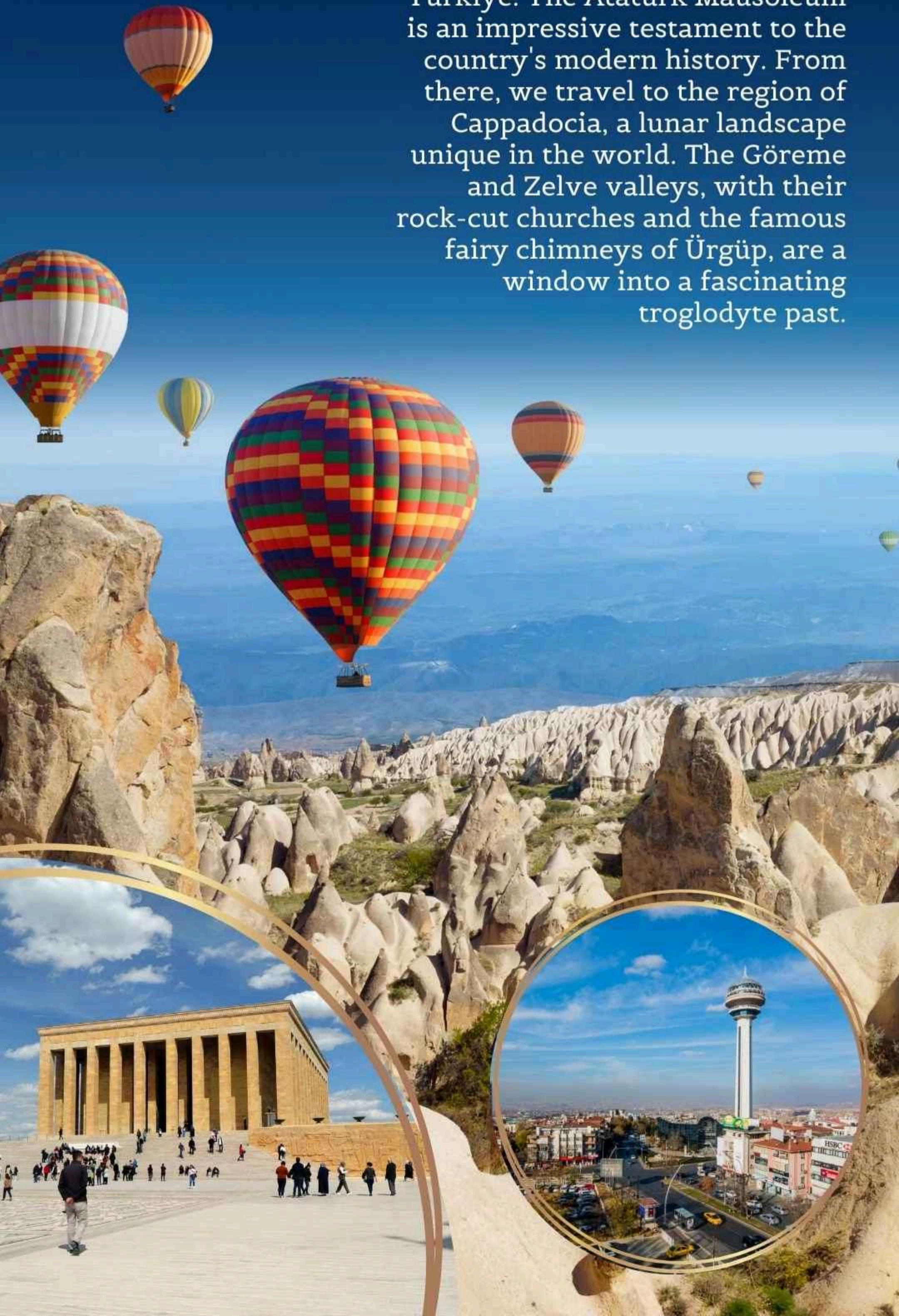


## **Istanbul, where East meets West**

The trip begins in Istanbul, the great city of Türkiye. Here, history and modernity intertwine in spectacular ways. From a scenic walk through the city to a welcome dinner on the famous Galata Bridge, every moment is an invitation to explore. Visiting the Old City, with the iconic Hagia Sophia and the Basilica Cistern, is like walking through the pages of a history book. A boat ride on the Bosphorus allows you to enjoy the unique view of the city that extends on both sides of the strait, while the Spice Bazaar and the Grand Bazaar envelop you in a mix of aromas and colors.

## From the modernity of Ankara to the magic of Cappadocia

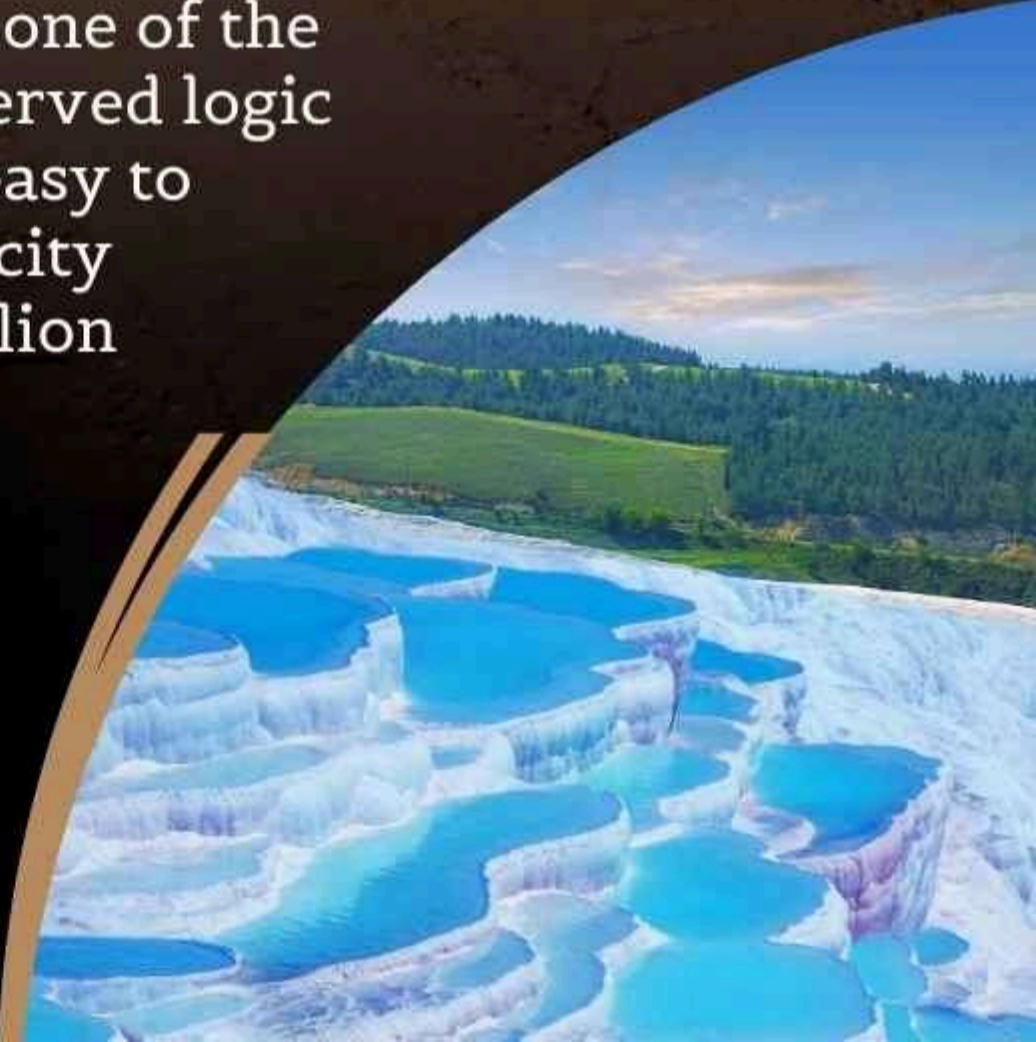
Leaving Istanbul, the route takes us to Ankara, the capital of Türkiye. The Atatürk Mausoleum is an impressive testament to the country's modern history. From there, we travel to the region of Cappadocia, a lunar landscape unique in the world. The Göreme and Zelve valleys, with their rock-cut churches and the famous fairy chimneys of Ürgüp, are a window into a fascinating troglodyte past.



Pamukkale and  
Ephesus, natural and  
archaeological  
wonders



Pamukkale, with its white travertine terraces and hot springs, is a natural wonder that feels like paradise on Earth. A few kilometers away, the ancient city of Hierapolis offers a glimpse of life in Roman times. Continuing towards Ephesus, one of the archaeological sites best preserved logic complexes in the world, it is easy to imagine the greatness of this city that housed a quarter of a million inhabitants two years ago a thousand years.



The journey crosses borders into Greece, starting in the vibrant city of Athens. Here, the history of Western civilization unfolds before your eyes. From the Temple of Olympian Zeus to the majestic Acropolis, Athens is an open-air museum that invites you to discover its secrets.



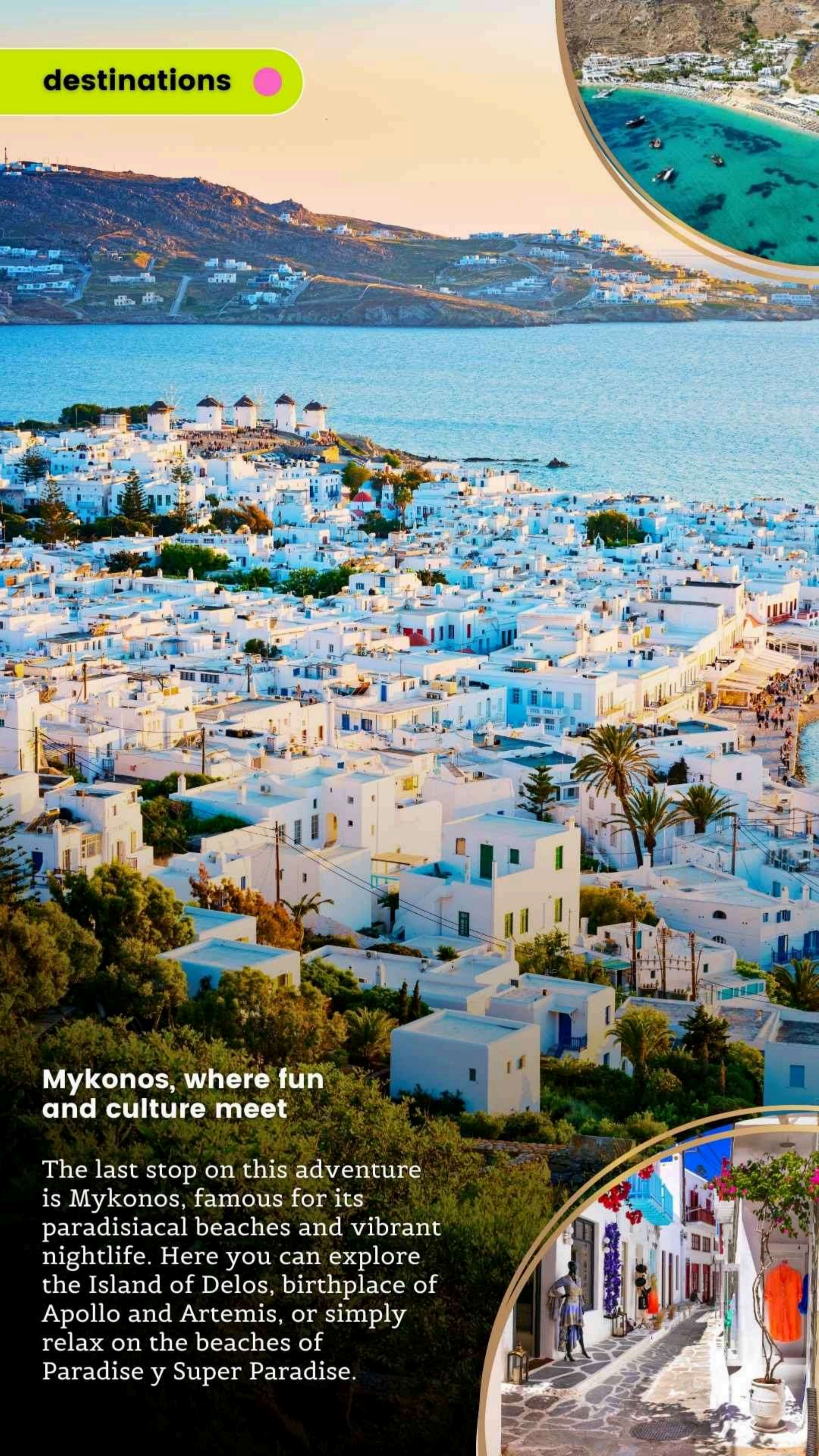
## destinations

## Santorini, the joy of the Aegean

Santorini is the next stop, an island that combines natural beauty with rich history. Its white houses with blue roofs, perched on cliffs that fall into the sea, are a living postcard. Enjoying the sunset in Oía, exploring traditional villages and tasting local wines make every day in Santorini an unforgettable experience.



## destinations



### **Mykonos, where fun and culture meet**

The last stop on this adventure is Mykonos, famous for its paradisiacal beaches and vibrant nightlife. Here you can explore the Island of Delos, birthplace of Apollo and Artemis, or simply relax on the beaches of Paradise y Super Paradise.



# The end of a journey, the beginning of eternal memories

This 21-day journey is an invitation to transform your perspective on the world. From historic Istanbul to the golden beaches of Mykonos, every day is an opportunity to discover, learn and marvel. With Amigos International Travel, the transformation is not only in the destinations, but in the experiences you will live in each one of them.

Travel with us and live an extraordinary experience with Friends, in a small and private group!

From September 6 to 27, 2024

**AMiGOS**  
INTERNATIONAL  
TRAVEL  
305-593-8044  
www.amigos-travel.com



Informes





# THE BOMB WHAT EXPLODES



Listen to the  
Playlist

IRANDA



 **PLAY**

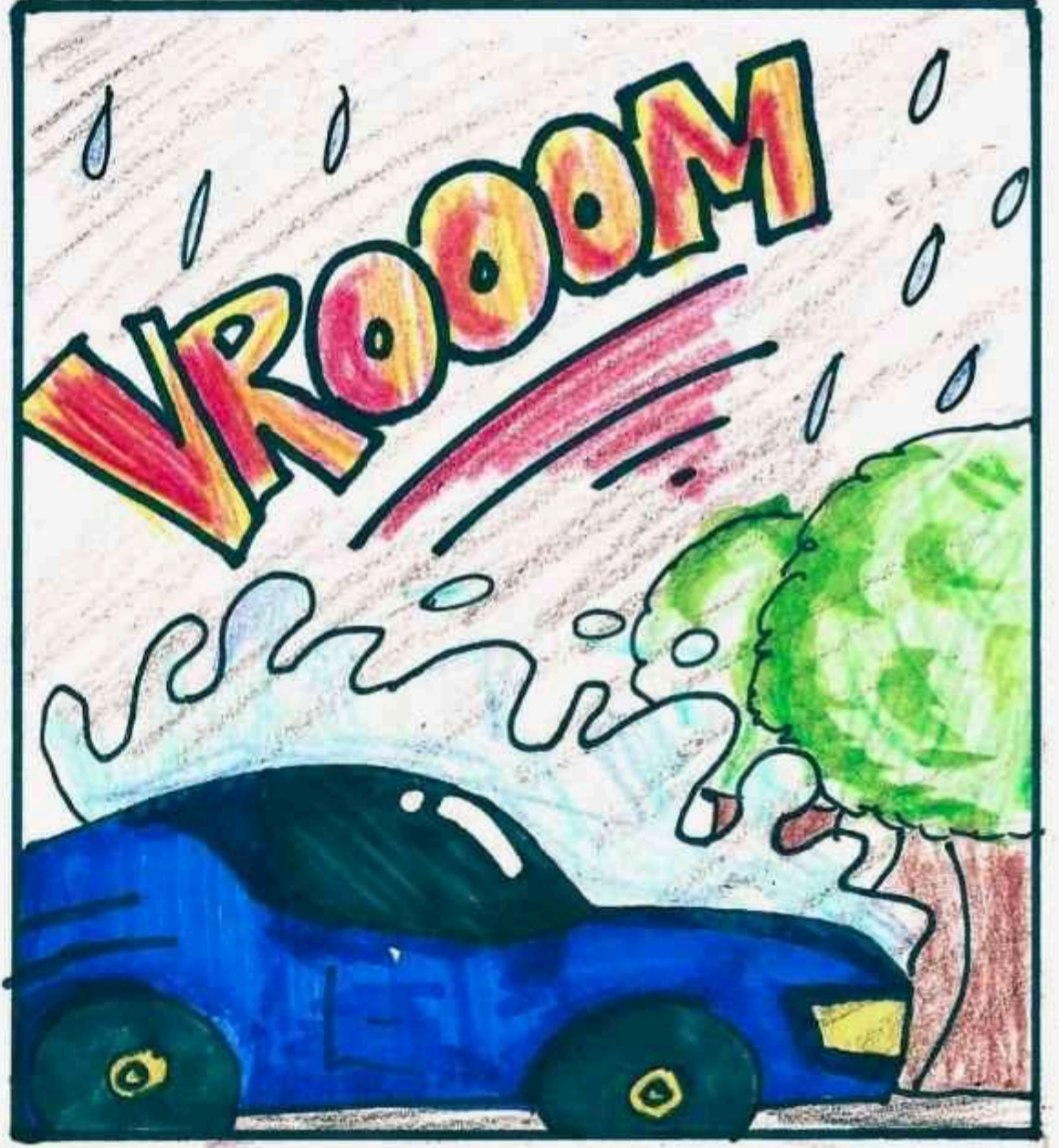


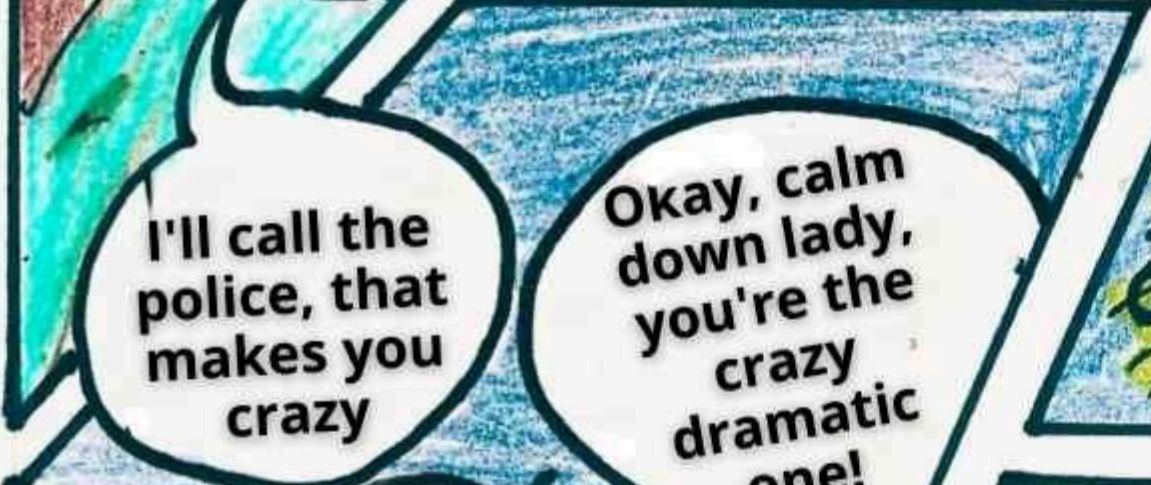
She is IRANDA...

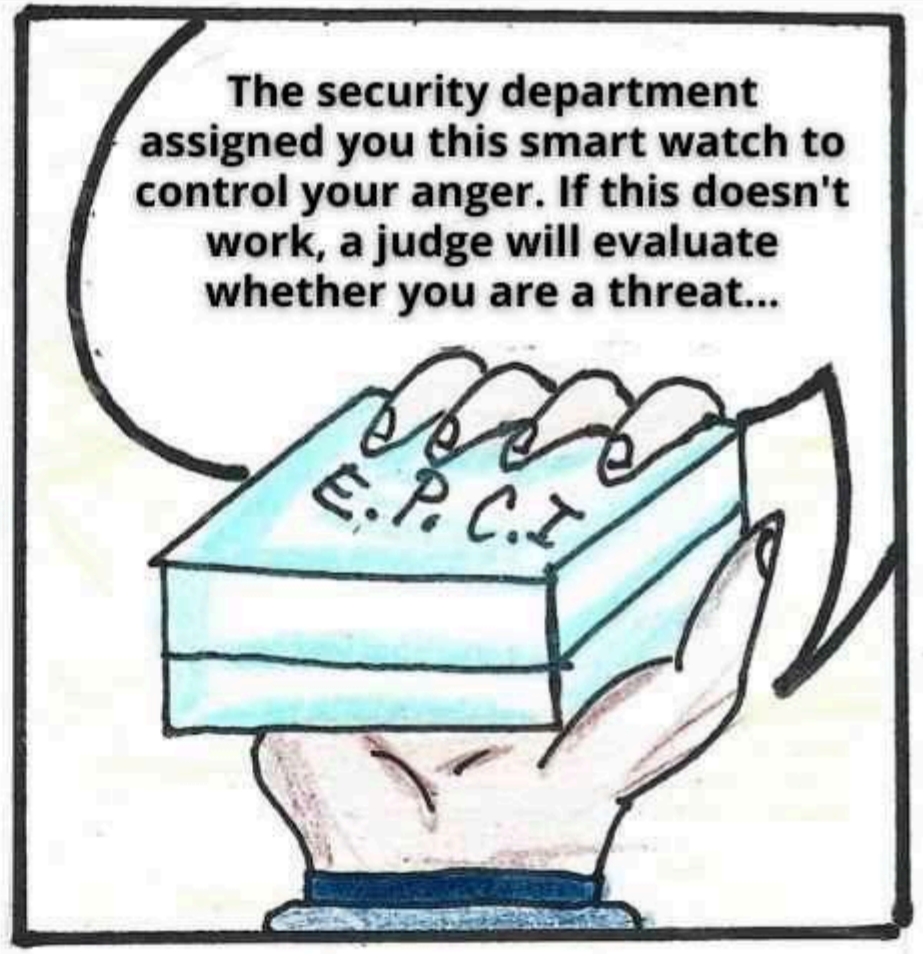


I DON'T WANNA GROW UP, I WANNA GET OUT, HEY! TAKE ME AWAY, I WANNA SHOUT OUT, TAKE ME AWAY, AWAY!!!











A couple of days passed like this (forcing patience), until IRANDA reached its limit...




WILL CONTINUE...



Vale Ramirez

Visual Artist

 Sígueme



conscious



# The taste of GIVING & RECEIVING

Most people are very familiar with these two words and most likely anyone could give a definition of them, perhaps from what we read or what we have been told and that we have been introjecting over the course of our lives on this topic. But today I want to invite you to see them from another perspective, one that will surely make sense to you in some behaviors that you have experienced.

In this article, we are going to delve a little deeper into observing what energy, space, consciousness, magic and possibilities can present themselves in us when we enjoy the flavor of when we are giving or when we are receiving, what it feels like and what we perceive from all of this. While it is true that these two words are already very well known to us, and that we have completely mastered the meaning, it is also true that we have all perceived them differently, which has led us to generate certain implants or the well-known points. from the point of view of its definitions in each of us. Here I share with you how these actions of giving and receiving are generally executed and the difference in observing this from one's own consciousness, taking into account everything that these actions entail without realizing what may truly be happening behind all this and that possibly Help you identify, understand, integrate and transmute certain repetitive patterns that you have been experiencing on your life path.





GIVE

## Let's start by identifying what we are referring to when we integrate the word

You will agree with me that we have many points of view about giving, points of view that were implanted in us and that we choose to continue using along the way, and the same for receiving. I would like to mention that both when giving and receiving I am interpreting it as that exchange of a whole, that is, of anything, emotion, word, feeling, etc.



### For example:

- You have to give without expecting anything in return.
- If you give, God will reward you.
- Give him this or that because he is your family.
- Cooperative for alcance.
- Tell him how to do things, etc.

All of these examples are actions to GIVE something. I feel that this is very clear, but, now, do you really believe that there is something that we give without expecting anything in return? Or that we spend our lives doing all these actions without there being something for us? Well let me tell you something: **"WE ALWAYS RECEIVE"**. These two actions are not separated! There is no way to **"GIVE"** without **"RECEIVE"**, that does not exist. What does exist is that you may not receive in the way you would like to receive, but that you receive something, there is no doubt.

## conscious

Let me put this a little clearer. Let's imagine that you are walking down the street and you see a very thirsty dog passing by. You carry a bottle with water and your good heart leads you to give that water to the dog. Up to this point we could say that you gave the dog the means to quench his thirst, since it is complicated for him. Surely they will say: "yes, but what did I receive here?"

You know, you received the satisfaction of supporting the little dog, you received the feeling good about yourself for having been able to support that little animal on the street. Now we understand better! That's why I tell you that we always receive.



Another way in which we can identify the process of "GIVE and RECEIVE", and which is one of the most common that we can experience in this life, which you will surely agree with, is that in most cases we believe that When we give something or support the people in our immediate environment, they will give us back in the same way when we need it. But let me tell you that in most cases this does not happen, and I am sure that this makes you uncomfortable.



## conscious

You may consider that it is not enough and that what you received is nothing compared to what you gave, or perhaps you may even feel betrayed, disappointed and even somewhat frustrated by the actions of those people for whom that you were there when they needed you.

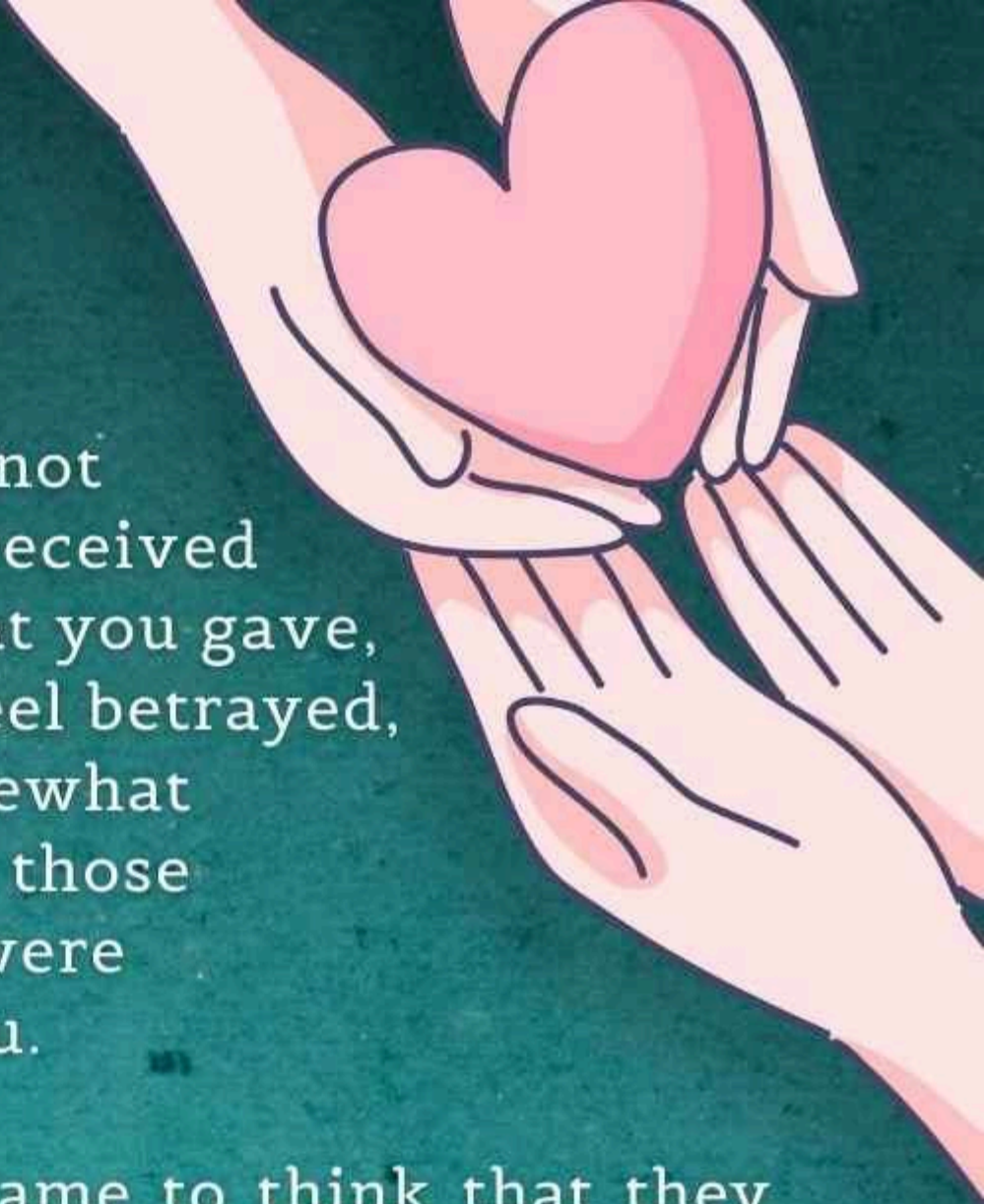
And because you possibly came to think that they were different and that they would never make you feel bad. Does it look familiar to you? I suppose so, and it is wonderful since considering that we are clearer about this point and that it has happened to us many times, it gives us the guideline to be able to see it from what it can truly contribute to you, to see it from your conscious side.

How about I invite you to delve a little deeper into our consciousness? Let's look beyond what you are receiving when you give.

And this is? Go in to observe ourselves and analyze ourselves from where we are acting.

Remember that everything is within us and not outside, so if we begin to observe the root of giving and receiving with our own consciousness, integrating that there is nothing right or wrong in anyone's actions, and that if we observe it from At this point we will be more objective and stop making judgments about our actions or those of others.

Both giving and receiving can offer us hidden benefits that we cannot see with the naked eye. So so that you can identify where you are giving or receiving without judgment, I will leave you some tips here.





## Tips for "Give and take" with awareness

- Observe where you feel you are giving and receiving. This is, in my opinion, one of the most important observations, since if you delve deeper you can see that you give to control, to manipulate, to obtain praise, or to have a feeling of well-being. By understanding where this action originates from, you will be able to realize why it bothers you to give or receive it. I recommend that if you are not willing to experience the result of giving or receiving outside of what you think it should be, think twice before doing it.
- Don't fear loss. At this point I share with you that you never lose. Everything you give returns multiplied if and only if it is from consciousness, and everything you receive will be given from this same point of opening to receive.
- Give and receive with pleasure. Since in the end, whether you like the result or not, they are only learning and this can help you take responsibility for yourself and identify that only you have the choice to modify your perception.
- Do not listen beyond what your interior tells you from your consciousness. This recommendation is because the outside can be very pessimistic and not understand your transformation choices.
- Learn from the experts: children, our best teachers. Observe their behavior in each action of giving and receiving. Children do not question, have no judgments and give and receive everything with joy. Learn to them the capacity for wonder that they wield in each experience, since each one gives them more knowledge.



## Paola Solis

Consciousness Facilitator



Sígueme



Sígueme



PUNTA LAK'IN  
CANCUN

MAKE YOUR MONEY GROW IN

**CANCUN**

**PREMISES RENT**

**PREMIUM**



**Contact**



**984 183 6282**

color



# Transforming your Home:

# 5

## Infallible Color Proposals

Color has an incredible power to transform any space in the home, creating environments that can positively influence your mood and well-being. Choosing the right color combination can make your home a welcoming, stimulating and harmonious place. Here are some foolproof color combinations and how they can transform your life.



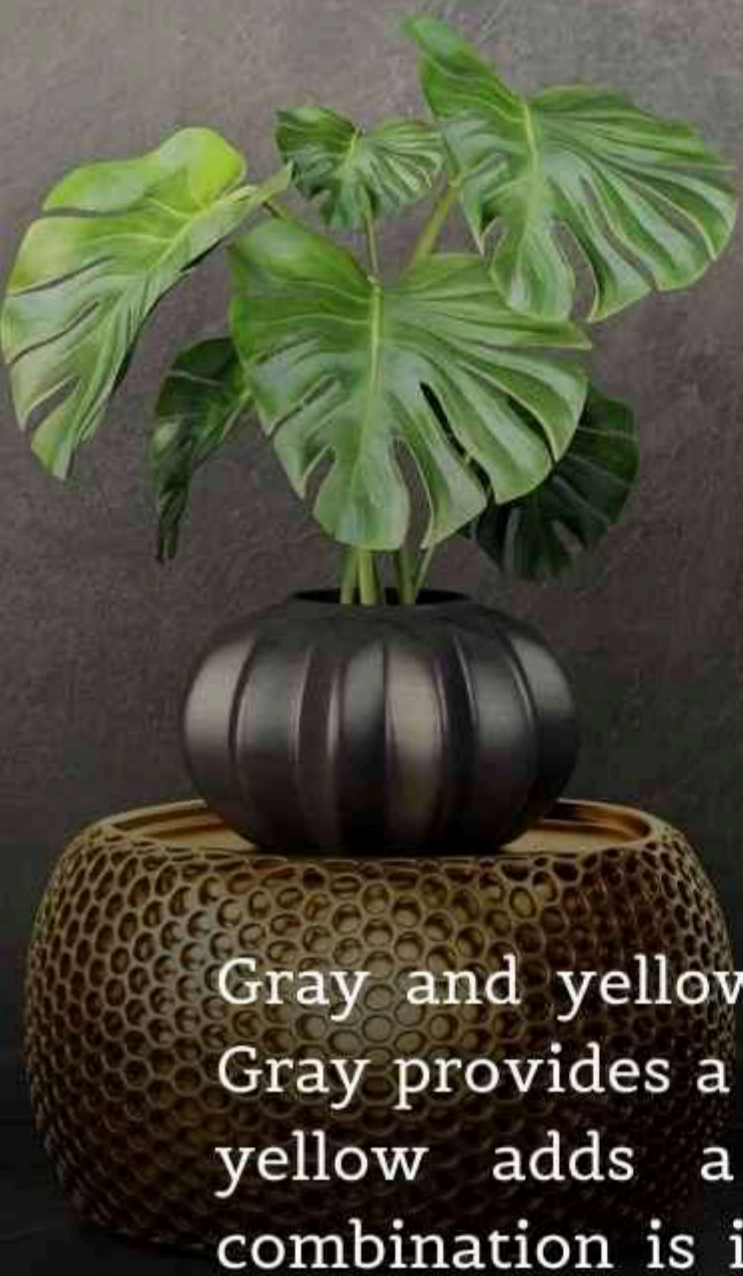
color



# 1. White and Navy Blue

White and navy blue is a classic combination that evokes tranquility and elegance. This duo is perfect for spaces like the bedroom or bathroom, where you want to create a relaxing atmosphere. White provides lightness and spaciousness, while navy blue adds depth and serenity.

color



## 2. Gray and Yellow

Gray and yellow are a modern and vibrant couple. Gray provides a neutral and sophisticated base, while yellow adds a touch of energy and joy. This combination is ideal for the living room or kitchen, where a balance between calm and dynamism is sought.



color



### 3. Green and Beige

Green and beige create a natural and cozy atmosphere. Beige, being a neutral and warm tone, perfectly complements green, which provides freshness and vitality. This combination is perfect for spaces like the living room or home office, as it promotes calm and creativity.

color



## 4. Pink and Dark Gray

Pink and dark gray form a sophisticated and modern combination. Dark gray adds a touch of elegance and masculinity, while pink softens the atmosphere, making it cozy and chic. This palette is ideal for bedrooms or rest areas, where a calm but stylish atmosphere is desired.



color



## 5. White and Wood

White and wood is a combination that never fails. White provides clarity and modernity, while wood adds warmth and texture. This duo is perfect for any space in the home, especially the kitchen and dining room, creating a cozy and family atmosphere.



# Conclusion

Choosing the right color combination for your home not only transforms the look of your spaces, but also has a significant impact on your daily well-being. From the serenity of white and navy blue to the energy of gray and yellow, each combination has the power to enhance your life at home, creating an environment that reflects your personality and your needs. Dare to experiment with these colors and discover how they can transform your home and your life!



**Huble Lodoza**

Graphic Communication Designer



Sígueme



# How to prepare your first budget



A budget is an effective tool that helps you organize your expenses and income and take control of your money. This way, you will avoid running out of funds ahead of time and you will be able to save to invest, meet goals, grow your assets, etc., and of course, enjoy financial peace of mind. In this section, I will share with you a practical guide and useful tips to create a monthly budget that is easy to understand and apply in your daily life, using only two categories: Fixed and Variable, for both your income and your expenses. You can do it in a spreadsheet or with pencil and paper, it's up to you.



## Gather all the financial information.

All documents, including income receipts (payroll, extra income), bank statements, utility bills, purchase receipts and any other information related to your finances. Nowadays, it is very easy to do it through the movements provided by your bank applications. If you make purchases or payments in cash, it is important that you keep a daily record, whether in your agenda, in the notes on your cell phone, by downloading an application or creating a chat for expenses. Use the method with which you feel most comfortable and that guarantees that you will have all your money in and out at hand.



## Identify, record and group all your income for the month into two categories.

You must consider any inflow of money you receive, whether fixed or variable and regardless of the amount. To keep it simple, use your net monthly income, which is the amount of money you make after taxes and deductions.

### Fixed income

They are all those that you receive on a regular basis, such as a salary or a pension.



### Variable income

These are all those whose amount changes month to month, such as commissions, investment returns, additional income, etc.



## Add up all your monthly income.

Get an amount for your fixed income, another for your variable income and another for your total income for the month.

## Identify, record and group all your expenses for the month into two categories.

A very simple way, especially when you do it at the beginning, is to consider only these two categories to group your expenses: fixed and variable.

### Fixed costs

Here you will register all those that you do or do have to pay month by month, such as rent, loans, services, tuition, insurance or savings.

These are non-negotiable.

### Variable expends

In this category you will record all those for which you can define how much to allocate to each of them, or decide whether to do them or not; such as walks, movies, restaurants, clothing, gifts, birthdays, beauty items, pantry, etc.

The case of food, items for personal use and everything you consider as a pantry is somewhat controversial. The common denominator is to identify them as a fixed expense; However, while it is true that yes or yes you have to eat, wash your hair or brush your teeth, you have control of the list, you can make adjustments, analyze and opt for better alternatives, or simply avoid situations as simple as doing You shop when you haven't eaten, without carrying a list of what you need, or if you have children, if possible, don't take them with you to avoid temptations. In this category, do not forget to include extra expenses, that is, record all those expenses that you had no idea about, that were not on the radar, such as cravings, occurrences or unforeseen events.

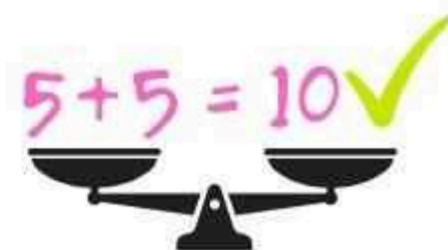


## Add up all your monthly expenses.

Get an amount for your fixed expenses, another for your variable expenses and another for your total expenses for the month.

6

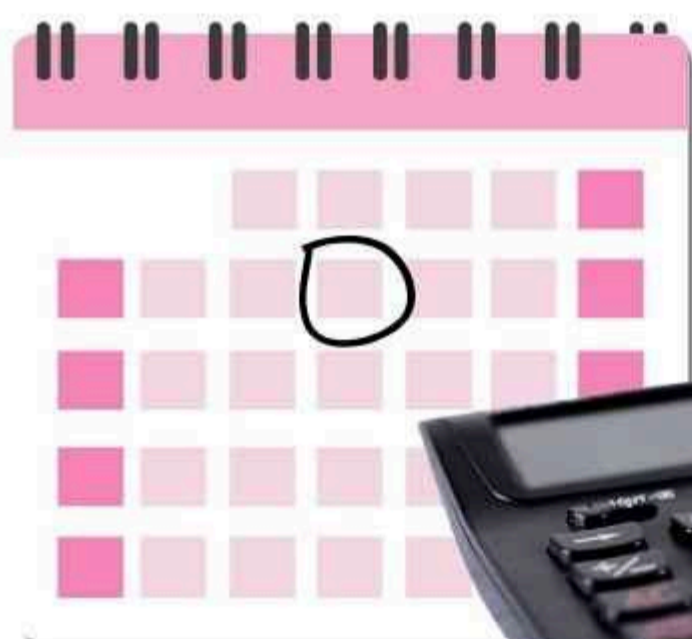
## Obtain the balance between your income and your expenses.



Subtract total expenses from your monthly income. If your expenses are greater than your income, it's time to make adjustments. Consider cutting back on non-essential expenses or finding ways to increase your income.

A budget is a valuable tool that gives you control over your income and expenses, allows you to identify those small leaks called ant expenses, make adjustments and set financial goals. With focus and discipline, you will be able to create and manage a simple but effective budget to control your personal and family finances.

Make this basic budget for a full month so you have a snapshot of all your expenses. You'll probably come across some surprises; It may be that you identify that you are spending too much on things that are not necessary, or that you are not saving, or that your debts are growing significantly, or that you have not taken any steps to meet your goals.







As you begin the second month, group both your fixed and variable expenses into simple subcategories such as: housing, food, transportation, entertainment, insurance, and savings. By that time, you will already have full knowledge of how you are using your money, so you will be ready to add one more column to the expenses section and assign the amount you want to allocate to each of them. At the end of the second month, you will be able to obtain the balance of what was budgeted against what was spent and make the necessary adjustments. A budget should be a flexible tool that allows you to have control of your money and decide what and how much to spend, that is, give each peso a purpose, not to limit it, but to make it consistent with the type of life you want. live.

Regularly review your budget to make sure it fits your financial needs and goals. Follow it throughout the year, do not forget that perseverance and determination are essential in any transformation process.

“Each person has a unique and different situation, but there is something we all have in common: we must have control of our money to achieve everything we have set out to achieve.”



**Liz Gutierrez**

Insurance agent



Sígueme



Sígueme

# T-SHIRTS

## FULL PRINT



We design and print your t-shirts, jerseys, sweatshirts, lycras and more. Completely customize your sports team uniform, social club, school or office.



Cotizar



# Management of the **time**

Learn to organize my time to carry out all my activities.



**"You don't waste time in life, what you lose is life by wasting time"**

## **DEFINITION OF TIME**

Let's start by recognizing what time is. It is a physical magnitude that is used to measure the duration, simultaneity and separation of facts and events. This allows events to be ordered in a sequence, from which the notions of past, present and future emerge.

# How do I know if I'm wasting my time?





And you,

In which section do you sit in the previous diagram?

But...

Why do we waste time?

If every day is full of unplanned or disorganized activities, it is likely that you will not complete the goals you set, or that you only think about doing them and they are not completed. When we feel tired or emotionally unstable, thinking all the time, the brain wears out to the point of not wanting to do things.

But also, when activities are carried out out of compliance, without the desire to carry them out, you may find two themes: “the meaninglessness of things” or “more of the same.” And this is how time begins to become our enemy or rival.



## Reconcile with your time

Follow the following tips:

Perform a mirror evaluation of your own time: At the end of the day, evaluate your time and divide it according to the 24 hours of the day, to verify how much time you dedicate to each activity.

For example: **24 hours a day**

8 hours to sleep



2 hours to eat



1 hr of transfer



8 hrs of job



This will help you observe and evaluate how much time you invest in each activity to change it or improve that time.

### Pareto principle:

This technique encourages you to finish tasks quickly, it has a rule called 80/20, that is, dedicate 20% of your time to 80% of your tasks, which will manage to address 20% of your work on individual topics. It can be understood that an activity you do covers other spheres of life.

For example, taking your child to the movies will not only cover your child's time, but you will also be able to spend time together outside the home, satisfy some taste (popcorn, candy, soda) and take advantage of the movie in a different way.



### Pomodoro Method:

This technique helps to tackle activities in short bursts and then take breaks between switching from one task to another. Start by organizing your activities for the day into 25-minute periods and try to dedicate that time exclusively to working on that task as much as possible. After meeting the agreed time, take a 5-minute break. It must be taken into account that the rest period means drinking water, a snack, getting up, stretching, walking a little or going to the bathroom.

For example: **Activities of the day**

Review my email



To wash frets



Order my bedroom



Activities start time:

9:00 a 9:25: Check my mail  
 9:25 a 9:30: Rest  
 9:30 a 9:55: Wash dishes

9:55 a 10:00: Rest  
 10:00 a 10:25: Tidy up my room  
 10:25 a 10:30: Rest

This technique will help you dedicate quality time to your activities, conclude them and separate possible distractions.

### Two minute rule:



This technique will help you carry out activities that can be done in less than two minutes. Many times we have time drains because we think about whether we carry out quick and effective activities; However, when we are thinking, we do not specify anything. Therefore, it is important to immediately carry out activities that can be done in less than 2 minutes.

**For example:** Go to the toilet, lift a dish from the table, clean the table, put away some things, etc. The final point is to make the most of your time one hundred percent and not let time absorb you.



### First step rule:

This technique is important to recognize, since it allows you to carry out the activities from the beginning, helping them to be carried out in a specific way and not creating individual discomfort.

**For example,** to go to the supermarket to buy food, we must first think about what we are going to cook, check what we have at home, go buy the things we need, finish the shopping and at home start with the recipe we have. . If you start at the end of the activities to skip the steps, you will generate dissatisfaction and that is when you think about whether it is what you wanted to do or not.





## Goals to achieve:

This technique is of greater importance as we all need to think about our goals in life. This will help you not to deviate from your activities and invest quality time in them. This will strengthen a life plan, organize your day and divert excess thoughts. negatives.



**Faby Hernandez**

Psychologist



Sígueme



Sígueme





# The "Sankalpa" in the Practice of Yoga

This technique will help you carry out activities that can be done in less than two minutes. Many times we have time drains because we think about whether we carry out quick and effective activities; However, when we are thinking, we do not specify anything. Therefore, it is important to immediately carry out activities that can be done in less than 2 minutes.

## Symbolism of Sankalpa in Yoga



### Clear and Positive Purpose

A Sankalpa is a positive and clear statement of a goal or intention that you want to manifest in life. It is not just a wish, but a conscious statement of what you want to achieve.

### Willpower and Commitment



It represents the willpower and commitment of the practitioner to fulfill their purpose. It is a promise made with heart and mind aligned.



Through Sankalpa, practitioners seek to transform their lives, overcoming obstacles and developing a new consciousness. This transformation process is both internal and external.



## Connection with the Inner Being

The Sankalpa symbolizes the deep connection with the inner being, aligning daily actions with the individual's deepest values and desires. This promotes a more conscious and fulfilling life.

## Motivation and Direction

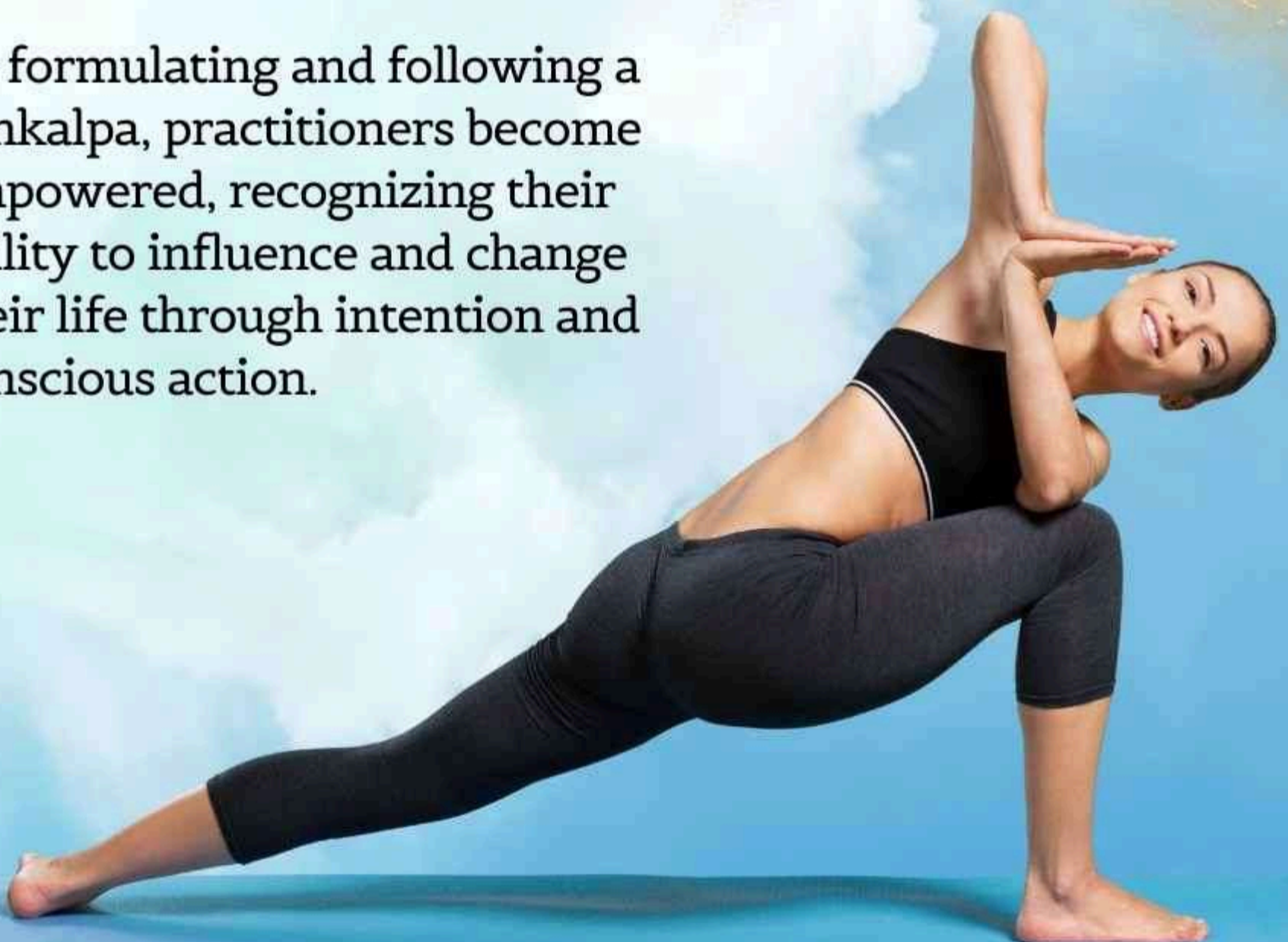


It works like a compass, providing direction and motivation. In yoga practice, having a Sankalpa can help practitioners stay focused and motivated, especially during challenging times.

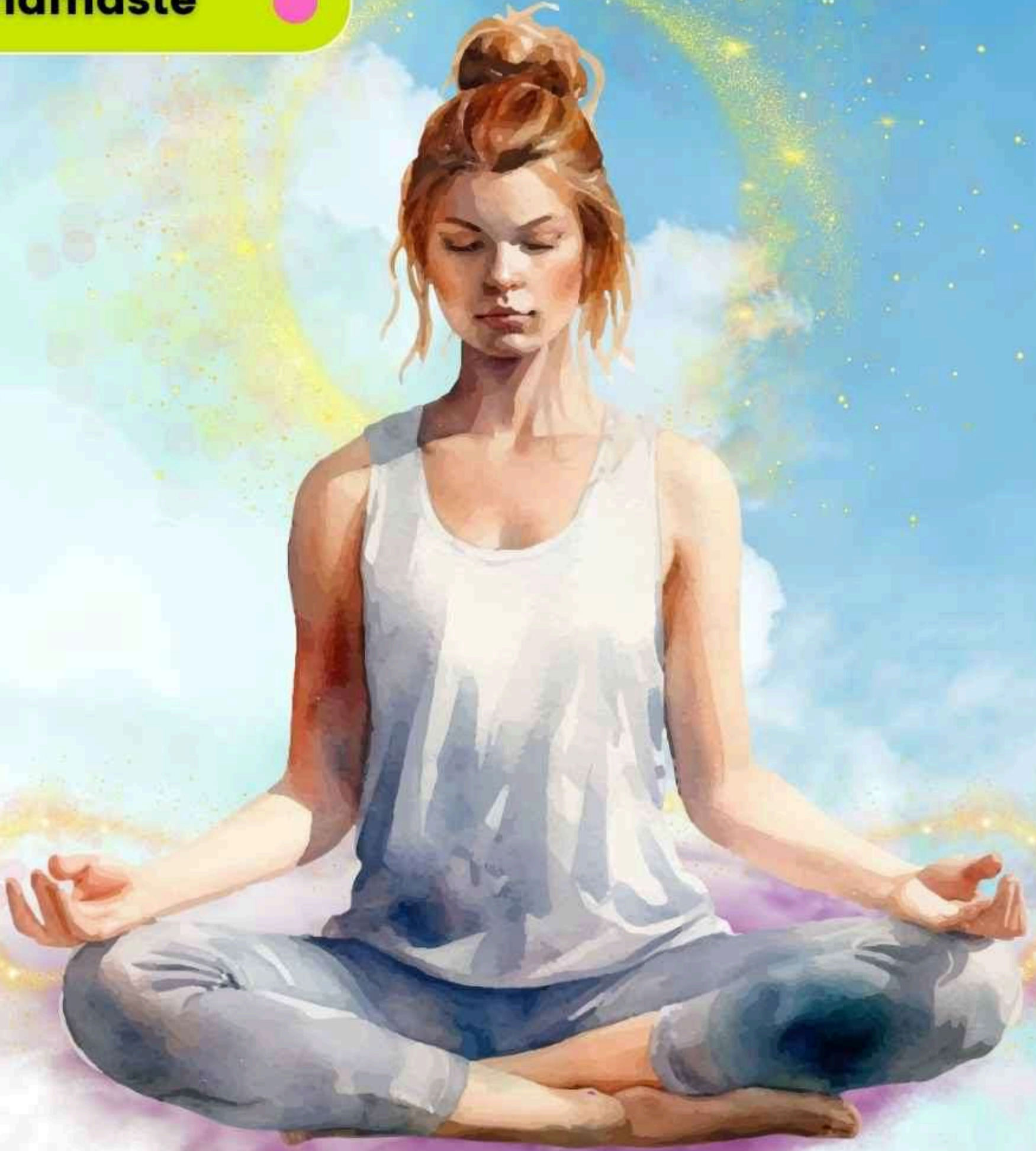


## Empowerment

By formulating and following a Sankalpa, practitioners become empowered, recognizing their ability to influence and change their life through intention and conscious action.



**namaste**



# Sankalpa Practice in Yoga

**Session Start**

Often a Sankalpa is established at the beginning of a yoga or meditation session.

This sets the tone and purpose of the practice.



## Repetition and Reinforcement

The Sankalpa is repeated mentally, reinforcing it in the subconscious mind, which helps manifest the intention over time.

## Simplicity and Clarity

It is recommended that the Sankalpa be simple and clear, avoiding negative statements. For example, instead of saying "I don't want to be stressed," you can phrase it as "I am peaceful and calm."

### Examples of Sankalpa

- "I am strong and healthy."
- "I live in harmony and balance."
- "I trust the process of life."



In summary, the Sankalpa in the practice of yoga symbolizes a firm and positive intention or resolution, which guides the practitioner towards personal transformation, empowerment and a more conscious life aligned with their true desires and values.



**Brenda Soriano**

Yoga Instructor



Sígueme



Sígueme

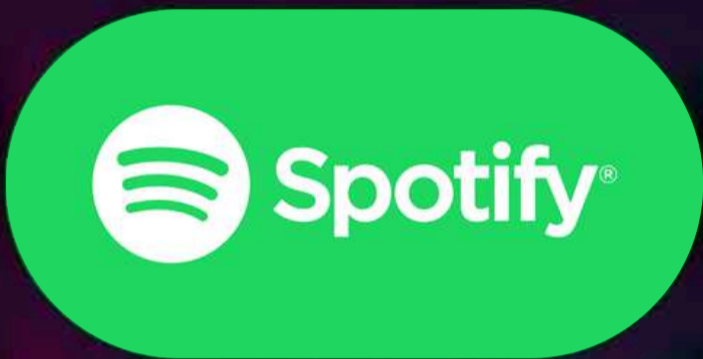


# AGRI *Sweet*

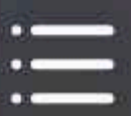
WIT

H

*Brenda Soriano*



**listen to us**  
EVERY FRIDAY NEW EPISODE





Myth

VS!

Reality

"A fast for your skin"

How many times have we made the mistake of taking excessive care of our skin or not even putting cream on it? Well, in this article today I am going to talk to you about the excessive care that some people give to our skin, without realizing that sometimes it is too much and we saturate it with unnecessary products. Just as fasting exists for the body, it also exists for the skin, because its nature is to protect us.



**If I don't use all the products in my skin care routine every day, is my skin unprotected?**

You can use only your sunscreen since this is responsible for protecting your skin from the sun's rays and touch it every 3 hours.

## Myth



**Should I wash my face with shampoo 3 times a day?**



The shampoo helps us remove dirt and traces of makeup from the day, you can use it only 2 times a day: once in the morning and once at night, before going to sleep. You can also wash your face with just water to protect your skin's natural barrier. This last step is a way to start fasting for your skin, doing it intermittently (not daily).



**Is there only one cream to use on both the face and body?**

## Myth

The skin of the face and the skin of the body are different and, for this reason, the skin of the face has greater requirements and care, since it is the one that is most exposed to pollution, free radicals and the sun.



Does having a facial every month help my skin be healthier and prevent signs of aging?



Skin care also requires a specific treatment every month. This does not replace the daily care and protection that we must have.



**Rocio Moro**

Cosmiatrist



Sígueme



Sígueme



**new favorites**



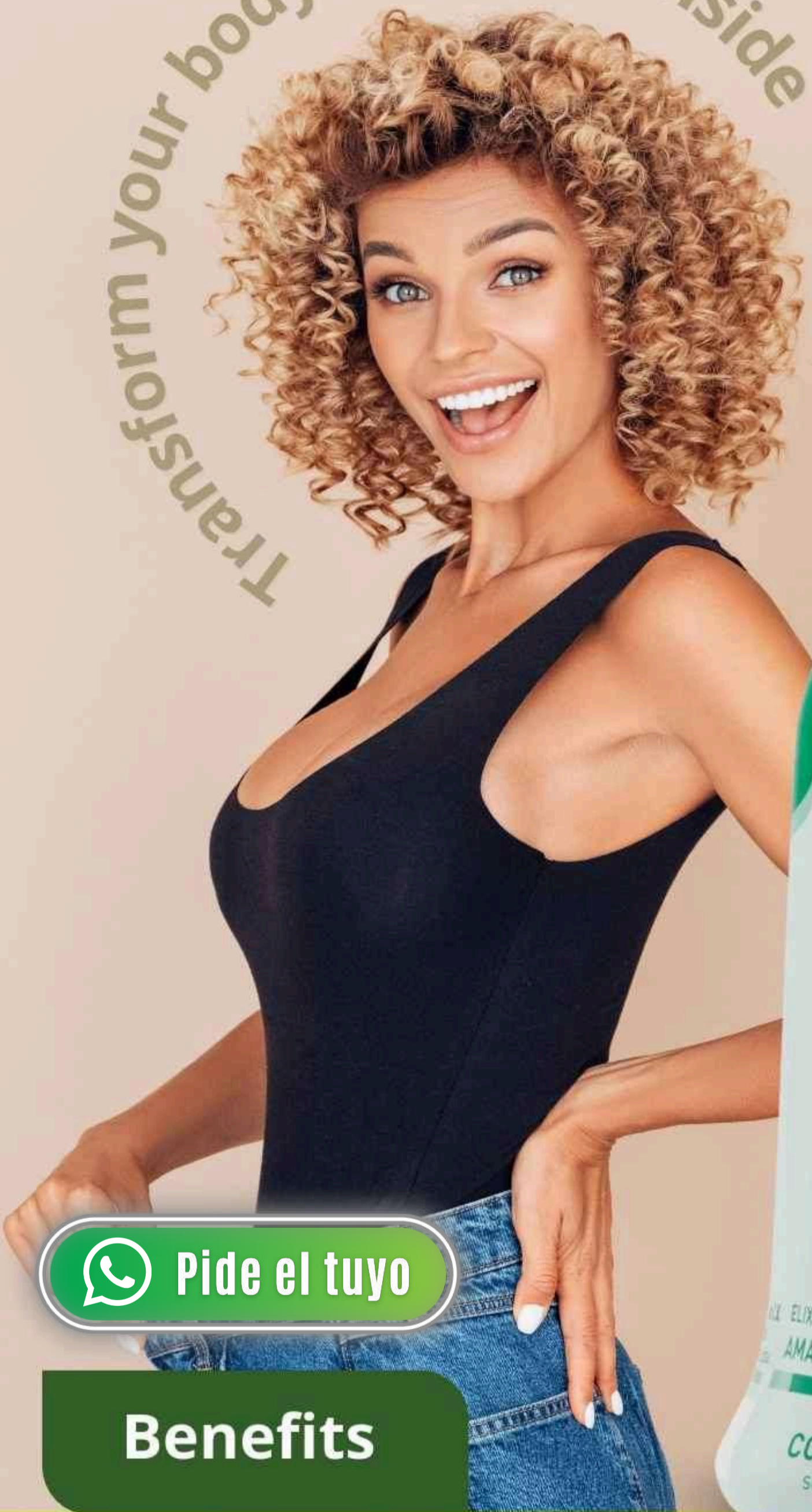
Click and  
watch the  
video



Transform your body from the inside



**DETOX**  
**Neovita**



**Pide el tuyo**

## **Benefits**

- Detoxifies and tones the body.
- Improves the functioning of the digestive system.
- Regulates liver, kidney, lung and lymphatic system function.
- Purifies and oxygenates the blood.
- Avoid constipation.
- It is an initial treatment to lose weight.

**Results  
from day  
one**



new favorites



# Health and Beauty Studio

"Discover your best version at the Uñika  
Beauty and Health Salon"

Click and watch  
the video

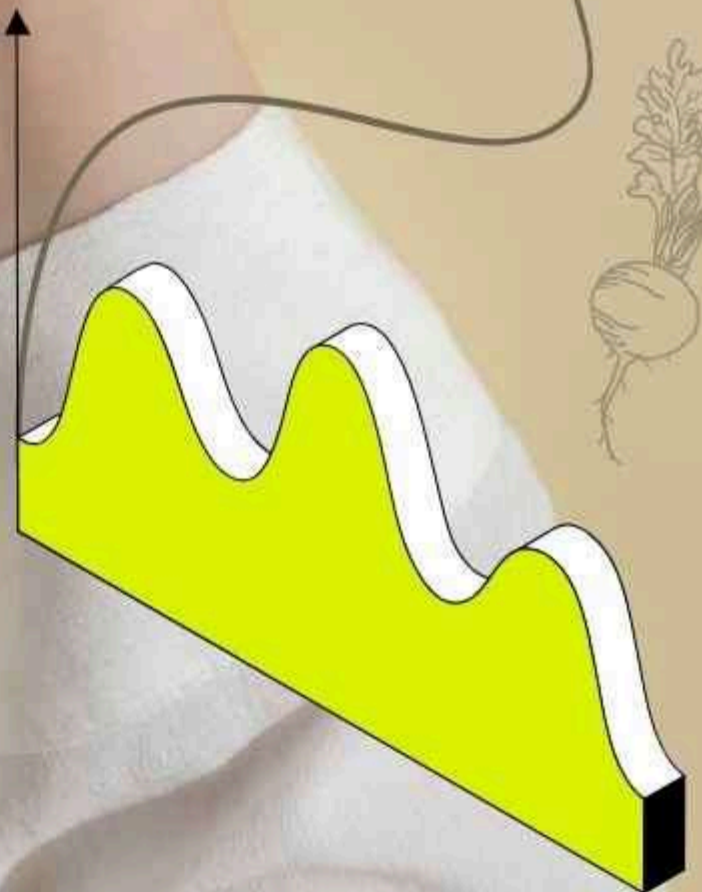




A balanced, varied and healthy diet can provide the necessary nutrients to maintain a chemical balance in our brain and promote the production of neurotransmitters such as serotonin and dopamine, which are the key to our mood.



"How a balanced diet can improve emotional well-being."  
**nutrition and mental health**





"The relationship between food and mental health is a topic increasingly studied by health professionals, and it has been shown that what we eat can have an impact on our mood, cognitive and mental health in general.

A diet low in essential nutrients, high in added sugar, saturated fats and processed foods can promote chemical imbalances in the brain, chronic inflammation and oxidative stress, which are factors related to mental health problems, such as depression, anxiety and mood disorders."





Some of the most studied nutrients that have a positive impact on our mental health are:

### **Omega-3 fatty acids:**

It has been proven that a diet high in fiber is associated with a lower risk of acquiring cardiovascular diseases, since fiber helps reduce levels of LDL (bad) cholesterol and in turn reduces the possibility of contracting colon cancer.

### **Foods rich in antioxidants:**

It has been proven that a diet high in fiber is associated with a lower risk of acquiring cardiovascular diseases, since fiber helps reduce levels of LDL (bad) cholesterol and in turn reduces the possibility of contracting colon cancer.

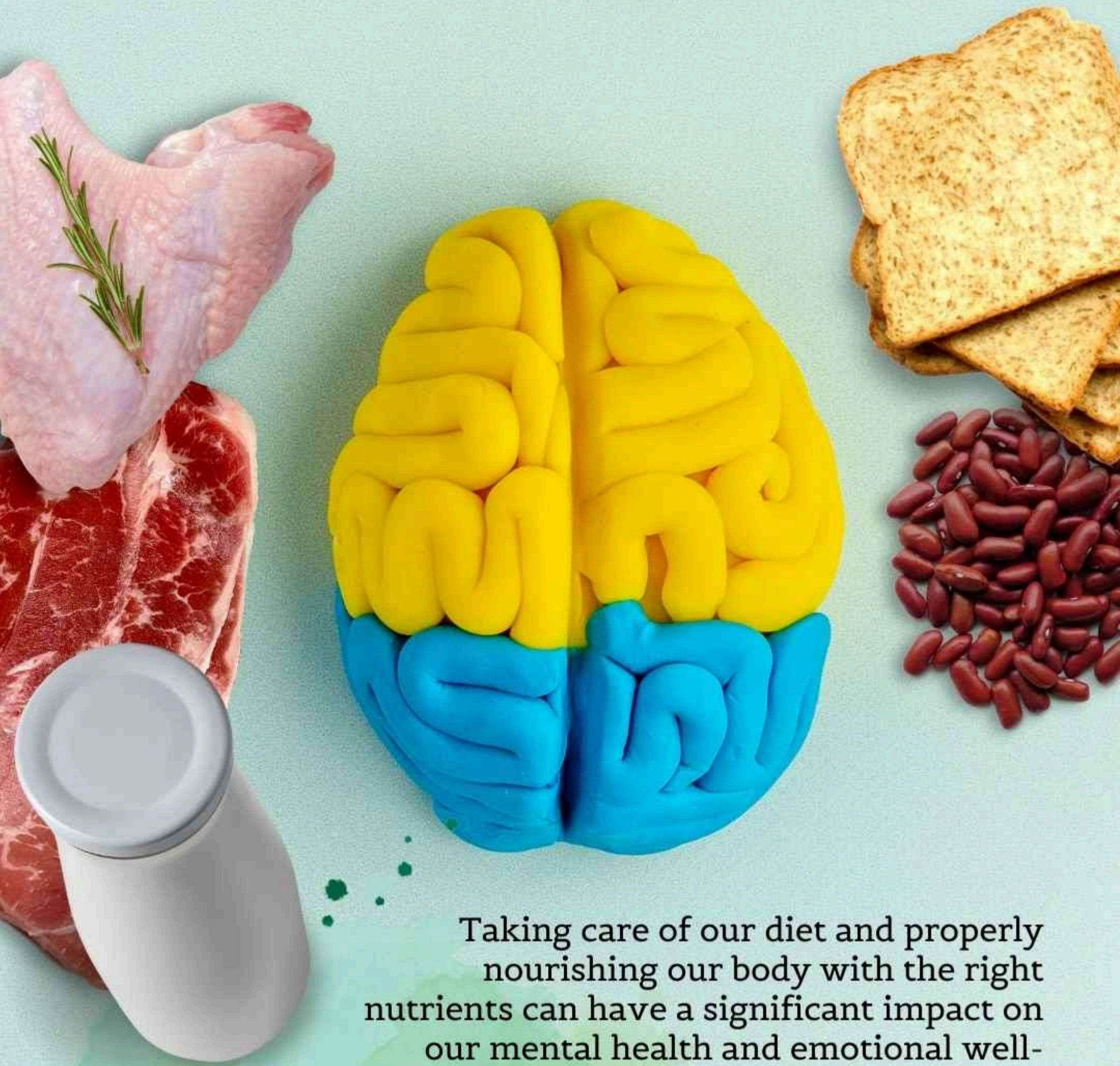
### **Foods rich in tryptophan:**

This is an amino acid precursor to serotonin, which is a key neurotransmitter for regulating mood. Some sources may be turkey, dairy products, bananas and nuts.





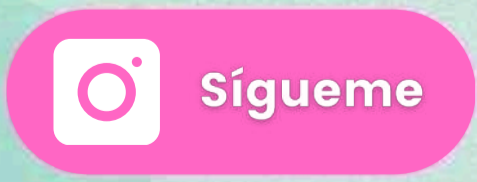
Low levels of this trace element in certain areas of our brain are related to depressive states, since it plays a fundamental role in communication between neurons. Some foods that provide us with zinc are red meat, poultry, oysters, beans, nuts, whole grains and dairy products.



Taking care of our diet and properly nourishing our body with the right nutrients can have a significant impact on our mental health and emotional well-being.

## Make Lemus

Nutritionist



what if



# Minutes of Reinstatement

It has happened to all of us to have a very good streak of stability in some aspect of our life and, suddenly... boom, total chaos!

We begin to follow a routine that begins to work, we see results and, overnight, we begin to experience spasms of stress, anxiety, tiredness, anger... well, many emotions that sometimes lead us to procrastination.

As I always repeat, I speak to you from my experience and I hope this second edition helps you free yourself from those knots that we think we cannot untie, but that we ourselves do.



A couple of months ago I changed my routine to maximum power, 360°. I started a new job, made schedules for skincare routines, exercise, going out, etc. And I swear, they were the coolest 20 days I ever had.

I felt like Emily from the movie "The Devil Wears Prada", arriving with my outfits, exercising (my thermos of water that I no longer let go of, haha), until it arrived...

## THE FAMOUS DAY 21

Sometimes not looking around us can be of great help and peace of mind, but it can also not be. We can't care about anything and only see ourselves all the time, and obviously we can't be the powerful hand that can help and can do everything... That happened to me.

I was very motivated to change all the habits (yes, ALL) at once and not go "little by little". When the days passed, I stopped feeling that good vibe with myself, I no longer took photos of my outfits, I felt tired from exercising, it was hard for me to make breakfast and prepare my lunch to go to work, and at work I started to feel very overwhelmed by having many things to do, doing them and suddenly having more come up.





**what if**



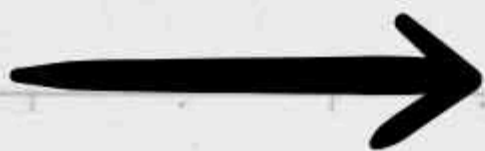
And then it happened... just like you at home (hahaha, I felt like the most famous in Mexico when I wrote this, sorry), I started looking on TikToks (I know, it wasn't highly recommended to do this, but that's how it was) for ways to remove these feelings of pessimism and anxiety. And that's when I found this:

## **“The subtle art of not giving a damn about (almost everything)”**

And you see, according to psychological studies, changing an ingrained habit can be a real challenge. We often find ourselves trying to modify patterns of behavior that we have maintained for years, even decades, and despite our efforts, we do not seem to be moving in the desired direction.

The reason people find it difficult to change some habits is because they are ingrained in our brain and are automated, meaning they do not require much cognitive effort. Plus, our brain's reward system reinforces them, making them difficult to change. There may also be external factors, such as the environment and social pressure, that make it difficult to change habits.

**Check this article:**



**Why is it so difficult for us to change our habits?**

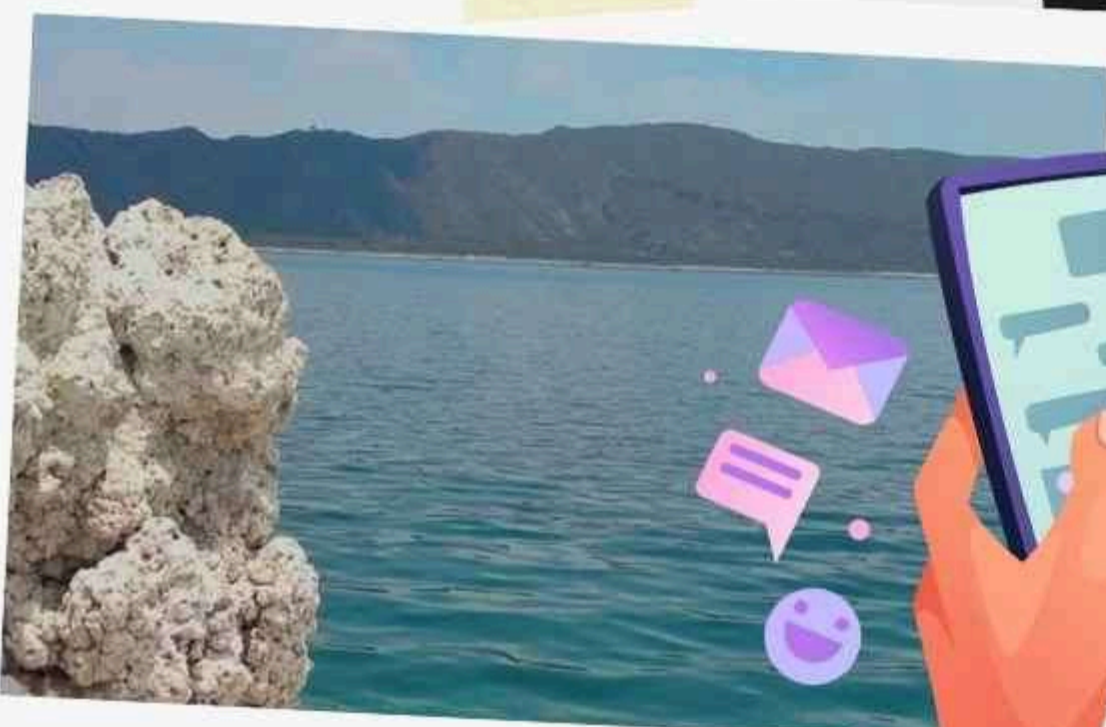
**Click to read the article**



Changing ingrained habits can be a challenging task, but it is an important skill to develop to improve our quality of life. Habits can affect our health, productivity, relationships, and emotional well-being, so changing an unwanted habit can have a significant impact on multiple areas of our lives.

Understanding these mental processes can be helpful in changing unwanted habits. If we can identify the cue that triggers the habit, we can interrupt this behavior pattern and replace it with a new, desired one.

And then it happened. I grabbed my phone and started writing to family members I hadn't seen in a long time. We all have a distant uncle and grandma's family. I am not the exception. I started writing to them and, without wanting to blame myself because I was stopping doing "the routine," I started planning a weekend that took me half a day to think and plan. The fact of myself causing a change made me reconnect with myself and with many memories that make me who I am at this moment.



## what if

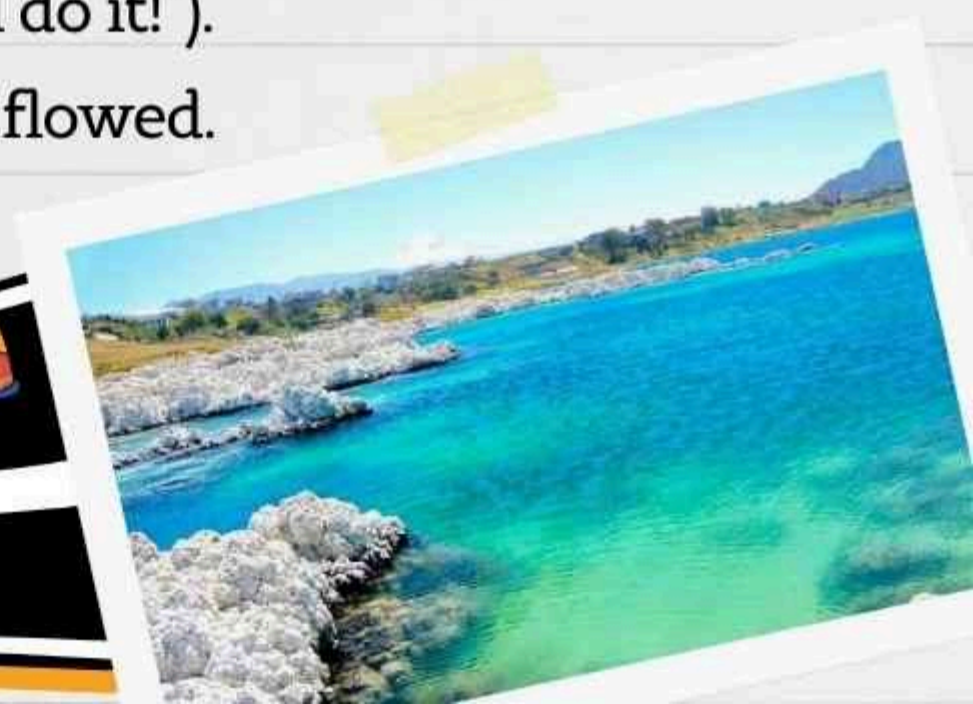
For a moment I let go of the high goals I set for myself at the beginning of the year and took a breath.



As I said, I contacted some distant relatives, they are part of the legacy of the person who gave me the best example of how to exist without stopping smiling: my grandmother 😊. This served to generate a new communication link. So, being very punctual in several aspects (I already lowered the intensity, but what do you want, this is how I was born and this is how I will die, hahaha), I did the following:

1. I bought a notebook, which from now on will only be for that: disconnecting.
2. I began to organize times in the agenda, review the important pending items and, honestly... make room for those who still had time (take this advice in extreme cases, don't do it daily!).
3. I planned and researched how much money I needed for gas, booths or bus, travel expenses and everything. I did the math so I could do everything and not stress out about the expenses later.
4. I didn't ask him, I simply decreed and let my handsome boy know that we were leaving so he could also make his space and didn't say NO! (I don't know how crazy he saw me that he didn't even ask me what I had, it was just an "Ingesu, pull it on, we'll do it!").
5. I waited for the day and just... flowed.

Take a  
BREAK



## what if

And so it was, friends. Sometimes, not thinking about whether you are going to do it or not has a lot of influence. So much so that that same weekend that my boyfriend and I escaped, we were godparents to a girl in the Sierra de Perote, a small town where they live comfortably and modestly. Knowing their stories and feeling those roots that my grandmother inherited from me was the best respite I could have.

I saw my grandmother's family again, with whom I lived as a child and who now greets me with a lot of love, like a memory of her, it is priceless. My eyes and Amaury's connected even more in the landscapes we saw, in the smiles in each photo we took and in how happy we were improvising our wedding photos.

In this place there is a lagoon, the **Alchichica lagoon**, considered a natural heritage that divides the border between the states of Puebla and Veracruz, finding natural wonders such as axalapascos, enormous bodies of water several kilometers in diameter that are formed in the volcanic mountains of flat top.

They say it has a connection with the ocean... but I found the connection with my roots 😊



what if



**“The subtle art of not giving a damn about (almost everything)” is a book that I had already read and, as they say... it always comes when you need it, and it did.**

I began to understand that we are not machines and, as the name of this magazine says, we are in a constant transformation, where we are and always will be a sea of emotions.

We can understand that it is okay to create a routine that is part of a process to make us greater than we are, and that this routine does not have to be for life; We can do it and undo it in our own way and start it again and again and again in a constant way.

This book will not teach you how to win or achieve something but, rather, how to lose something and let it go. It will teach you how to take inventory of your life and delete everything except what matters most. It will teach you to close your eyes and trust that you can fall on your back and still be okay. It will teach you that you don't give a damn about a lot of things. It will teach you not to try.



**I leave you the link of the book, so you can read it...**



Click to read the book

what if

Learn more about  
the mysteries of the  
Alchichica lagoon



Click to read the article



Los misterios de la laguna de Alchichica

Dicen que tiene conexión con el océano, por la salinidad de sus aguas, y que en el fondo se esconde un secreto de otro mundo. Esta es una de las #LeyendasDelAgua

gob.mx



Click to see  
my video

Today more than ever, I made this promise to myself that I hope you will do with me: every time we are suffocating and we are not vibrating high, let's do the routine of breaking the routine and take 21 minutes to integrate with ourselves.

I love you, I send you kisses and prepare your weights because the next edition... summer bodyweight.

Sincerely, Carito :)



**Caro Sanchez**

Publicist



Sígueme



Sígueme

# RECOMMENDATIONS



**Pilar González**  
Professional photography



**Choco Banaveva**  
Healthy Desserts



**Mom Optic**  
Optometry Services



**Caromelo**  
Accessories for your event

**"We have verified the quality of their products, services and attention. Therefore, we recommend them with complete confidence."**

**humorous**



**JULIO has arrived!**



**Happiness IS NOT BUYED!  
Me with \$20 Pesos**



**My Boss:  
Have you sleep?  
Me: Which sheep?**



**You told me your family was good!**

**Good to CRITICIZE...**



**Here we are ready,  
preparing the TRANSFORMATION!**



**No Reily and wait, you still have to pay for gas, electricity, internet, coppel and the batch...**



the interview



# RHEN METHOD

**Who is** Jonathan Marcial?

Jonathan Marcial is a Human Development Trainer, Ontological Coach, Life and Transformational Coach, Speaker, businessman and entrepreneur.

By. Angy Carranza

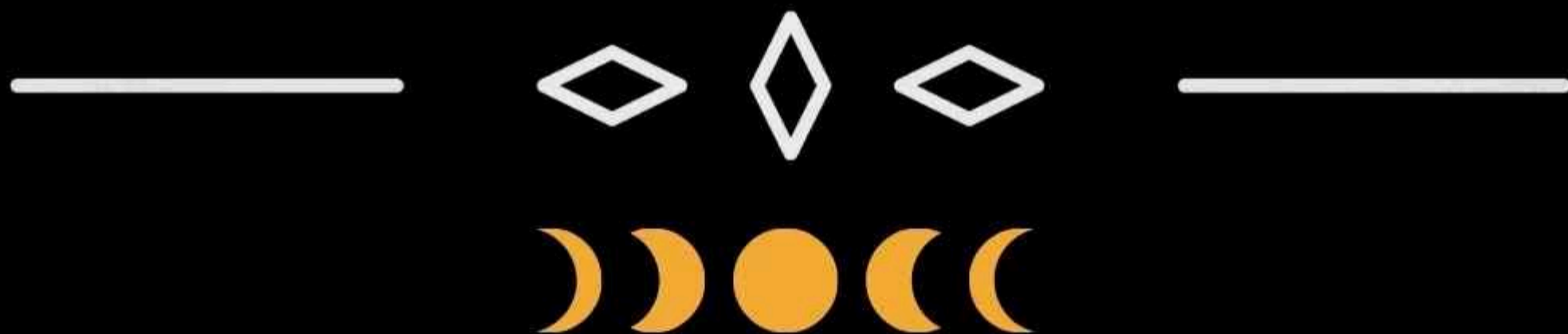
## the interview

He is a Systemic Coach with diplomas in NLP and Classical Hypnosis. Graduated in Physical Culture by profession, he is passionate about supporting each human being in their growth in the different bodies of man: the physical, mental, emotional and spiritual. With more than 10 years giving successful training throughout the country, he has transformed the reality of more than 20,000 people, raising awareness and improving the quality of life. of the participants.



**Its mission: raise the levels of consciousness of the human being by creating results to together create a new reality.**

I am a person who loves to share, to be filled with experiences that link them from all angles to continue growing. I love getting into challenges that are out of my control, finding a way to continue growing in them. I really like solving deep aspects of my life and sharing with others my findings and what has worked for me.





## What inspired you to create the Rhen Method and what is its main objective?

Precisely the topic of creating a new life for myself led me to explore many perspectives on the functioning of the mind and to solve many obstacles or shortcomings that do not allow progress.

Starting clearly with me, who sometimes fell an impressive number of times. The Egyptian Rhen system, which is not something that I created, but something that had a great impact on me and in which I found great coincidences with my life, was what allowed me to connect several non-existent points of this system and put them together with the previous knowledge of different areas, resulting in a way to overcome limiting beliefs.

The main objective of the Rhen Method is to offer an effective tool to solve the anchors of mental deficiencies that we have taken throughout our lives, and at the same time create a new perspective that connects me with extraordinary achievements in an accelerated way.





**Angry:**

**Could you explain what exactly the Rhen Method consists of and How does it differ from other similar approaches?**

The Rhen Method consists of carrying out 4 steps that allow me to find the sounds that my unconscious has interpreted as sounds that support me to build positive results and sounds that lead me to deconstruct desired results in life. If we learn to use the sounds that allow us to create, our own mind will play a team role with us to obtain the results we desire, in an extremely effective way. You just have to learn to name them.

All these sounds are in our name and we must learn to use them to our advantage, generating throughout these 4 steps the appropriate mental context that makes it possible to obtain these results.

Unlike other human development resources, we return to the individual role in which we leave the mold of the massive and return to the focus on particularity, that is, that the individual is unique and unrepeatable. Therefore, not everything works the same for everyone. We must explore that unique role of our name in our reality.

**What is the implementation process of the Rhen Method in people's daily lives?**

**Angry:**

Lacan said that the word has a function of recognition. That is, in order to encounter something, our means of connection is the word. If we don't name it, we can't see it. So if we want something, we first have to name it. This implies breaking with the normal scheme of "you have to do it first to get the result." Starting to speak to create is a fundamental part of using this method. It all starts by naming it before taking action. It is learning a new language where, from the words that we commonly use, it is giving them the touch of our creative sounds, giving them presence, giving them emotion and energy, combining the manifestation of the result through the alignment of this, plus their respective actions to achieve it.

Angry

**Which are  
The main  
benefits that you  
have observed in  
those who have  
applied the Rhen  
Method in their  
lives?**

First of all, something we believe we always have before achieving a goal, and that is clarity. We usually think we are clear about what we want to achieve, but when we express it is when we stumble to take action. People who have taken this method and given action to their lives have achieved results that have not occurred before. People who felt trapped by constantly trying have achieved what was not possible before: people who have opened businesses that they couldn't before, people with projects who have reached new contracts that they previously wanted, people who in love situations before did not make partners now have created unprecedented love relationships.

## **What are the most common challenges people face when trying to adopt the Rhen Method and how can they be overcome?**

The main challenge could be called laziness, and this is because doing this method requires analysis and that is initially tedious for some people. The way to overcome this is through discipline and focus, because what we require is to refocus our attention on the desire we want to achieve to continue moving towards the goal.

**Angry:**

## **Does the Rhen Method focus on any specific demographic or is it applicable to anyone?**

Although I have had the fortune of working with people from different countries, I have done so in a Spanish-speaking context. This method can be applied to anyone, although it is currently only available in Spanish.

**Angry:**

## **How is the Rhen Method related to people's emotional and mental well-being?**

Giving clarity to goals and a way to achieve them immediately reduces stress and allows focus and good emotional management. Thanks to this, the person, instead of constantly spending their time wondering why things don't work out or blaming external factors, interprets their reality from a different angle, giving rise to a new mental and emotional state.



## **What is your long vision? Timeframe for the Rhen Method and how do you expect it to impact society?**

The Rhen Method still has a lot to share, it is part of the research I am doing to make this more and more effective. Even that is part of the context of growth that I have as a person. It is not a question of "that's it" and leaving it, but rather continuing to nourish it so that it allows for more and better results for people. This method has the vision of reaching whoever wants to find it. It is not a question of reaching masses just for the sake of it, but a question of consciousness where the individual chooses to grow by his own conviction. That is to say, it is for those who choose to grow more than a method to be happy.

## **Can you share some results from people who, after implementing it in their lives, have had any changes?**

Angry:

Sure, I attach files where the photos are.

## **What advice would you give to someone who is interested in exploring the Rhen Method but still has questions about it?**

Angry:

Let him take the risk. In the end, creating non-existent results requires taking innovative steps, and that even implies taking paths that seem illogical or meaningless, but that is why new results are presented. Many of the results we achieve in life are determined not by the actions we take, but by the people we are when we take those actions. So, making this method work requires being the right person to want a change in life. So, it will sound illogical, but if in doubt, I would say don't take it. When you are the one, wisdom alone will lead you to the path that allows you that result. And I'm not just saying this about the Rhen Method, but about anything we want to achieve in life. That is, those results are not determined by "what do I have to do?", but by "who do I have to be?"

## the interview

Here we present some of the testimonies of people who have already transformed their lives.

Muchas gracias Jonathan por mi sesión de hoy, fue fantástica, muy esclarecedora e impactante, gracias, gracias, gracias 🍷



20:05

Hola hola!!

Yo también tuve mi sesión ayer. Todavía ni terminaba cuando la magia hizo de las tuyas 🤗👉

Super agradecida con Jonathan 🙏 aparte de que es una bellísima persona! Si no han hecho su cita, háganla! no lo dejen para después 👍

Lindo Sol para todos!! 😊



11:50

Hola buenos días mi nombre es Miriam quisiera platicarles que mañana es mi cumpleaños y decidí regalarme una sesión personal con Marcial, es uno de los mejores regalos de mi vida fue totalmente renovante en todos sentidos me saco de muchas dudas y termine totalmente empoderada, entusiasmada y con un cambio de perspectiva en mi vida, ojalá se permitan vivir esta experiencia no sé arrepentirán, gracias Marcial y que el eterno te colme de bendiciones y vida para poder seguir en este camino como guía de nuevas realidades muchas bendiciones



2



2



1

11:27

Hola a todos!!! Les quiero compartir algo 🤗

Les cuento rápido... vivo en Estados Unidos y me dedico a los prestamos hipotecarios. Mi clientela es 0% latina 😊 o era jejej En mi sesión con Jonathan, me dio la idea de usar mis sonidos en la chamba para manifestar y ese rollo y que creen?!?! 🤗🤗 en esta semana me cayeron 3 nuevos clientes LATINOS y todos "causalmente" tienen mis sonidos regentes en sus nombres. 🙌😊 Me acaba de caer el 20 porque justo ahorita se concretó el tercer cliente.

Aparte hoy justamente cerré otra hipoteca con un cliente que tenía un año y un mes que compraba y no compraba, financiaba y no financiaba... (ya lo soñaba 🤗) hoy por fin cerramos su financiamiento 🤗🤗🤗 y adivinen que? También su apellido tiene uno de mis sonidos creadores. Woooooo!!! Estoy feliz 🤗🤗🤗

Gracias, gracias, Jonathan!!! 🙏🙏🙏 mágico fin de semana para todos 🤗🤗🤗



4



1



1



1

19:02

Buen fin de semana a tod@s 🙏🤗💜

Ayer tuve sesión personal con Jonathan y quisiera compartirles mi experiencia.

Simplymente superó con creces mis mayores expectativas.

La capacidad que tiene Jonathan de ver más allá de lo evidente es impresionante, y sin duda, me ha ayudado a VER y enfocarme justo en lo que necesitaba.

Salí con todo totalmente claro, con una redacción que se ajusta al gran paso que deseo, desde hace mucho tiempo concretar... y que aún no había logrado enfocar.

Me encuentro muy entusiasmada y con mucha fe de que esta vez mis palabras traeran magicamente lo que quiero del magno universo.

Sinceramente, muchas gracias Jonathan, espero que mi "laboro sea eficiente, entretenido y mágico".



1

RL

17:56



Muchas gracias Jonathan por mi sesión de hoy, fue fantástica, muy esclarecedora e e impactante, gracias, gracias, gracias 💖



20:05

Hola hola!!

Yo también tuve mi sesión ayer. Todavía ni terminaba cuando la magia hizo de las tuyas 🤔👉

Super agradecida con Jonathan 🙏 aparte de que es una bellísima persona! Si no han hecho su cita, háganla! no lo dejen para después 👍

Lindo Sol para todos!! 😊



11:50

Hola buenos días mi nombre es Miriam quisiera platicarles que mañana es mi cumpleaños y decidí regalarme una sesión personal con Marcial, es uno de los mejores regalos de mi vida fue totalmente renovante en todos sentidos me sacó de muchas dudas y termine totalmente empoderada, entusiasmada y con un cambio de perspectiva en mi vida, ojalá se permitan vivir esta experiencia no sé arrepentirán, gracias Marcial y que el eterno te colme de bendiciones y vida para poder seguir en este camino como guía de nuevas realidades muchas bendiciones



11:27

Hola a todos!!! Les quiero compartir algo 🤔

Les cuento rápido... vivo en Estados Unidos y me dedico a los prestamos hipotecarios. Mi clientela es 0% latina 😞 o era jejej En mi sesión con Jonathan, me dio la idea de usar mis sonidos en la chamba para manifestar y ese rollo y que creen?!?! 🤔🤔🤔 en esta semana me cayeron 3 nuevos clientes LATINOS y todos "causalmente" tienen mis sonidos regentes en sus nombres. 🙌😍 Me acaba de caer el 20 porque justo ahorita se concretó el tercer cliente.

Aparte hoy justamente cerré otra hipoteca con un cliente que tenía un año y un mes que compraba y no compraba, financiaba y no financiaba... (ya lo soñaba 🤔) hoy por fin cerramos su financiamiento 🙌🙌🙌 y adivinen que? También su apellido tiene uno de mis sonidos creadores. Woooooo!!! Estoy feliz 🤔🤔🤔

Gracias, gracias, Jonathan!!! 🙏🙏🙏 mágico fin de semana para todos 🤔🤔🤔



19:02

Buen fin de semana a tod@s 🙏🙌💖

Ayer tuve sesión personal con Jonathan y quisiera compartirles mi experiencia.

Simplemente superó con creces mis mayores expectativas.

La capacidad que tiene Jonathan de ver más allá de lo evidente es impresionante, y sin duda, me ha ayudado a VER y enfocarme justo en lo que necesitaba.

Salí con todo totalmente claro, con una redacción que se ajusta al gran paso que deseo, desde hace mucho tiempo concretar... y que aún no había logrado enfocar.

Me encuentro muy entusiasmada y con mucha fe de que esta vez mis palabras traeran magicamente lo que quiero del magno universo.

Sinceramente, muchas gracias Jonathan, espero que mi "laboro sea eficiente, entretenido y mágico".



17:56



# Angy Carranza

Social Network Expert



Sígueme



Sígueme



# 15% OFF

## Libreta Bright Dyes

\*free shipping nationwide.

\*Shipping made by Correos de México



# COUPON BOOK

Click on any coupon and directly redeem the offer via WhatsApp



## ALL FLOWERS INDIVIDUAL Xiquiyehua

\*get the lowest priced one for free

### 3x2

# DESIGN

PROFESSIONAL OF YOUR LOGO AND YOUR BUSINESS CARDS

## \$500

\*Details of the work and delivery of files by private message.



Angy Carranza

### 50% OFF

in personalized personal brand consulting (personal image, body language and neuro-speaking).



Fabiola Perez

### Psychological Counseling

### -20%

## COUPON

## CONSULTATION WITH THE NUTRIOLOGY

Fer Lemus

TUESDAY AND THURSDAY  
**2 x 1**

## Paola A step

Akashic activation unlimited light

### -20%



Valeria Quintana

## \$90

and gelish

\*ONE TONE ALL MONTH



Jazael Lozada

## 15%

 discount in the workshop  
**The Hermit's Path**

Soham Spa

offers a 20% discount on all their facials

### 20% OFF

Start saving for your retirement today and get

A SECURE MEDICAL EXPENSES

# FREE

FOR A YEAR!



alchemy

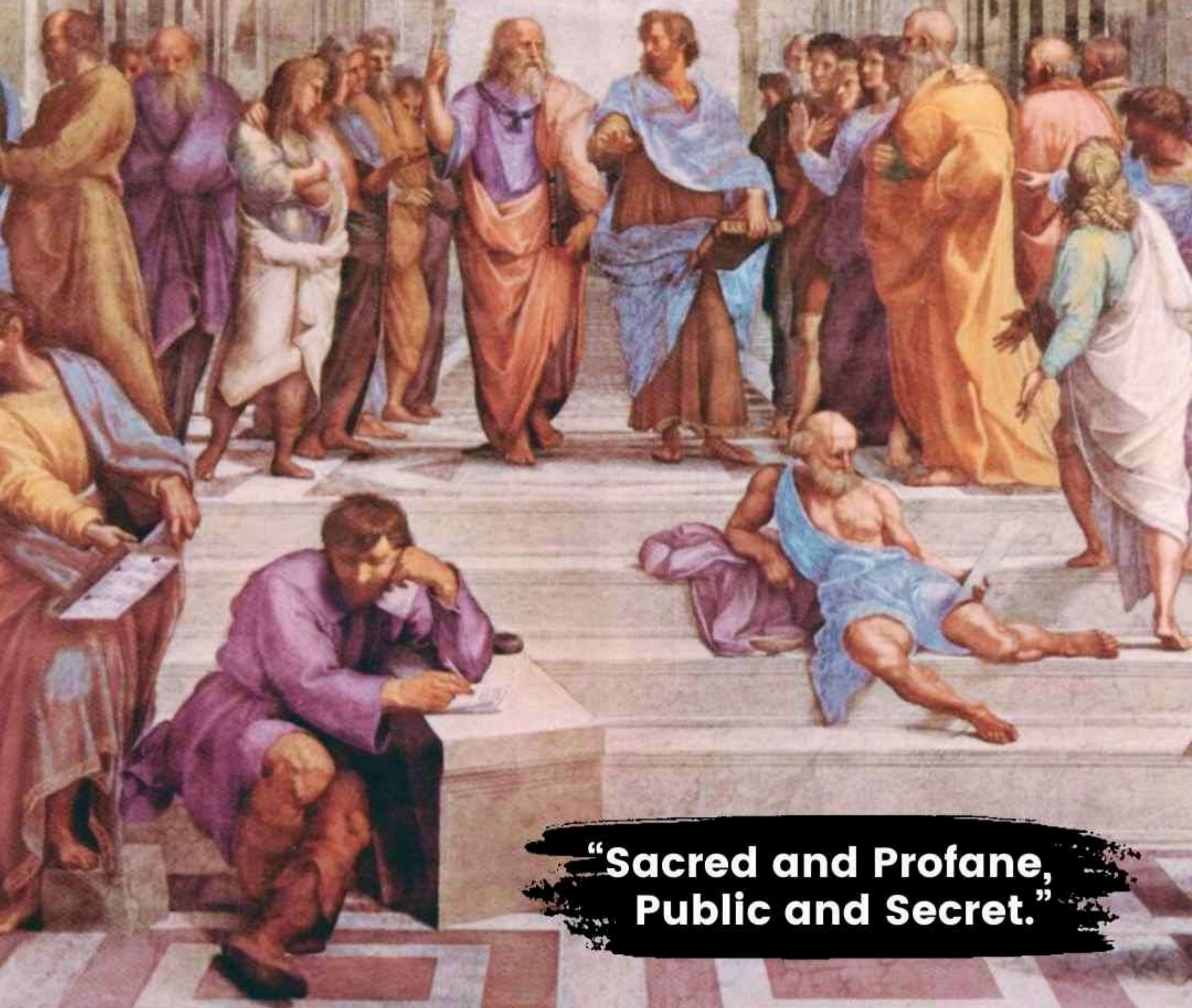


Difference between teaching

**Exoteric**



**Esoteric**



**“Sacred and Profane,  
Public and Secret.”**



Esotericism is normally associated with certain schools of Antiquity (Pythagorean, Orphic, Kabbalistic, etc.) whose philosophy was only known by the initiated, that is, by those who accessed certain mysteries; with the teachings of the various secret societies that, heirs of this first legacy, have continued throughout history and with the so-called “occult sciences” (magic, astrology, alchemy, etc.).

Although it has also been said that truly esoteric culture is one that, instead of coming to us from the outside, seems to flow from the depths of ourselves to reveal "another world" to us; that it is an imprecise knowledge woven with mysterious intuitions; an intimate and secret dream that we cannot communicate because we ourselves have only revealed it in a tiny part.



EXOT

ERIC



ESOTE

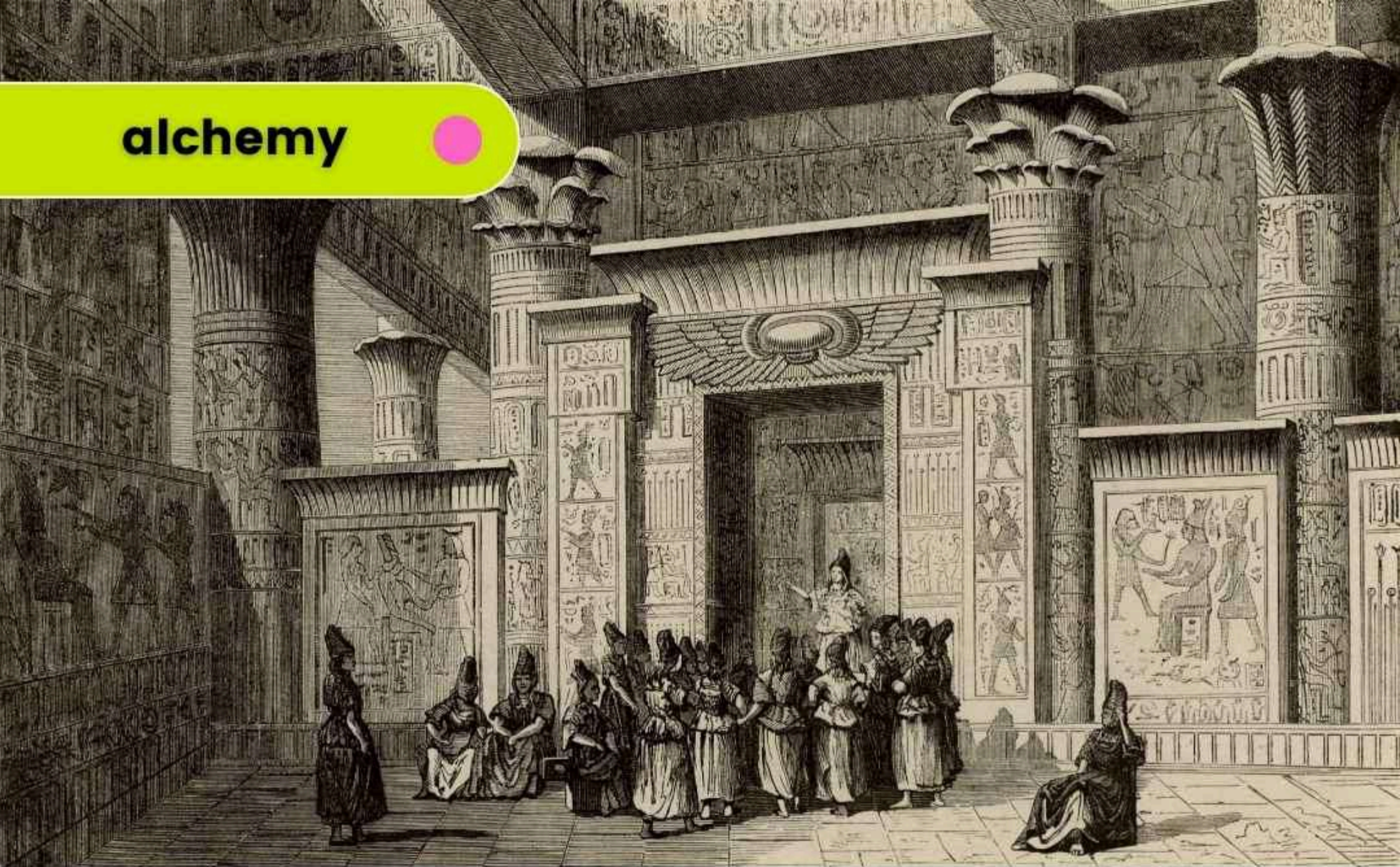
ERICA

Etymological dictionaries, although they give the meaning of esoteric as “reserved for adepts,” are careful to clarify that esoteric properly means “intimate,” and that it derives from “acra,” which means “inside”; although, finally, they end up defining the concept in opposition to that which is its opposite, “exoteric,” from “outside”.

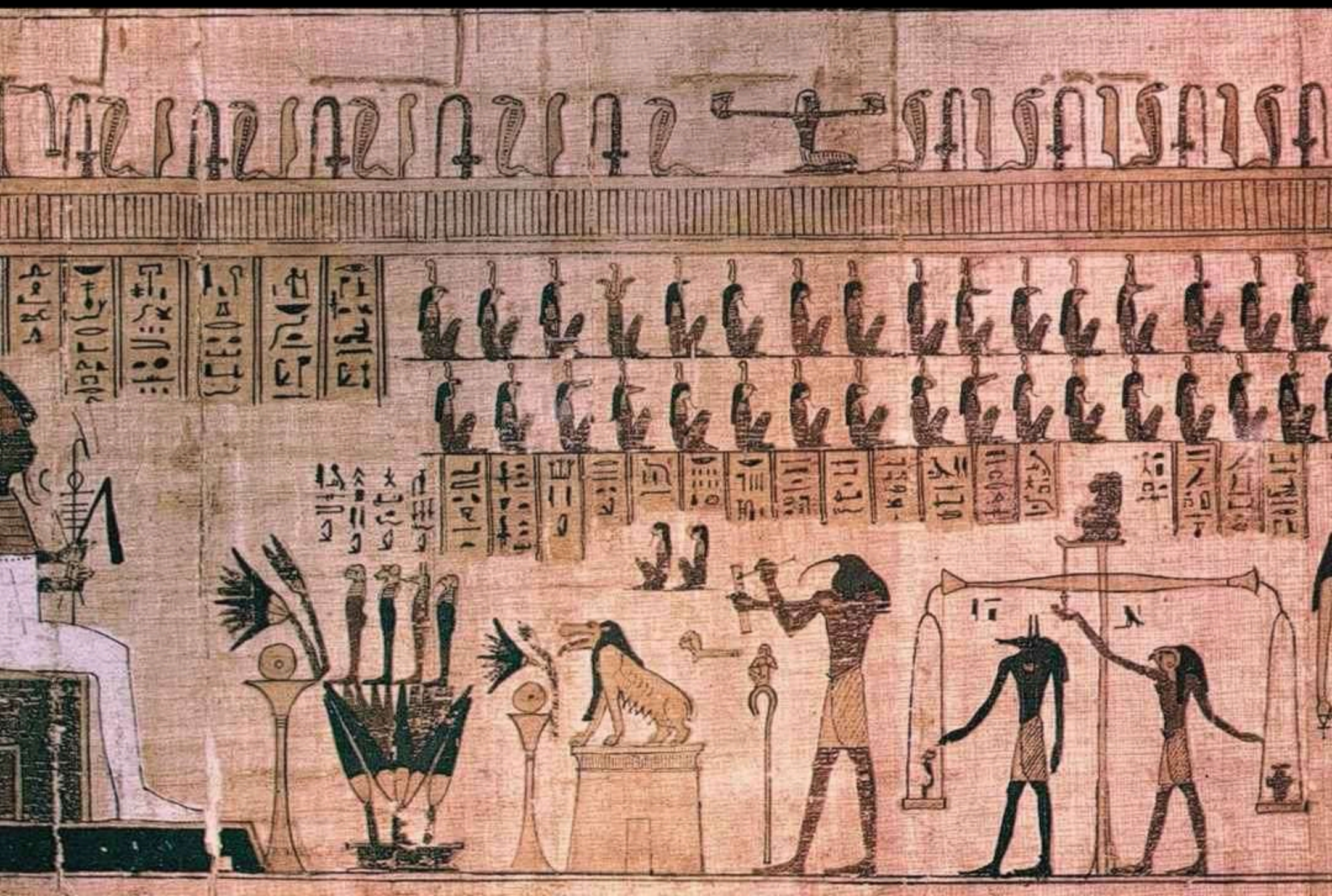
But if this first discernment between the interior and the exterior is necessary and timely, it actually reveals little to us; Well, if what is intimate is esoteric, it is also what is reserved for adepts, that is, what is shared with those who are like-minded, with those who are intimate; thus becoming a tradition transmitted secretly (or, at least, privately, that is, only to a chosen few); a knowledge that, logically, was different from that which was common to all, public, profane. In any case, it is difficult to discern in different civilizations, and among the multiple interpretations and beliefs of Antiquity, which were esoteric and which were exoteric. Especially if we give these words the meaning they are given today.



alchemy



Esoteric, even transmitted through an initiation, was, in Egypt and the Mesopotamian civilizations, knowledge both regarding the gods and destiny, as well as regarding geometry or astronomy. Esoteric was sacred knowledge and, therefore, that on which power was based. There the exoteric were the legends, the superstitions, the pilgrimages and pilgrimages, the representations of fables and rites.







From the Greek ἐσωτερικός: oriented towards the interior and ἐξωτερικός: oriented towards the outside. The term **“esoteric”** designates an idea, a theory, intended exclusively for initiates, understood only by specialists. The term **“exoteric”**, on the other hand, is applied in the sense of “popular”, “also accessible to the non-specialist”. These terms are also used to designate essential internal (esoteric) and external (exoteric) links of phenomena.



## Jazael Lozada

Consultant



Sígueme



Sígueme

# KNOW THE CARDS **NFC**

A PVC business card with integrated CHIP, which allows you to display all your contact information on mobile phones, such as social networks, website, call buttons, messaging or email. All through NFC proximity technology or by scanning the QR code with the camera.



## AND HOW DO THEY WORK?



Bring the card closer than 5 cm to the mobile phone and the information will be displayed on the device screen.



JULY Promotion

**\$599**



\*Restrictions apply.

voices of triumph



# Alejandro LASSO



*Photographer and barista*

Sometimes life puts decisions on your path that, if you don't take risks, you won't get where you want.

That's where it all begins, one day when I realized that investing my time in a place that didn't value what I did didn't make sense, and I decided to start doing what truly fulfilled me.



# voices of triumph



▶ 9



▶ 9



P5 PLUS



6 3 0 6

6 3 0 6

P5 PLUS



P5 PLUS



P5 PLUS



9 0 6

TRA 400  
27A  
27

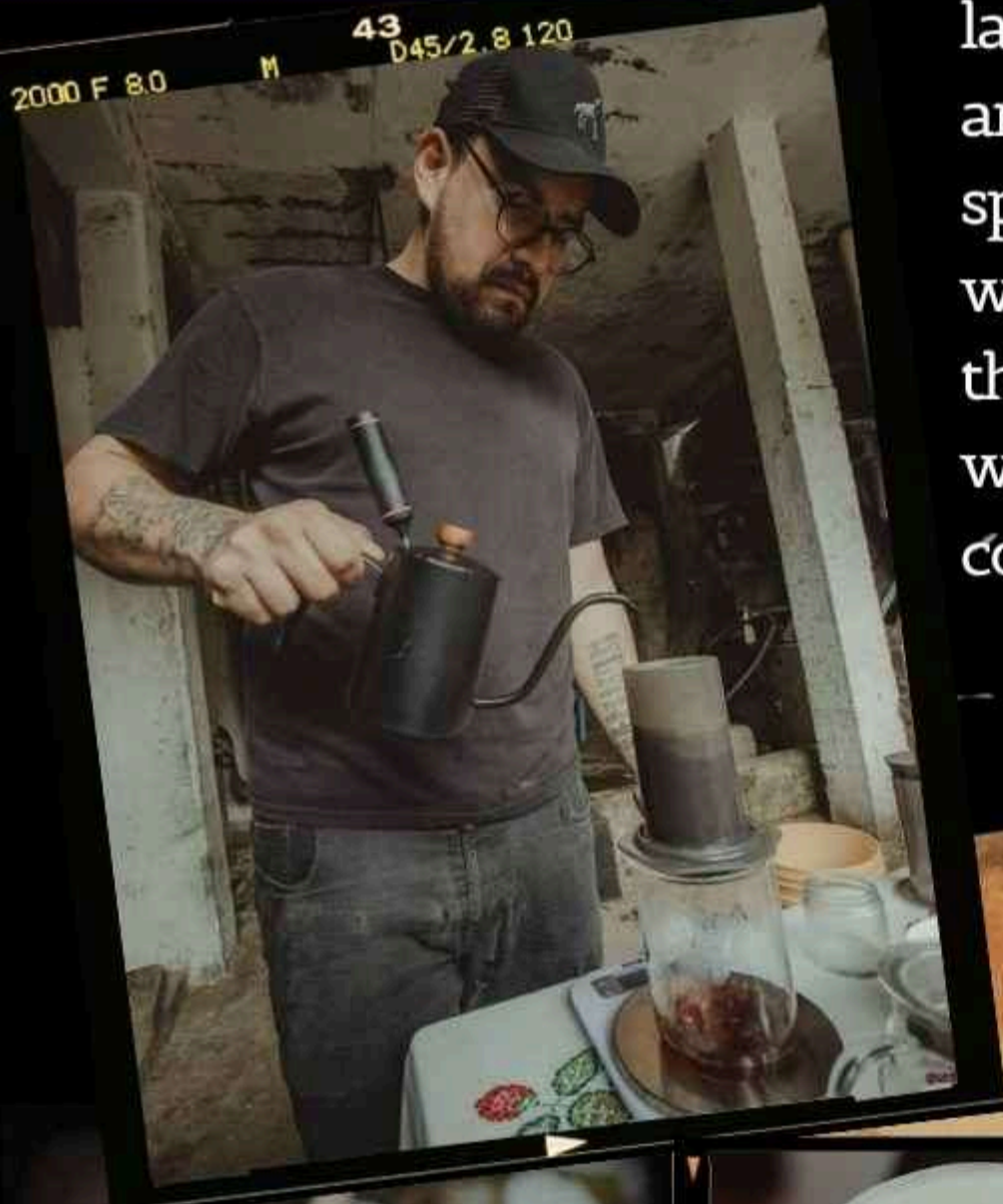


27A  
27

21A  
21  
20A  
20  
19A  
19  
18A  
18  
17A  
17

## voices of triumph

The truth is I don't remember exact dates because I suffer from mental lapses, but I do remember that it was around 2015 when I started trying specialty coffee. There were people who told me "come, try this", and those were my first approaches to this wonderful product that is the most consumed worldwide.



*Coffee please*

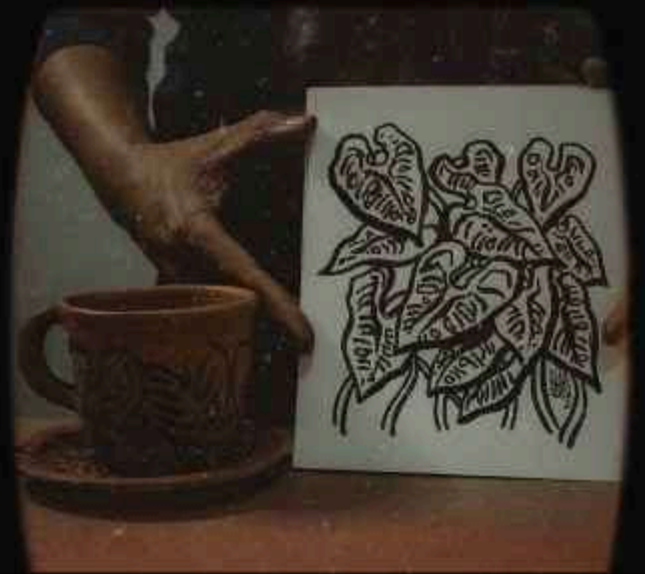


My first coffee maker was an Aeropress. I remember telling Zyanya (my wife) that I liked it, and she gave it to me for a birthday. It was a surprise because it is not common for that to be the first coffee maker, and in fact, with it I won my first barista competition in 2021.

## voices of triumph



This is how I started creating my coffee bar at home and experimenting with different coffees. I bought my first grinder and my first scale. Zyanya gave me another coffee machine again, a Hario V60.



Around January 2021, together with three friends we decided to venture into opening a cafeteria, and it was there that Insitu was born during the pandemic. We were a sensation for our minimalist and purist touch. That same year, as a motivation for baristas, I entered the Aeropress competition that was held in Coatepec, Veracruz. It was so much my enthusiasm and practice that I won. I met wonderful people right there, and one of the most beautiful things about coffee is the people who bring you closer to it.

Thus began that journey called Insitu that, to this day, continues to bring me closer to incredible people. There I met my second family. Every time a barista comes and goes, they take a piece of my heart with them. Everyone at Insitu loves each other; Whenever someone arrives, we welcome them with a hug because that's what coffee is: a snuggle to the heart.

**And this is where this anecdote ends:** whenever you do something, do what you are most passionate about, with the same force with which the heart pumps blood throughout the body. You will see that going to work is like going to your favorite place, and you will realize that you live in your safe place.

Dear readers of



First of all, we want to thank you from the bottom of our hearts for having read this issue of our magazine. We hope you enjoyed each page as much as we enjoyed creating it. Your support and interest are the reason why AGRIDULCE continues to grow and evolve.

We would love to invite you to be part of our community on social networks. Follow us on Facebook and Instagram to stay up to date with our latest posts, engage in interesting conversations, and become part of a passionate and vibrant community.

Your support on social media not only allows us to connect with you more, but is also essential for the growth and continuity of our magazine. AGRIDULCE is distributed for free, and your contribution as followers is a significant exchange that helps us move forward and release each new issue with the same passion and dedication.

Thanks for being part of our community.  
We hope to see you on our social networks!



📍 [agridulcetransformacion.mx](http://agridulcetransformacion.mx)

