

MAGAZINE

AGRI

Dulce

LAUNCH ISSUE

"This is how transformation tastes"

"Taste of transformation: The journey towards your best version"

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

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Illustration: Hublester Lodoza

AGRI *Dulce*

Welcome to "AGRIDULCE" Magazine, where we explore the flavor of transformation in all areas of life. On every page, you'll find tools and tips to boost your health, wellness, diet, exercise, finances, and more. We are dedicated to inspiring you and accompanying you on the journey towards your best version, combining the bittersweet flavors of life to achieve a harmonious balance. Get ready to discover how change can be deliciously transformative.

Welcome to a new beginning!



Brenda Soriano

Editorial Director

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alchemy





Residential Numerology

Interpreting your house numbers



In numerology, houses can also be interpreted using numerical principles to understand their energy and the influences they have on the people who live in them. Here is an overview of how numerology can be applied to houses:



Interpreting # your house # numbers

Number of the house

The house number is calculated by adding the digits of your address until you get a digit.



=



This number represents the overall energy of the house.

For example, if you live in house number 123, you would add $1 + 2 + 3 = 6$.

Meaning of numbers

Each number from 1 to 9 has its own unique qualities and energies in numerology.

Interpretation of the energy of the house

Once you have calculated your house number and understood its numerical meaning, you can apply that energy to your daily life in that space.

Adjustments and fixes

If you wish to more closely align the energy of your home with your personal goals and desires, you can make adjustments and arrangements to the décor, interior design, and other aspects of your home to reflect the numerical energy you wish to cultivate.

The number 1 in numerology is generally associated with independence, individuality, leadership and initiative. Therefore, a house with the number 1 could have an energy that promotes leadership, autonomy, and forward momentum. People who live in a house with this numerology might feel a strong sense of independence and an inclination towards taking the initiative in their lives.



2

Number 2 is associated with cooperation, harmony, diplomacy and relationships. Therefore, a house with the number 2 could have an energy that promotes collaboration, peace and harmonious interaction between the people who live in it. People who reside in a house with this numerology may feel a greater sensitivity to the needs of others, as well as a desire to work as a team and maintain peace in their home environment. The home can be a place where personal relationships are considered of great importance and are carefully cultivated.



The number 3 is associated with creativity, artistic expression, communication and sociability. Therefore, a house number 3 could have an energy that encourages creativity, the exchange of ideas, self-expression, and joy.



numerology



People living in a house with this numerology might feel a strong inspiration to express themselves creatively, whether through art, music, writing, or other forms of expression. Additionally, open communication and sociability may be prominent features of this home, where interactions with others are stimulating and enriching. The house could be a vibrant and lively place, where fun and enjoyment are important values.

The number 4 is associated with stability, organization, discipline and hard work. Therefore, a house with the number 4 could have an energy that promotes structure, order and efficiency. People who live in a house with this numerology may value stability and security in their home environment. The house is likely well organized and maintained, with a focus on keeping things in their place and running smoothly. Additionally, a strong work ethic can be fostered in this home, where diligent effort and perseverance to achieve goals is valued. The house can be perceived as a safe and reliable refuge, where responsibility and compliance with obligations are prioritized.





The number 5 is associated with freedom, adventure, change and versatility. Therefore, a house number 5 could have a dynamic and exciting energy that promotes exploration, diversity and adaptability. People living in a house with this numerology may feel a drive toward personal freedom and variety in their life experiences. The home is likely to be a place where innovation, spontaneity, and the search for new opportunities are encouraged. Additionally, there can be an atmosphere of energy and movement, where exciting experiences are valued and change is embraced as a natural part of life. This house could be home to people who enjoy traveling, experiencing new things and being open to different points of view and cultures.

The number 6 is associated with harmony, balance, care and responsibility. Therefore, a house number 6 could have an energy that promotes warmth, family, and unconditional love. People who live in a house with this numerology may feel a strong connection to home and value family and community relationships.



The home is likely to be a welcoming and comforting place, where cooperation and mutual support are encouraged. In addition, care and attention to others can be prioritized, as well as commitment to the well-being of the family and the community. This house could be perceived as a safe and loving haven, where strong relationships are cultivated and personal growth is promoted.

The number 7 is associated with introspection, wisdom, spirituality, and the pursuit of knowledge. Therefore, a house number 7 could have an energy that encourages tranquility, contemplation and connection with the spiritual. People who live in a house with this numerology may feel an inclination towards internal reflection and seeking answers to deep questions about life and the universe. The home is likely to be a calm and serene place, where time for meditation and contemplation is valued. Additionally, an environment of continuous learning and exploration of spiritual and philosophical topics can be fostered. This house could be perceived as a refuge for those seeking inner peace and spiritual growth.



numerology

The number 8 is associated with material success, abundance, power and authority. Therefore, a house number 8 could have an energy that promotes the achievement of material goals and financial prosperity. People who live in a house with this numerology may feel a strong motivation to achieve success in their careers and obtain financial security. The house is likely to reflect an environment of luxury and comfort, where material achievements and status are valued. Additionally, there can be an atmosphere of determination and ambition, where hard work and strategic planning to achieve financial and professional goals are encouraged. This house could be perceived as a symbol of status and success, where power and recognition in the material world are sought.

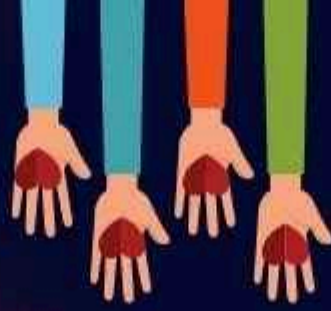


9

Number 9 is associated with compassion, humanity, wisdom, and selfless service. Therefore, a house number 9 could have an energy that promotes compassion, generosity, and service to others. People who live in a house with this numerology may feel a deep connection to the community and a desire to contribute to the well-being of others.



numerology



The home is likely to be a place where empathy and understanding toward those in need is fostered, and where service to others is valued as an expression of love and solidarity. Furthermore, there may be an atmosphere of wisdom and spiritual growth, where one seeks the deeper meaning of life and aspires to live according to high ethical principles. This house could be perceived as a refuge for the soul, where personal fulfillment is sought through selfless service and connection with others.



Virtual Consulting

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

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Brenda Soriano

Wellness Consultant



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PRODUCTS OF

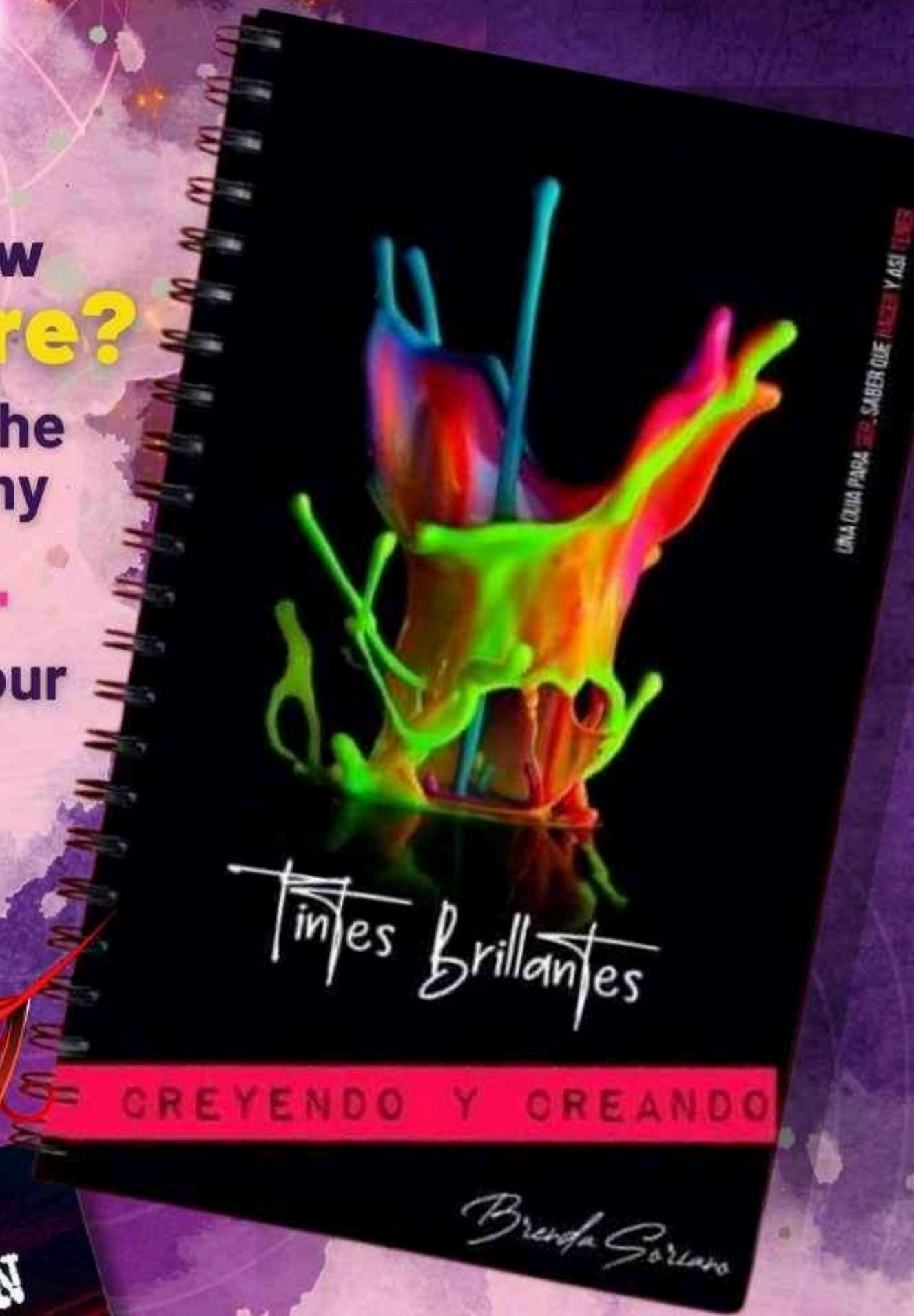
Brenda Soriano



Buy

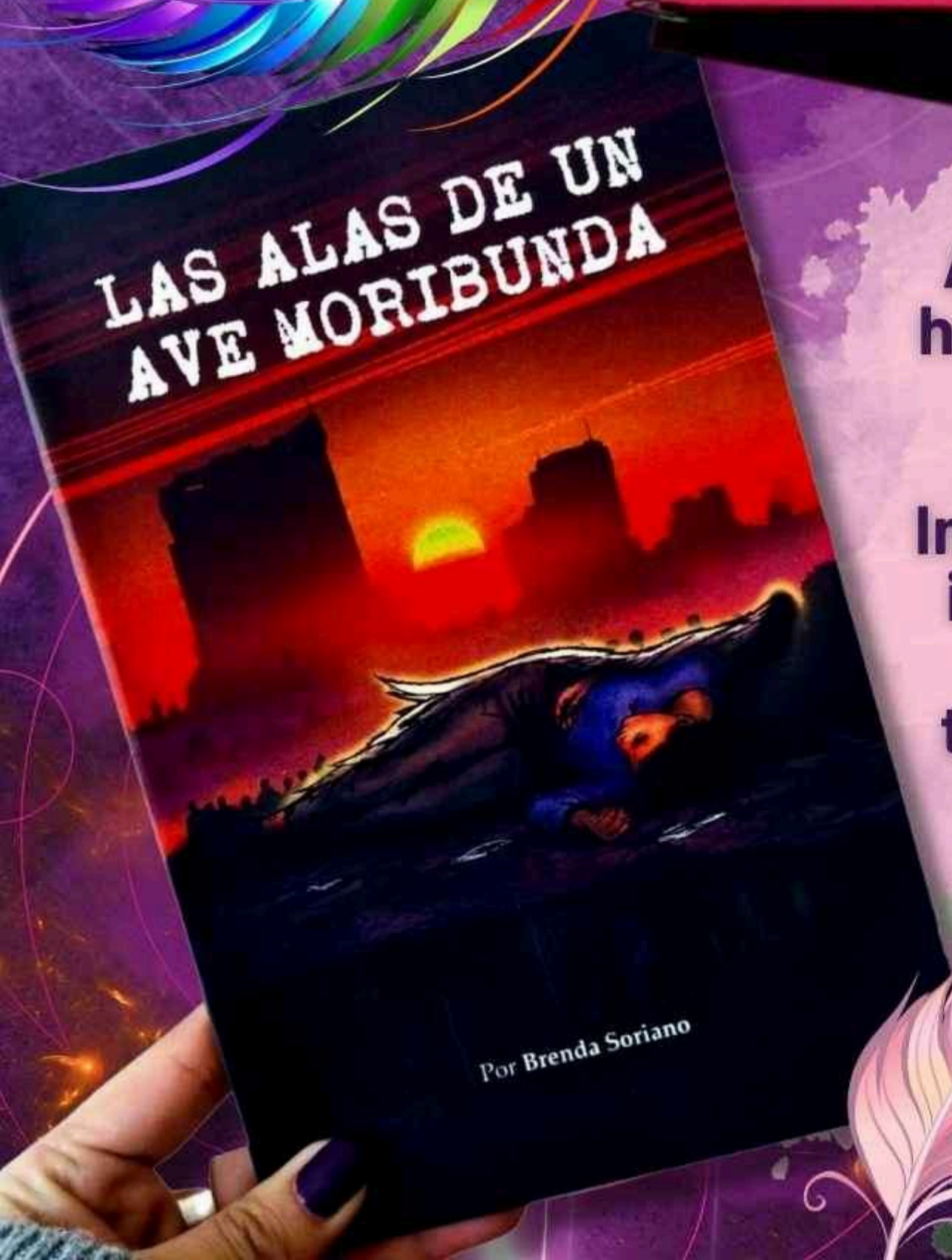
**And you,
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Who you are?**

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



**A story that will
help you redefine
your life.**

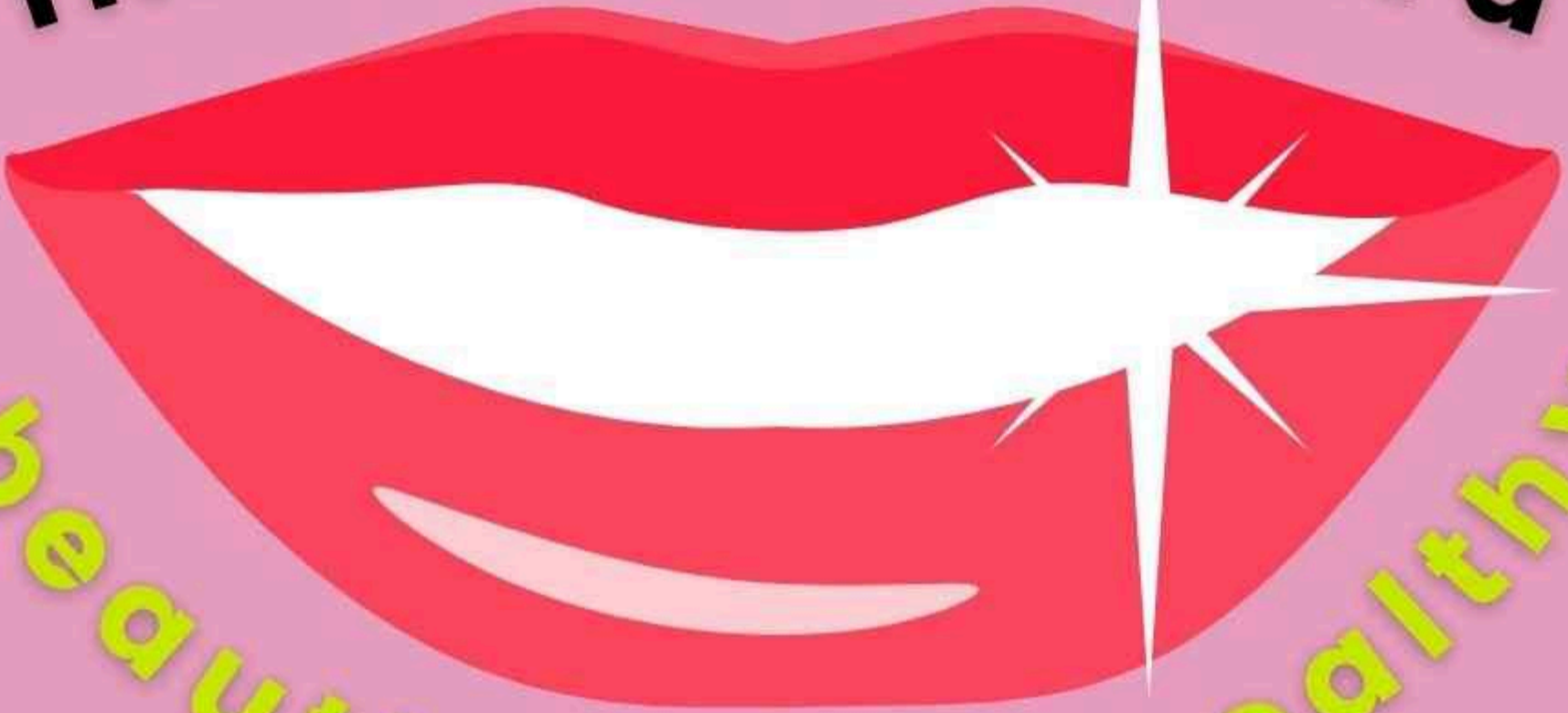
**Immerse yourself
in its pages and
begin your
transformation.**



Por Brenda Soriano



The confidence that a



**beautiful and healthy
smile gives you**



Who wouldn't like to have beautiful, even and white teeth, so that when you smile at someone or for a photograph, you feel secure with that confidence that teeth in good condition give you. I think most of us dream of that, but not all of us have that fortune.

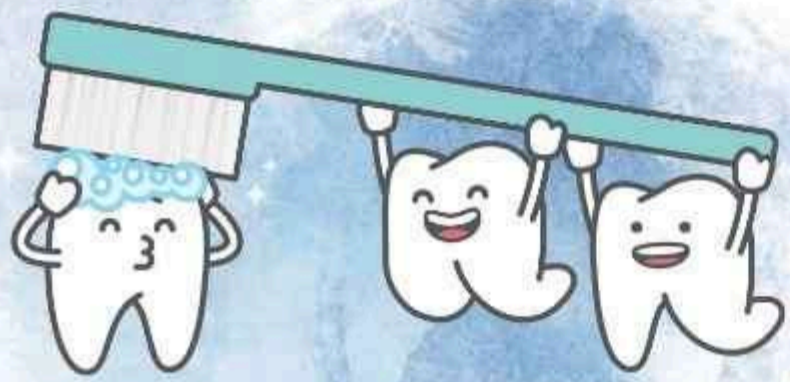
At the average age of 6 years we begin to shed our teeth; This is known as the second dentition or permanent teeth. Unfortunately, there are various causes that modify both the position and color of our teeth, making our smile not pleasant for ourselves, and that sometimes causes us insecurity.

Fortunately, we have specialists who can help you correct different problems that may arise in your mouth. For example, in the malposition of teeth we have the specialty of orthodontics, which corrects teeth that are crowded or separated with the help of brackets, which are attachments that are placed on each tooth, allowing the teeth to be put in their position. correct.



If you have stains, a dark color that you don't like, or if your tooth suffered a blow and because of this it changes color (in this case you have to perform a root canal, which is the removal of the dental nerve), whitening can be performed. dental, which must be performed in the office to obtain optimal results.





Maintaining healthy teeth does not only consist of undergoing these treatments, but from home we must give adequate hygiene to our teeth to keep them well. Simply put, our allies for this are:

1 A suitable brush. My recommendation is that it be with bristles with a soft or medium texture, to avoid damaging our teeth, because a bristle with a hard texture over time can cause wear on the tooth enamel, especially on the necks, causing sensitivity due to strong brushing. .

2 The use of toothpastes. If you have tooth sensitivity, my recommendation is a toothpaste for sensitive teeth; If you do not have sensitivity, you can use the paste of your choice.

3 Use of dental floss. Some of us are not used to using floss, but it is the only one that will help us prevent cavities on the faces where the teeth meet (interproximal faces).

4 Use alcohol-free mouthwash at least once a day.



The consumption of tobacco, coffee, excessive sugars, etc., causes problems such as halitosis (bad breath), cavities and gum problems such as gingivitis (inflammation and bleeding of the gum).

In general terms, I explained to you how to take care of your teeth and what products damage them. My final advice is to go to your dentist for check-ups at least once or twice a year; This way you will achieve a pleasant smile.

And remember:

“Just as hair is the frame of your face, teeth are the frame of your mouth.”



Lupita Lasso

Dental surgeon

radiant



How to have healthy hair?

Having long, silky, shiny and beautiful hair is the dream of most girls. That is why today I am going to share with you

6 TIPS

to have super enviable hair.

1.- Use the shampoo that your hair needs

The shampoo must be adapted to the needs of our scalp (dry, oily, sensitive) and our hair (fine, curly, dyed...). We recommend combining two shampoos: one to keep your scalp healthy (if you have any of these problems) and another that adapts to your hair.



radiant

2.- Wash your hair whenever you need it

The frequency of washing should also be adapted to personal needs. Oily scalp needs a higher frequency (even daily), while dry or sensitive it is better to wash it

less frequent form (2 times a week). You also have to take into account lifestyle; If you practice sports daily, you will have to wash your hair more than if you do not practice sports and and you don't sweat.

3.- Apply masks from the middle to the ends

Hydration is important for hair to retain its shine and avoid frizz, split ends and dryness. Use a mask, from mid-lengths to ends, once or twice a week.

Even perform an intensive cure every 10-15 days, applying your mask to drained hair and wrapping it in a hot towel.



radiant

4.- Massage your scalp



The scalp is the base on which hair grows and that is why it is also important to take care of it, even if we do not see it. Massaging it once a week is good to activate microcirculation in this area, make the treatments we apply afterwards more effective (essential if you are using an anti-hair loss lotion), and make your hair grow stronger. In addition, these massages, for which you can use hair oil, have a great relaxing effect.

5.- Be extremely careful with wet hair

Wet hair is extremely sensitive. Detangle it before washing and then only with the mask on or applying a leave-in conditioner first. Avoid putting wet hair in ponytails and other updos because it could break, especially if it is very fine hair.



radiant

6.- Take care of your diet



Food influences our entire body and also the condition of our hair. If you eat a poor diet, your hair will suffer. Eliminate ultra-processed foods and increase the consumption of fruits, vegetables, legumes and fish, sources of vitamins, minerals and nutrients.

I hope these tips help you achieve the hair of your dreams. Remember that hair care is an ongoing process that requires dedication and attention. With the right products and a consistent care routine, your hair will look long, silky and healthy.

Until next time, and don't forget that beautiful hair is a reflection of a well-cared for life!



Valeria Quintana

Stylist



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VILLAS
KAYBÉ

A PROJECT OF
LEADER
REAL ESTATE



Information

Your house in
Tulum

Villas Kaybé consists of 12 two-level luxury residences with four bedrooms and up to 363.93 m², fully equipped. Enjoy a living room, master bedroom with balcony, spacious rooms, kitchen, terrace, pool, garden and garage, all in a natural environment.



*Illustrative image

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ALL JUNE LONG

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Luxury amenities



Life in nature





Breaking the mold

When we talk about our planet Earth, we probably imagine a green world full of natural resources, animals and paradise places.

We may also remember what we read in the news, such as: water shortages, floods, pollution in cities, droughts, heat waves, loss of species, and more recently so-called climate change.



These latest events are more alarming and somewhat cloud the good memories we have of our common home. Given this, it is worth asking where these adverse situations that we are experiencing come from and what will happen in this regard.

Returning to one of the great challenges of the moment, let's clarify what climate change is about and what it has to do with these problems on Earth.



We popularly confuse high or low temperatures, as well as rain or lack thereof at certain times of the year, with what scientists call climate change. But the weather does not change from one day to the next, nor does it refer to the different temperatures during a day, much less is it about when people say: “what crazy weather.” What I have just described is the state of the weather, what they tell us in the forecasts on the news or in cell phone apps, the changes that we see throughout a day.

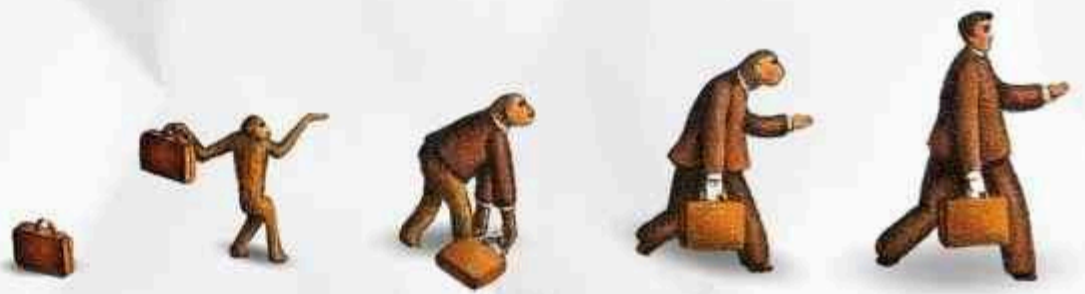
So when we refer to climate change, we are actually talking about a process that happens in longer periods where several years pass, so what we are experiencing today is a consequence of what “someone else” started several decades ago.

We can also think of climate change as a chain reaction, since our planet is a large system made up of various systems, so when one does not work well, it will affect all the others because they are interrelated. In reality, some consequences that climate change has brought us are a warming of the planet that brings with it these disparities in the regions of the world; droughts, floods, more extreme temperatures, loss of species, among others.





“Let us transform our relationship with Mother Earth.”



To all this, you may wonder when what we are talking about here began. Well, in reality, beyond a particular date, we must consider the time in which generations before ours expanded the land for cultivation, used more trees, extracted more minerals, made large dams, increased livestock farming and industrial agriculture. , they created more factories, established mass production, favored the use of non-renewable energy sources.

From these activities promoted several decades ago, the atmosphere began to modify, which has altered natural cycles, ecological and productive systems, as well as the relationships between living beings and their environment. Therefore, great changes arose in the relationships between everything that makes up the complex system that forms our Earth.

The scientists most focused on understanding the consequences of human activities have been telling us for more than 50 years that it is time to act to mitigate these great changes in our world. Perhaps today this message is being spread more urgently than ever, because if this continues The future of various species and living beings will be put at risk, obviously including human beings.





So far we have briefly talked about one of the biggest problems we have inherited, but we are not here to judge those who did it. Instead, we will question whether we are really willing to break the mold, learn from the mistakes of the past or else we will continue to inherit to the next generations the problems that left us together with those that we are now developing for the near future.

Currently there is no magic formula to quickly solve the problems that we observe in our common home, but I am sure of one thing: the ways of life, the way we relate to our world and how we see our future must now be modified, so that we can achieve a better future, for those of us who already exist and for those generations that will soon come.

From my perspective, to break the mold, the main thing we need is the will to transform ourselves and adopt shared responsibility among all. But in practice, where do we start? What good are the changes we would make? For this I will mention some examples:



- If we reduce the time we use electrical and electronic devices, we could consume fewer natural resources (especially non-renewable and polluting ones) to generate the electricity we use to make these devices work.



- If we consume local products, we would prevent them from coming from great distances (even from other regions of the world) to reach us, and we could also give more employment to local producers.



- If we stop renewing our wardrobe based on fashion trends, we would avoid consuming “cheap fashion” clothing that is produced in distant countries, where their rivers are polluted, and they do not provide adequate conditions for their workers.



- If we inform ourselves about how and what products or their production processes are made, we would be able to consume more responsibly, and we would also generate less waste.



- If we unite with people, groups, organizations or institutions that carry out concrete actions to counteract what causes environmental problems, we could implement lasting solutions, in more places and with more people.



These are just some good practices, but there are many positive actions that add up around the world, allowing for the resilience that our Earth is capable of, if we allow it. Finally, I invite you to reflect, that if we commit to not inherit what they have left us, to relate in a better way with our Mother Earth, then our transformation will be possible.



Faty Lodoza

Economist and University Professor



Contact me

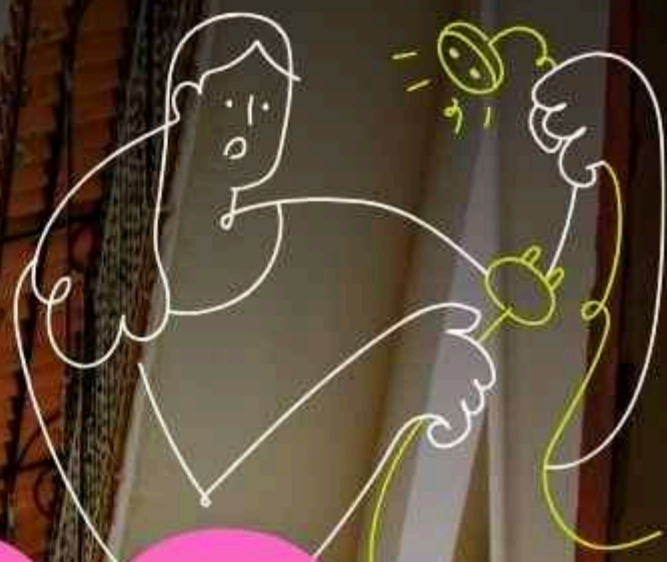
Throughout the month of June, buy
3 individual flowers and get 4



Follow

"The flower that never dies"

destinations

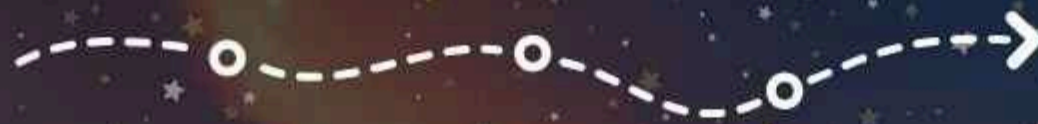


Taxco

a place to
disconnect

Sometimes sadness invades us and we feel lost, without finding a place to vent or simply be heard for a moment. We want to disappear from the world, get away from everyone, because somehow we feel that no one understands us. But discovering and exploring new places always helps us distract ourselves from what overwhelms us so much.

destinations

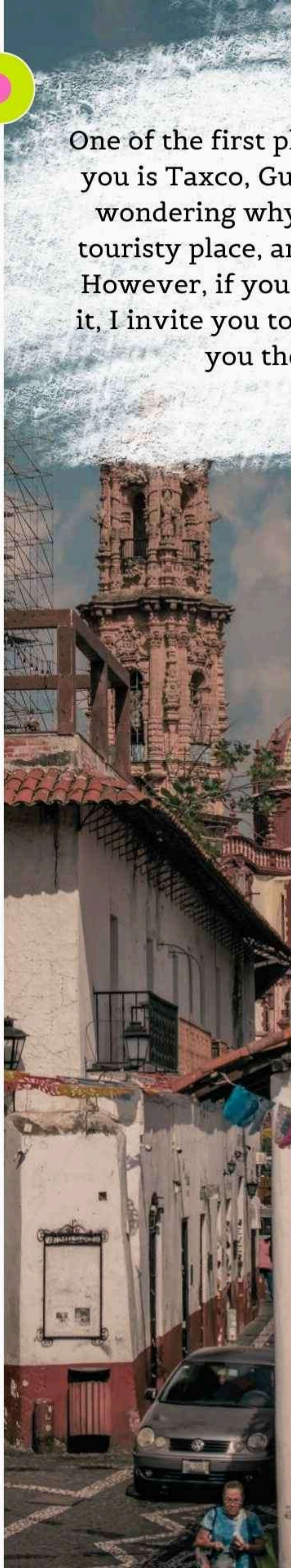



In this section, I want to share with you the places I have visited to disconnect, find peace, cry and be able to take a break from everything. You may be going through a difficult time, feeling stressed, or simply want to escape and reconnect with yourself or see new places.



destinations

One of the first places I want to show you is Taxco, Guerrero. You may be wondering why, since it is a very touristy place, and I agree with you. However, if you have never visited it, I invite you to do so and I will tell you the reasons.





In the middle of the hills and mountains that surround Taxco, you will find a haven of peace and serenity. The quiet atmosphere of the town invites reflection and reconnection with yourself. Whether you are looking to escape the hustle and bustle of the city or simply need a moment to recharge, Taxco is the perfect place to find that inner peace you long for. Every corner is full of history and tradition waiting to be discovered. From its impressive churches to its silver workshops, this town has something new and exciting to offer around every corner; Its color palette and architecture are something that definitely characterize this magical town.



Taxco is famous for its exquisite silver craftsmanship. For centuries, local artisans have perfected the art of working this precious metal, creating unique jewelry and objects that reflect the beauty and creativity of the region. Visiting the silver workshops is a fascinating experience that will allow you to closely appreciate the talent and skill of these master craftsmen.



Taxco cuisine is a delight for the senses. Taste the authentic flavors of the region, from traditional tamales and pozoles to exquisite mole-based dishes. Don't miss the opportunity to taste Taxco's famous green pozole or enjoy a hot coffee in one of its cozy cafes.



In addition to its charming historic center, Taxco also offers stunning natural landscapes that will take your breath away. Explore its hidden waterfalls, admire its imposing hills and marvel at the beauty of its flora and fauna. Whether you venture out on a hike through the surrounding area or simply relax next to a crystal-clear river, the nature of Taxco will leave you in awe. Whether you are looking for a romantic getaway, a cultural adventure, or simply a place to relax and enjoy the natural beauty, Taxco, Guerrero, offers all that and more.

destinations



Michelle Ponce

Film-maker



Follow me



Giving life to emotions



Hello everyone! I am Vale Ramírez, plastic artist, and I am excited to share with you my new project through the "Emoción Arte" section of "Agridulce" magazine. In this series, I will introduce you to some very special characters that I have created to bring our deepest emotions to life. Let me introduce you to Efraín, Félix, Iranda and Dolores, who personify fear, joy, anger and sadness, respectively.



EFRAÍN

Miedo

Hazlo y
Si te da miedo
Pues HAZLO
con MIEDO



Alegría

FELIX



Que tu
FELICIDAD
nunca deje
de VIBRAR.



IRANDA

Enojo

Solo
LIBERA lo
que siento.



Dolores



Las
lagrimas
ayudan a
SANAR



Meet my characters





Efraín is the personification of fear. I have designed him with an elongated figure and large, expressive eyes that reflect caution and concern. Its slight curve in the back suggests a constant preparation for the unexpected. Through Efraín, I want to show how fear, although sometimes paralyzing, protects us and makes us more prudent.



EFRAÍN

Miedo

Hazlo, y
si te da miedo
pues HAZLO
con MIEDO



Félix represents joy in its purest form. With an infectious smile and vibrant colors, Félix radiates optimism and positive energy. Always in motion, it is a beacon of light that illuminates any situation. Félix is my way of capturing those moments of happiness that fill us with life and motivate us to move forward.

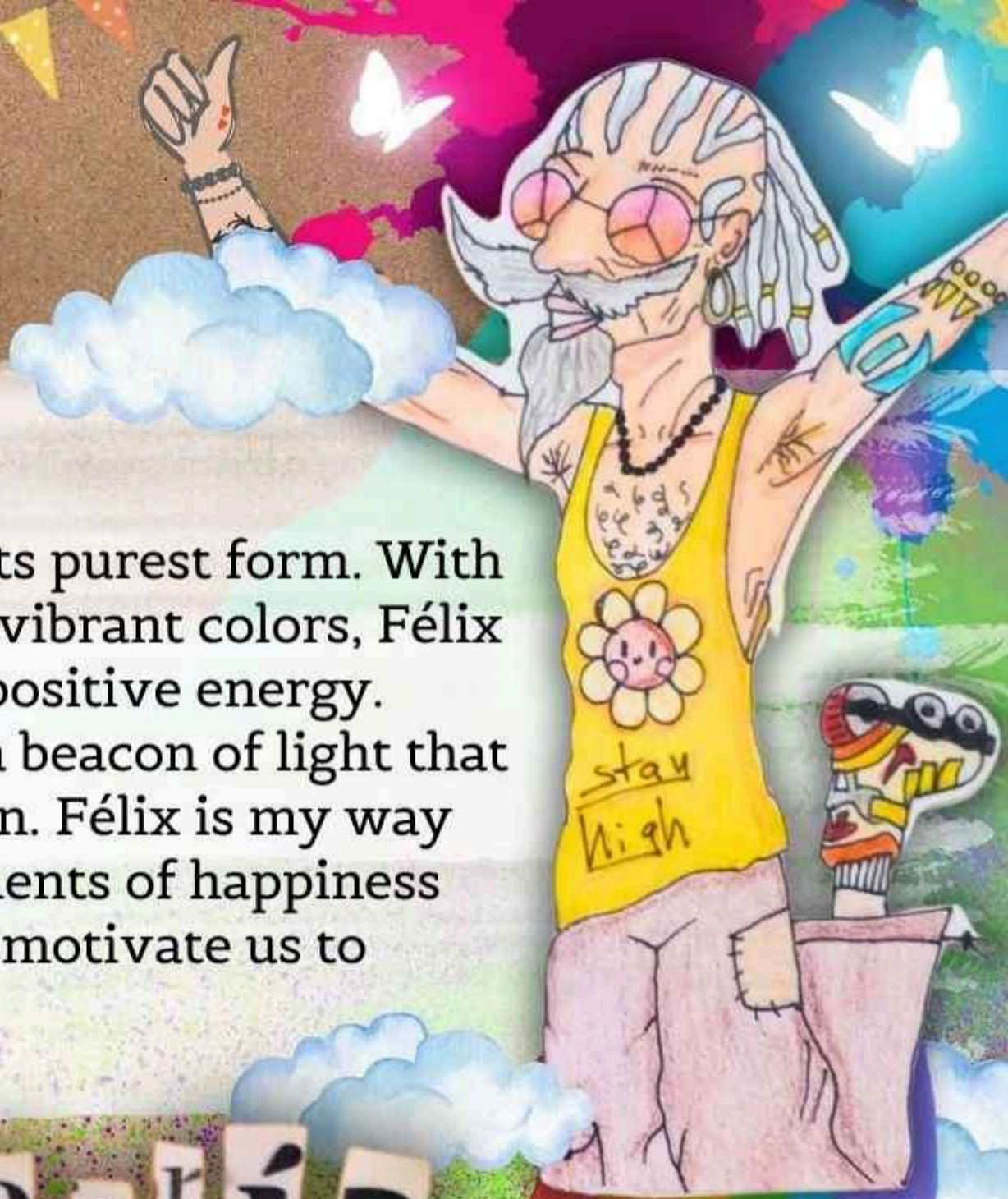
A l e g r í a



FELIX



Que tu
FELICIDAD
nunca deje
de VIBRAR.



AHHH!!

Iranda is the face of anger. With a firm stance and intense expression, Iranda channels the powerful emotion of anger. Its warm colors and strong lines reflect the passion and power of anger as a force for change. Through Iranda, I want to highlight that anger, when managed well, can be a powerful tool for justice and transformation.



IRANDA

EnOjo

Sólo LIBERA lo que sientes.



ARRRRGGHH..!!!

Dolores embodies sadness in its deepest form. Her melancholic eyes and delicate figure convey a feeling of vulnerability. Dolores accompanies us in moments of reflection and loss, reminding us that sadness is an essential part of the human experience and that it allows us to appreciate the moments more deeply of happiness.



Dolores

Tristeza



Las
lagrimas
ayudan a
SANAR



Throughout the next issues of "Agridulce", I will invite you on a fascinating journey through small comics that narrate the daily life of Efraín, Félix, Iranda and Dolores. Each story will show how their characteristics and personalities manifest in everyday situations, from simple challenges to momentous moments.

I have created this universe so that emotions take shape and become our travel companions. Through my art, I want to invite you to reflect on how we interact with our own emotions and how they influence our decisions and relationships.

I hope you enjoy this series as much as I have enjoyed creating it. Don't miss the next editions of "Agridulce" to continue discovering the fascinating world of emotions through my characters!



Vale Ramirez

Plastic artist



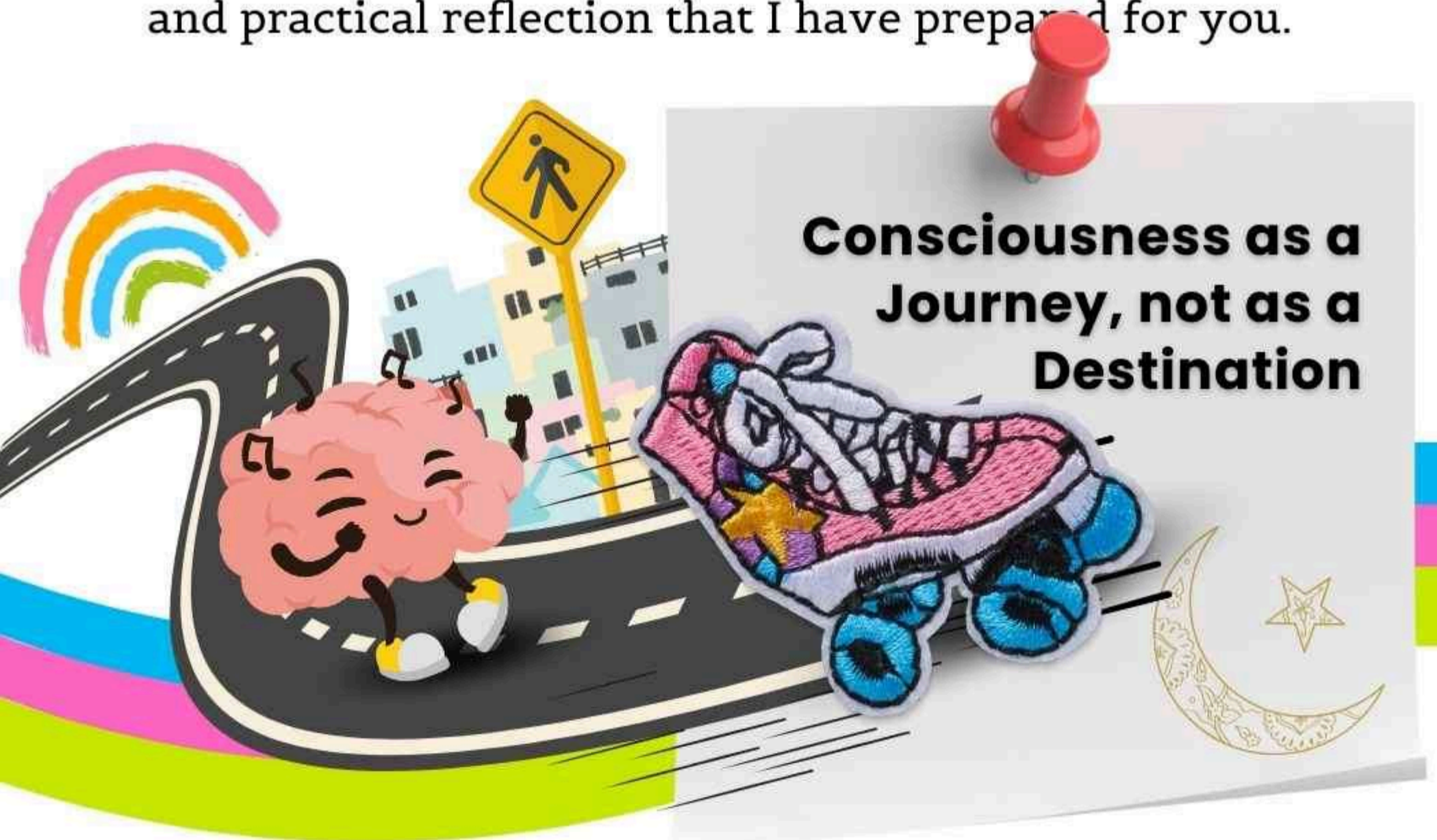
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Not just a meaning,

Welcome to a space dedicated to Consciousness in our magazine -Agridulce-. Today, I want to invite you on a journey of personal transformation through this deep and practical reflection that I have prepared for you.



Consciousness as a Journey, not as a Destination

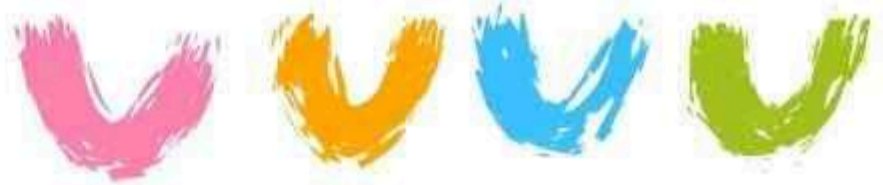
Consciousness is not a final state or a goal to achieve; It is, rather, a continuous process of learning and discovery. Often, we find ourselves caught up in searching for a magic solution to our problems, when in reality, the key lies in the path itself.

Beyond Self-Reference:

Tips for everyone

Although it is easy to fall into telling the story of our own experiences, the true value of sharing knowledge is providing tools that each person can adapt to their context. Therefore, instead of focusing on my personal story, I want to offer you practical advice that you can apply in your daily life.

Tips for Integrating Consciousness into Everyday Life:



- **Recognize your personal power:** Understand that every decision you make affects your reality. You are the main agent of change in your life.
- **Observe without judgment:** Learn to see situations, people and emotions as they are, without labeling them as good or bad.
- **Responsibility over guilt:** Distinguish between being responsible for your actions and feeling guilty about them. Responsibility empowers you, while guilt paralyzes you.
- **Embrace change:** Allow yourself to unlearn old patterns and be open to new ways of thinking and acting.
- **Use the tools at your disposal:** Be proactive in seeking and applying resources that help you on your journey of consciousness, whether they are books, therapies or workshops.



conscious

Transformation is Personal: A Unique Process for Each One

Transformation is a highly personal experience and there is no single formula that works for everyone. What is universal is the ability to choose and the strength that resides in that choice. Each step you take towards the recognition and integration of your consciousness is one more brick in the construction of your well-being.

Invitation to Experimentation

I propose that you do not take my words as an absolute truth, but as an invitation to experiment and discover for yourselves. Try the advice offered, adjust as you need, and see how it resonates in your life.

In the spirit of evolution and growth, I hope this article is the beginning of a larger conversation about how we can live consciously, transforming every challenge into an opportunity to learn and every experience into a source of wisdom.



Paola Solis

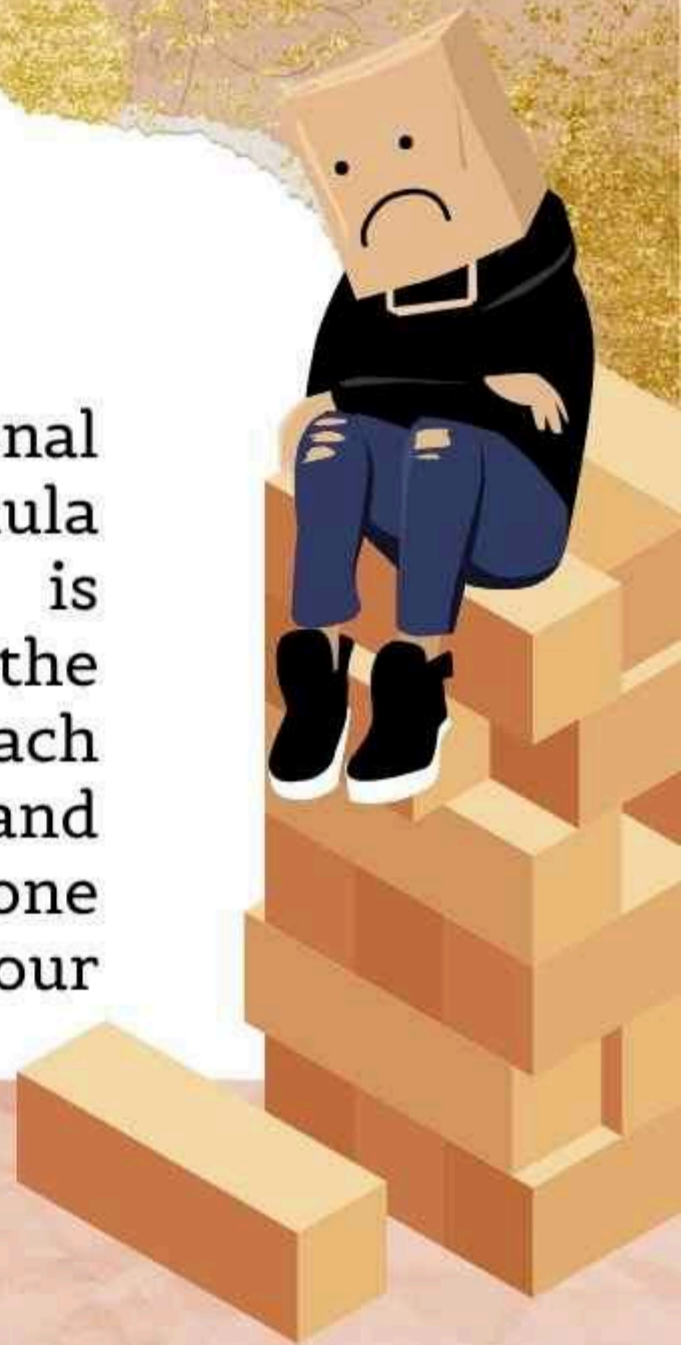
Consciousness Facilitator



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Paola Dis
CONSCIOUSNESS
FACILITATOR



ALL
JUNE 15%

HOLISTIC THERAPIES

- ACCESS BARS ●
- KUNDALINI ENERGY ACTIVATION ●
- AKASHIC ACTIVATION UNLIMITED LIGHT ●
- FAMILY CONSTELLATIONS ●
- HEALY QUANTUM ●
- HO'OPONOPONO ●
- TAPING ●

 [Schedule](#)



color



The power of
color in the
business

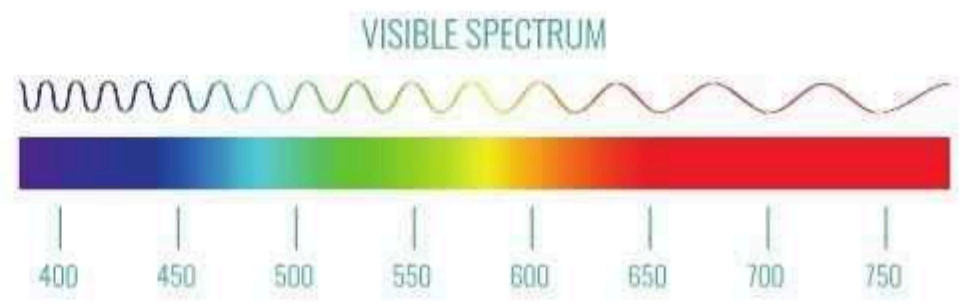
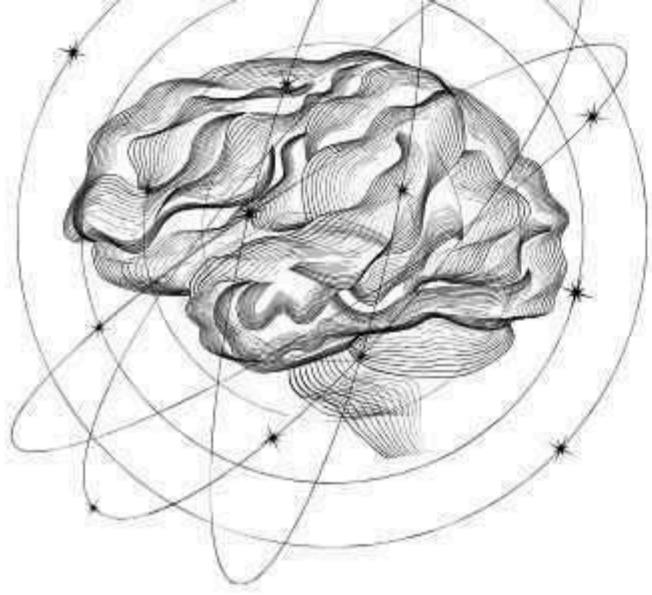


u marca

AND ITS REASON FOR BEING

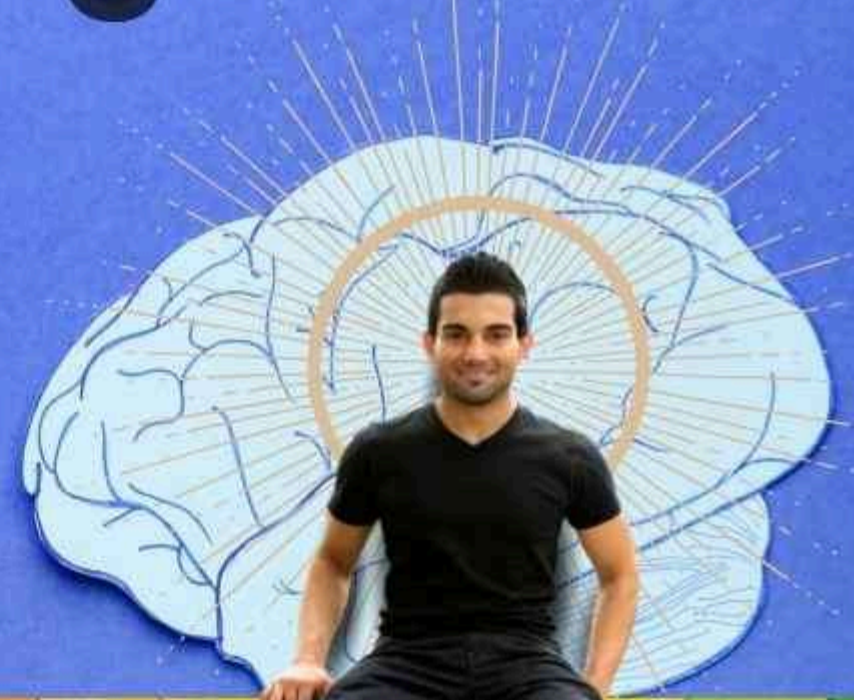
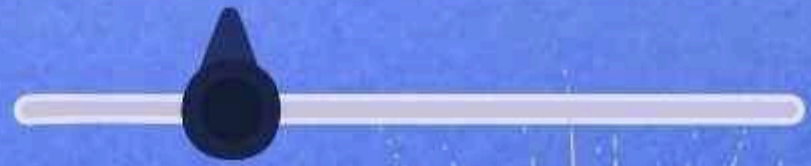


In the business world, every detail counts. From the typography in a logo to the arrangement of products in a shop window, everything is carefully designed to convey a specific message. One of the most powerful but often underrated elements in this process is color. How does color influence consumer perceptions and decisions? What impact does it have on the brand and customer experience? In this article, we will explore the fascinating world of color in business and its influence on various business aspects.



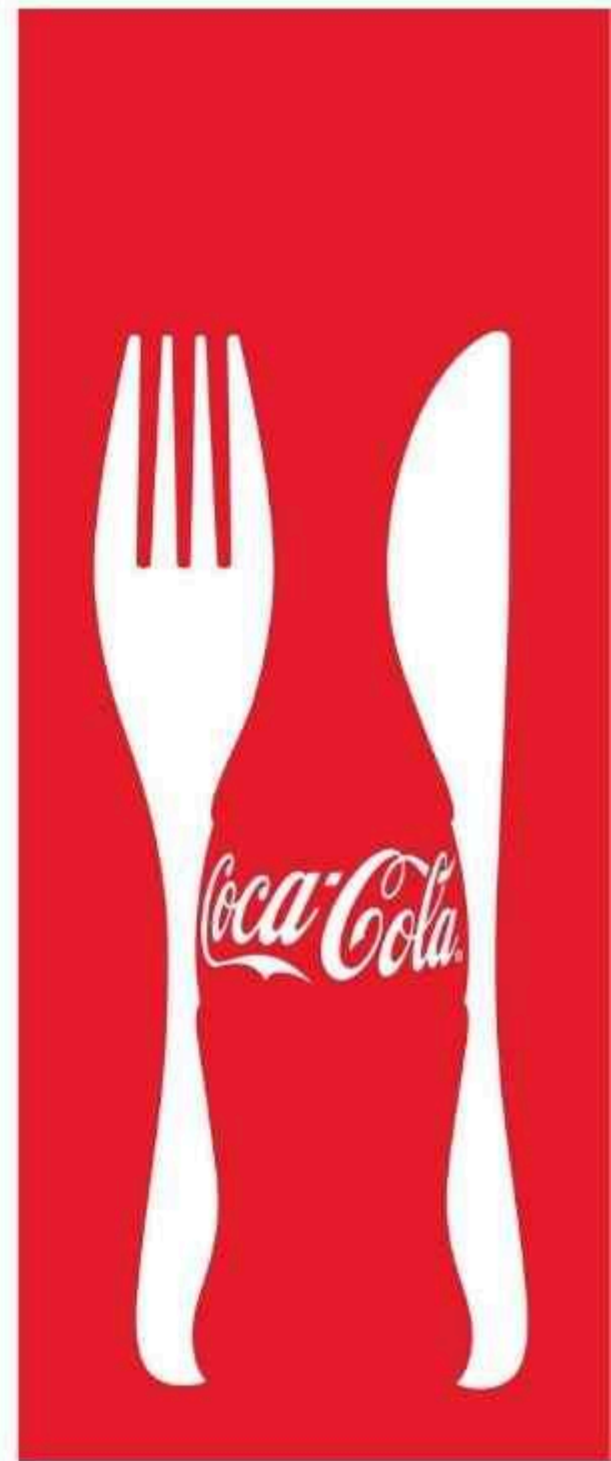
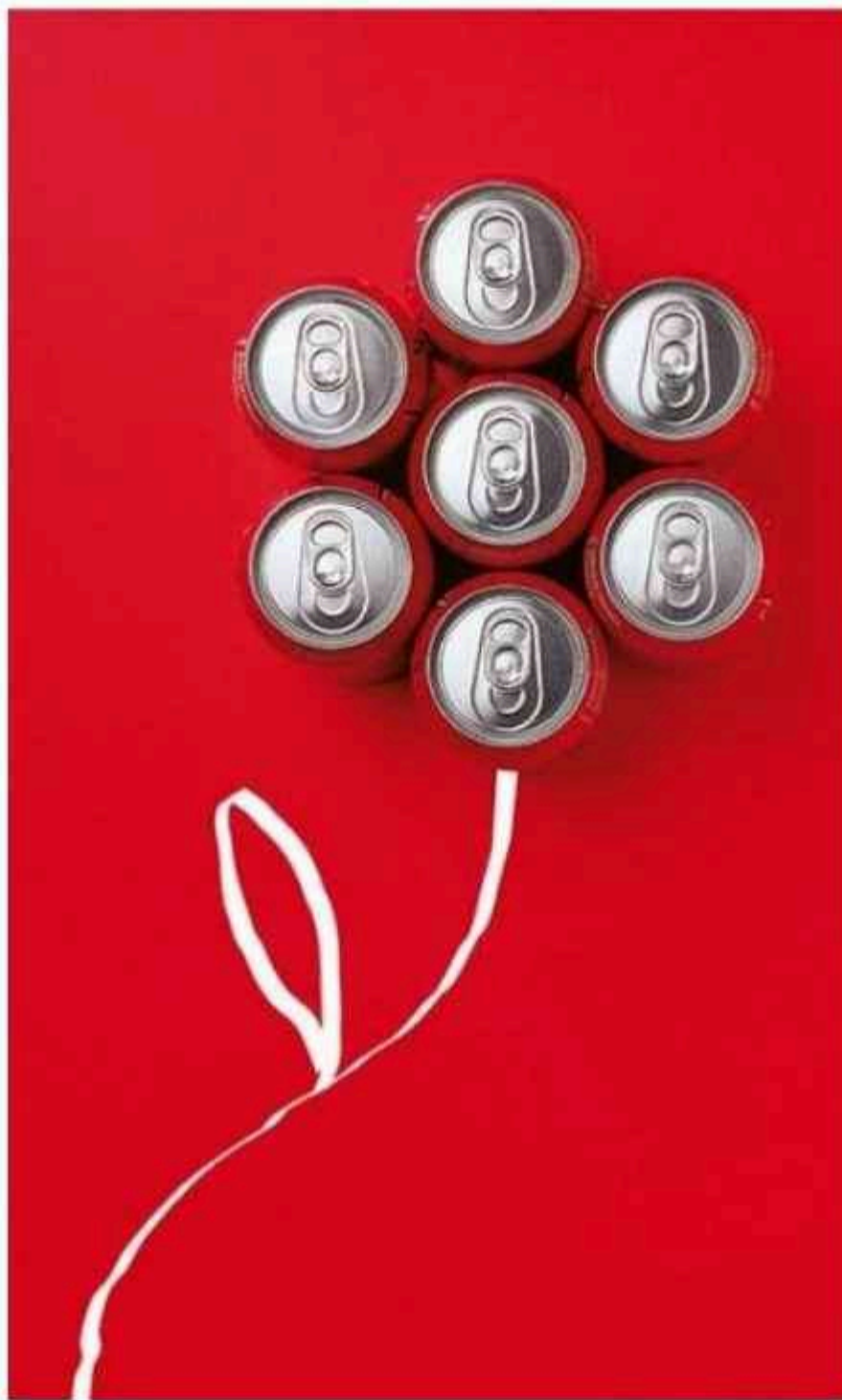
The Psychology of Color

Color is not simply an aesthetic issue; It has a profound impact on our emotions, decisions and behaviors. According to color psychology, each shade evokes different emotional responses. For example, red can convey passion and urgency, while blue conveys confidence and serenity. Understanding these emotional associations is essential for choosing the right color in your branding and marketing strategy.



Branding and visual identity

Color plays a crucial role in building a brand's visual identity. Think Coca-Cola's vibrant red or Facebook's distinctive blue; These colors are not mere random choices, but strategic decisions intended to evoke certain emotions and associations with the brand. Consistency in color use strengthens brand recognition and creates an emotional connection with consumers.



Impact on purchasing decisions

Colors also influence consumer purchasing decisions. According to marketing studies, 85% of consumers consider color to be an important factor when making purchasing decisions. Warm colors like orange and yellow can create a sense of urgency and encourage impulse purchases, while softer tones like green and blue can suggest trust and quality.

The image features a large funnel-shaped graphic filled with various brand logos. The funnel is divided into horizontal color bands, each with associated adjectives and brand examples:

- Yellow band:** OPTIMISTA, CLARO CÁLIDO. Brands: Nikon, UPS, eBay, NBC, Google.
- Orange band:** AMIGABLE, ALEGRE CONFIANTE. Brands: Nickelodeon, Hosters, Amazon, IMDb, CAT, Sprint, Diversity.
- Red band:** EMOCIONANTE, JÓVEN ATREVIDO. Brands: Kellogg's, Nintendo, Kmart, Coca-Cola, Payless, Permatex, Subway.
- Purple band:** CREATIVO, IMAGINATIVO SABIO. Brands: Syfy, Monster, YouTube, CNN, Netflix, Shell, eBay.
- Blue band:** CONFIABLE, SEGURIDAD PODER. Brands: Dell, JPMorgan, Lowe's, HP, Barbie, Virgin, Exxon, Fanta, Best Buy.
- Green band:** PACÍFICO, NATURALEZA SALUD. Brands: John Deere, Whole Foods, GE, Twitter, Y!, ACE, Starz, DHL.
- Grey band:** NEUTRO, SOPHISTICADO SERIO. Brands: Apple, A Planet, Tropicana, Spotify, Oreo, Lynx, Lays, Harley Davidson, Hertz, Goodyear, Ferrari, Smiggle, Schmepp.

At the bottom of the funnel are icons representing different concepts: Yin-Yang, Peace, Flexing arm, Lightbulb, Lightning bolt, Smiley face, and Thumbs up. In the foreground, a woman with long dark hair is sitting on the ground, smiling and pointing upwards. She is wearing a grey top and is surrounded by several colorful shopping bags (pink, green, blue, red, brown) and a laptop. The background includes stylized tropical leaves in various colors.

THAT COLOR FORCED ME TO BUY IT!



Cultural and regional adaptation

It is important to note that the meaning and perception of color can vary by culture and region. For example, white symbolizes purity in many Western cultures, but in some Eastern cultures it is associated with mourning and death. Therefore, global companies must be sensitive to these cultural differences when designing color strategies.



The importance of consistency

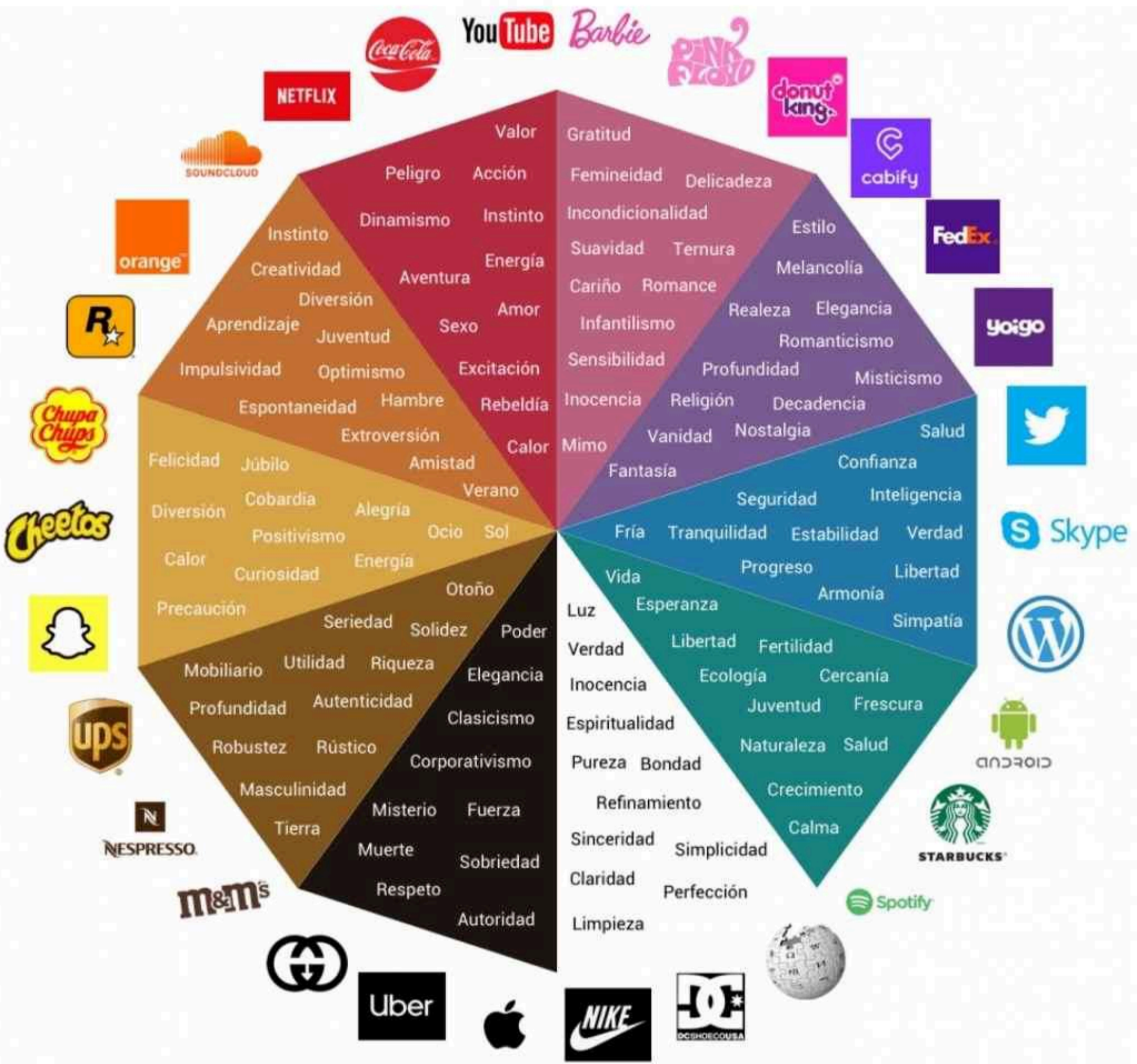
While color can have a significant impact, it is crucial to maintain consistency in its use. A cohesive color palette aligned with brand values contributes to a stronger and more memorable customer experience. From website design to product packaging, each element should reflect a consistent visual identity.



color



In conclusion, color is a powerful tool in any company's arsenal. Its ability to influence emotions, purchasing decisions and brand perceptions makes it a key element in design and commercial strategy. By understanding the psychology of color and adapting to cultural differences, companies can fully leverage the power of color in their operations.



Hubble Lodoza

Graphic Communication Designer





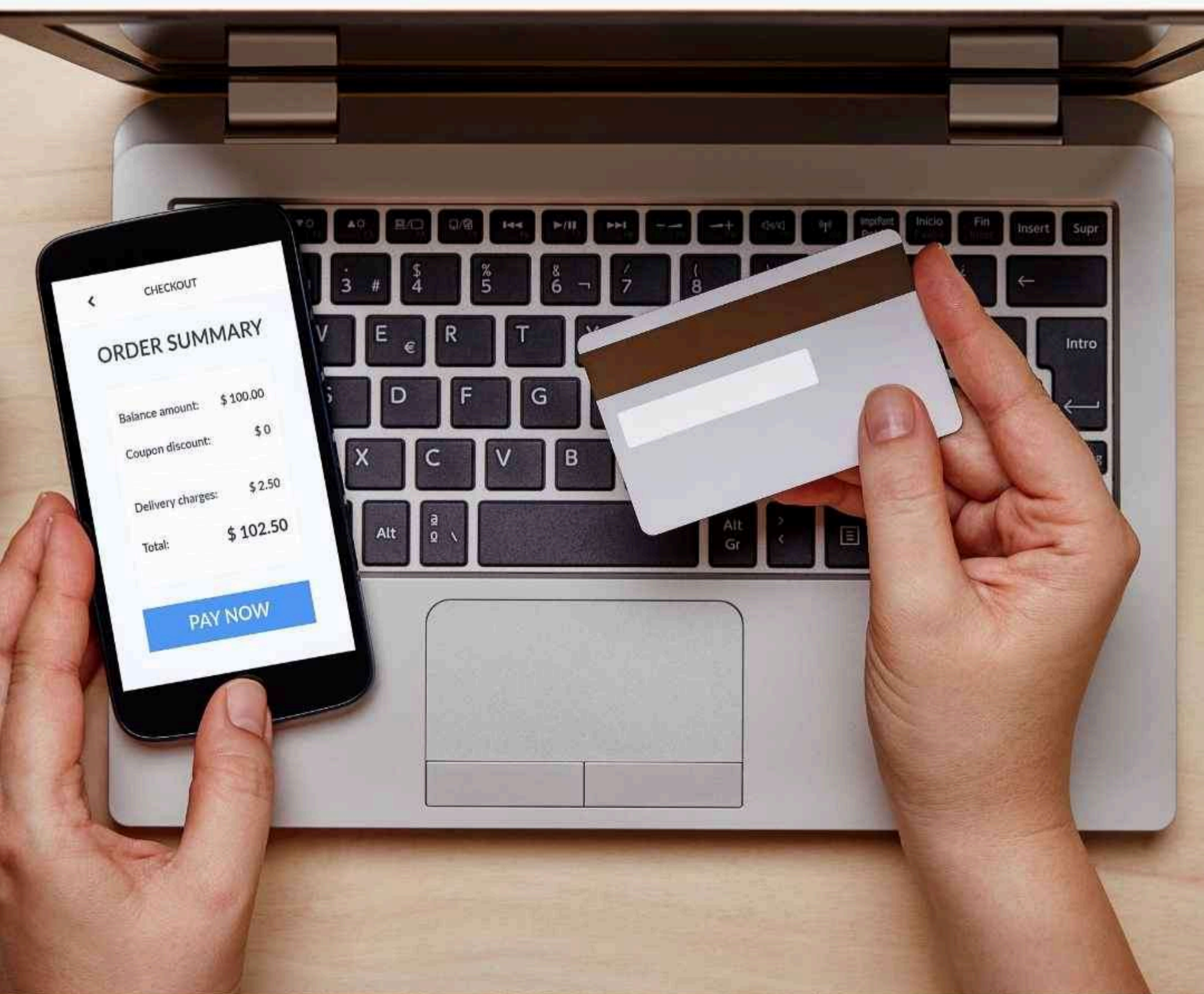
~~Eradicating bad~~ financial habits:



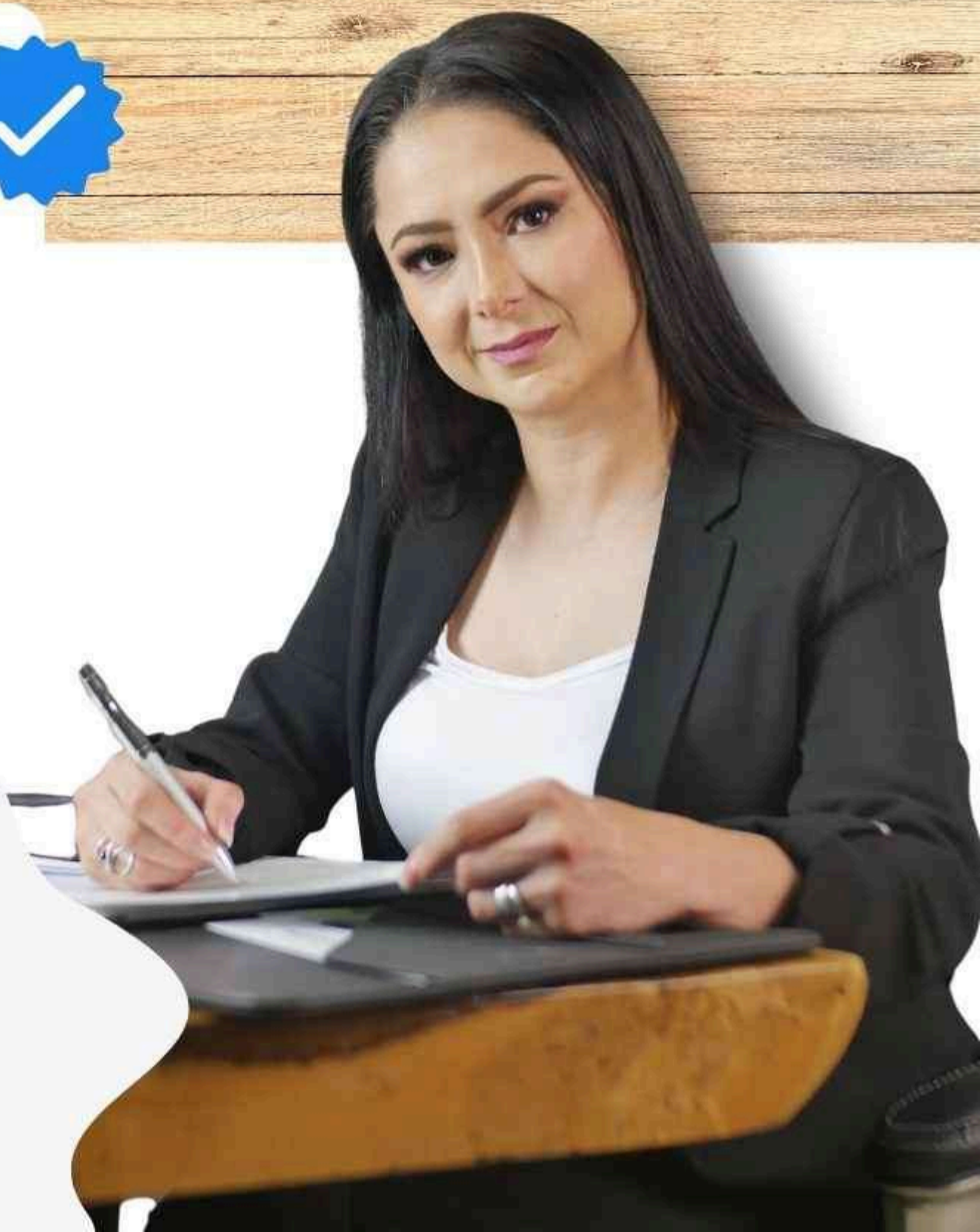
tips

to transform your finances

In this section, I share practical tips to eradicate bad financial habits and establish a solid foundation for a healthier financial future. From controlling your shopping impulses to reducing unnecessary expenses, each tip will help you take control of your financial situation and build a path to financial stability.



As an Insurance Agent, I have seen firsthand how Bad financial habits can negatively affect people's economic security and future; and how simple changes can make a big difference in your financial well-being, which is why I invite you to put the following tips into practice:





Control your purchasing impulses: Before making a purchase, take a moment to reflect on whether you really need that item or if it is just a whim. Practice delayed gratification and avoid impulse purchases.

Pay your bills on time: Avoid late payment fees and improve your credit history by paying your bills on time. Set up automatic payment reminders or set alerts on your calendar so you don't forget due dates.



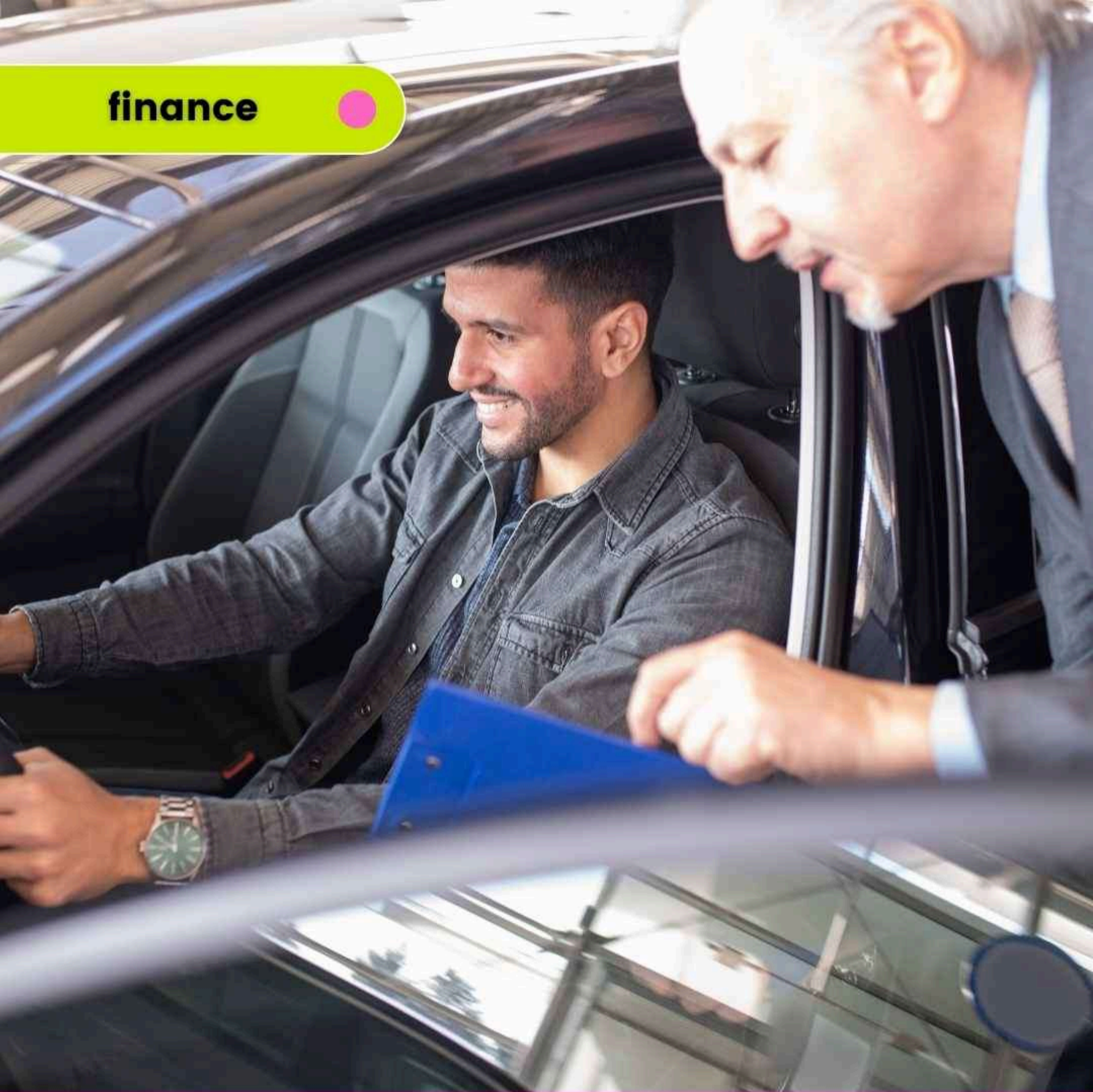
Live below your means: Adjust your lifestyle to spend less than you earn. This will allow you to increase your savings capacity, build your emergency fund and your fund for future investments.

Reduce unnecessary expenses: Review your monthly expenses and eliminate everything that is not essential. You can save money; canceling unused subscriptions, looking for deals or discounts, and cutting out unnecessary expenses like eating out frequently.



Invest in financial education: Spend time learning about financial management and planning for the future. Read books, follow financial blogs and podcasts, seek advice from an expert, and consider taking courses or seminars to improve your financial skills and make more informed decisions.

finance



“Transforming your finances can be challenging, but it is possible with the right focus and determination.”

Liz Gutierrez



Liz Gutierrez

Insurance agent



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KAYBĒ
TULUM

A PROJECT OF
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MACROLOTES PREMIUM

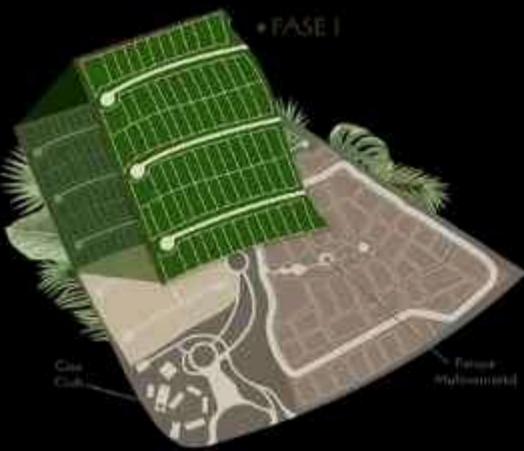
 **Information**



Make your dreams come true with our single-family lots for your ideal home and macro lots perfect for developing your next great condominium project!



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PROMOTION*
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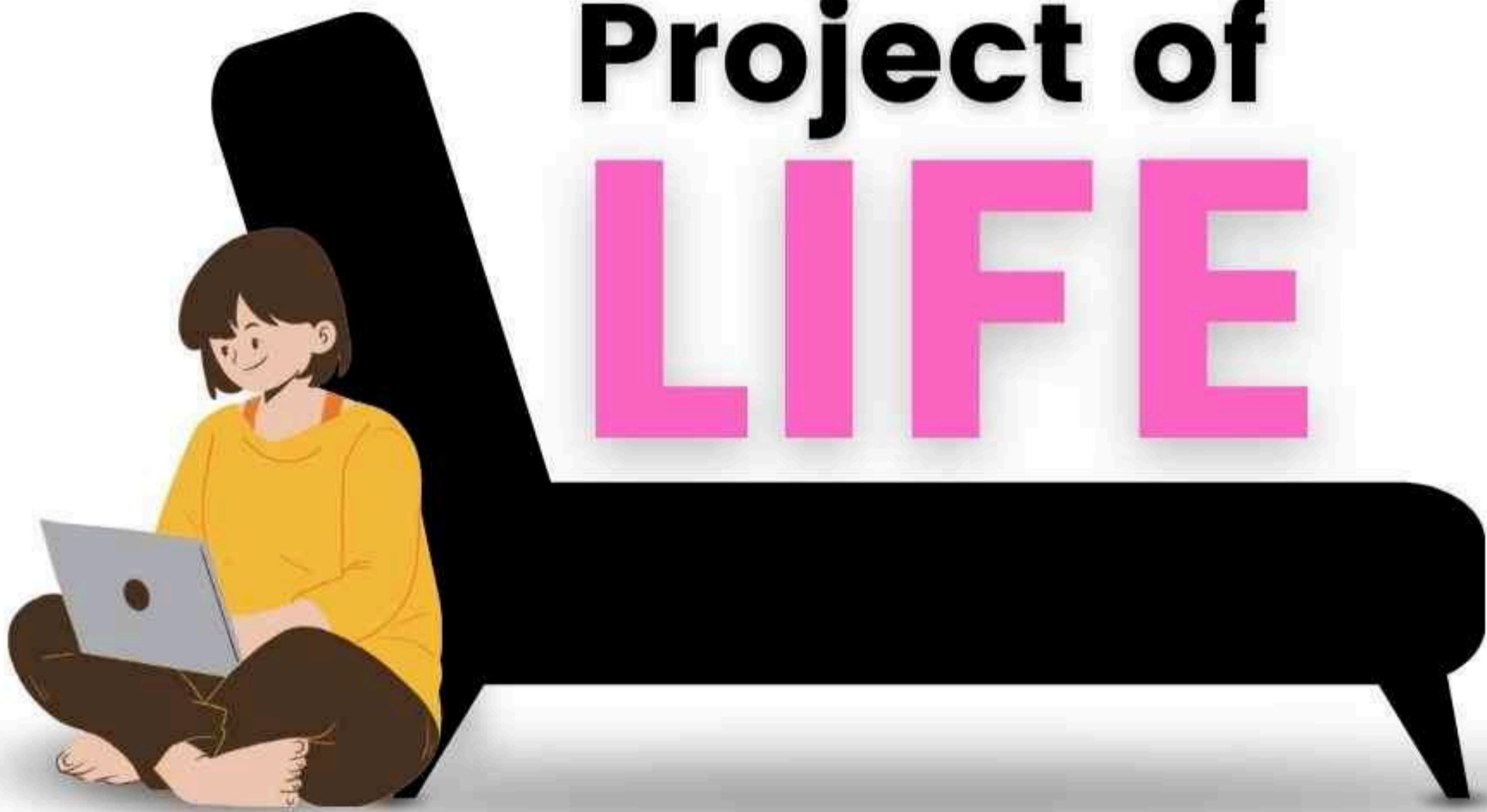
Landscaping project + 12 months of maintenance fees included.

Invest in
Tulum

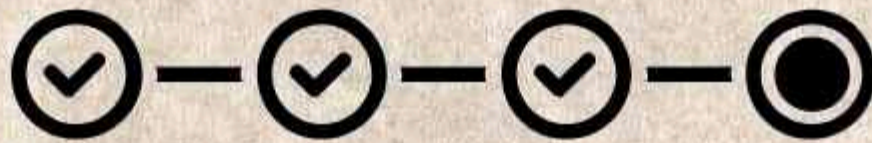


Invest today in the future you have always wanted!

*Minimum down payment: 20%. Operation carried out without discount. The customer will receive a coupon with a value of 75,000 pesos to carry out the promotion. The customer will have up to 12 months after the date of writing to make this coupon valid.



Steps to develop a life project:



"If you don't design your own life plan, there are many chances that you will fall into someone else's plan. And guess what they have planned for you. Not much"

Jim Rohn



Reflection

- 01 • Do I know what a Life Project is?
- 02 • Have you carried out any Life Project?
- 03 • If your answer is yes, how did you do it?
- 04 • If you have prepared it, have you carried it out?
- 05 • Did you prepare your Life Plan in 2024?"



Life plan

"Plan of what you want to do in life. It is an idea that every person designs, in order to achieve one or more purposes for their existence, consciously define the options they can have to lead their life and reach the destination they want. proposes."

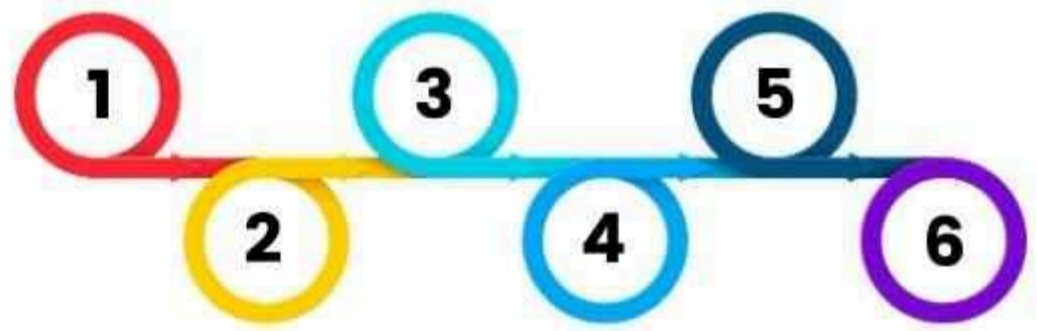
Importance of a life project



spheres of life

The spheres of life with those contexts where we operate, for example:





Steps to develop our life project:



Reflect on who you are when preparing your life plan: it is important that before starting, you ask yourself: Who am I? This will help you find yourself and emotionally determine how you feel and if you really want to start the life. preparing your life plan will also help you work with your areas of opportunity.

Analyze your life expectations: in this step, you must list all those goals that you want to achieve in a period of no more than 5 years in the different spheres of life, later you must separate the goals into three periods, short term (from day 1 to a maximum time of 6 months), medium term (from 6 months one day to 3 years) and long term (from 3 years one day to 5 years). Remember to cover all spheres of your life.

Determine your values: think about the values that motivate your behavior, which will lead you to achieving your goals.

Reflect on the role that people will play in your life: think about all those people who will participate in your life, to be able to discuss some of your goals with them.

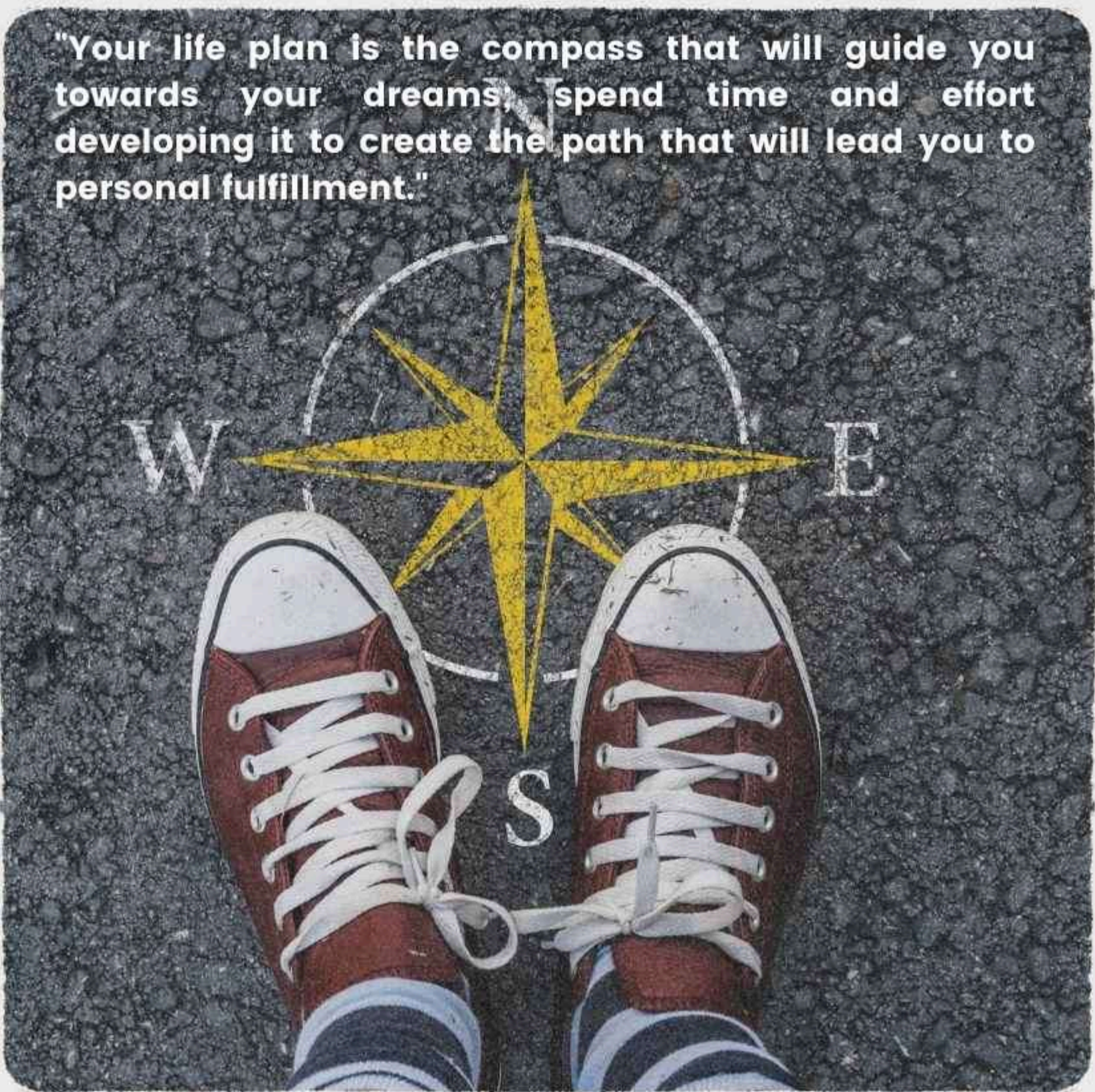
Transform your needs and values into a chain of action: review your needs, your goals and values, so that all three are in tune.

Apply your life plan and monitor changes and progress: once you have prepared the previous points, put your goals into practice. I recommend that before starting to implement your actions, you welcome everyone and be grateful for the new things that you have done. is coming.

Note:

It is important to evaluate the fulfillment of your life plan, and if you do not fulfill a goal, do not generate guilt, complaints or complaints with yourself, assess why you are not fulfilling it, since sometimes the goal is not well planned. , it is not placed at the correct time, there is some threat, or it is simply something that was not wanted, but we raised it due to some need from someone external.

"Your life plan is the compass that will guide you towards your dreams, spend time and effort developing it to create the path that will lead you to personal fulfillment."



Faby Hernandez

Psychologist



Follow me



Follow me

namaste



YOGA

In a world where daily life can be challenging for our backs, finding effective ways to relieve pain becomes essential to keeping us balanced and healthy. Among the various practices that offer relief, yoga emerges as a beacon of hope. Since time immemorial, yoga has been recognized for its powerful benefits for the mind, body and spirit. In this article, we will delve into the fascinating world of yoga poses designed specifically to relieve back pain, exploring how these ancient practices can offer a holistic solution to a problem so common in modern society. Join us on this journey towards well-being, where we will discover the wisdom of yoga as a powerful ally in our search for a strong, flexible and pain-free back.



**Postures
to relieve**

the pain backwards



The Cat-Cow Pose is a sequence of two postures that flow together to create a smooth, circular movement in the spine. Each of these postures is described below:



Cat Pose (Marjaryasana)

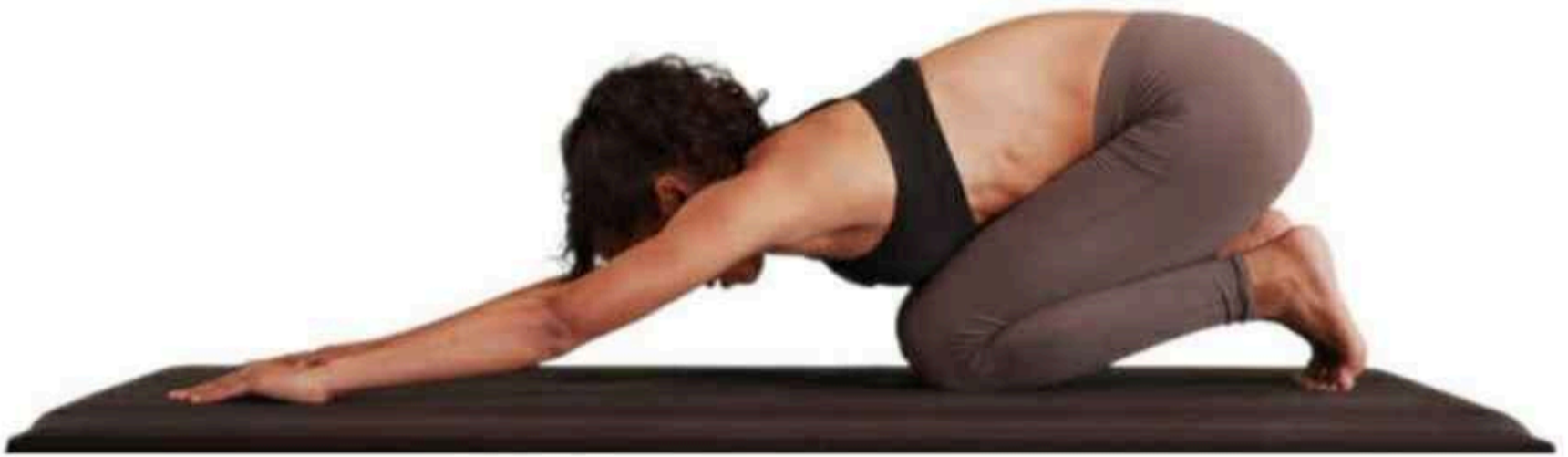
1. Start in a position on all fours, with your hands under your shoulders and your knees under your hips.
2. Inhale as you arch your back toward the ceiling, bringing your gaze upward and letting your abdomen fall toward the floor.
3. Keep your shoulders away from your ears and distribute the weight evenly between your hands and knees.
4. This position stretches the back and opens the chest.

Cow Pose (Bitilasana)

1. From the Cat position, exhale and gently arch your back downward, bringing your gaze toward your navel and lifting your abdomen toward the ceiling.
2. Let your shoulders move back and down as you extend your chest forward.
3. This position flexes the spine in the opposite direction from Cat, stretching the front of the body and strengthening the lower back.

To combine both postures, simply repeat the movement, synchronizing the inhalation with the Cat Pose and the exhalation with the Cow Pose. This fluid movement helps warm the spine, improve flexibility, and relieve tension in the back.

The yoga posture known as "Balasana"



"Balasana" or "The Child" is a deeply relaxing resting position commonly used in yoga practices to provide instant stress relief, relax the mind, and stretch the back, hips, and shoulders. Here is a detailed description of how to perform this pose:

1. Start kneeling on your yoga mat with your knees hip-width apart and your toes together behind you.
2. Slowly lean forward from the hips and lower your torso between your thighs.
3. Extend your arms forward, allowing them to relax completely on the mat with your palms facing down.
4. Let your forehead rest gently on the floor, or if more comfortable, rest your forehead on a yoga block, a pillow, or your stacked hands.
5. Completely relax your body and breathe deeply in this position. Feel your lower back expand with each inhale and your shoulders and hips relax with each exhale.
6. Hold the pose for several minutes, breathing consciously and allowing any tension or worry to dissipate with each exhale.
7. To come out of the pose, slowly bring your hands back and sit back on your heels. Then, slowly raise your torso and return to a sitting position.

Practicing "Balasana" regularly can help relieve back pain and promote an overall sense of well-being and balance in the body and mind.

**"Setu Bandhasana"**

Bridge Pose, known in Sanskrit as "Setu Bandhasana", is a yoga asana that offers a number of benefits for the body and mind. Below is a detailed description of how to do it:

Preparation:

- Start by lying on your back (supine) on your yoga mat.
- Bend your knees and place your feet on the floor, hip-width apart and close to your buttocks.
- Place your arms along your body, palms facing down.

Execution:

- As you inhale, press your feet firmly into the floor.
- Slowly raise your pelvis upward, vertebra by vertebra, from the base of your spine.
- Continue raising your pelvis until your body forms a diagonal line from your shoulders to your knees. Avoid arching your back too much and keep your thighs parallel to each other.
- You can interlock your fingers under your pelvis and push your arms toward the floor to help lift your pelvis higher and open your chest.

Maintenance:

- Hold the pose for several deep breaths, keeping your neck and shoulders relaxed.

Posture Exit:

- To come out of the pose, exhale slowly and lower your pelvis back to the floor, vertebra by vertebra, until your entire back is in contact with the floor.

Bridge Pose helps strengthen the muscles in your legs, glutes, and lower back, as well as stretching your chest, shoulders, and neck. It also relieves stress and fatigue, improves digestion and stimulates the endocrine system.

("Adho Mukha Svanasana")

The Downward Facing Dog Pose, known in Sanskrit as "Adho Mukha Svanasana," is one of the most recognizable and widely practiced poses in yoga. Below is a detailed description of how to do it:

**Preparation:**

Start in a position on all fours, with your hands under your shoulders and your knees under your hips, forming a kind of plank.

Spread your fingers widely and press your palms firmly into the floor, distributing your weight evenly across your hands and fingers.

Execution:

Exhale and lift your hips up and back, bringing your body into an inverted V position.

Extend your arms and legs fully, keeping your arms in line with your ears and shoulders, and your thighs in line with your hips.

If possible, press your heels into the floor to stretch your calf muscles and the back of your legs.

Keep your head between your arms, relaxing your neck and allowing your gaze to drift toward your feet or navel.

Maintenance:

Breathe deeply and hold the pose for several breaths, feeling your entire body stretch and strengthen.

Posture Exit:

To come out of the pose, exhale slowly and lower your knees to the floor, returning to the position on all fours.

Bridge Pose helps strengthen the muscles in your legs, glutes, and lower back, as well as stretching your chest, shoulders, and neck. It also relieves stress and fatigue, improves digestion and stimulates the endocrine system.



("Bhujangasana")

Cobra Pose, known in Sanskrit as "Bhujangasana", is an asana that focuses on strengthening and flexibility of the back, as well as opening the chest and lungs. Below is a detailed description of how to do it:

Preparation:

Start by lying face down (prone) on your yoga mat, with your legs extended and your toes pointing back.

Place your hands under your shoulders, palms flat on the floor and elbows pointing up.

Execution:

As you inhale, begin to press your hands into the floor and slowly lift your torso, using the strength of your lower and middle back muscles.

Keep your elbows close to your body and your shoulders relaxed downward, away from your ears.

Lift your chest forward and up, extending your spine and opening your chest forward.

Avoid pushing too much with your arms; Instead, use the strength of your back muscles to maintain torso elevation.

Maintenance:

If it is comfortable for you, you can raise your head and look forward, keeping your neck in a neutral position.

Hold the pose for several deep breaths, feeling your back stretch and strengthen while your chest opens and expands.

Posture Exit:

To come out of the pose, exhale slowly and lower your torso toward the floor, returning to the prone position.

namaste



Cobra pose strengthens the back muscles, improves spinal flexibility, stimulates the abdominal organs, and opens the chest to improve breathing. In addition, it relieves stress and fatigue, and improves posture. Practice with awareness and listen to your body's signals, modifying your posture if you feel pain or discomfort.

In conclusion, exploring the various yoga postures designed specifically to relieve back pain reveals a path to comprehensive well-being. These ancient practices not only strengthen and make our body more flexible, but also nourish our mind and spirit.



Brenda Soriano

Yoga Instructor



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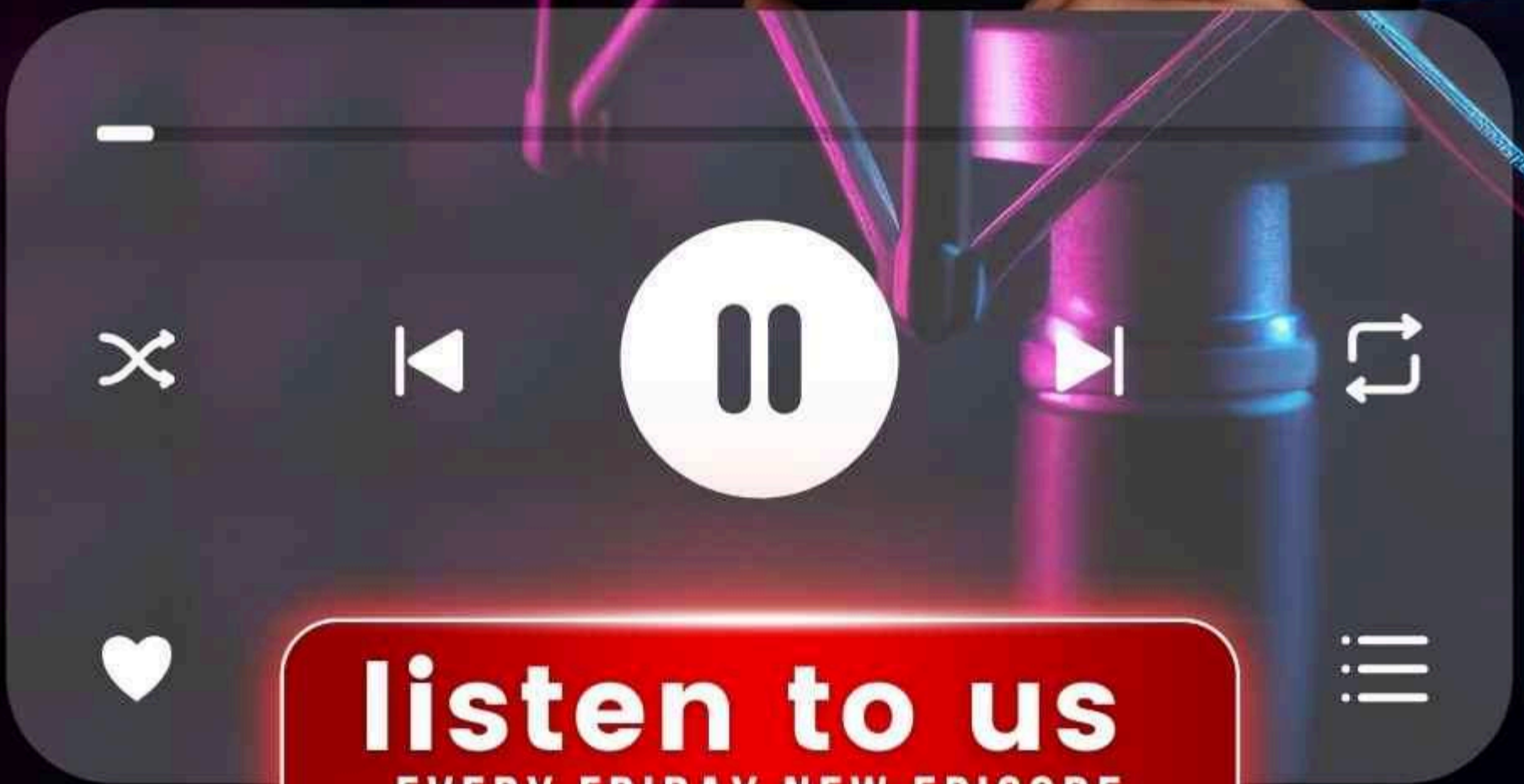
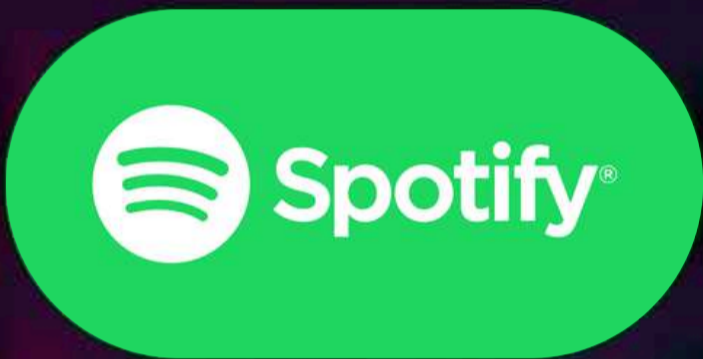
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AGRI *Dulce*

WIT
H

Brenda Soriano



listen to us
EVERY FRIDAY NEW EPISODE

well-being



Massages

REDUC
TIONS



Myth

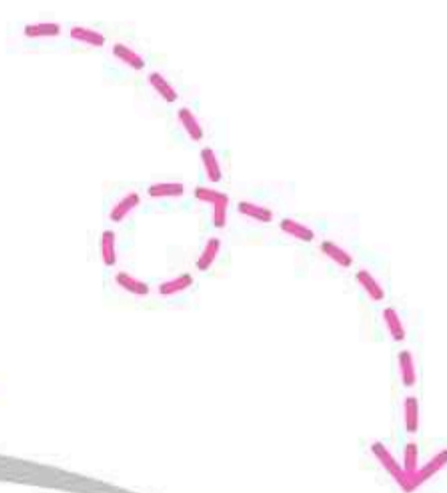
VS!

Reality



Key points about appliances and reductive treatments

Welcome to the Wellness section in "Agridulce" magazine! I am Rocío Moro, cosmiatrician, and I am here to help you dispel all the doubts you have about cosmetic treatments, both facial and body. In this edition, we will demystify five key points about devices and reductive treatments, so that you can make informed and safe decisions about the care of your body.



1. Reductive appliances: Can they generate serious consequences for my health in the future?



Reality

Poorly applied equipment, such as cavitation, can have a negative impact on our body. It is crucial to choose trusted places and trained professionals to perform these treatments.

Cavitation, when not applied correctly, can damage tissues and cause long-term health problems.

2. Can more than one area of the body be worked on in one session?

Reality



Yes, it is possible to treat more than one area in a single session, as long as the time and dosage of the devices used are taken into account.

A professional must evaluate each case to ensure that treatments are carried out safely and effectively, avoiding overloading the body.



3. Can I reduce up to 2 sizes with 10 sessions?



Reality



Reductive treatments are not a magic wand. Although it is possible to reduce up to 2 sizes with 10 sessions, this largely depends on a healthy lifestyle and regular exercise. Treatments should be seen as a complement to healthy habits, not as a sole solution.

4. Can cavitation and radiofrequency be used anywhere on the body?

Myth

Cavitation cannot be used on any part of the body; It is especially indicated for the abdomen and must be applied with a specific technique. On the other hand, radiofrequency is more versatile and can be used on both the body and face, offering different benefits depending on the area treated.



5. Do reductive abdominal massages, whether with a device or manual, help improve intestinal health?



Reality



Reductive massages on the abdomen can improve intestinal health, as long as they are performed with the proper technique. These massages help stimulate circulation and bowel movement, which can improve digestion and overall well-being.

In this section, you will find clear and concise answers to your most frequently asked questions about the different procedures available. I'll also offer you a complete guide on what to do and what not to do when it comes to taking care of and improving your body.

Don't miss our next articles to discover everything you need to know about the world of cosmetics and personal care! Together, we will make your beauty routine a safer and more effective experience.



Rocío Moro

Cosmetics



Follow me



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new favorites



- 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.

DETOX Neovita



new favorites

Manifestation journal

"Violet light"

It will take you by the hand to learn to thank, create and decree so that you can manifest and achieve your dreams and desires.





Health through Fiber



Main benefits

Currently, the number of people who are informed about what type of diet to follow to improve their quality of life and prevent chronic degenerative diseases, which are the number 1 cause of death in Mexico, is increasing.



One of the most important topics is the benefits of fiber consumption; Although many people know how important it is, not everyone knows its impact on health.



Some are:

Digestive health

The best known benefit of fiber is on gastrointestinal health. Fiber has two classifications and each one fulfills different functions, which are:

a) **Soluble Fiber:** attracts water and turns into a gel during digestion which makes this process slower. It is related to the prevention or reduction of risks of suffering from cardiovascular diseases. We can find it in foods such as oat bran, barley, nuts, seeds, legumes, fruits and vegetables. Its supplemented form is known as “psyllium.”

b) **Insoluble Fiber:** provides volume to the stool and helps food pass more quickly through the stomach and intestines, which prevents constipation and abnormalities in the colon. Foods that provide this fiber are wheat bran, vegetables and whole grains.

FIBRA SOLUBLE



AVENA



NUECES



LENTEJAS



CÍTRICOS



FRESAS



HORTALIZAS

FIBRA INSOLUBLE



HORTALIZAS



SEMILLAS



GUISANTES



REPOLLO



ALMENDRAS



PERA



Weight control

Eating foods rich in fiber contributes to optimal weight control, since it gives us “satiety”, reducing appetite and in turn the intake of other types of products during the day.

Regulation of blood glucose (sugar) levels

Eating foods rich in fiber contributes to optimal weight control, since it gives us “satiety”, reducing appetite and in turn the intake of other types of products during the day.



Reduction of the risk of cardiovascular diseases and prevention of some types of Cancer

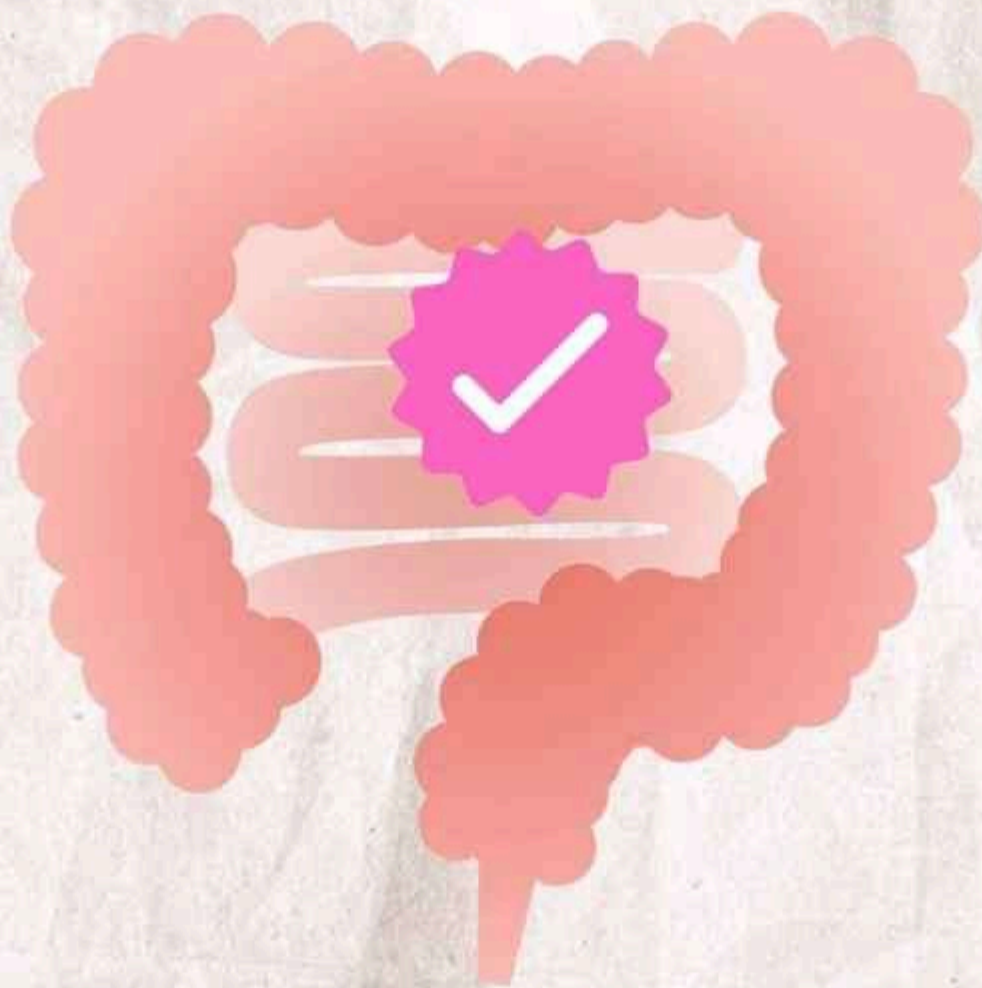
It has been proven that a diet high in fiber is associated with a lower risk of acquiring cardiovascular diseases, since fiber helps reduce levels of LDL (bad) cholesterol and in turn reduces the possibility of contracting colon cancer.

Fiber is an essential nutrient, accessible to everyone and with great benefits for general health. Making changes to our diet gives us the certainty that we will have a better quality of life in the long term. Some recommendations to increase your intake are:



- Eat fruits, vegetables and legumes daily
- Eat nuts and seeds
- Choose whole grains instead of refined:

Whole grain bread, whole grain rice and whole grain pasta



Fer Lemus

Nutritionist



Follow me



what if



21 day challenge



THE BEGINNING



We have all proposed something at some point in our lives... New Year's wishes, goals in our work, financial resolutions and not to mention personal objectives.

This section is about that; 21 days to discover without mincing words, without shame and above all without any commitment to look bad with ourselves how much it changes our way of thinking and what change it can give to our way of enjoying life.



I'm Carolina (Carito, here in confidence), and I was thinking of writing a...

"I hope you are well".



But the truth is that I hope that this part where we are going to interact and you are going to know how far, close, much, little, etc., has to come, you can find a key message in what you are wondering or maybe not, But I'm sure it will be of some use to you.



what if



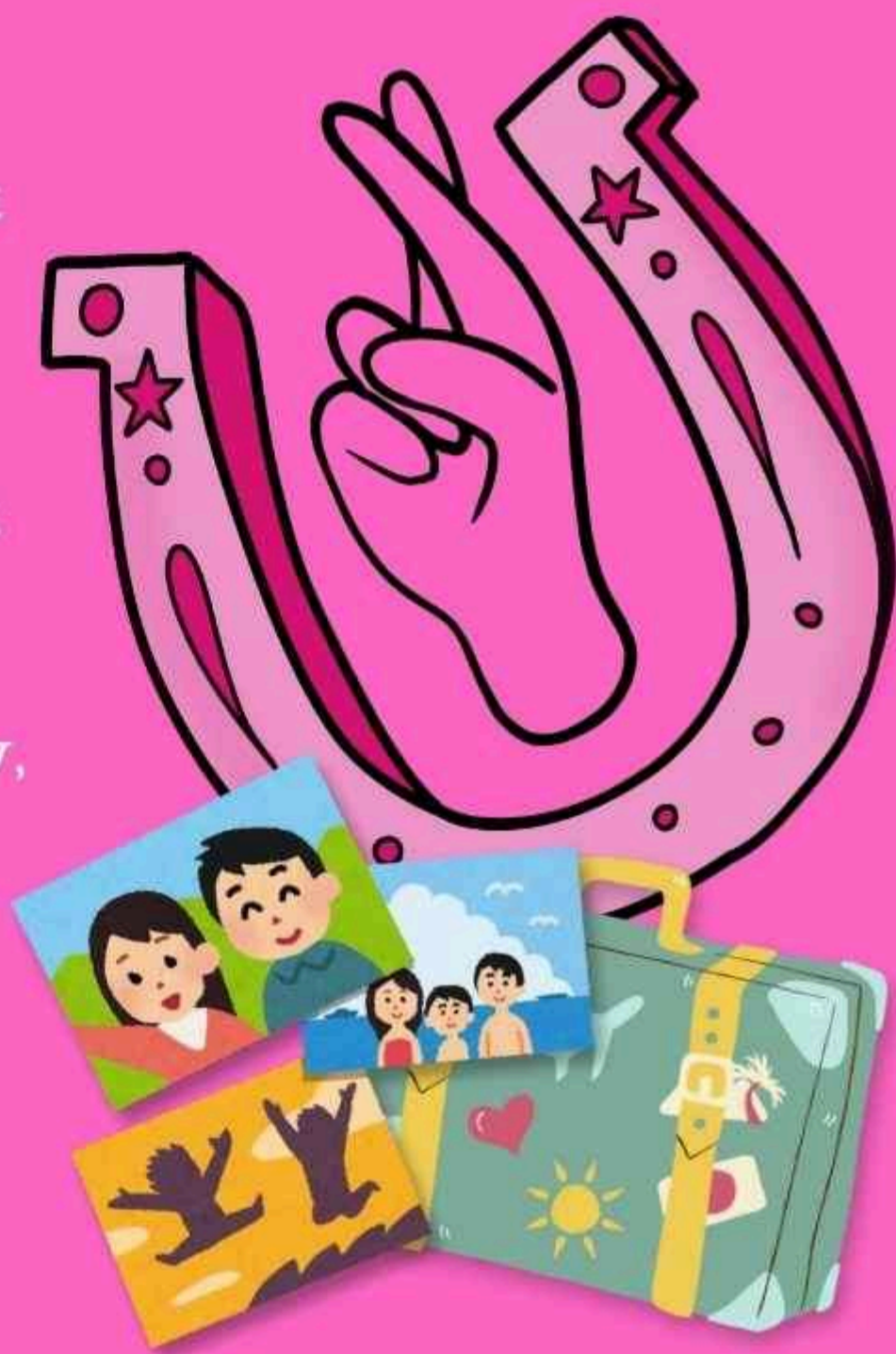
In my short 29 years, everything has happened to me... And really believe me when I tell you, everything. Pause this reading and run to listen to the episode of our podcast #Agridulce, because I'm going to leave you stung...



Hand fractures, concussions, losses, one (many) crashes, run over here, broken heart there, poisoning that comes out like magic... well, I even have a stingray bite in my life log.

Which made me ask myself this question: why me? Why? And I know what they're going to say, this woman is a tragedy, but no.

Today I understand very well and with great joy that just as I have my streaks of bad luck, incredible things have happened to me: I pursue my career with a lot of passion, I have been able to travel to very beautiful places, I have a great family, I am about to get married, I was able to attend and record a kidney transplant surgery, I mastered with great precision the art of cutting and pasting and not to mention:



I DARE TO DISCOVER MYSELF.

what if

I know that I already told you about myself and you will wonder: What about me? They are right, we are here to find out what new experiences we can learn.

This first month where we aim to do something for and for us, I focused on detoxification and drinking water, yes!; Just like that, I dedicated myself to drinking water.

It was easy?

NO, HELL NO!

When I decided to take on this project with the Agridulce team, I was beginning a new stage in my professional life, where I had to let go of many things that I believed were hindering who I am, forgetting about my basic care as the simplest thing in the world that I is to drink water.

And of course! Being organized and disorderly had to be of some use to me. That is why I decided to take the initiative to do a detox and what better than with one of the most important elements for our body: water.

On the first day, I decided to take advantage of the opportunity of my new job to start a new routine using the 5 senses: the first was taste.

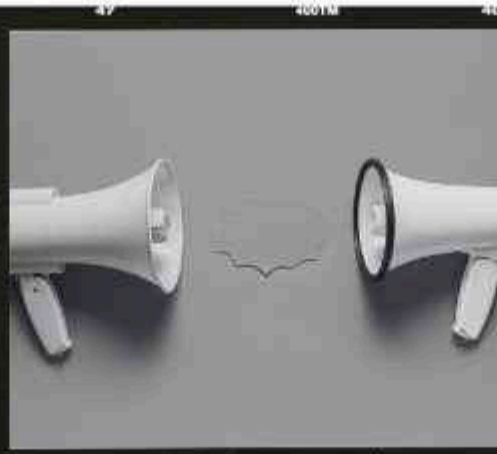


what if

For the next 5 days (and I'm seriously not kidding), more than my body, my mind asked me to hydrate, and it wasn't about craving something sweet or a soda, it was 100% a need to drink water.

Really talking and even going so far as to write a WhatsApp that would give me the opportunity to go like a fat woman on a slide and have the opportunity to vent and talk about anything, it made me feel better and freer, it made me drink water and, after that, my body relaxed zen mode (I'm still looking for why it relaxes me, I still have no explanation for that).

It was there that I started to think about what if I tried it with sight or hearing or with the other senses. So I did it.



I did the opposite of speaking and I started listening to the people who were listening to me, strangely enough, it made me thirstier and it wasn't that I didn't pay attention to them, I simply put myself in the position of being empathetic and just listening and I think I have a new power hahaha to listen without it affecting me or without needing to generate an opinion or a position, I saw in the way they expressed themselves, I saw what their personality was like at that moment and after I did it, I went to take a bath and even though they laughed, I used to make a ritual (to this day I do it when I listen to someone) of soaping my body and then shaking the soap off, maybe I associated it with the fact that it wasn't something I had to worry about or compare to something that had to do with me. .

what if

The truth is and without so much nonsense, I already started drinking water on my own and yes friends... water reduces inflammation hahaha but more than a process that is completely natural and normal, my body feels better because I simply drained what I feel was getting in the way a little .



The last 2 weeks, I'm going to be very honest with you... I wanted to look very Pinterest lady and I started looking for these images of simple water with lemon slices, rosemary, mint, cucumber, orange, etc., etc... And friends, they don't smell like anything, they don't taste different and don't even try because then you don't want to eat what you put in it, the truth is (obviously, to each their own), personally it wasn't very useful, I just left that the food was there and one thing or another I even forgot to put in it and it became ugly (yes, it made me angry but not much).



what if



The idea of making the habit of drinking water was more of a reality check for me. It was in front of me, realizing why I couldn't do the habit, and the truth is I feel very happy to be one of the new people who are going to buy thermoses for water and do use them hahaha.

And about the advice to drink water?

Friends. It is important to have our routine how to drink water, simply not having a routine of how to drink water.

Our body is very wise, our mind even more so and knows perfectly what it needs and perhaps the difficulty in drinking water is simply the difficulty of not being able to drain what your body has been asking you to remove for a long time.



Caro Sanchez

Publicist



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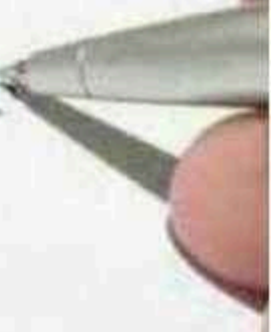


This is how I imagine when they say "I'm going to charge my quartz"



mention your last personal growth

Belly



Ready to hit rock bottom and start again!



Like when things go wrong in your life but you're used to it



My guardian angel watching me make my decisions

Sometimes we just have to turn our noses up and get on with our lives.



the interview



Sígueme

IKIGAI

**Paola Suárez tells us about
the japanese concept of
"The reason to live"**

Ikigai is made up of the intersection of 4 fundamental groups of your life: your passion, your vocation, your mission and your profession. In other words, the mix of what you love, what you are good at, what the world needs and what you get paid for.

By. Angy Carranza



What exactly is the concept of Ikigai and how would you describe it in your own words?



Ikigai is a Japanese concept that literally means reason for living or reason for being. It is the combination of the Japanese words *iki* (生き), which translates as life, and *gai* (甲斐), which translates as courage. According to Japanese culture, we all have an ikigai, that is, a purpose in life or an activity that makes us very happy, that we are good at and that at the same time contributes to our community.

For me, Ikigai is not a gift or a gift that falls to us from the sky. Rather, it is an achievement that we achieve with introspection and honesty, and that collaborates both with our physical and mental health and with the well-being of our community. Once you find your mission, comes the famous phrase: "If you love what you do, you will never work."

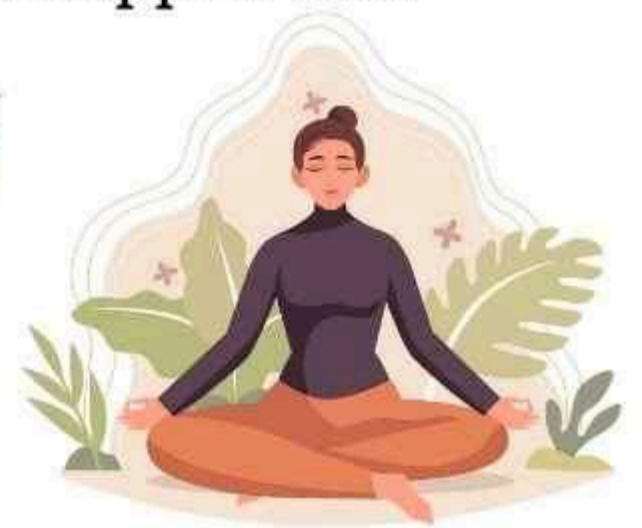


What do you think is the importance of discovering and following your Ikigai in your personal and professional life?

Society has always told us to follow and be after money, achieve goals and material things thanks to hard work and long hours of work. But when you find your IKIGAI, you really enjoy what you do and you will be able to enjoy money without having to chase it. Abundance surrounds you and you are automatically enjoying the true value of your REASON FOR BEING, enjoying a fuller and happier life.

Angry

How can someone begin to identify their Ikigai if they are not sure where to start?



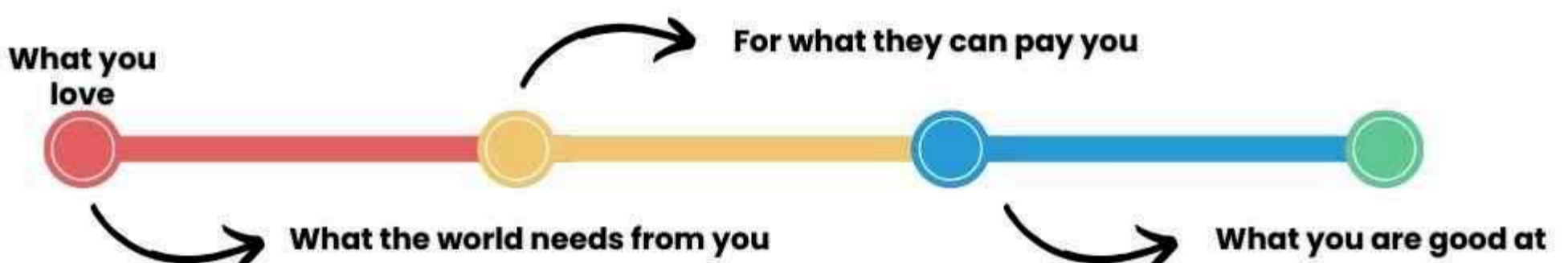
The point is to START, start with attitude and take action. If you really want to discover your mission (IKIGAI), there are different exercises that can guide you to discover it. Basically, it is starting to identify your current emotions through MEDITATIONS, REFLECTIONS and ACTIVITIES that I teach with my students in the course to advance step by step.

Angry:



What is the relationship between Ikigai and personal happiness?

It is the union of a whole. YOUR IKIGAI is aimed at happiness and your personal life. Thanks to your life mission, you will be able to be more focused on maintaining that line that is HAPPINESS. It consists of 4 points: WHAT YOU LOVE, WHAT THE WORLD NEEDS FROM YOU, WHAT THEY CAN PAY YOU FOR, and WHAT YOU ARE GOOD AT.



the interview

Have you applied the Ikigai technique in your own life? How has it helped you?

Of course, two years ago I had an awakening. I burned half my body and spent almost a year recovering. There I began to really know myself and resume the search for my IKIGAI.

I had to study, prepare and be very patient with myself to be able to share my knowledge with love and passion.

In fact, before starting to teach courses, I had to live that experience.

I can't share something I don't know. My own LIFE mission, my IKIGAI, is very clear to me and that is how I share it. It has helped me value myself and realize that I am deserving and successful in all areas of my life: personally, financially and intellectually.

My ikigai is helping and supporting people through my own knowledge and tools to expand their mental limits and live the life they dream of.

Angry

What are the biggest challenges people face when trying to discover their Ikigai?

The biggest challenge is to go back to the past and touch childhood. I work a lot with the inner child and that touches people's hearts a lot, it is a total challenge. MUCH OF WHO WE ARE NOW HAS TO SEE WITH OUR CHILDHOOD.





Angry

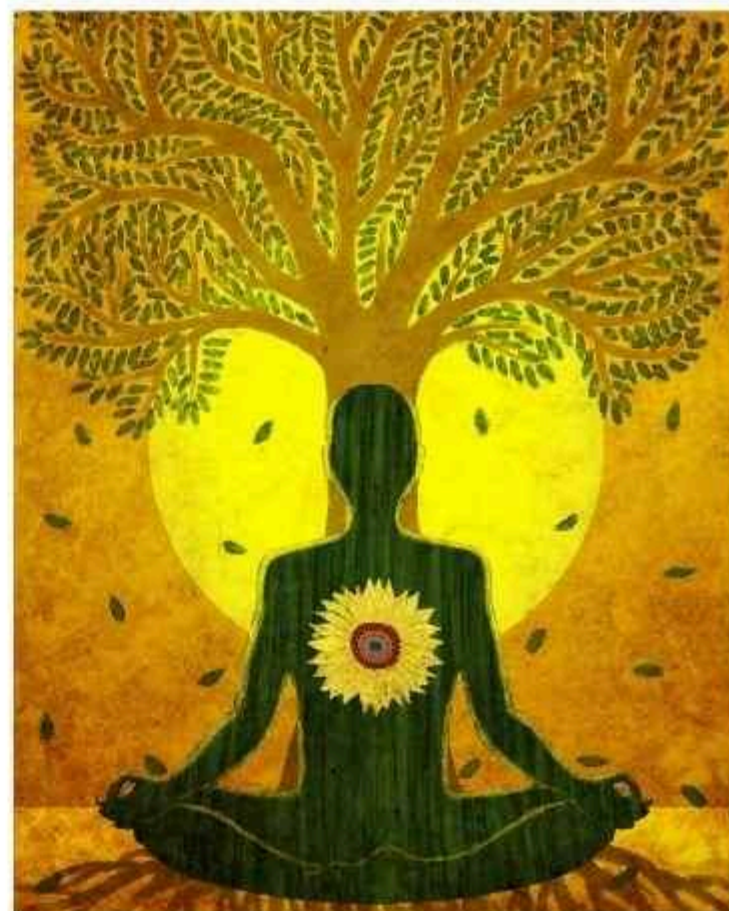
Are there practical exercises or tools that you recommend to explore and define your Ikigai?

Yes, telling my story is what resonates most with my students. In this way we all manage to empathize and understand that many of us share similar things and are energetically synchronized. Also, having them tell their life story is the best exercise to explore and begin to discover their Ikigai. When I listen to them and see that they have also experienced what I went through, it is wonderful. Also, dynamic meditations are very functional and confronting.

How can anyone keep faithful to your Ikigai in the midst of external challenges and pressures?

Angry

I would like us to stop thinking that happiness, money and abundance are going to come from outside, that someone else is going to give it to us, when the reality is that it is within us. When you are focused with an intention, obstacles don't matter. It's all about wanting to stay and having the attitude to move forward whenever an unforeseen event or external pressures come your way.



the interview

Angry

Have you noticed any positive impacts on those who have discovered and followed their Ikigai in terms of their overall well-being?

Of course, that is my greatest joy. It is what I love most about my job, seeing how they have advanced and the security they have acquired by finding their ikigai. Seeing them empowered and on the path to their awakening is the most satisfying thing I have ever done in my life. I am only a link and means of support to REMIND YOU of who you really ARE.



Angry

How do you think the concept of Ikigai can influence the organizational culture and work environment in companies?

It is essential that people in any job can have personal development. If a person is emotionally AFFECTIVE, he or she is more likely to perform better than someone who has personal problems.



Angy Carranza

Social Network Expert



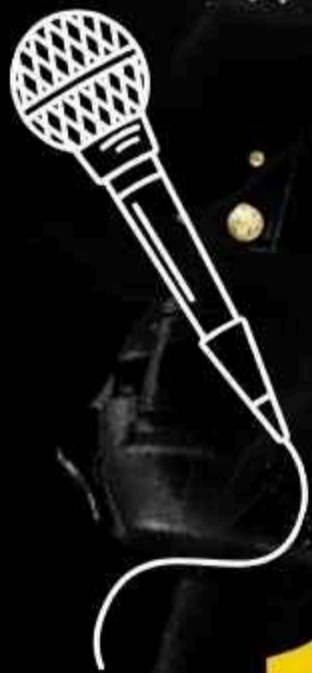
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Exploring the mysteries of symbolism and the occult



In the shadows of history and human imagination, lies a vast and fascinating world of symbolism and occultism. These themes, rooted in antiquity and woven into the very fabrics of culture and society, have intrigued and captivated humanity throughout the centuries. From the mysterious symbols of ancient civilizations to the occult practices of secret societies, symbolism and the occult continue to exert their influence on the collective psyche of humanity.

Symbols are like doors to a deeper realm of meaning. They often carry multiple layers of interpretation, each with its own meaning and relevance. From ancient Egyptian hieroglyphs to medieval alchemical symbols, history is filled with examples of symbols that have had a profound impact on human consciousness.



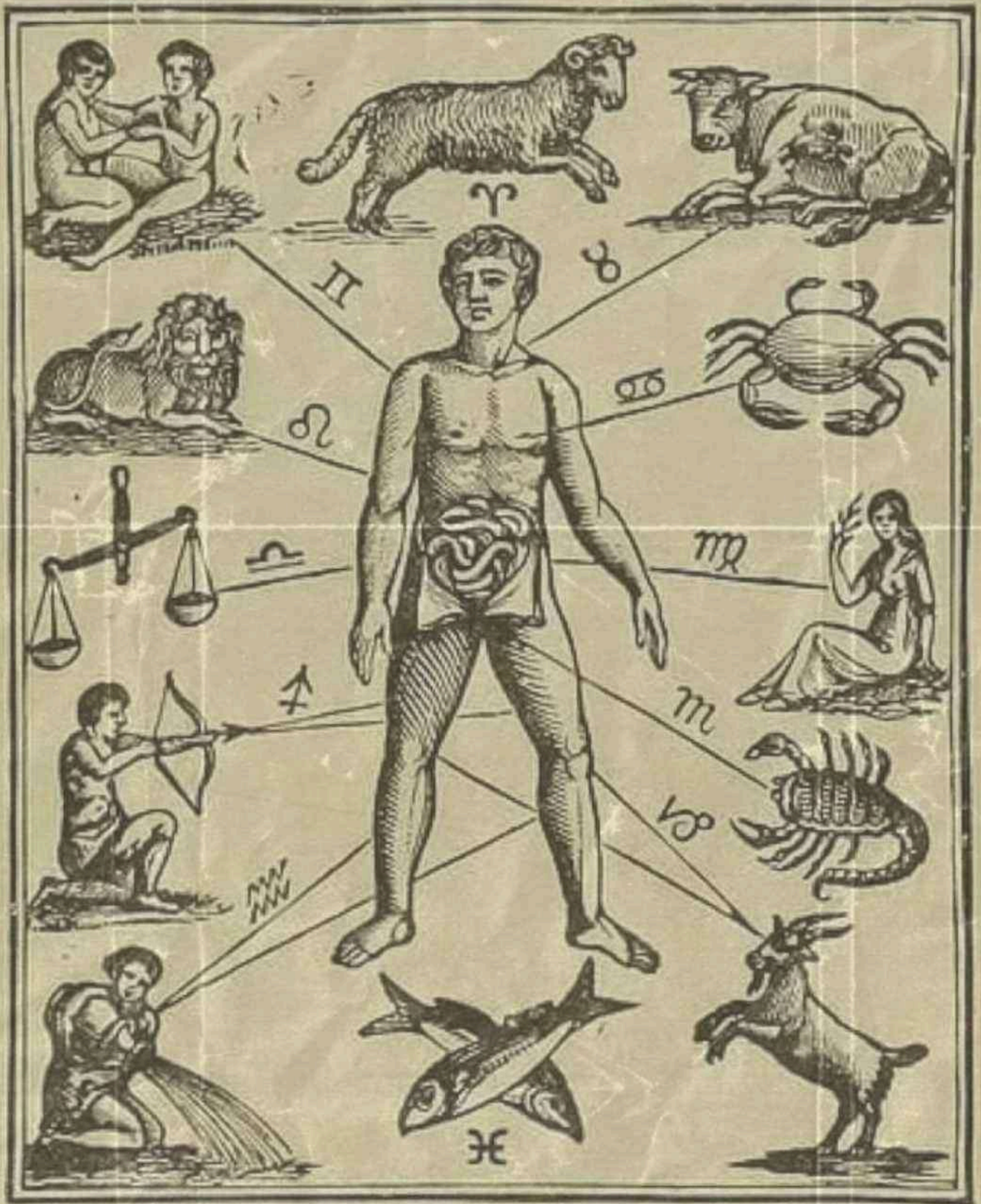
The Mysteries of Occultism

The occult, with its air of mystery and secrecy, has fascinated curious minds for centuries. From the ancient esoteric teachings of mysterious mystery schools to the modern practices of ceremonial magic, occultism encompasses a wide range of traditions and practices. At the heart of occultism lies the search for knowledge beyond the obvious, the exploration of what lies hidden beneath the surface of everyday reality. Practitioners of the occult often seek to unravel the secrets of the universe, exploring topics such as magic, astrology, alchemy, and hermeticism.

I share with you an example of practical symbolism applied to your body.

THE SIGNS OF THE ZODIAC.

ARIES, ♈ HEAD AND FACE.



PISCES, ♓ THE FEET.

The Creator gave us a physical body and this body is a summary of the universe. This is why we must study it, respect it, marvel at it, and thanks to it, learn to enter into a relationship with the divine world. The Initiates of the past, who possessed the true science of the human being, discovered that there were correspondences between the different organs and parts of their body, and the celestial constellations.



Aries: the head and all the organs that have to do with the head.



Taurus: it is the neck, cervical, pharynx, thyroid.



Gemini: double organs, especially the lungs and respiratory tract.



Cancer: represents the stomach, breasts and uterus.



Leo: the heart that is ruled by the Sun, the heart of our solar system.



Virgo: intestines, this sign suffers from irritable colon or intestinal problem.



Libra: the kidneys, hips, and regulation of the body's homeostatic balance.



Scorpio: sexual organs, female, male, and colon.



Sagittarius: governs the liver, sciatic nerve and thighs.



Capricorn: Rules the bones, specifically the knees and skin.



Aquarius: calves, ankles, and circulation.



Pisces: While it governs the entire lymphatic system, it also represents the feet.



"As above, so below. The chakras represented in the zodiac signs



The information provided must be handled with discretion and responsibility, the reader is invited to draw their conclusions, use their own judgment and investigate.



Jazael Lozada

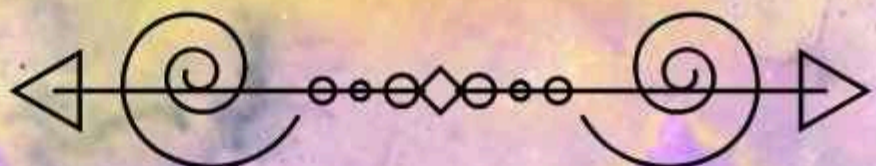
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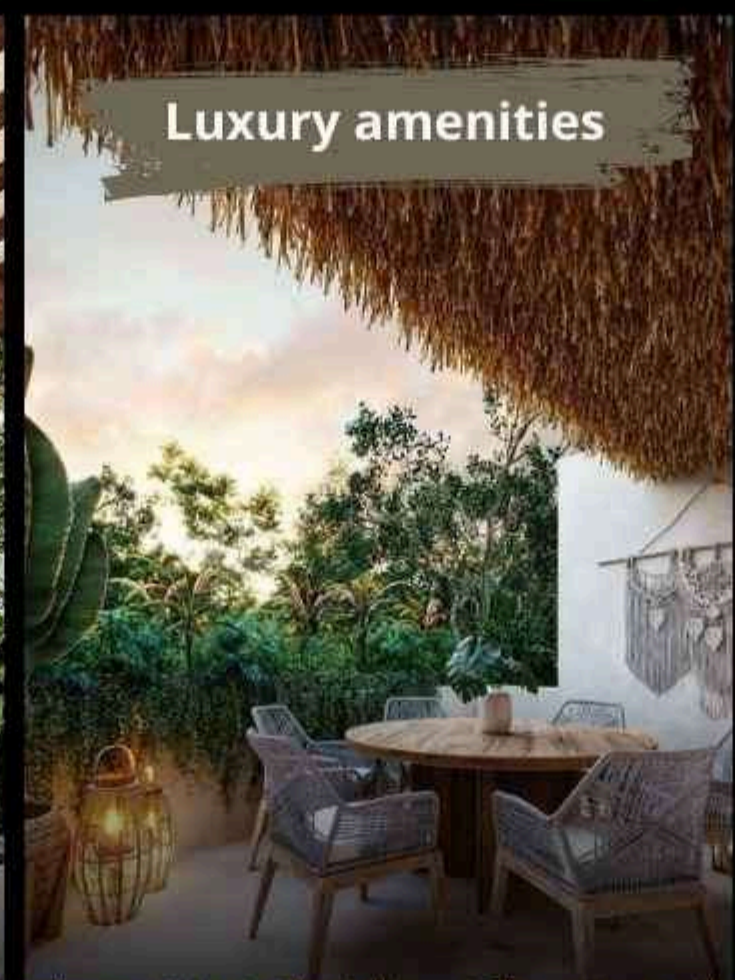


*Illustrative image

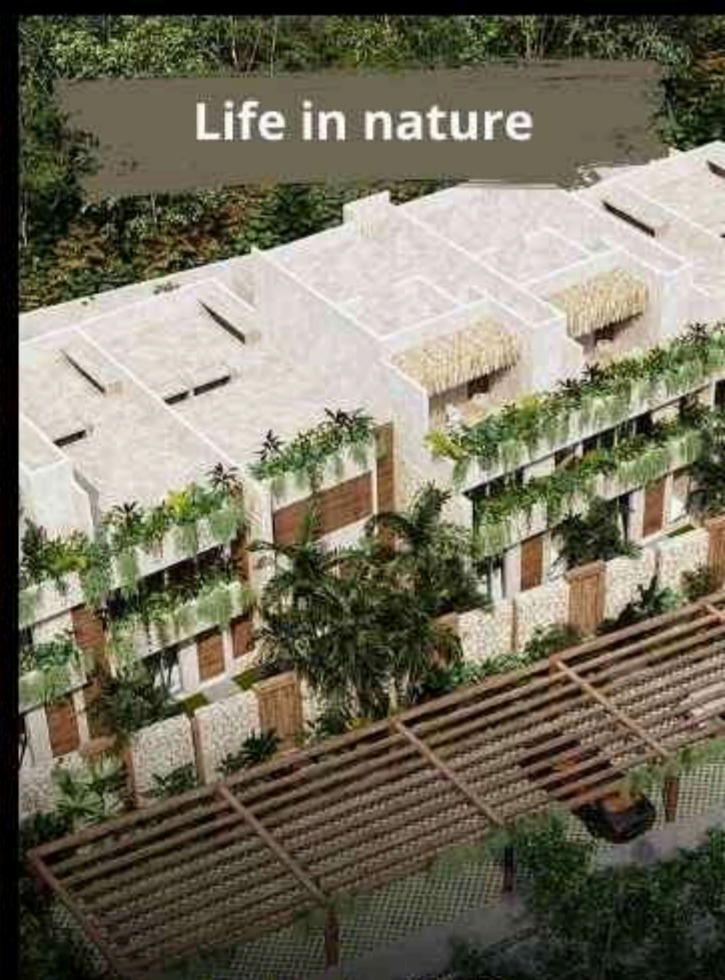
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MAGAZINE

AGRI

Dulce

"This is how transformation tastes"

THANK YOU!

Teşekkür ederim תודה Hvala

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Tak Gracias Grazie 謝謝 شكرا لك

Sağol Danke Thank you Merci 謝謝

Tack Spasibo Obrigado 감사합니다

Köszönöm Dank u Spasibi 有り難う 谢谢

Благодаря Asante धन्यवाद ありがとう

Terima kasih Mulțumesc Dank u

شكراً Kiitos Dziękuję