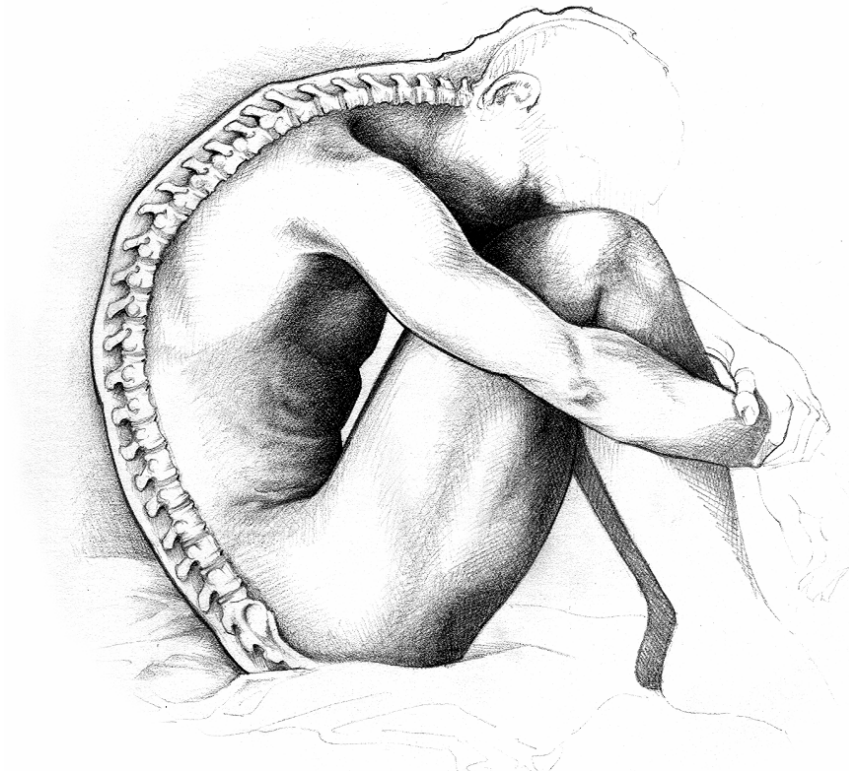


RELAX

AND GROW

SMART



**Be prepared for a change life which will
bring order, discipline, health, fitness,
wisdom and prosperity!**

Oswaldo Koch



Relax And Grow Smart

By Oswaldo Koch

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You Were Born Rich!

A mind “saturated” with fear of failure or images of unwanted results, can no more accomplish, create or produce anything of value, than a stone can violate the law of gravity by flying upwards in the air.

You must realize the creator does not alter the law of gravity to accommodate a person who walks off the roof of a house.

Similarly, the creative principle of the law of achievement cannot be violated with impunity. Therefore you will achieve what you desire, be what you long to be, only when you become obedient to the inexorable law of life.

Bob Proctor



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“Habits are the result of our dominant thoughts; like seeds, habits are planted and gradually will develop deep roots to nourish and develop something good or bad. Like seeds, habits can serve us well, or they can kill us painfully”.

OSWALDO KOCH



Energetic, creative, competitive, and confident - these are all words that describe Oswaldo Koch, MBA, Engineer, and Fitness Trainer. Oswaldo is the creator of the Mastermoves fitness system and IT expert with more than 20 years experience developing computer software for large international companies. During his studies in the naval academy of Peru, he learned a variety of fitness disciplines including boxing, gymnastics, self-defence, sailing, swimming, and diving. Later, Oswaldo trained in martial arts, free diving, dancing, yoga, tennis and marathon running.

At the age of 46, Oswaldo feels healthier and stronger than ever before. He became an expert in core muscle development while healing a painful back injury that put him at risk of becoming a paraplegic. The experience of the accident and painful recovery helped him to understand and incorporate two new and key elements in his daily training - relaxation and mind control. Since then, Mastermoves has evolved into one of the most complete and effective fitness systems in the world.



Acknowledgment

I have not attempted to cite in the text all the authorities and sources consulted in the preparation of this book. To do so would require more space than is available. The list would include libraries, health organizations, institutions and many individuals and books such as Power vs. Force by Dr. David R. Hawkins, The Power of Intention by Dr. Wayne W. Dyer, The Meditative Mind by Daniel Goleman, Introducing NLP by Joseph O'Connor & John Seymour; Fit For Life by Harvey and Marilyn Diamond, Think & Grow Rich by Napoleon Hill.

Many of my clients contributed to the content and editing of this book; their feedback and success with Mastermoves inspired me to always set the best example of optimal fitness. Special thanks to my family, friends and teachers who planted the seeds for my success and happiness.



Warning – Disclaimer

This book is designed to provide information on mental and physical relaxation techniques for achieving optimal fitness and the habits for success. It is sold and distributed with the understanding that the publisher or the author is not engaged in legal, medical, spiritual or other professional services. If legal or other expert assistance is required, the services of a competent professional should be sought.

It is not the purpose of this book to reprint all the information that is otherwise available to authors and/or publishers, but instead to complement, amplify and supplement other texts. You are urged to read all the available material, learn as much as possible about relaxation, meditation and fitness techniques, and tailor the information to your individual needs. For more information, see the many sources in Appendix 2.

Relax And Grow Smart is not a get-quick-success scheme. Anyone who decides to practice *Relax And Grow Smart* must expect to invest a lot of time and effort into it. Every effort has been made to make this book as complete and as accurate as possible. I encourage you to send me your feedback about ways to improve the presentation and editing of this book.

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Foreword

On 15 May 1990, *The Portrait of Doctor Gachet* was sold within three minutes for \$82.5 million (U.S.) to Ryoei Saito, Japan's second-largest paper manufacturer. The portrait is one of Van Gogh's most well known since it holds the distinction as the most expensive painting ever sold at an auction.

Vincent Van Gogh generally considered the greatest Dutch painter and draughtsman after Rembrandt. He powerfully influenced the current of Expressionism in modern art. His work, all of it produced during a period of only 10 years, hauntingly conveys, through its striking colour, coarse brushwork, and contoured forms, the anguish of a mental illness that eventually resulted in suicide. He sold only one painting during his lifetime (*Red Vineyard at Arles*; Pushkin Museum, Moscow); he lived most of his life in misery. Paradoxically, 100 years after his tragic death, one of his paintings was sold within three minutes for \$82.5 million (U.S.)

Contrary to Van Gogh, **Pablo Picasso** was a master in the art of prosperity. Considered the master of 20th century art, Pablo Picasso burst through conventional boundaries to discover new releases for his prolific talent. Picasso's finished artwork numbers in the thousands and includes paintings, drawings, ceramics, sculptures and murals. Picasso had an excellent business sense. He paid even small amounts by check: "I always pay by check because People rather keep the check for my famous signature than to cash it" he used to say. He enjoyed being famous and rich. He was charming and witty and he liked to confuse, to provoke and to have his fun with the public. Picasso changed his companions at least as often as his painting styles.



Picasso had created a total of more than 20,000 art objects during his lifetime - enough to keep the art market for his works in continuous movement. Picasso was not only a very prolific printmaker, but also a very diverse one in the use of a great variety of different techniques. Always on the search for something new, he was a renaissance man - he learned to think and move in favor of prosperity.

Pablo Picasso is a good example of a "Renaissance Person" , a person who lived his life in happiness, health and prosperity. The opposite of a "Renaissance Person" is Vincent Van Gogh, a person who lived a limited life, surrounded by fear, sadness and misery. Van Gogh was a very unhappy person, he lived in misery and suffered recurrent nervous crisis with hallucinations and depression. He wrote, "As for me, I am rather often uneasy in my mind, because I think that my life has not been calm enough; all those bitter disappointments, adversities, changes keep me from developing fully and naturally in my artistic career."

Depending on your beliefs and habits, your life can move in favor of prosperity like Picasso's, or you can move in favor of misery like Vincent Van Gogh's. This book is about the beliefs and habits to become a "Renaissance Person". Chapter 1 will introduce important concept about Nature's principles, harmony, nutrition, the mind and body. Understanding this concept is crucial for developing the mental and physical habit for success.

Chapter 2 will explain the art of practicing Vision Boards to be able to understand and utilize the Law of Attraction correctly. You will learn from Chapter 2 that depending on your habits, your life can go in one of the following directions: the Van Goth's direction or the Picasso's direction. It's how you think what determines the direction that you take in life - misery or prosperity.

Reflections on Fitness & Wellness





Introduction

Success is a State of Mind - I ask every successful person I encounter, whether they are athletes, teachers, leaders or a coaches! How much of your success is attributed to physical and how much is mental? The answers range from 50 to 90% mental and 10% physical. During my seminars I ask my audience, as I now ask you, what are you doing to train your mind? 99% they are unable to answer me and they stare at me, searching for an answer. I have the answer! *Relax and Grow Smart* you will discover the winning strategies of some of the world's greatest leaders, athletes, teacher and how to apply them to you.

In this chapter, I have compiled the most inspiring article that I have published at www.mastermoves.com. My intention is to help you create the mindset for fitness and success. In short, the person who does well has an inner set of beliefs, a mindset, if you will, that will help them achieve anything they want no matter what tools they are handed. Successful people have: A success mindset, an inner blueprint that directs them subconsciously, almost automatically, to take action and achieve their dreams.

Great leaders, superior athletes and wealthy people are programmed for success. And that's why, wise people tend to become wiser, healthy people tend to become healthier and wealthy people tend to become wealthier. Their inner blueprints (thoughts and believes) helps them have an inner magnet turned on for attracting the event and circumstances that will support their success.

"You can learn to develop the inner blueprints for success by learning to relax and think like a person who has already achieved great success in. The articles in this chapter will introduce the conditions that you must



know to become smart in the way you think and act. The article in this chapter will enhance your perception to:

- appreciate nature by reflecting on its laws and principles,
- practice harmony by enjoying your current on the present moment,
- think like someone who has already achieved success,
- improve goal-setting and attainment,
- live happy by practicing generosity and abundance,
- harness the awesome mental power of your mind,
- transform your dreams into reality,
- create new positive habits
- gain confidence in everything you do,
- eliminate any fear that may be holding you back,
- set your mind to attract prosperity into your life,
- make wise and right decisions for you and others,
- improve stress control,
- increase self-esteem.

The following articles have served as a cornerstone to inspire thousands of people. It contains success-making secrets that can change your life, therefore, I hope you'll read it, digest it, and let it work its magic on you!

Nature's Law

The law of gravity does not discriminate any movement. They can be harmonious or destructives.

By OSWALDO KOCH



*There's a field, invisible and formless, that manages it all.
The intention of this universe is manifested in zillions of
ways in the physical world, and every part of you. Including
your soul, your thoughts, your emotions, and of course the
physical body that you occupy; are part of this intent.
-- Dr. Wayne W. Dyer*

The laws of nature are set and immutable. The recognition of these laws gives us the power to bring them into practical use in every aspect of our lives. We do not create natural laws, but discover and make use of them. Consider nature's forces, like electricity or gravity, they must have always existed, but they exist to be use only after we discovered them and learned how to make use of them. For instance, when electricity is used properly, it can illuminate entire cities, it can make engines to function, it can make computers and any electronic device function in a predictable and useful way. However, electricity will harm us if we use it incorrectly.

Every aspect of nature, without exception, has energy built into it. The moment that we are relaxed, we have the means to connect and attract this energy to us and experience life in an exciting new way. Don't be afraid to be a winner. Take advantage of the laws of nature. By learning



how to eat, how to move, how to relax and how to breath, you can alter the course of your life at any time. You have the power to attract the events and outcome that you want. Through this book, you will learn that no one can ever take this power away from you. Gravity itself, for instance, doesn't move against anything. Its power moves all objects within its field, but the gravity field itself does not move.

If we analyze the nature of force, it becomes readily apparent that force always moves against anything. According to Dr. Hawkins, "Force is incomplete and therefore requires energy constantly. Power is total and complete in itself and requires nothing from outside". The sources of power are invisible and intangible. Power gives life and energy – force takes energy and life away. The understanding of this principle is fundamental to attract harmony and prosperity. We live in a world of cause and effect, where the laws of nature are set and immutable.

Learn to apply the law of nature by the practice of relaxation and intention. Intention is a power that's present everywhere as a field of energy. This field of intention is here, now, and available to you. You can have a fresh start any time you choose. When you activate your intention, you'll begin to feel purpose in your life. Try it, at first you may not succeed, but try and keep trying again. If you've got the courage to stick it out, you can win, you can activate the power of your intention to attract the outcome you want. Work where you are. The hour you are wasting now, dreaming of some far off success, is crowded with tremendous possibilities. From today's efforts to practice relaxation and activate your inner power depends your luck and opportunities. You're in control of your luck and opportunities to the degree that you have a clear intention and courage to make the right decisions. If you let others make decisions for you, you have no intention, no purpose, and therefore, you have no control over the events and circumstances in your life.



Make sure you understand that every aspect of nature, without exception, has energy and intention built into it. Nature simply progress in harmony from the field of intention. When you have intention, when you have clear goals, you control the decisions; you control the actions, luck and opportunities. You don't have to go anywhere or buy from anyone. You don't have to work at any particular job or participate in any given event. The ideas you are contemplating from this book will help you understand that you can choose your relationships, jobs, events and circumstances.

Every morning, before you do anything else, you must give yourself time to relax and reflect about your intention for the day. Reconnecting to intention and gaining the power to create anything that's in your imagination. With daily practice, you will learn to use your intention to collaborate with life's circumstances to produce whatever you need.

Searching for Harmony

In order to live in harmony, you must learn
to appreciate conflict.

GORGY IGNATOV



*“Every day and every hour we are meeting the eternal
realities of life and in such degree as we co-operate with
these eternal realities in love, in peace, in wisdom, and in joy
- believing and receiving – we are automatically blessed.”
-- Ernest Holmes*

Harmony is a word that has been used so much that it has lost its original meaning. When people include it in their vocabulary they usually mean some kind of unachievable goodness or simply the opposite of chaos and violence. If we take away all the prejudice and the wrong connotations that have accumulated through the years we can actually find a reasonably focused and sensible definition of harmony. "Harmony" is a type of relationship in which all things are respected and honored for their true spirit, and allowed to express their true nature, each within its own time and space.

This definition sounds nice but somewhat utopian. How can a world like ours, full of violence and suffering, allow for such a relationship to exist? Well, when talking about harmony it may be useful to start exploring the issue by thinking in terms of opposites. The process of unifying opposites - harmony and conflict - creates perfect balance in the universe. Rational judgment perceives the extremes as being opposed to each other. However, each extreme has a meaning only with



relation to the other. Until we know sorrow we cannot know joy; until we know hate we cannot appreciate love. So to know one extreme, you have to appreciate the other. In order to live in harmony, you must learn to appreciate conflict. Viewed without prejudice, conflict is neither good nor bad; it is only the opposite of harmony and the stepping stone to creativity. You will not be able to live in harmony with the world around you until you challenge your concepts and start to know that all energy whether perceived as positive or negative, can be used as creative energy.

Our world is full of people who search for enlightenment in the hope of finding a way to deal with conflict and live a life filled with harmony. However, sitting in meditation and selfishly awaiting personal enlightenment has no meaning. To truly achieve harmony you have to understand that it takes hard work and responsibility. Responsibility is making the world a better place, not escaping it. We should concentrate on the present moment with all the gifts it brings and therefore make the world around us a better place to live.

Even though we owe responsibility to the people around us, our primary responsibility is to ourselves. Our task is to take care of our physical bodies, develop our minds and, on enlighten our souls. In order to satisfy each of these objectives; you must satisfy the others also. In other words, you cannot achieve enlightenment if you don't have a healthy mind, and you will be distracted from developing your mind if you don't have a healthy body. This means that our primary duty is to build and maintain a healthy body; one that functions just the way it was designed to move; a body full of vitality that represents a powerful tool enabling you to pursue higher goals.

The Natural Order

Observe how disposable products are increasingly replacing objects of pride and beauty, simple things that would last a lifetime and beyond.

OSWALDO KOCH



Winston Churchill never needed to use force with his nation. Gandhi defeated the British Empire without raising a hand in anger. Great leaders inspire us to have faith and confidence because of the power of their absolute integrity and alignment with inviolate principles. Such figure understand that you can't compromise principle and still retain you power.

-- Dr. David R. Hawkins

In today's modern life, easily give up our power. We are seduced by comfortable lifestyles. We abuse technological advantage. We seem to forget the power of our body and mind. In many cases, we prefer to lean back in the controlled comfort of our living rooms watching TV instead of exercising power of our mind and body and using our time creatively for personal growth.

In today's modern life, our modern societies are geared by mass production which in many ways takes the richness from nature and



return the waste of its products. Mass-production and the abuse of technology have disrupted our harmony with nature. Observe how disposable products are increasingly replacing objects of pride and beauty, simple things that would last a lifetime and beyond. Notice how children are also affected by the abuse of technology; they are overloaded with the desire for material things and they demand to be entertained according to what they see on television. Most of the workers today have been also affected by mass production. In the past, their hands and creative ability were applied to fulfilling our needs. Now machines do most of their work and gradually skilled, hand crafted custom made products are things of the past.

WHAT CAN WE DO TO GET CLOSER TO THE NATURAL ORDER?

One effective way to live closer to the natural order is to take good care of your spiritual, mental and physical state. To achieve this you need to develop good eating habits and exercise your body every day using natural forms of training. Stay away from machines and equipments that are not practical to use. A good training system is the one that you can use every day, any time, and any where for the rest of your life. A good training system should be the result of the integration of good mental and physical habits. If you consider simple solutions like taking pills to reduce weight or supplements to build big muscles without symmetry or flexibility, then you are erroneously defying nature.

Having good eating habits and training your body correctly is the most responsible way to live closer to the natural order. Gradually you will be a responsible consumer that only buys the products and services needed to sustain your best physical and mental state. Gradually the market demand will create the need for natural products for our well being and those products created for mere convenience and selfish reasons will be gradually eliminated.



Having good habit is the reflection of your harmony with nature. Your thoughts are also thoughts of the divine mind or natural order. When you shift your thoughts from Spirit to ego, you seem to lose contact with the divine mind. Your free will can either move you in favor of prosperity and closer to the natural order, or move in favor of misery and closer to ego. As it moves away from the natural order, life appears to be a struggle; your ego becomes the dominant force; your ego drives your decision; your ego replaces your kindness; your ego decides what to eat, what to drink and what to do. Sooner or later you'll encounter a crisis in your life, and how manage your ego an emotions will determine your future happiness and success.

We become healthy, as well as wealthy, by being wise. We are wise when we live in alignment with the natural order. The effect of alignment with the natural order is never more striking than in the physiological consequences. Vibrant health follows alignment with power, high-energy and prosperity; alignment with abusive power and ego results in disease and misery. General speaking, physical and mental health are the result of positive attitudes, whereas poor physical and mental health are the results of fear, resentment, jealousy and self-pity. Your free will and positive attitude can either move you in favor of physical and mental health or in favor of disease and misery.

Use your free will to commit yourself to eat healthy food, exercise daily, relax and meditate. Use your free will to treat people with kindness, protect nature and add value to our society. Learn how to enjoy life sustaining optimal fitness and you will move in favor of prosperity. This attitude will attune you closer to the natural order – the source of physical and mental health.

Principles to "Eat By"

There are three universal principles that apply to anyone: balance, moderation and consistency

JAMIE BEUTHIN



"If an animal is fed on a diet with adequate amounts of fat, carbohydrate, protein and salts, but in which these constituents have been purified, it becomes ill, stunted and dies. This may be entirely prevented by the daily addition of a teaspoonful of milk. This is because natural food contains minute quantities of organic substances known as vitamins, essential for the proper assimilation of food, growth and health."

-- David Le Vay

With all the different diets out there right now, it's easy to become confused about what to eat. Pick up almost any magazine and you will find an article on dieting or food. What I find astonishing is that everybody seems to have a different answer. Who do you believe? Everybody is different, so I cannot answer that question. But I believe there are three universal principles that can apply to anyone: balance, moderation and consistency. **Balance** means getting the right combination of protein, carbohydrates, and fat in your meals. **Moderation** means eating the correct quantity of food required by your



body to perform with great efficiency. **Consistency** means developing the discipline to follow your diet on a daily basis.

Balance

Carbohydrates are our primary source of energy; they should be carefully selected and included in each meal. The average diet has too many refined carbohydrates. Technology has increased the degree to which foods are refined, and the result is too much low-fibre, high carbohydrate food. Eat more unrefined carbohydrates such as whole grains, beans, vegetables and fruits. Eat fewer refined carbohydrates such as flour and sugar.

Most people tend to neglect their protein consumption. Everyone (not just bodybuilders!) needs protein to survive. Without protein, muscles cannot repair and they begin to break down. Eat more protein from sources like fish, chicken, turkey, and beans. Eat less protein from high-fat sources of red meat and eat dairy products in moderation.

Fat is essential. In the quest for a low-fat diet, we have forgotten about essential fatty acids (EFA's), which are the "good" fats. EFA's are responsible for numerous bodily functions. The "bad" fats are the saturated fats; they are responsible for heart disease and high cholesterol. Eat more EFA's from sources like fish, nuts, seeds, and olive oil. Try to eat fewer saturated fats from sources like butter, sunflower oil, and cheese.

Important: When one of the above nutrients is missing or in excess, it creates an imbalance.

Finding a balance among carbohydrates, protein and fat is a personal process. Some people have higher metabolism rate and need more energy from carbohydrates and fat. Others need fewer carbohydrates because they have a sluggish metabolism. Experiment with different ratios, but as a general rule, eat more carbohydrates and protein.



Moderation

The massive quantity of food available makes it very easy to overeat. You have to learn to eat portions that are the right size for your needs. A professional athlete that trains every day for hours will need a lot more food than someone who sits at a desk all day. Eat only until you feel satisfied, not to the point of feeling "stuffed". Remember that your body requires only enough food to meet its energy requirements; anything else is excess calories. With this simple fact in mind, eat portions that are consistent with your weight goals. Eat less if you are trying to lose body fat, and eat more if you are trying to gain muscle. Remember to maintain balance - do not cut out all the fat in your diet in order to eat less.

Consistency

Applying the principles of balance and moderation to your meals is useless unless you apply them with consistency. Developing a lean, healthy body is a long-term process that requires discipline. If you eat a moderate, balanced diet only sometimes, it is almost impossible to make improvements in your health and fitness. This does not mean that you can never eat candy again. It just means that you should make them an occasional treat. The key is to maintain balance and moderation in the long-run.

Finding YOUR eating plan is a process of trial and error. I am confident that if you follow the principles of balance, moderation and consistency, you will succeed.

Making your body last!

Everything we eat must assimilated or eliminated otherwise we are intoxicating our bodies.

OSWALDO KOCH



We eat and live in such a way as to never allow the insides of our bodies to be cleansed sufficiently, and that is why 62 percent of the population in North America is overweight. It is also a contributing factor to the fact that three out of four people North America will develop some form of heart disease or cancer in their lifetime. The outside of the body is washed, but the inside, which is far more important, is not washed.

-- Harvey Diamond

Let analyse the facts: our livers, intestines and kidneys must process every good or junk food that we eat. Too much food, especially junk food, will deteriorate our vitals organs and they will not be able to get enough nutrients to sustain our bodies, therefore our bodies will age prematurely. Inevitable, this condition will put strain on our hearts and gradually our weak bodies we will stop functioning correctly until our hearts, livers, intestines and kidneys give up and stop working.

The leading causes of death in our modern societies are heart diseases and cancer. There is a great deal of evidences that the major causes of these diseases are related to junk food and overeating. These bad habits poison our blood and gradually we develop a state of toxemia, which means that toxins



in our bodies have reached a level above tolerance - another term for blood poisoning, or the presence in the bloodstream of quantities of bacteria or bacterial toxins sufficient to cause serious illness. Due to the state of toxemia, a great number of people are overweighed, and constantly ill. People ruin their bodies and age prematurely because they auto-intoxicate their bodies eating more food, more waste, than their bodies can possible eliminate.

Good eating habits and daily exercises is what everyone needs to avoid toxemia. For instance, if you eat properly and stay away from junk food you will develop a healthy and economical diet. If you learn to eat to live instead of to live to eat, you will find better appreciation for your body and the elements of nature: every fresh fruit will be your preference, and every natural flavor will entice you more than any saturate taste from junk food. Gradually, you will learn to eat only natural food, and therefore, you will have the energy to exercise daily and sustain a healthy and prosperous live.

Developing a healthy diet

Some of the most important elements in a good diet are the enzymes. Enzymes are complex proteins that control the fundamental biochemical process in our bodies. Our bodies produce digestive and metabolic enzymes. The digestive enzymes break down the food that we eat; the metabolic enzymes allow our bodies to function well. Every activity performed by the human body requires enzymes. Enzymes not only are needed to digest our food, but they help the body to move, breath, detoxify and very important, enzymes boost the immune system to fight illnesses.

The human body produces great deal of enzymes, however, they are insufficient for all the functions of the body, therefore, the need to eat foods rich in enzymes. High amount of enzyme are found in raw food like avocados, pineapples, papayas, strawberries, bananas and all kind of



fleshy tropical fruits. Also, extra virgin olive oil and unrefined oils are great sources of enzymes.

The best thing that you can do to supply your body with enzymes is to have three to four different fruits for breakfast. However this could be overwhelming for most of us. Fortunately, if you have a blender, you can make a wonderful juice, which is called the Master Juice. You can find the recipe at www.mastemoves.com.

The Master Juice is based on fresh fruits, nut and natural cereals. The Master Juice, will infuse your body with enzymes and all the nutrients required to maintain its vitality and good functioning. The Master Juice is a light breakfast that allows quick digestion and the fast elimination of waste and toxins from digesting food. Gradually, drinking the Master Juice, your body will be detoxified, and once you feel clean and vibrant, you will be enticed to eat only healthy food.

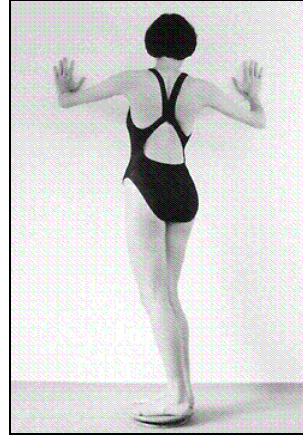
To develop good eating habits, you need time and patience. Don't try drastic changes, begin with your breakfast, drink the Master Juice every day and be conscious of your body energy; be conscious of your mental alertness and productivity. Once you experience the mental and physical benefits, junk food will never be an option in your diet. You will feel your body like a brand new, running smoothly and smelling new everywhere. Your body will be clean and vibrant, and this wonderful experience will entice to keep your body healthy and in good shape.

To sum up, we should eat to live a healthy and prosperous life, not to over eat, abuse our bodies and age prematurely. We should be aware of the consequences of bad eating habits and then make chooses. We should exercise our bodies to make them last, not to abuse and torture them. The quality of our daily food and exercises influences directly the quality of our lives. It's up to you to live a healthy and prosperous life.

Reflecting on Body Postures

The keys to developing excellent body posture are awareness, strength, and flexibility.

NAOMI MINWALLA



Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities.

-- Cleveland Clinic

We live in a world where good body postures are abnormal. Look around you and you will see that slouching bodies are the norm. This is a paradox in an era where information about good posture is so easily accessible and technology in the form of ergonomic chairs and back supports is affordable. The problem is that if you do not have a good posture to preserve in the first place, then the technology is useless!

The keys to developing excellent body posture are awareness, strength, and flexibility. When you sit at a desk to read or to work, do you ask yourself the following questions: Is this desk the right height for me? Do I shrug my shoulders when I work? Am I sitting upright in my chair? Are my reading materials and computer positioned at a correct



angle? Is my neck bending too much? Am I getting up periodically to stretch? **Doing what is most comfortable for your body may not be doing what is correct for your body.** Being aware of how you interact with your physical environment and conscientiously recognizing and changing your comfortable, but incorrect, physical habits, are the first big step toward developing and maintaining good body postures.

The second step is to develop flexibility and strength. For many people, developing good body posture will require a complete reconditioning of their muscles, tendons and bones so that they become flexible and strong enough to support an erect frame. This is not impossible, regardless of your age, but it will require a daily, personal commitment. I, for example, developed rounded shoulders and a slouching back from over a decade of slouching when carrying heavy textbooks in a backpack and studying for four university degrees.

At the age of thirty, I suffered from chronic tennis injury in my shoulder and back which was further exacerbated by poor study habits. It was at this time that I became more aware of my posture and took measures to correct it. By practicing the Mastermoves System and Yoga daily, I gradually healed my injury, corrected my posture, and developed strength and flexibility which must now only be maintained.

It's amazing how something as simple as a good posture can make someone look tall, slim, and most importantly, confident. And the confident person is the one who gets noticed for all the right reasons. So practice Mastermoves daily and learn how to get your spine all out of a crouch and stand up straight for goodness sake.

When Beauty Vanishes

We must expect to experience the logical result of our thoughts.

OSWALDO KOCH



“Your spinal cord contains the nerves that carry messages between your brain and body. The cord passes through your neck and back. A [spinal cord injury](#) is very serious because it can cause paralysis below the site of the injury. When someone has a spinal injury, additional movement may cause further damage to the nerves in the cord and can sometimes mean the difference between life and death.”

-- Kevin B. Freedman, MD, MSCE, Sports Medicine

I was mountain biking on a beautiful area in Vancouver island -- biking up and down the hills -- just about to finish the trail when I nearly met total body paralysis or even dead.

In my 39 years old, my wife and I move to Victoria. At first, everything was perfect; I was about to star a Master's degree in business and my wife was starting her new job with the Attorney General.

On a beautiful sunny day, I went mountain biking with a friend while my wife went for a hike. My friend new all the trails very well and I was having great fun trying them all for the first time. Going down a long hill, I was following my friend and not paying attention to the trails but

enjoying the beautiful panoramic view. Suddenly we crossed a road and immediately the trail became very narrow and steep. I was going quite fast oblivious of this obstacle and at the end of the slope, my bike bump into a big log. By inertia, I flew several meters and landed on my head. For a moment I experience an intense light and total silent. Then a terrible pain on my neck forces me to open my eyes while I was laying motion less on the grass.

In the operation room, the doctor told me that I was very fortunate for not been paralyzed or dead, however, you will have to endure a painful treatment. For the next five months, I had painful head brace - screw up in my scalp and attached to a thick plastic best. I had to sleep, shower, eat and even going to school with that painful head brace. I had it permanently to prevent my neck from moving and allow my fractured vertebras to heal. Literarily, I made a monster of myself, feeling, moving and walking like *Frankenstein*.

For those who never read Mary Shelley's first book, *Frankenstein*, I highly recommend it. Besides of been a masterpiece in literature, it is a great example of what could happen to us when we erroneously defy nature's law'.

The book of *Frankenstein* is about a scientist who worked for nearly two years, depriving himself of rest and health for the sole purpose of infusing life into an inanimate body. The scientist was infatuated with the idea of creating the best human being possible. He selected the strongest limbs and human parts to create a beautiful human, but when life was finally bestowed upon the creature, breathless horror and disgust filled the heart of its creator. Looking at the creature's shriveled complexion, dull eyes, convulsive motions and yellow skin that barely covered its deformed muscles was unbearable. How can you describe the emotions of the creator at this catastrophe? The outcome caused the

beauty of his dream to vanish. Despite his good intentions, the scientist had created a monster.

In real life, outcomes can be unpredictable catastrophes if we do not integrate all of the necessary elements that nature demands to establish its natural order. We can ruin our lives with serious accidents, obesity, cancer and illnesses if we don't apply correctly nature's law. The imaginary monster of Mary Shelley's *Frankenstein* is a good example of what could happen when nature is erroneously defied.

To understand nature's law, we have to learn from our previous experiences and from other people experiences. If we dwell only on our thoughts and previous experiences, then we will live a limited life. People who spend all their time talking about their unhappiness become unhappier. People who talk about discord, will become more discordant. But those who life close to their family and community will enrich themselves and other. Eventually, learning from different cultures, philosophies and schools of thoughts, we will understand that all human limitations are inventions of our own ignorance of nature's law.

The knowledge and techniques that you will acquire from Basic Principle, does not discriminate because the principles are based on the universal law of Cause and Effect; the law that everyone can use to live in harmony with nature and to enhance the quality of their lives. In this respect, the imaginary monster of Mary Shelley's *Frankenstein* is a good example of what could happen when nature is erroneously defied. If we apply nature's law correctly, monsters should exist only in novels, not in real life.

Today's efforts

There's a price to pay if you
want to be a winner.

OSWALDO KOCH



Every morning in Africa, a gazelle wakes up.

It knows it must run faster than the fastest lion or it will be killed.

Every morning a lion wakes up.

It knows it must outrun the slowest gazelle or it will starve to death.

It doesn't matter whether you are a lion or a gazelle.

When the sun comes up you better start running.

-- African proverb

From today's efforts depends your future successes and happiness. Nature is so designed that if you wish to enjoy its pleasures, you must also endure its pains. Like it or not, you cannot have one without the other. The world needs lions and gazelles. The world needs predators and preys. The world needs winners and loser. The world functions around pleasure and pain – reward and punishment. Given the choice, the prey will always flee the predator. Given the choice, no person will choose pain. There's a price to pay if you want to be a winner. There is a price to pay if you want to make things better. And, there is a price to pay for just leaving things as they are.

Don't wait for things to change. Don't wait until you have more money, until you have more time, until you are less tired, until you get the ideal job, until you settle down, until, until, until... don't be afraid to live like



a lion. Don't deny to yourself the chance to be a winner. Don't wait for the opportunities in your life to occur before you begin to live. The book you are reading will teach you how to endure the pain of preparation for the run. There is a price to pay if you want to be a winner. And, there is a price to pay for being a loser.

From today's efforts depends your outcomes in the future. Nothing worthwhile ever comes easily. Work, continuous work and hard work, is the only way to accomplish results that last. Begin where you are, all literature, invention, art, knowledge and wisdom that we currently experience and enjoy has been given to us through those who has discovered that in order to become successful at dealing with your problems and making healthy and positive decision, you must start now. And the only way to do it is avoiding negative self-talk and master the art of positive thinking. Great things are accomplished when you believe that what's inside of you is superior to the circumstances and obstacles that you will face in achieving your goals.

We become what we think about, and as Emerson reminded us: "The ancestor to every action is a thought." As positive thinking becomes the reflection of your mind, you will connect to the natural order and it will begin to work with you, in harmony with your thoughts. If you like to live in abundance and prosperity, then, every morning you must practice relaxation and connect to the natural order to fulfill your expectations.

Every morning, you should wake up knowing that you have the will power to start afresh and create the mental reality you want. Every mental reality you create begins in the form of a desire; that desire is an invisible form of energy capable to create action and transform the abstract to the concrete and the ordinary to the extraordinary.

Every morning a lion wakes up knowing that it must outrun the slowest gazelle or it will starve to death.

Summary

The previous articles give you an idea about the importance of learning and correctly applying Nature's principles in order to avoid undesirable outcomes. Committing yourself to acquire good habits to eat, exercise, meditate and interact with society and nature is difficult if you do not understand the reasons for doing that. Applying the principles of balance and moderation to your meals will have no effect if we don't have clear goals. Learning how to utilize nature's law, the law of cause and effect is useless if we don't have faith.

All sciences are built upon faith principles. All principles are invisible and accepted on faith. Faith is built up from belief, acceptance and trust. In order to learn effectively something new, you have to believe, accept and trust the expected result. You have to have faith.

Maybe you have already applied most of the principles explained in this book. Maybe you have partially applied them. Or maybe you had never pay attention to them, but you do apply them. In any case, Basic Principles is an important set of behavioural principles to discover and learn how to use Nature's forces and develop a prosperous life.

You are now about to learn the avenues through which you can deal effectively with Nature's Law and have a prosperous and happy life. Enjoy your journey!



Important

Although you are the only one who can achieve your goals, it is important that you recognize the information, tools and people around you who can help you to keep going. Truly, the power of the mind is astonishing for keeping you going, and doing your best. Be excited because chapter 2 is about an introduction to our system Vision Boards Tips. In this chapter, I will explain some of the most important principles and the process to be able to utilize the Law of Attraction and unleash the power of your mind.

Note: Please send us your comments about Chapter 1 to email@mastermoves.com and we will email you Chapter 2, which is the introduction to Vision Boards Tips, one of our best training systems.

Thank you for your comments and interest.