

Manifesto

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Today, I promise to myself fight constantly to chaos and mediocrity. I spent forty years of this magical time called life producing what I perceive as very little. I know this is a intangible reality created by our minds on a more non-uniform reality closed off to us. This I knew early on in my life probably around the time I was nine years old. I believe that we can harness immense powers from within. at my forty years of age I decide that it is enough of being a parasite to this planet. I am going to use all my powers for the best and the betterment. Of my own spirit and my body. I will help as many people as possible with my connection and my ideas. There is not much time left, I know it in the bottom of my heart and I keep not doing anything. I will change all of these with a solemn invitation into my life to powerful thoughts to take possession of my physical body, my physical mind and my spirit to guide and transform me in what I think I should become. Today become a carcass of my own self to become what I have promised. I know it because it is looking back. I know because I felt it, in all its magnitude.

I am changing into a better version one step at the time. for me and my family, for the betterment of humanity and my planet

The Plan in Action

Body

Work, I need to find a path that makes me more creative and really pushes me to learn even more, apath that is transferable into a service or a bussiness that can give to Rafa as a Legacy.

Gym, I still need to go to the gym but use my time effectively maybe find a couch, while playing basketball be smarter, stretch and be gentle with my knees

Mind

Meditate almost daily as many time as possible, take a nap, positive and negative thoughts, be a true stoich

Spirit

Meditation

Help of others, there are ways of helping other, teach a class

Have more real friendship, meaningful friendships

Mind

Learn how to play the guitar (triads)

Code 7alent0 for yourself

Learn German and Japanese

Plan for my family

Rafa's more engagement at school

Tara and I have more meaningful time together

Take tara for dates without previous knowledge and also do things together

Be involved with Santy, My parents and Dany, los Serranos

Plan Community maybe basketball

Take care of my Bromeliads

Plan for humanity

All the endeavors I have most be conducive to achieve my goals

Plan for the planet

Bring back the hummingbird to Quito