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Editor's Letter

CARTA DO EDITOR



I can't believe we are already in October, that soon comes the kids favorite day -Halloween, and in a click thanksgiving, December, Christmas and the last day of the year. Many people start planning changes in their life and it make me thinking about harmony. In order to create it with another person, you must care enough about that person to hear her story, share her struggles, and be with her while the parts of her personality that are frightened come to the surface. Harmony requires that you accept another individual as a personality whose life is as complex and difficult as your own. You cannot open yourself only to the parts of a person that love, and expect to create harmony. You must also be willing to interact with the parts that are jealous, violent and angry. It is easy to create harmony with someone who cares for you, but it is difficult when the person is disdainful or judgmental. Think about...

Namastê, Axé...Stay on Peace.

Lindenberg Jr.

Eu não posso acreditar que já estamos em outubro, que logo chega o dia das bruxas, que em um piscar de olhos estamos no dia de ação de graças, e como em um clique de mágica clique "chegou dezembro, é natal! Na aproximação do fim de ano as pessoas tendem a planejar mudanças em suas vidas, e pensando exatamente nisso me veio a cabeça a palavra harmonia. Para se estar em harmonia com uma outra pessoa, você inicialmente necessita estar disposto a ouvir sua história, compartilhar esforços, e estar de bem com sua personalidade quando a briga ou algum ponto de discórdia vierem à superfície. A harmonia requer que você aceite o outro indivíduo tendo uma vida tão complexa e difícil quanto as suas próprias. Você não pode criar um ambiente harmonioso e extensivo ao seu redor se você apenas se posiciona em um campo com pessoas que o amam. Você deve também estar disposto a interagir com as pessoas mal humoradas, invejosas e até mesmo violentas. Em suma, é fácil criar a harmonia com o alguém que se importa com você, mas é difícil quando esse alguém é indiferente ou faz mal juízo de você. Pense um pouco sobre isso...

Namastê, Axé... Fiquem na Paz.

Lindenberg Jr.

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Heart-Centered Way

Eddie Lijima

As far as the title goes, it certainly has positive connotations. This is due to the fact that Heart-Centered Way is warm and uplifting, as evident in the way we use such terms as heart-warming, heartfelt and heart-to-heart. In contrast, heartless conducts are devoid of emotion and therefore appear cold and impersonal. But what exactly does it mean and what implications does it have on our daily existence? To embark on this crusade, let's take a brief look at the heart from an esoteric point of view.

First of all, the heart is closely linked to our life energy, thus when we operate from such source of wealth, we naturally gain vitality. Heart is also where your unique core essence radiates from. It's no surprise that "**prana**" originated from this mighty center that is extremely potent and energizing.

Heart-Centered Way can be broken into 4 different categories or functions. So, let's explore.

To be true to your essential self

This can mean your pursuit of what you truly love and enjoy, neither to compromise to please anyone, nor to win favor of anyone but instead to fulfill your own desires. For anyone who's habitually bending backward to meet someone else's needs, here's an idea. Put yourself first for a change! I know what you are saying. In our society where our intentions and desires cohabitate and often collide head-on with others, we cannot be hell-bent on our variety of wants and needs 24-7. Indeed, life's full of intricacies that call for wise compromise and adjustment. But know that often all it takes is to allocate time to do what feels right to you. I'm convinced you will welcome the liberating sensation you get from such authentic self-expression.

To Care

Do you care about whatever you're engaged in at any given moment? In other words, do you put your heart into it? Even the simplest thing can be performed with just a bit more zeal and self-application. This is bound to have a tremendously positive effect on any relationship. It's easy to see when you're at the receiving end of heart-centered actions. In fact, this simple gesture can be magical enough to light up anyone's day. It definitely puts forth vibrant vibes that are contagious. However, when you experience a random heartless service, for example, you feel rotten and it could even ruin your day. If you care, even if a task at hand is tedious, you make the best of a situation. And you know what? It catches people's attention. Is it because such genuineness is rare?! So, care about what you do because to care is to live from your heart. Once you shift into this mode, people will notice, not to mention appreciate that you respect.



To Reach Out

Here, Heart-Centered Way refers to the way we give unconditionally. Feeling aspect - the emotional exchange is emphasized. At its best, we exhibit big-hearted generosity as well as sunny dispositions. Please bear in mind, sometimes actions from the heart is the best gift anyone can offer to someone. I believe a little thoughtfulness can go a long way.

To Open Your Heart

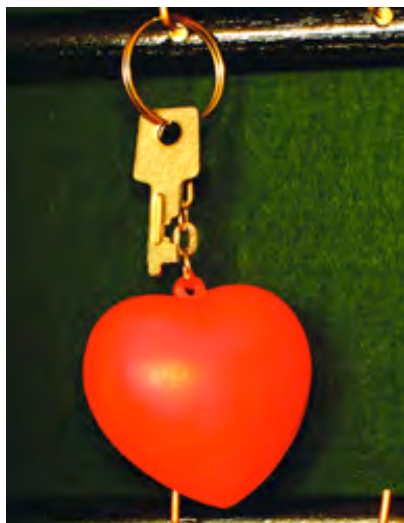
This translated into a humble approach to what life has to offer. You may initiate by relaxing your heart muscle and easing off your tense areas. Let your life energy flow naturally. Also, don't forget to ponder and reflect on your incarnation as well as your connection to the grand scheme of things. Moreover, try not to coop yourself up in a microcosmic world. Instead, throw yourself into the infinite possibilities of the wondrous world. So, open your heart. Open the self-imposed gate today!

Energy Field

When you pet your dog or cat half-heartedly or reluctantly (perhaps your mind is preoccupied), your furry companion can sense this. Animals are keenly attuned to the energy field, especially that of its owner. This verifies just how significant it is to be attentive to the energy field. In it, your nonverbal intentions can travel through your body as well as the morphogenetic field and reach others. Then, how can we utilize this information? How about this. The next time you touch someone you love or give a pat on your friend's shoulder, show that you care by reaching out from your heart. Let your heart do the talking!

Further Exploration

I'm sure you've heard of someone say to follow your heart countless times. However, we've all discovered that this was one of those great sounding phrases that are easier said than done. Also, the initial inspiration fades rather quickly. It you're



like me, you're baffled by many options your heart presents to you. Possibly, you struggle to separate what's real from what's not. You feel as though you have to tear away many false layers you've accumulated in your lifetime just to get to your heart. Then do just that. I find it effective to cultivate more alone time in hearing my inner voice.

If you happened to be searching for a true vocation/calling or that special someone, try to see if you feel right at the heart. If you feel like you can devote yourself whole-heartedly without the nagging feeling, it's a good sign.

Conclusion

As it became apparent at the end, living from the heart-center brings many rewards and no drawbacks. Since your heart is connected to the pulsating life force, Heart-Centered Way generates liveliness which further increases your resilience to adversities. I may also add that it's the esoteric solution to our often robotic way of living. And let's not forget the importance of creating time for yourself and doing what pleases you. This is a sure-fire way to fuel your depleting life energy.

We've come to the conclusion that Heart-Centered Way is synonymous with authenticity, conscientiousness and compassion. It has life in it that propels your spirit to soar. Consequently, you amplify your magnetism that only you possess. Additionally and quite naturally, it's a good thing to spread on the collective level.

Finally, your heart makes the best companion and guide on your personal journey. It's not so much about the destination, but the journey itself that counts. You guessed it. I'm a Sagittarian.

**Eddie Iijima is a Los Angeles based personal coach, consultant and occultist. He is also a certified canine massage practitioner. He can be reached at (310) 963-5275.*

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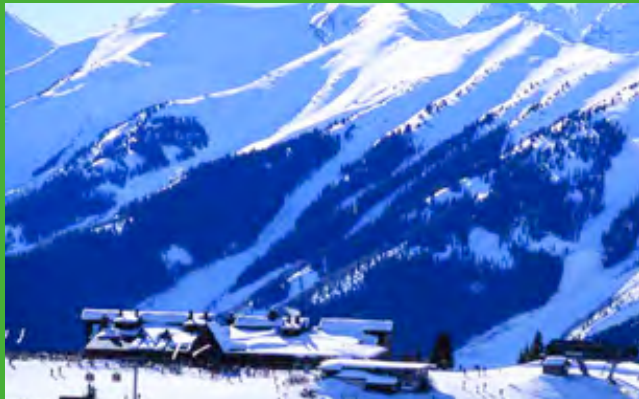
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Brasil em Aspen, Colorado

Do Réveillon ao Carnaval, tem hora que **Aspen parece a maior estação Brasileira de esqui do mundo**, de tanta e tão alegre é a presença verde-amarela por essa cidade Americana. Ao todo são quatro montanhas e dois vilarejos repletos de atividades para todos os gostos. Boas e amigáveis escolas de esqui, gastronomia variada, passeios em balão de ar quente, trenós puxados por cachorros, vida noturna animada, e tranqüilidade para adultos e crianças são alguns dos motivos lógicos.



Mudanças do Clima, Mudanças de Vidas

A campanha do **Greenpeace Brasileiro** - cujo tema é a frase acima, está percorrendo o Brasil desde o ultimo dia 23 de agosto e levando à população de dez cidades Brasileiras uma exposição fotográfica e uma instalação sensorial sobre os impactos do aquecimento global. O evento já passou por Brasília, São Paulo, Florianópolis, Porto Alegre, Rio de Janeiro, Belo Horizonte e seguiu/segue para Salvador, Recife, Belém e Manaus no mês de outubro. O evento inicial em SP contou com um pocket show gratuito do Lobão na Casa das Rosas na avenida Paulista. A exposição possui 28 painéis com fotos e textos explicativos sobre como o aquecimento global já afeta a vida de milhares de brasileiros. Os visitantes também conhecem um túnel para visualizar e sentir os efeitos das mudanças climáticas. Ao final da visita, recebem uma cartilha com dicas do que podem fazer para ajudar a restaurar o equilíbrio climático do nosso planeta.

Cartas de Amor e seu Sucesso Online

Por mais que o amor seja o sentimento mais cantado e descartado, quando se trata de escrever não é fácil! Talvez por isso o site **"1001 Cartas de Amor"** faça tanto sucesso. Ali se encontra cartas de todos os tipos e situações, das mais jubilosas as mais embaraçosas, de amores convencionais aos nem tanto. Criado em meados da metade do ano de 2000, o site conta com mais de 700 mil internautas cadastrados e mantém uma média de mais de 1500 cartas por dia. Ao menos por escrito, as mulheres (65%) revelam-se mais amorosas que os homens.

<http://1001cartasdeamor.terra.com.br/>



O Tratamento Estético com Botox Pode Viciar

Usado para rejuvenescimento e especialmente contra rugas, o tratamento pode viciar, segundo pesquisa de duas instituições britânicas. No estudo a ser apresentado para a Associação de Cirurgiões Plásticos de Estética da Grã-Bretanha, os cientistas descobriram que **40% dos pacientes que fizeram**

aplicação de Botox expressaram vontade "compulsiva" de passar novamente pelo tratamento. Os pacientes precisam tomar doses freqüentes de Botox para que o tratamento - que paralisa alguns músculos - continue tendo efeito. Em 2005, o número de britânicos que usam Botox aumentou 50%. O grupo de pesquisa em marketing Mintel estima que, em média, 100 mil britânicos se submetem ao tratamento a cada ano. * **Fonte: BBC Brasil**

Metrô de Atlanta Terá Sofás de Couro

A estatal que controla o sistema de metrô da cidade de Atlanta contratou uma empresa que reformulará a imagem do sistema viário da cidade, colocando até mesmo sofás de couro no lugar dos assentos convencionais. A companhia **BrightHouse**, do empresário Joey Reiman, foi acionada pela Metropolitan Atlanta Rapid Transit Authority para reativar a confiança da população ao sistema ferroviário. Sua missão não será apenas melhorar o deslocamento de pessoas, mas transformar as viagens em algo prazeroso. Segundo o empresário ele o objetivo é transportar cidadãos "emocionalmente". Para isso, a empresa mudará seu logo e slogan, de "Itsmarta" ("isto é marta"), para "Marta - Art of Travel" ("Marta - Arte de Viajar"). A companhia pretende ainda disponibilizar espaços dentro dos trens para artistas colocarem suas obras. ***Fonte: Invertia**

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Easy, Fast and Sophisticated!

Lindenberg Jr. / Translation: Angela Hasan

Trout, a fish from the river easy to be found in American supermarkets and at a reasonable price, can become a sophisticated meal if you add fresh herbs as rosemary and white chardonnay wine on its preparation. In California, for instance, the rosemary grows everywhere and can be found even without extra expenses maybe in your own backyard! In this State, chardonnay wine with good quality and low cost can be found in gourmet supermarkets as Trader Joe's.

Trout with herbs and white wine

Ingredients:

2 entire trouts
4 garlic cloves
2 English potatoes (cut in 4 or 8 pieces)
2 tomatoes (cut in 4 or 8 pieces)
2 Fresh rosemary stick
20ml of olive oil
50ml of white wine
50ml of vegetable broth
Salt and pepper

How to prepare:

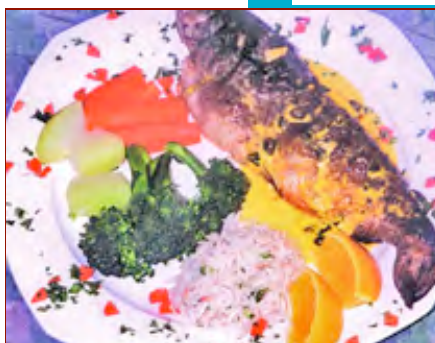
Clean the fish and season with rosemary and garlic, putting them inside the fish. Add salt and pepper at your own and in a dish with the pre-cooked potato, add the tomatoes pieces, the olive oil, the white wine and vegetable broth. Put it in the oven at mid temperature or 400F for approximately 25-30 minutes. Serve with vegetables as carrot and broccoli and/or your favorite type of rice.

Enjoy!

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Fácil, Rápido e Chique!

A truta, um peixe de rio bastante fácil de ser encontrado nos supermercados Americanos e de custo moderado, pode se tornar um prato chique e gourmet se você adicionar ervas finas frescas como o alecrim e vinho branco chardoney no seu preparo. Na Califórnia por exemplo, o alecrim cresce que nem capim e pode ser conseguido inclusive sem despesas extras. Nesse estado um vinho chardoney de qualidade e de baixo custo pode ser encontrado em mercados gourmet como o Trader Joe's.



Truta ao Forno com Ervas e Vinho Branco

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50ml de Vinho Branco
50ml de Caldo de Legumes
Sal e Pimenta

Como Preparar:

Trate o peixe e tempere com alecrim e quatro dentes de alho, colocando-os dentro do peixe. Adicione sal e pimenta do reino a gosto, e em uma travessa com a batata pré-cozida, os pedaços de tomate, um pouco de azeite de oliva, o vinho branco seco e o caldo de legumes, leve ao forno em temperatura média 400F por 25 minutos. Sirva com legumes e/ou seu preferido tipo de arroz.

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The Art of Coaching

Lindenberg Jr.

Paulinho Luz and **Nico Martinez** are two soccer lovers that since younger have been involved with the "king of the sports", the "futebol" as we say in Portuguese. Nico grew up in Mexico City and has played for his college team. Paulinho was a famous professional player in Brazil where had the chance to play in important teams like Internacional, Bahia and Fluminense as well in Europe with the Olimpique Marselle of France.

Today both are living in Los Angeles and work developing the **Coerver Soccer method for kids that have been endorsed by many famous international players and coach including Franz Beckenbauer from Germany, Peter Beardsley from England and Roberto Rivelino from Brazil.** The mission is to provide the world's best youth soccer educational services at its player Camps, Schools and Coaches Clinics.

Paulinho says **"our goal is develop skilled, confident and creative players, making the game fun to practice and play. Valuing winning but not more than character and performance, and for sure teaching good sportsmanship and respect for all"**.

They believe team systems and tactics are only as good as the individual players in it, viewing the game as sequences of play between 2, 3 and sometimes 4 players in ever changing

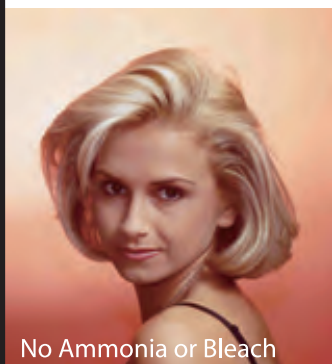
parts of the field. Their belief is team success hinges on individual player performances in these sequences.

The player development start with ball mastery and forward to receiving and passing, moves one X one that teach game winning individual moves, speed to improve agility and power, finishing that improve technique and encourage play around the goal, and group attack. During a soccer clinic last summer in Santa Monica I noticed that for them coaching is an art of living. Paulinho and Nico did bring experience but also enthusiasm and discipline, besides the special charisma among the kids. It was a very great experience for me... and for my son Giovanni!

For more info about Paulo and Nico Academy log on www.nicopaulosoccer.com



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Legal Help...

Lawyers in AARP's Legal Services Networking (LSN) offer a free initial consultation, during which many concerns of people over age 50 can be handled. For more extensive work, lawyers accept special rates negotiated by AARP. For more information call 888/687-2277 for a free list of participating attorneys or search on-line at www.aarp.org/families/legal_issues

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Your Money...

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- 2) Old phone bills can save you hundreds of dollars. The IRS will refund about \$13 billion of federal phone tax collected on long distance services billed after Feb 28, 2003. More info go to www.irs.gov/irb/2006-25_IRB/ar09.html
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Unbelievable True...

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Everyone is looking to save money on their gasoline spending with the cost of commuting, running errands or vacationing by car rising sharply with higher gasoline prices. So what about drop a pill in your gas tank for better fuel efficiency...Yeah, right, auto experts say.

Combustion expert Jerry Lang, with 40 years of experience, and strong background in refining processes gets a conclusion based on his own testing, combusting experience and research, that prove the product clearly does work and is scientifically and technically sound. Jerry, an authority in the theme, has worked many years for Chevron, Arco, Dow Chemical and now is the owner of Lang Combustion Consulting. Mr. Lang has extensive experience designing equipment utilized in reducing emissions from stationary sources such as refineries, power plants, and industrial operations. Over the years he has also done work on systems to improve mileage in automobiles, such as installing a vaporizer in the exhaust to vaporize the gasoline prior to intake and working on steam injection in automobiles.

Jerry Palacios, who drives a Cherokee Grand is an enthusiastic person when talking about **MPG-CAP**. He has discovered few months ago this Eco-Organic gas-saving conditioner and affirm after popping the MPG-CAP into his tank several times that improve miles from 243 to 295 miles with a full tank. Mr. Palacios is one of many independent distributors around the nation selling FFI MPG-CAP. Skyrocketing gas prices have helped drive an industry promising better fuel efficiency in the form of pills, liquid additives and devices. At least the pills from FFI have proved efficiency as Mr. Lang has did mention above. The EPA has tested more than 100 products and add-on devices, finding most to be ineffective. But it was not the case

for the FFI product that was supported by an intensive research and is EPA registered.

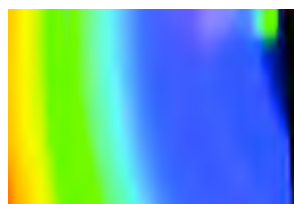
Automotive expert and certified mechanic Tom Eaton offers a number of simple car care tips that can ease the pain at the pump and improve vehicle performance:

- Change the air filter regularly. A dirty filter can lower gas mileage.
- Maintain the recommended level of air pressure in the tires. Drivers can lose two percent of fuel economy for every pound of pressure under the recommended pounds per square inch.
- Drive at 55 mph. Tests have shown that a car driven at 65mph will use 17 % more fuel than one driven at 55 mph.
- Fill up early in the morning. The afternoon sun can heat and expand the gas in the station's fuel tank so drivers get less for their money.
- Use only the grade octane listed in the owner's manual. Higher octane gas does not make a difference in the miles per gallon

There are a wide range of fuel economy products that have flooded the market since gas prices started to raise – everything from magnets to gas pills to filter devices. "Most of these products simply don't work. The only product that I have found effective is MPG-CAP™ marketed by Fuel Freedom International," cautions Mr. Eaton. "I'll admit I was skeptical at first, but I've used the product and have seen how they not only significantly reduce emissions, but also improve gas mileage and even reduce knocks and pings in the engine when used properly."

MPG-CAPs are an organic engine conditioner that improves an engine's internal combustion process providing lower emissions, better gas mileage, and better fuel economy. For best results, two MPG-CAPs should be used for the first two tanks of gas (for vehicles with 12-22 gallon tanks) which allows the micro-thin coating to develop. After that one tablet is used to maintain the full benefits of the product. MPG-CAPs are available for \$2 per caplet through local distributors or logging on www.save4profit.myffi.biz

Fuel Freedom International (FFI) is a company based in Altamonte Springs, Florida. The company is a global company operating in 93 countries, including the United States, United Kingdom, Canada, Australia, and Croatia. Operations are run by independent distributors located throughout the world, a with a global network of nearly 28,000 distributors.



Leandro Junqueira
Photographer

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Brazil Up Front



First Attraction

Brazil natural beauty, carnaval, samba, soccer and beautiful woman have made this country internationally famous, attracting hundred of thousands of tourists from around the globe and all year long. But something very simple has attracted the tourist that already knows Brazil: The Brazilian Way of Life! For many of them it is more enchanting than any of the scenario. According to surveys, when foreign tourists are questioned about Brazil, they indicate **happiness as the main characteristic of our people.** Happiness that can be perceived in every moment they stay in the country – whether in our music, the warmth of our northeastern beaches, the lively Rio de Janeiro nightlife or the exuberant Amazon. From this warm and festive spirit, popular displays such as Carnival, New Year's Eve celebrations and June Parties arise, all famous for their liveliness and joy. It seems that the people's desire to show what is good about Brazil transforms this vigor into creativity, flashed about in contagious colors and sounds. **The results show that 52% of this public goes back home valorizing yet another aspect of this land: its people.**

Petroleum

The nation is home to the second largest oil reserves in South America, just behind Venezuela, and has an overabundant oil supply. Brazil has set a goal of becoming self-sufficient in oil by 2006 or 2007. Until the country achieves the goal of becoming self-sufficient, will continue to import enough oil to be affected by international oil prices. Once self-sufficiency is reached, Brazil will begin to transition into becoming a net exporter that should lead to an alleviation of the pressures of international oil prices.



Brazilian "Real"

The Brazilian real, also denoted by BRL, is the official currency of Brazil. In 1654 the "real" became the first currency officially used by the Dutch during the occupation of the territory that is now Brazil. In 1690 the real became Brazil's official currency, and in 1942 was replaced by the Cruzeiro. It was implemented on July 1, 1994 through Minister of Finances Fernando Cardoso. He was soon elected President as the success of the new currency took off. The real replaced the previous "Cruzeiro," which had been the monetary unit since 1942. It was introduced with distinct objectives to tackle high inflation and to stabilize the exchange rate. In January 1999, Brazil decided to abandon the peg to the United States Dollar (USD) and devalue the real, which triggered a financial crisis. Last September 2006 the Brazilian Real was quoted from US\$2,16 to US\$2,36 between commercial to black market quotation.

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Fotos by: HAN HAN VONG

San Francisco Brazilian Independence Day Sept. 10. GOLDEN GATE PARK - HALL OF FLOWERS

Conferência de Imigração em SF

O Consulado Brasileiro de San Francisco com o apoio do City College de San Francisco promove a **II Conferência sobre Imigração e Comunidade Brasileira na Costa Oeste** dos Estados Unidos nos dias **4 e 5 de novembro das 9am a 5pm**. Entre os palestrantes se encontram a Embaixadora Thereza Quintella, Cônsul-Geral do Brasil em Los Angeles, Embaixador Maurício Eduardo Cortes Costa, Cônsul-Geral do Brasil em São Francisco, Maxine Margolis, professora de antropologia da Universidade da Florida, Bernadete Beserra, professora de antropologia da Universidade Federal do Ceará, Fausto Rocha, diretor executivo do Centro do Imigrante Brasileiro em Boston, Anne M. Ginnold, diretora do Project Pathways, Eliana Elias, consultora de pedagogia pré-escolar, Regina Camargo, jornalista e mestre em comunicação, Greg Kech, professor de inglês do City College of San Francisco, Carmem Lamha, chefe do Departamento de Tecnologia do City College of San Francisco; Marcelo Del Negri Macedo, consultor da área de tecnologia da Intel, o advogado Dennis Sullivan, entre muitos outros. Entre alguns dos temas a

serem abordados se encontra "Crianças, Jovens e Adultos Brasileiros no Sistema Educacional Norte-Americano", "Relações de Trabalho", "Imigração e Questões Legais" e "Saúde do Imigrante Brasileiro". O local será o City College of San Francisco, 50 Phelan Avenue, San Francisco, CA 94112.

Para mais informações favor contactar a Thays P. Bell pelo email: comunidade@brazilsf.org ou telefonar para 415-981-8170, ramal# 224.

É bom lembrar que em uma iniciativa similar a embaixadora Thereza Quintella, Cônsul-Geral do Brasil em Los Angeles junto com o apoio do Conselho de Cidadãos Brasileiros da Respectiva Jurisdição - do qual inclui o editor da Soul Brasil e outros representantes da comunidade, ficou estabelecido que seminários de imigração, assistência social e jurídica, trabalho, e saúde, estará sendo elaborado em diferentes datas/meses até fevereiro do ano que vem. Mais informações estará sendo divulgado no site oficial do consulado de Los Angeles assim como através da mídia local.

Just happened...

Positive Vibrations



Last Aug. 24 - The Brazilian band SambaJah played at House of Blues with 15 Letras and other Latino Bands in a MultiCultural and Eclectic Night



Last Labor Day, Mon. Sept. 4, Brazilian Day at the African Market Place L.A



Last Sept. 17, Long Beach Street Parade Carnival and Festival 2006



Last Sept. 30, Brazilian Day in L.A organized by the Brazilian Consulate of Los Angeles. A free event in a warm afternoon with live music, kids entertainment, Brazilian merchants and Brazilian food



The Brazilian

Footprint in San Francisco

Claudia Guedes

Six years ago I arrived in San Francisco with my little bag and a backpack full of copies of eighteenth century Brazilian documents to be examined during my post doc at UC Berkeley. With the “weight of my career” on my shoulders, my eyes were shining with the pleasure of seeing nature and city in the most harmonic coexistence. My first tour of the Bay Area was given by my advisor, who proudly showed me its many Portuguese influences. However, I also soon made another observation: the number of Brazilians I met when I arrived was more than I expected. It is not rare to hear Portuguese being spoken on every form of public transportation, in stores, and even when ordering a pizza. Nor is it difficult to find Brazilian products, a Brazilian restaurant, or Brazilian clothes when you need them. A piece of Brazil can be found in the Bay Area.

According to Brazil’s Consulate General in San Francisco, there are approximately 5,000 Brazilians living in the city, and, if one considers all the Bay Area plus San Jose, this number can go up to 15,000. In these days of economic crisis, the “American Dream” has become increasing difficult for most Brazilian immigrants to realize, however, they keep arriving and those with an entrepreneurial orientation will find his or her way to success. If this doesn’t happen, at least some experience and money will be obtained and brought back to the home country. Successful and permanent projects have also made it possible for some Brazilian immigrants establish their lives around the Bay Area; for some, San Francisco is home. This is the case for several Brazilians who arrived here 20 years ago, who got married, got and/or created jobs, and established families.

Several examples of successful commercial entrepreneurs can be found; such as the owners of Brazilian restaurants like Canto do Brasil, Manga Rosa, Bossa Nova, Café do Brasil, Espetus, and even pizzerias done “Brazilian Style” like Cybeles in Daly City and Muzzarella de Buffula in San Francisco. Since last year, the city’s Brazuca’s trendy event is to stop at



Sunstream Café on Geary Street. It is the “lanchonete” that every one of us knows: the small tiled place with fresh coffee, Brazilian appetizers (“coxinhas”, “risoles” and “empadas”) and cakes. At 4:00 pm everyday it is crowded and it sounds deliciously like an afternoon work break in one of the corners of Ipanema beach in Rio. Besides eating and having moments of pleasure at one of the restaurants around the city, we can easily find Brazilian products and

souvenirs at many small markets and stores such as the Touch of Brazil on Geary Street, Mercado do Brazil on Valencia Street, Brasil Express in Richmond, Brazil Marin in San Raphael, Paraíso Imports and Brazilian Depot in Daly City, among others. Usually at these locations, you can sit down and talk about life, send money home, and feel comfortable to say anything about Brazil or Brazilians. Once there you can try on some of the clothes, buy that cookie that you usually find only in Brazil, or that CD you heard about, all while getting updated on the latest news through any number of available free Brazilian publications.

The treasure of Brazil – the music, in any genre - is also a remarkable presence in San Francisco. From Bossa Nova to Heavy Metal to Rock’n Roll to Samba, Brazilian influenced music can be found. One such band, Bat Makumba, has received several music awards. They take traditional Brazilian rhythms like baião and samba-reggae and create new and unexpected forms. Others like Brazuca Brown perform MPB originals and covers. The musical sensation lately performing at the Elbo Room is a band called Nobody From Ipanema that performs Brazilian pop and funk dance favorites, featuring covers of MPB greats like Lenine, Gil, Caetano, and Jorge Ben. But these are only three in a list of more than 20 bands (to learn more visit <http://www.sfmppb.com>). Brazilian music is also present in the music of Americans who are playing around the Bay including Simon Butler, Sandy Cressman, Stephanie Ozer and others. Brazil on the Radio can be found on 88.1 FM, 9:30pm on Wed.(Brasileirinho); 91.5 FM, 6:00pm on Sunday (Brasil Musical); 91.5 FM, 6:00pm on Sunday (Canta Brasil); 96.1 FM, 1:00pm on Sunday (Programa de Domingo); 103.7 FM on Sunday (The Sounds of Brazil) and 90.3 FM, 7:30 on Sunday (Só Dá Brasil)

San Francisco residents are not surprised anymore with our Carnaval or Capoeira presentations. Children of all ages and representatives of the most diverse ethnic groups are among



A Cara do

Brasil em San Francisco

Claudia Guedes

Tradução: Angela Hasan e Cristiane Magalhães

Há seis anos cheguei em San Francisco com a minha malinha e uma mochila cheia de cópias de documentos brasileiros do século 18 para serem examinados durante meu pós-doutorado na Universidade da Califórnia em Berkeley. Com o “peso da minha carreira” nos ombros, meus olhos brilhavam de prazer ao ver natureza e cidade coexistindo de maneira tão harmônica. Meu primeiro passeio pela Bay Area foi com o meu instrutor, que orgulhosamente me mostrou as várias influências brasileiras na área. Entretanto, logo fiz uma outra observação: o número de brasileiros que encontrei foi maior que o esperado. Não é raro ouvir o português sendo falado nos meios de transporte, em lojas, ou mesmo quando estamos pedindo uma pizza. Também não é difícil encontrar produtos, restaurantes ou roupas brasileiras quando você precisa. Um pedaço do Brasil pode ser encontrado na Bay Area.

Segundo o Consulado Geral do Brasil em San Francisco, há aproximadamente 5.000 brasileiros residindo na cidade, e se considerar toda a Bay Area mais San Jose, esse número sobe para mais de 15.000. Nesses tempos de crise econômica, o “sonho americano” tem se tornado mais difícil de ser realizado por imigrantes brasileiros. Entretanto, eles continuam chegando e aqueles com espírito empreendedor acabarão encontrando o caminho para o sucesso. Se isso não acontecer, pelo menos alguma experiência e dinheiro serão acumulados para retornar à terra Brasil. Projetos bem sucedidos e permanentes têm se tornado possíveis para alguns imigrantes brasileiros que estabeleceram-se na Bay Area; para alguns, a casa é San Francisco. Esse é o caso de vários brasileiros que chegaram aqui há 20 anos, casaram, encontraram emprego e geraram alguns outros e estabeleceram famílias.

Diversos exemplos de sucesso e empreendimento comercial podem ser encontrados: como os donos dos restaurantes brasileiros Canto do Brasil, Manga Rosa, Bossa Nova, Café do Brasil, Espetus, e até pizzarias feitas no “estilo brasileiro” como Cybeles em Daly City e Muzzarella de Buffula em San Francisco. Desde o ano passado, com o advento da cidade “Brazuca”, atração é parar no Sunstream Café na Geary Street. É a “lanchonete” que todos nós conhecemos:

um lugar pequeno onde serve-se café fresco, os aperitivos brasileiros (coxinhas, risoles e empadas) e bolos. Fica lotada às 4h da tarde todos os dias e tornou-se ponto de parada para intervalos da tarde no trabalho como em uma das esquinas em Ipanema no Rio de Janeiro. Além de comer e ter momentos de prazer num dos restaurantes ao redor da cidade, podemos encontrar produtos brasileiros e lembranças nos muitos mercadinhos e lojas como as “Touch of Brasil” na Geary St., Mercado do Brasil na Valencia St., Brasil Express em Richmond (do outro lado da baía), Brazil Marin em San Raphael (mais ao Norte), Paraíso Imports e Brazilian Depot em Daly City, entre outros. Geralmente nesses locais, você pode sentar e falar sobre a vida, enviar dinheiro pra casa e sentir-se confortável para comentar algumas coisas sobre o Brasil ou sobre os Brasileiros. Uma vez estando lá você pode experimentar algumas roupas, comprar aquele biscoito que você geralmente encontrava no Brasil, ou aquele CD que você ouviu falar, enquanto atualiza-se com as últimas notícias através das inúmeras publicações gratuitas.



O tesouro do Brasil – a música, em qualquer gênero – é também presença marcante em San Francisco. Da Bossa Nova ao Heavy Metal, do Rock’n Roll ao Samba, a influência brasileira pode ser encontrada. Um exemplo é a banda Bat Makumba, que recebeu diversos prêmios musicais. Eles levam o ritmo tradicional brasileiro como o baião e o samba-reggae

e criam um novo e inesperado estilo. Outros como o Brazuca Brown tocam MPB original e covers. A última sensação musical em apresentação na sala Elbo é a band “Ninguém, de Ipanema”, que toca pop brasileiro e os ritmos favoritos do funk, apresentando covers de grande ritmos da MPB, como Lenine, Gil, Caetano, e Jorge Ben. Mas esses são apenas três em uma lista grande de bandas (cheque www.sfmppb.com). A música brasileira também é mencionada na música dos americanos, que tocam na Bay, incluindo Simon Butler, Sandy Cressman, Stephanie Ozer e outros. O Brasil pode ser encontrada na radio 88.1 FM, às 21h30 as quartas-feiras (Brasileirinho); 91.5 FM, às 6h - domingos (Brasil Musical); 91.5 FM, às 6h - domingos (Canta Brasil); 96.1 FM, 1h - domingos (Programa de Domingo); 103.7 FM aos domingos (Os sons do Brasil) e 90.3 FM, às 21h30 - domingos (Só Dá Brasil).

Os residentes de San Francisco não estão mais surpresos com as nossas apresentações de Carnaval ou Capoeira. Crianças de todas as idades e representantes dos mais



those attending classes and events of Capoeira Abadá which shares its prestige with several other groups such as United Capoeira (in Berkeley, supervised from the legendary California Master Acordeon), Capoeira Mandinga (in Oakland), Capoeira Omulu and Capoeira USA (in SF) among many others. Through these groups capoeira is no longer an exotic dance played in the streets as an entertainment, but it is a social project in which culture is one more educational element. Brazilian Jiu-Jitsu is another special feature of our physical culture, one which has spread around the Bay Area through many instructors like the ones with last name Gracie.

Educational projects for Brazilians, known as spreading the "yellow and green" culture, are one of the most important initiatives in San Francisco. The Brazilian Consulate General presents the program "Contadores de História" (story tellers) created for Brazilian children. The intention is to provide an opportunity for these kids to be in contact with the Portuguese language, literature, music and folklore of Brazil. Brazilian books for children are read and entertainment provided. They meet once a month for 2 hours and have a lot of fun.

The Evangelic Churches are everywhere in the Bay Area and they are an important spiritual/social influence, working to assist and support the community, especially the new comers. Catholic mass in Portuguese (Catholicism is the principal religion in Brazil) can be found in Concord every Saturday, 7:30pm at the Saint Francis of Assis church, in San Francisco every Sunday, 8:00pm at the Saint Thomas Church and in San Rafael every Sunday, 7:00pm at Mission San Rafael Archangel. The mysticism and spirituality represented by the Afro-Brazilian religion is the strongest aspect of Brazilian's Candombles and Umbanda temples.

In the San Francisco Bay area it is presented by an American woman, Andrée Morgana, founder of the Hayehwatha (orixás)

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Institute. Morgana was born in Michigan and moved in 1949 to the San Francisco Bay Area. For 40 years she has devoted her life to spiritual development and to the experience and understanding of God, whom she believes is the originator of the universe. For 20 years Andrée was a full time teacher of transcendental meditation, and the last past eleven has been an initiate of the Orixá traditions. Sessions are held in Marin County every Sunday. For anyone who feels distant from those places where spiritual relief is typically found (usually in each corner in Brazil), there are also many artifacts used religiously by Brazilians available in American stores. For instance, crystals such as amethyst, clear crystals, quartz and others can be easily found at Crystal Way at 2335 Market Street. It is an American store that provides a spiritual academy where one can learn the secrets of the soul. Readers are available for Tarot, Astrology charts, spiritual initiation, healing practices, books, and courses.

Writing this article I have learned more about Brazil and Brazilians than previously when I lived here. As an insider, it is very difficult to recognize how rich the cultural environment and educational and religious opportunities are here. To love Brazil is what Brazilians do best. Even though social life there is most of the time a struggle between safety and prosperity, hard work and miserable salaries, development and corruption, Brazil still is the nation of our hearts. What does it mean to "be Brazilian"? We are a mix of things, among the most important is that there are no generalizations that could be made. We are human beings that carry many types of characteristics that identify us, most noticeably, our accents. Stereotypic traits such as flirtatiousness, hot party girls, happy and charming people and "not worth taking seriously", are not among us. Those Brazilians who are educated and have the opportunity to live around other Brazilians have recognized that these assumptions are false. Brazilians are like everyone else, have good and bad qualities. Some arrive with flowers in their hair, others with books and hope. Some leave their heart in San Francisco, others never leave.

To be Brazilian in San Francisco is to learn how life can be easier when respect, dignity, and diversity are not just tolerated, but accepted. Acceptance that "the greatest thing you'll ever learn is just to love and be loved in return" (Nature Boy, Nat King Cole).

Soul Brasil agora está mais perto de você na Bay Area!

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diversos grupos étnicos estão entre aqueles que fazem aulas e vão a eventos de Capoeira. Capoeira Abadá (em SF), que divide seu prestígio com diversos outros grupos, como a Capoeira Omulu (em SF), United Capoeira (em Berkeley, sob a supervisão do legendário mestre Acordeon), Capoeira Mandinga (em Oakland), e Capoeira USA (em SF), entre muitos outros. Entre alguns desses grupos, a capoeira não é mais uma dança exótica apresentada nas ruas como entretenimento, mas sim como um projeto social onde a cultura é elemento educacional. O jiu-jitsu brasileiro é outro advento da nossa "cultura corporal" espalhado na Bay Area pelos muitos instrutores, como os que carregam "Gracie" em seus sobrenomes.

Projetos educacionais para brasileiros, conhecidos como a cultura dos "verdes e amarelos", são uma das mais importantes iniciativas em San Francisco. O Consulado Brasileiro apresenta o projeto Contadores de Histórias, criado por crianças brasileiras. A intenção é dar oportunidade para essas crianças estar em contato com a Língua Portuguesa, literatura, música e folclore do Brasil. Livros infantis brasileiros são lidos e fornecidos para entretenimento. Eles se encontram uma vez por mês por 2 horas e se divertem.

As igrejas evangélicas estão por toda parte na Bay Area e fazem um importante trabalho espiritual e social, assistindo e dando suporte à comunidade e especialmente aos recém chegados. A missa católica em português (o Catolicismo é a religião com mais adeptos no Brasil) pode ser encontrada em Concord todos os sábados, às 19h30 na igreja São Francisco de Assis e também em San Francisco todos os domingos, às 20h na igreja de São Thomas e em San Rafael todos os domingos, às 17h na Missão Arcanjo São Rafael. O misticismo e espiritualidade representados pela cultura afro-brasileira é o aspecto mais forte dos templos brasileiros de Candomblé e Umbanda. Na baía de San Francisco, é representado por uma americana, Andréa Morgana, fundadora do Hayehwatha Instituto. Morgana nasceu em Michigan e mudou em 1949 para a baía de São Francisco. Há 40 anos ela devota sua vida ao desenvolvimento espiritual, a experiência e o entendimento de Deus, o criador do universo. Durante 20 anos, Andréa trabalhou como professora de meditação transcendental em período integral, e nos últimos onze anos iniciou-se na tradição dos Orixás. As sessões são feitas no Distrito de Marin todos os domingos.

Para quem se sente distante de todos esses lugares onde o alívio espiritual pode ser encontrado (geralmente em cada esquina no Brasil), há também muitos artefatos utilizados pelos Brasileiros, disponíveis nas lojas americanas. Por exemplo, cristais como o ametista, cristais claros, quartzo e outros podem ser facilmente encontrados na Crystal Way, uma loja na 2335 Market Street no centro de SF. É uma loja americana que prove um exército espiritual onde aprende-se os segredos da alma. Leitoras de tarô e astrologia, cursos de iniciação espiritual e práticas mentais, livros e cursos estão disponíveis nesse local.



Escrevendo este artigo, aprendi mais sobre o Brasil e os brasileiros que já viviam aqui quando cheguei. Como principiante, é muito difícil reconhecer a riqueza do ambiente, recursos da cultura, educação e oportunidades religiosas aqui. Amar o Brasil é o que os brasileiros fazem de melhor. Mesmo que a vida social seja, na maioria das vezes difícil, na luta pela segurança e prosperidade, trabalho duro e salários miseráveis, desenvolvimento e corrupção, o

Brasil ainda é a nação dos nossos corações. O que isso significa para os brasileiros? Somos uma mistura de coisas, entre as mais importantes, é a de que não há generalizações a serem feitas. Somos seres humanos que carregam muitas características que nos identificam – muitas notáveis, outras bem acentuadas. Estereótipos como pessoas charmosas, garotas quentes, festas até o raiar do sol, irresponsabilidade educacional e/ou social não valem a pena ser levados a sério. Os brasileiros que têm educação e certo nível cultural – e tiveram a chance de viajar e viver no exterior sabem do que eu estou falando, da imagem errônea que alguns estrangeiros ainda tem de nós brasileiros. De certo modo, nós somos iguais a outros povos, com qualidades e defeitos, pessoas boas e honestas, assim como pessoas más e desonestas. Alguns chegam com flores nos cabelos, outros com livros e esperança. Alguns deixam seu coração em San Francisco, outros nunca deixam.

Ser brasileiro em San Francisco é aprender como a vida pode ser mais fácil quando há respeito, dignidade, e a diversidade não é apenas tolerada, mas aceita. Aceitação é a maior lição que você aprenderá para amar e ser amado em retorno. (Nature Boy, Nat King Cole).



Projeto do Governo Financiará Inclusão Social por Meio da Capoeira

Iniciativas que promovam a capoeira como instrumento de cidadania e inclusão social no Brasil estavam recebendo financiamentos de mais de R\$900 mil por meio do projeto Capoeira Viva. Lançado último 17 de agosto pelo Ministério da Cultura (MinC), o projeto visa apoiar oficinas, pesquisas, documentários, acervos culturais e outras ações sócio-educativas voltadas para a promoção da atividade. O objetivo, segundo o secretário executivo do ministério da cultura, Juca Ferreira, é reconhecer oficialmente a capoeira como uma arte genuinamente brasileira. Segundo o ministro “A capoeira é uma das principais manifestações culturais do país e até hoje não recebeu o devido reconhecimento do Estado brasileiro”. “Ela sempre foi tratada com preconceito porque é proveniente dos escravos, dos negros libertos e dos afro-descendentes, por isso esse movimento é importante”.

O Capoeira Viva, patrocinado pela Petrobras, promove(eu) três seminários nacionais sobre arte e criação de um site sobre o tema. Também escolhe(eu) 50 mestres que, por sua participação na preservação da capoeira, receberão bolsas no valor de R\$ 900 por seis meses. Em troca, os escolhidos vão dar depoimentos em oficinas e palestras e contribuir com suas experiências para estudos e publicações sobre a atividade. De acordo com o mestre Camisa, fundador da Associação Brasileira de Apoio e desenvolvimento da Arte Capoeira (Abadá-Capoeira), a iniciativa é fundamental para despertar o orgulho no povo brasileiro da sua cultura. Segundo mestre camisa “O mais importante desse projeto será a proposta social de enxergar a capoeira como uma ferramenta para o povo abraçar sua cultura. O Brasil primeiro precisa se conhecer e valorizar sua cultura para depois entender os elementos de outras culturas que chegam aqui através do cinema e da televisão, por exemplo”, expressou mestre Camisa. A capoeira hoje é praticada por cerca de 40 mil pessoas em mais de 100 países ao redor do mundo. Mais informações sobre o projeto através do site www.capoeiraviva.org.br



Yoga e Ayurveda

Ao praticar Yoga com regularidade e correção, você fecha um elo entre seu corpo, mente, emoções e espírito (seu nível de consciência mais elevado). Como resultado você conquista um corpo forte, flexível, purificado e saudável; uma bela postura; uma mente clara; um coração calmo e amoroso; espiritualidade desenvolvida; equilíbrio externo e interno; auto-conhecimento.

A palavra “Yoga” em Sânscrito significa união e integração. E a conjugação de Yoga e Ayurveda vem potencializar ainda mais essa integração. A felicidade, bem-estar e vitalidade se tornam ainda mais acessíveis. Quando você se integra, você se desfragmenta. O homem no mundo moderno sofre e adocece por viver “aos pedaços”, na rotina barulhenta da vida. A desunião de todos os aspectos da vida é a causa do todo o sofrimento.

Grandes Nomes da Ayurveda Indiana no Brasil

Médicos indianos da tradicional medicina hindu, o AYURVEDA, visitam o Brasil numa série de cursos e palestras. A Associação Brasileira de Ayurveda (ABRA) junto com o Instituto de Cultura Hindu – Naradeva Shala trás à cidade de São Paulo no mês de outubro, os renomados médicos indianos especializados em Medicina Ayurveda Dr. Mukesh N. Auropremi BSAM. MD. e a Dra. Smt. Geeta M. Auropremi BSAM. MD. para uma série de palestra, cursos e workshops.

A Associação Brasileira de Ayurveda (ABRA) atendendo a crescente demanda e popularização da tradicional Medicina Ayurveda (Hindu) no Brasil, em conjunto com o Instituto de Cultura Hindu Naradeva Shala, trás a cidade de São Paulo/Brasil no mês de Outubro de 2006, os renomados médicos Indianos Dr. Mukesh N. Auropremi BSAM. MD. e a Dra. Smt. Geeta M. Auropremi BSAM. MD para uma série de palestras, cursos e workshops. Hoje é notável que nos grandes centros urbanos do país a procura pelo Ayurveda vem aumentando, por ser um método de cura abrangente, individual e, principalmente, de impressionante adaptação a realidade urbana. A cada dia surgem mais clínicas especializadas para suprir a demanda de novos profissionais e pessoas interessadas em formas mais naturais de tratamento. Ambos chegam ao Brasil na intenção de suprir a crescente necessidade de expansão do conhecimento e a busca pelo equilíbrio da saúde dos brasileiros por meio do Ayurveda. O local será no Instituto de Cultura Hindu Naradeva Shala na Pompéia em São Paulo. Mais info: www.naradeva.com.br ou www.ayurveda.orb.br

In Memory of....



Carlos Aceituno, an important ambassador for Latin culture and in particular Brazilian culture in Northern California, passed away in September 27 from a heart attack.

Of Salvadorean origin, Carlos had studied various forms of music and dance: Latin, Afro-Brazilian, Jazz, modern and African. In 1989, he formed the award-winning Carnaval-performance group Fogo Na Roupas. In May 2000, Carlos received the prestigious title of "Mestre", the first bestowed to an individual living in the United

States. He spent many years training youth and adults throughout the Bay Area in Brazilian dance, percussion and capoeira. He was well known for his energy, enthusiasm and charisma. Coincidentally, the theme of his contingent for the 2006 San Francisco Carnaval was inspired by Nana — the orixa of death. Carlos wanted to focus on rebirth and renewal and transformation through death.

Many memorials were held in his honor around the Bay Area. From the Brazilian community and people related to it, we hold in our hearts the loving memory of a great guy.

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Good Humor Purifies Body & Mind

Conceição Trucom / Translation: Angela Hasan

The brains' gymnastics is able to use the stimulus of the five senses and physical movement to amplify and improve intelligence. Science affirms that more intelligent brains grow larger nets of neurons and integration bridges between the left; or rational, hemisphere and the right side, which is run on emotions.

This complex communication system among the several regions of the brain, give the necessary flexibility, versatility and adaptation for intelligence and emotions. It is fundamental that a person has a positive attitude for this physical reaction to happen in the brain. The brain only registers, learns and branches when we are opened to, guess what? Good humor and a wise and spiritual attitude.

Have you ever noticed that a child who is greedy to learn and grow is always smiling and in good humor? An ordinary child smiles 250 times a day. She forgives, is well adjusted and has answers for everything. Kids are true coaches for us adults as they are always open minded. What is the one thing that children hate? Routine for sure, and for good reason. If we do the same thing daily an important aspect of our mental ability is not nurtured and dies. The adult grows and thinks he must be serious and structured. This model of the world is a misconception. For us to grow, we must be in a good humor and flexible.

When you face a difficult task, talk to a child and notice how she gives simple and pure opinions. Learn from her. In other words, learn with your own inner child. What can we do to reclaim this inner child? Human life becomes very complex when we do not notice very simple principles such as "Less is more" It is ironic, but the more rigid we are in life, the more



"upset" we become. If we are flexible and open to new things, the more intelligent we can become.

The challenge is not to know where the destructive cycle begins, but how to get into the right cycle. The cycle of being negative without a want to change should be replaced by one that says: I grow because I am positive and desire to grow. The secret to changing ones life in such a significant way lies in two little words: good humor that lets the toxins out of your body and soul.

Situation 1 - "Mad" person is easily angered. Good humor comes and you'll feel more relieved after letting it go.

Situation 2 - Angry person. She started laughing without stopping. She says: I laugh so much that I had a physical catharsis!

Do these stress relieving exercises at the same time? It is not necessary to wait for a special opportunity to do so, just start it. Does it require any effort? Surely. Escaping a bad attitude requires a 360 degrees turn. We must stop destructive attitudes and start acting with wisdom. Remember that good humor is "nutrition of spirit". Buddha affirmed: The smile starts in the soul and shows in the physique through the eyes. On the other hand, wisdom can only happen in a clean and lucid body and mind.

It is all about good humor...stay on!

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A horizontal advertisement for Voce Jeans. It features three models on a beach. The model on the left is wearing a white crop top and black jeans. The model in the center is wearing a pink bikini top and light blue jeans. The model on the right is wearing a black crop top and blue jeans. At the bottom left, it says "Largest Collection of Low Rise, Brazilian, and Exotic Jeans". At the bottom center, there is a green box with the text "O Boticario Product Line Available Here!". At the bottom right, there is a logo with a palm tree and the text "Voce Jeans". Below the logo, it says "www.vocejans.com".

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O Bom Humor Desintoxica o Corpo & Mente

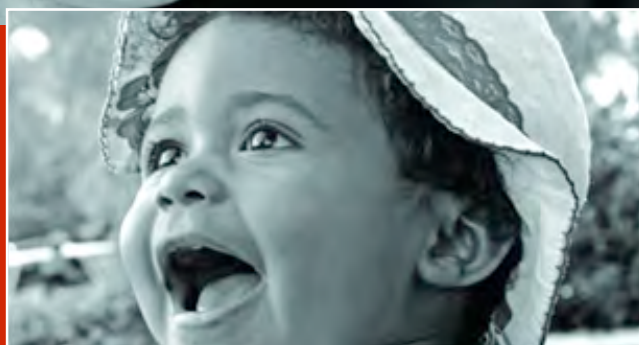
Conceição Trucom

Usando de estímulos dos cinco sentidos (sensoriais) e cinestésicos (movimento corporal), a ginástica cerebral tem o propósito de ampliar e pluralizar a inteligência. Isto porque a ciência afirma que um cérebro será tão mais inteligente quanto maior a sua ramificação (rede) de neurônios e a sua integração (pontes) entre os dois hemisférios (esquerdoracional e direito-emocional). Esta complexa rede de comunicação entre as diversas áreas de talento é que irá fornecer a necessária flexibilidade, versatilidade e adaptabilidade para as inteligências, inclusive emocional, acontecerem. Mas, para a vitória desta dinâmica da ginástica cerebral, é fundamental que a pessoa esteja numa atitude positiva. O cérebro só registra, aprende e “ramifica” quando estamos abertos ao novo. Sabe qual o nome disto? Bom humor, atitude de sabedoria, a mais espiritual das atitudes.

Você já percebeu como uma criança, gulosa por aprender e crescer, está sempre rindo e bem humorada? Uma criança normal chega a rir 250 vezes por dia. Ela perdoa, se adapta, tem respostas para tudo, elas são verdadeiros mestres para nós adultos. A criança está sempre aberta. O único que ela detesta? A rotina e a monotonia. Assim é o cérebro. Ele se nutre do novo e morre aos poucos com a mesmice. O adulto cresce e acha que deve ser sério e estruturado. Este é um daqueles “modelos” do mundo, e justo o contrário, para crescermos temos que ser bem humorados e flexíveis.

Quando você estiver diante de uma dificuldade, converse com uma criança e perceba como ela dará palpites de extrema pureza e simplicidade. Aprenda com ela. Ou melhor, aprenda com a sua própria criança interna. Mas onde ela está? Como faço para resgatá-la? A vida humana torna-se bastante complexa quando não percebemos que ela funciona a partir de princípios muito simples. Existe um destes que uso bastante que diz: “quanto mais, mais e quanto menos, menos”.

É irônico, mas quanto mais rígidos com a vida mais “emburrecidos” nos tornamos. Quanto mais flexíveis e abertos ao novo, mas inteligentes seremos. Mas, para sermos mais inteligentes precisamos deixar de ser rígidos. A questão não é saber onde começa o ciclo, mas como entrar no ciclo certo. Como sair pela tangente do ciclo errado



– sou negativo, não consigo mudar; e entrar no ciclo construtivo – cresço porque sou positivo ou cada vez mais sinto vontade de crescer. O segredo está em duas palavrinhas que funcionam juntas: Bom Humor e Desintoxicação.

Situação 1 - Pessoa “enfezada” é mal humorada. Deixou sair? Ficou mais “aliviado”? Vem o bom humor. Muda até o tom de voz.

Situação 2 - Pessoa irada. Começou a rir sem parar? Ela fala: ri tanto que desopilei (desintoxiquei) o fígado. Muda até a sua cor.

Não comece por uma ou outra, mas pelas duas ao mesmo tempo. E não é preciso esperar uma oportunidade especial para isso, é só começar. Existe um esforço? Com certeza. Sair pela tangente significa dar um salto quântico e mudar de atitude. Saímos das atitudes destrutivas e passionais, entramos na atitude de sabedoria.

Lembre-se que o bom humor é “a nutrição do espírito”. Buda afirmava: O sorriso inicia-se na Alma e manifesta-se no corpo físico através dos olhos. Por outro lado, a sabedoria só pode acontecer num corpo limpo, lúcido.

Tudo pelo bom humor...Fique ligado!

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and energy drinks and is a natural isotonic beverage, having the same level of electrolytes found in human blood. The coconut water comes in 11 oz. ready-to-drink, pull-tab recyclable Tetra Pak cartons from Brazil, available at groceries and health food stores on the West Coast, including Whole Foods, Bristol Farms, Gelson's and Ralph's from \$1.65 to \$2.10. Rodrigo Velozo, president of O.N.E says that the product will be available nationwide by the end of this year.

More info www.onenaturalexperience.com



Effortlessly swinging from gritty New Orleans funk to the huge sound of a Brazilian bateria, Scott Kettner's NATION BEAT is making 21st century music for one nation under one groove! Inspired by the Afro-Brazilian rhythms of maracatu, chico science & The Mangue Beat

movement, the nation Beat traveled to Recife, Brazil and became the first American group to collaborate and record with the legendary Maracatu Nação (Nation) Estrela Brilhante (Shine Star), led by Mestre Walter and rhythm master Jorge Martins. The result of their journey can be heard on the band's debut CD, Maracatu Universal.

More info www.nationbeat.com



A Brazilian from Recife, international hair and scalp specialist with 36 year of experience and training with top French hair stylist Alex Alexander, have discovered a natural formula for hair regrowth based in herbs, roots, seeds and plants from the Amazon rainforest mixed with vitamins. "Capillary" is a natural solution for women and men who are losing hair (thinning, receding, balding or damaged) due to stress, disease, chemicals, dietary deficiency, chemotherapy or plastic surgery. This solution saves existing hair while promoting regrowth. It is completely safe for skin and scalp, with no side effects from this chemical-free, preservative-free, drug-free and fragrance-free product. Gigi that has an environmental salon at Roxbury Dr. in Beverly Hills says "this refreshing solution, when massaged into the scalp, restores vital nutrients below it to maximize the rebuilding of strong healthy strands". She perfected capillary hair formula after her scalp was burned in an accident and doctors predicted it would never grow back. With only part of a family hair growth formula passed down by her elders from the Amazon, Gigi went on a quest into the jungle to find the rest of the ingredients. Since the beginning of her career, she has used her spirituality to help her clients ease tension and relax their state of being. She is vegetarian, yogi, and has used meditation since early childhood. Her energy and positive attitude express her spiritual being which is the key to her success and happiness.

More info at www.capillarybygigi.com





Photos by: Artur Lessa

Baby do Brasil

Originally known by the name Baby Consuelo, Baby do Brasil (Baby from Brazil) changed her name in the 90s. The perpetual muse of the "Novos Baianos", **Baby do Brasil**, who created her own irreverent and innovative style, returned to California for a live concert. She performed live last Sept. 10 at the Home Depot Center in Carson as part of one more Brazilian Independence celebration around California. Her repertoire included some famous songs such as "Menino do Rio", composed especially for her by Caetano Veloso and "Todo Dia Era Dia de Índio" (Jorge Ben), which belongs to the "Classics of MPB". Baby, producer Tom Brooks and Integrity Music are starting to work on a new project. Now an out-spoken "believer", Baby has a bold new message of hope for her fans everywhere. Her song list is almost complete and sessions are being scheduled. Also, the production of her documentary that will tell all about her life and when she found "God" is on the way.

Note by Carlos Gutto Siqueira - www.braziltv.com

Forrofiando Band



The rhythmus of forró came to the bay area last summer with a feisty multigenerational group of musicians called Forrofiando. They came from the state of São Paulo, Brazil directly to San Francisco where their set up the base for several performances in California, Nevada and other states. The musicians have been together more than 10 years playing not just with one another but joining famous Brazilian musicians

such as Dominginhos, Alceu Valença, Elba Ramalho and bands such as Falamansa, Mastruz com Leite and Trio Virgulino. The members represent many regions of Brazil with a strong northeast influence. Francelino plays the black accordion (Sanfona) and his brother Leonildo, master of the cavaquinho, are from Paraíba; Santo Trevisan who plays the zabumba – a small round and flat drum, was born in Pernambuco; and Fabricio Santim rounds out the traditional forró combo with the triangle, is Sao Paulo native. With 3 CD's already released, Forrofiando is working on its 4th which will be available soon. Forró music has been around since 1940's, but with a smaller audience outside its origins in the northeast of Brazil. Like musica nordestina (Brazilian country music) it took a while to enter the mainstream. Today, its popularity has spread throughout the country with much intensity. The roots of forró came from the northeast, a region with powerful African and Indigenous heritages, but with lusty links to Zydeco and Tex-Mex. It's a tasty stew of Brazilian tunefulness, a little bit "rockability", and a little bit "tropicale".

Forrofiando band will be performing in Los Angeles and San Diego early Nov. More info soon at: www.soulbrasil.com



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Porque parte de nós é entendimento...
Mas a outra parte é aprendizado...

Que você possa ter forças para vencer todos os seus medos...
Que no final possa alcançar todos os seus objetivos...
Porque parte de nós é cansaço...
Mas a outra parte é vontade...
Que tudo aquilo que você vê e escuta possa lhe trazer conhecimento...

Que essa escola possa ser longa e feliz...
Porque parte de nós é o que vivemos...
Mas a outra parte é o que esperamos...
Que a manhã possa lhe oferecer todo dia a divina luz...

Que você possa fazê-la seu único e verdadeiro caminho...
Porque parte de nós é dúvida...
Mas a outra parte é crença...

Que você possa aprender a perder sem se sentir derrotado...

Que isso possa fazer você cada vez mais guerreiro...
Porque parte de nós é o que temos...
Mas a outra parte é sonho...
Que durante a sua vida você possa construir sentimentos verdadeiros...

Que você possa aceitar que só quem soube da sombra, pode saber da luz...
Porque parte de nós é angústia...
Mas a outra parte é conforto...
Que você nunca deixe de acreditar...

Que nunca perca sua fé...
Porque parte de Deus é amor...
E a outra parte também!"

Autor: DESCONHECIDO

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Eating Up the Amazon



"A huge area of 1645 hectares in Gleba do Pacoval, 100km from Santarem, Amazon, illegally logged to clear land for soya plantations"

The Amazon rainforest is one of the most biodiversity regions on earth and home to a staggering **15% of the world's known land-based plant species, nearly 10% of the world's mammals, and has as many as 300 species of trees in a single hectare.** The Amazon is home to about 220,000 people from 180 different indigenous nations who live deep in the rainforest, along with many more traditional forest dwellers. The rainforest provides these people with everything from food and shelter to tools and medicines, and plays a crucial role in the spiritual life of indigenous peoples. It also plays a vital role keeping the world's climate stable. All this is threatened by deforestation and related crimes to grow agricultural commodities such as soya, which is mainly used to feed animals. Global giant as **Cargil**, a US-based international food and agricultural commodity company with revenues of over **\$70 billion** (2005) is leading soya's invasion of the region – spurring the incursion of illegal farms and building infrastructure to deliver Amazon soya to global markets. Soya farming is one of the primary drivers of deforestation in the Amazon and in the last three years **70,000 sq km of the Amazon have been destroyed. This equates to six football fields a minute.** Much of this destruction is due to the expansion of soya farming. Soya farmers supplying Cargil are linked to the use of slave labor, illegal land grabbing and massive deforestation.



Eco Jeans

Nov. 1 Levi's rolls out EcoJeans, made of 100% organic cotton. Levi's missed the luxury-jeans craze. Can this latest gambit catch it up....the increase of Eco-Friends and Global Trends is the immediate answer.



Wind Power Key to Fight Climate Change

One third of the world's electricity can be supplied by wind; 113 billion ton of CO2 saved by 2050, says industry report last Sept. in Adelaide, Australia. Over a third of the world's electricity – crucially including that required by industry, can realistically be supplied by wind energy by the middle of the century according to the new report. The "Global Wind Energy Outlook 2006" report provides an industry blueprint that explains how **wind power could supply 34% of the world's electricity by 2050.** Most importantly, it concludes that if wind turbine capacity implemented on this scale it **would save 113 billion tons of CO2** from entering the atmosphere by 2050. It firmly places wind power as one of the world's most important energy sources for the 21st century.



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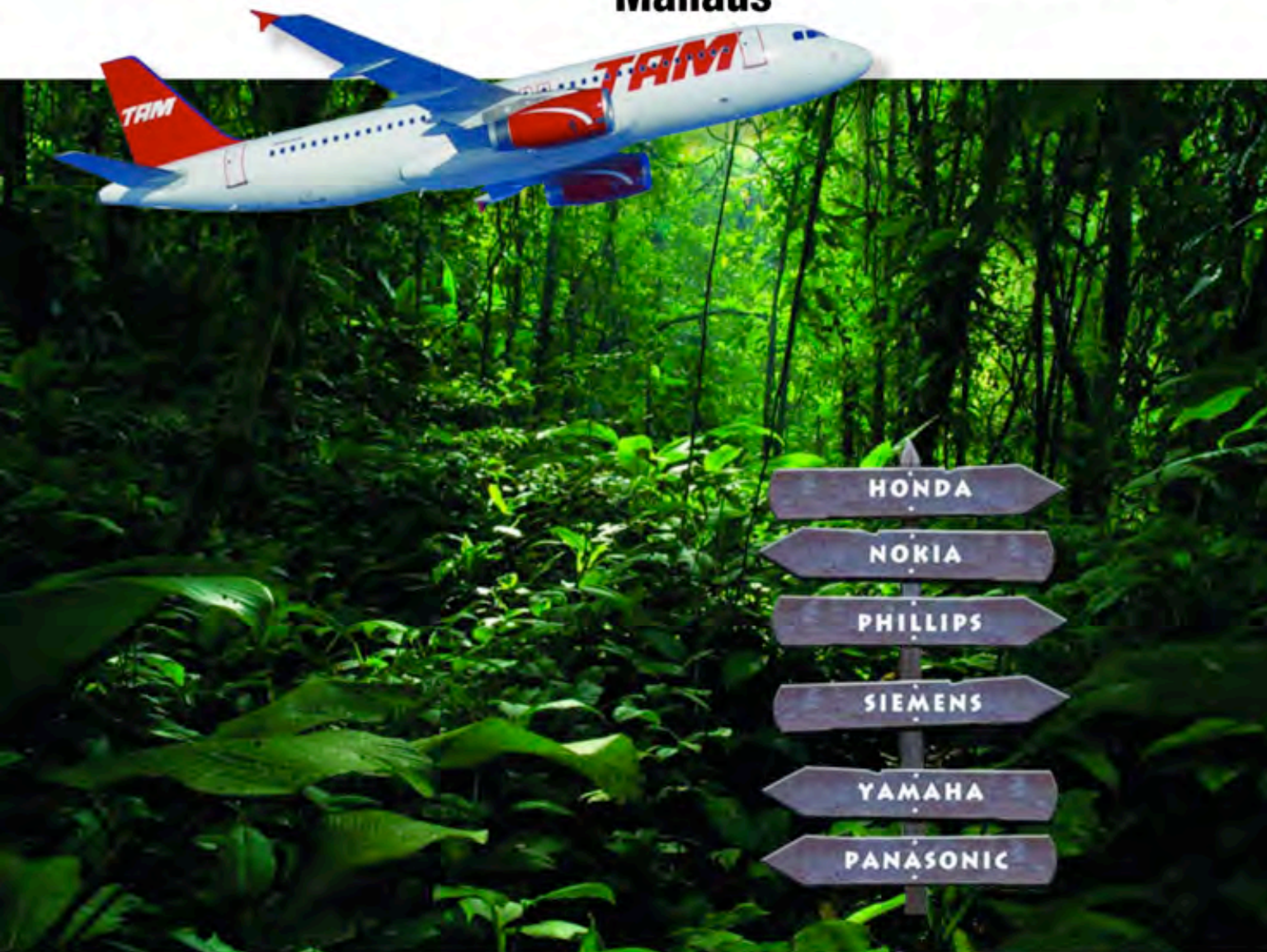
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