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magazine

June/July 2007 Year 4 ISSUE 30

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# Editor's Letter

## Carta do Editor

Many people fervently believe they are worthy of success and deserve it, but mostly are confused and disappointed that true success hasn't yet come their way. What I have learned in the last years is that for you become success in life (not financially success, but more than it) you need first to set up your mind to think like a winner and also better organize important thing to be done. What you see in your mind is what you expect, and what you expect, then, is what you get. The successful documentary "The Secret" just confirm to me what I already knew for years. Changing the way you represent ideas and experiences in your mind is the key. I really believe that the rewards you receive in life come as result of your performance, and definitely not for your potential.

As the famous book author Walter Doyle Staples said "when you change your thinking, you change your life". I have been in the last years trying to change my thinking and my performance. I am not rich (financially), but my values and performances in life is what counts for now. I have got great rewards from life from this "performance". I have a nice family, a growing number of loyalty friends and inner peace with myself, besides a "performance" that makes me trustful for people doing business with. I am very glad to have finally launched the kisuccess publishing website after 5 years publishing Soul Brasil magazine. If you have a chance, check it at [www.kisuccess.com](http://www.kisuccess.com).

Health and Peace, **Lindenberg Jr.**

Muitas pessoas acreditam que são dignos do sucesso e assim o merecem, mas uma grande parte delas está decepcionada com esse esperado verdadeiro sucesso. O que aprendi nos últimos anos me ensinou que para alguém atingir o sucesso (não apenas o sucesso no aspecto econômico, mas muito mais do que isso) é necessário primeiramente ajustar a mente para pensar como um vencedor além de organizar melhor as coisas mais importantes que devem ser feitas. O que você vê "em sua mente" é o que você espera, e o que você espera, então, é o que você consegue. Um documentário que fez muito sucesso no final do ano passado – The Secret ("o segredo") apenas me confirmou o que eu já sabia desde tempos atrás. Mudando a forma de como você visualiza suas idéias e experiências em sua mente é o ponto chave. Eu acredito fielmente que as recompensas que você recebe na vida vêm como o resultado de seu desempenho, e definitivamente não apenas pelo seu potencial.

O famoso autor de livros sobre auto-estima Walter Doyle Staples costuma dizer que "quando você muda seu pensamento, você muda a sua vida". Eu venho nos últimos anos tentando mudar pouco a pouco meu modo de pensar e a minha forma de encarar a vida, mudando também o meu estilo de desempenho. Eu não sou uma pessoa que me faço impressionar pela minha conta bancária, mas acredito que seja uma pessoa que se faz impressionar por esse meu desempenho diante da vida. Eu tenho uma família que me faz ter força para enfrentar as pedras encontradas no meio do caminho, um número crescente de leais amigos, paz interior e a consciência do bem, além de um desempenho focalizado em meus valores que faz me tornar uma pessoa confiável e bem quista para as pessoas fazerem negócio comigo. Eu estou muito feliz de ter finalmente lançado o site da kisuccess publishing após 5 anos publicando a Soul Brasil magazine. Quando tiver uma chance comporte comigo um pouco do seu tempo visitando [www.kisucsess.com](http://www.kisucsess.com).

Saúde e Paz, **Lindenberg Jr.**

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## Temperature

### NIGHTCLUBS

**Area** on Saturdays – Awesome vibe. They play literally everything. I danced to the soundtrack of "Dirty Dancing" if you can believe it. They played the most popular hip hop to Violent Femmes and ended up on Christopher Cross's "Sailing". They will definitely play something that you will enjoy.



You can have a great time there as long as you don't mind that the drinks are a little pricey. You have to be on a guest list for this one or you might not get in.

The Crowd: Wayan Bros. (Scary Movie 2, White Chicks) Lindsay Lohan (Mean Girls, Freaky Friday), Paris Hilton (The Simple Life, House of Wax) P. Diddy.

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### FOOD

#### **Memphis, Southern Style Dining** – Located right on Hollywood Blvd.

The first time I went to Memphis was for a meeting. I was impressed right away because we were all dining in our private room. I loved the big mirror in the room, haha! After that we went to the very stylish bar area. The place is absolutely high class. The house is very beautiful and it is a very unusual set up. You will feel very comfortable for business or fun there. The service is great and staff very courteous. And if you really want to follow my advice, try the dish with tuna. Unbelievable!!!!

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### EVENTS

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### MOVIES

The Notebook – on DVD

It is by far the most beautiful love story ever told. Ryan Gosling and Rachel McAdams are absolutely divine. The photography is like a painted dream. It will make you believe in true love again if you don't. And yes, there are some very, very HOT scenes. Sexy as they come! I loved the movie so much, I own it!!! The only problem is that now I'm in love with Noah!



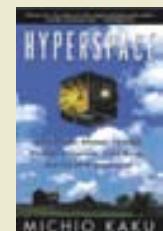
### MUSIC

Last Night – by P. Diddy ft. Keisha Cole

Ursinho de dormir – by Armandinho

### BOOKS

#### **Hyperspace: A Scientific Odyssey through Parallel Universes, Time Warps, and the Tenth Dimension**



– by Michio Kaku a theoretical physicist. It focuses on Kaku's studies of higher dimensions referred to as hyperspace. The recurring theme of the book is that all four forces of the universe become more coherent and their description simpler in higher dimensions. The book is fascinating. Call me a nerd if you want to. The language is a bit simpler than other books I have "tried" to read on similar subjects. With all this talk about Laws of the universe, this book is a great choice for making us perceive our lives in a completely different view that we might be used to. This is one of my favorite books.

Summary *Hyperspace* is a book that tries to explain higher dimensions and mostly read by laymen who want to understand the basics of superstring theory. Michio Kaku analyzes the history of higher dimensions of space and the struggle to unite quantum mechanics and general relativity in one theory. The end of the book discusses such topics as wormholes, parallel universes and the fate of the universe.

### QUOTES

"That which you fear most, finds you in the end"

"Trying is failing with honor"

"It is love, not reason that is stronger than death"

"My faith is strongest amidst the most impenetrable darkness"

Feel free to email me at [analigia11@yahoo.com](mailto:analigia11@yahoo.com) to recommend what you think it's hot in California and especially in Los Angeles area, and I will be glad to check it out.

\* Ana Ligia is a versatile and beautiful woman, former Miss Brazil USA, singer, model, DJ and the Brazilian Main Host for the TV show "Planet X" ([www.planetxtv.com](http://www.planetxtv.com)) that airs in 100 million homes in the USA. Her website [www.myspace.com/analigia](http://www.myspace.com/analigia)

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# Simple Habits for the Success

Lindenberg Jr.

I would like to start this article saying that Knowledge, Learning, Practicing, Growing and Success is a **Journey**. Better say, a continuing journey. There may be some short rests along the way, but there should never be an end. As some folks already know my write style, while reading is easy to find words like honesty, integrity, perseverance, positivism, freedom, Brazil, quality of life and success. Now I will give a few emphases to simple steps that should attract “business or personal” success. I have learned in the last years that simple things that just years ago I did not pay attention can make the difference. Here bellow I will make a selection of this “simple secrets”.

**Set Up Your Goals.** Know what you want to accomplish over the long-haul. Don’t just dream about the perks and trappings of success, have a clear picture of how you’ll earn those perks. People who aren’t clear on what they want easily can lose the track and miss opportunities.

**Keep it Organized.** Decide what will be your first steps to put you on your way toward your large goals then plan when you will complete each of them. Every morning, ask yourself what are the three most important things to accomplish before the day is

over. Write them down and do them, or if something interferes with one item, put it on tomorrow’s list.

## **Do Things You Know is Right.**

Forget the quick and easy or the cheaper ways to do things. When you’re aware of the one best way of accomplishing something, that’s the way you should do it.

**Follow the Golden “Truth”.** Treat people the way you like to be treated, and you’ll have no trouble winning people to your side. When you’re in a situation where you don’t know what someone expects of you, simply ask yourself what you would expect in their shoes.

## **Use Your Talents and Your Time Wisely.**

Are you spending time performing tasks a teenager working at minimum wage could be doing? In other words, pay attention how you spent your hour! Think of your time as valuable and put it to use doing things that will bring you some return!

**You Can Do It! Believe in Yourself.** Once you know what you want to do and have decided on the best way to do it, don’t let anyone talk you out of what you’re trying to accomplish. There’ll be days when you’ll fell



discouraged, and there may be people who will try to discourage you, too.

**Hard Times Also Is Here. Overcome Obstacles.** Almost any course you set for yourself has certain hurdles to surmount. When you run into difficulties think of them as challenges.

**Know When a Good Opportunity Knock Your Door.** As times goes on, you’re almost certain to face opportunities you hadn’t reckoned on. Ask yourself how it fits in with your overall plans. Does it get you closer to your ultimate goals? Is it a real stepping stone? Don’t get sidetracked from your most important goals.

Cheers!

\* Finally we just finished (May, 2007) our “long time waiting” Kisuccess new site - [www.kisuccess.com](http://www.kisuccess.com). Kisuccess is a publishing and marketing company that has as priority “the education for the success”, doesn’t matter if it is for your business, your security or your relationship. Check this out and give me a feedback send an email to [kisuccess@hotmail.com](mailto:kisuccess@hotmail.com).

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# Simples Hábitos Para o Sucesso

Lindenberg Jr.



**E**u gostaria de começar este artigo dizendo que aprendizado, conhecimento, experiência, crescimento e sucesso é uma eterna jornada. Pode haver alguns desencontros aqui e acolá, mas nunca pode ser o fim de sua caminhada. Como alguns de vocês já conhecem o meu estilo de escrever, é fácil de encontrar palavras como honestidade, integridade, perseverança, positivismo, liberdade, qualidade de vida, o bom do Brasil, e sucesso. Gostaria enfatizar simples etapas que poderiam servir de atrativo para o seu sucesso pessoal ou empresarial. Eu aprendi nos últimos anos que simples coisas podem fazer a diferença. Coisas estas que há não muito tempo atrás eu não dava muita importância. Mais abaixo você encontrará uma pequena seleção desses "simples segredos".

**Estabeleça Seus Objetivos.** Saiba o que você quer realizar e trace suas metas para o futuro. Não apenas imagine sobre as pedras no meio do caminho e armadilhas que você pode encontrar. Visualize também como você pode re-

solver superar esses obstáculos. As pessoas que não sabem claramente o que querem, tendem a esquecer o seu foco e terminam por perder oportunidades.

**Mantenha a Organização.** Decida quais são as suas prioridades e enumere cada uma começando pela mais importante. Concretize todas sem exceção, mas o fundamental é estabelecer uma ordem de execução. Escrever todos os dias pela manhã o que você tem que fazer. Se não tiver condições de fazer tudo naquele mesmo dia, programe para o dia seguinte. Uma boa tática é reservar determinadas horas do dia para concretizar coisas que estão fora de sua rotina diária.

**Fazendo Coisas que Você Sabe que é Certo.** Esqueça um pouco as maneiras mais baratas. Use do profissionalismo, pense no tempo utilizado, e se lembre do ditado que muitas vezes mostra sua cara "o barato as vezes sai caro".

**Seguindo Uma Simples Verdade.** Trate as pessoas da mesma maneira que você gostaria de ser tratado e ganhará muito com isso. Quando você não souber exatamente o que fazer em uma determinada situação, se ponha no lugar daquela respectiva pessoa.

**Usando o Seu Talento e o seu Tempo Sabiamente.** Não perca tempo executando tarefas que um adolescente pode fazer. Quer dizer, use seu talento, sua experiência e seus conhecimentos. Ou seja, se concentre em coisas que ti darão

mais retorno e deixe coisas mais simples para seus subordinados. Pense em seu tempo como um artigo de valor.

**Acreditando em Você Mesmo.** Uma vez que você sabe o que quer fazer e decidiu a melhor forma, não deixar qualquer um o faça mudar de idéia. Personalidade e bom senso. Haverá dias em que você possa estar desanimado.

**Superando Obstáculos.** Sim, os dias difíceis sempre estarão por aí. Para você, para mim, para todos. Quando esses dias vierem à tona, enfrente-os como um desafio. Uma batalha a mais a ser ganha.

**Percebendo as Oportunidades.** Elas aparecem para todos. Resta a cada qual ter a percepção suficiente para saber quando elas bateram em nossa porta e também se esta na hora certa. Pergunte a você mesmo: Isso esta nos meus planos? Vai atrapalhar planos que já estou colocando em prática? Tem algo haver com meus objetivos finais? Enfim, se concentre no que você realmente quer mas não tenha medo de enfrentar novos desafios.

Um brinde ao seu sucesso.

\* Finalmente terminamos último maio (2007), depois de uma longa espera, o site da Kisuccess Publishing - [www.kisuccess.com](http://www.kisuccess.com), que publica a Soul Brasil magazine. No site você encontrará alem de artigos e guias, sugestivos produtos para melhor direcionar sua vida pessoal, sua segurança, seus produtos e seus serviços. Façamnos uma visita e nos der um feedback através do email [kisuccess@hotmail.com](mailto:kisuccess@hotmail.com) .



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# It all started in Rio

Stephanie Ozer

We thought it was going to be just a simple vacation - and that would have been enough. We thought, 10 days away from the kids, in an exciting city far away, the city of the music we love so much.... It was Tuesday, our second night in Rio, and we are thrilled to find that our favorite Brazilian vocalist, Leny Andrade, was performing in a club downtown. Sitting in the front row, listening to her deep and poetic singing was like being in heaven. She commanded the room with an unmatched grace, authority and intensity that was amazing.

Part of the way through the set David whispered to me, "After the show, we'll go backstage to ask Leny if she'll record with you while we are here in Rio. I need you to go along with me on this. Okay?" I said, "Do I have to decide right now?" He said, "You've got two more songs." Then we were backstage with Leny and her posse, explaining the links that connect us to her: my mentor Marcos Silva who performed with Leny before he left Rio years ago and, of course, our common love for this music. And we say, "We thought maybe you'd be in California some day, and we could record with you, but here we are in Rio, would you record with us?" And she says, "So you want me to come to California to record?" We say, "No, we are here in Rio, we want to record here." Leny Andrade pauses, and then mentions a recording studio close from the club and says "I want you to try the piano, and if you like it, then we will talk. Call me Thursday".



We rented a practice keyboard and called her on Thursday. But she told us to call her again on Saturday. Finally she picked us up at the hotel and went to the studio. She took us across the Guanabara Bay, where we gazed back at the amazing views of the marvelous city, and then to São Francisco in Niterói to a little stone block building, where a smiling, jolly gentle man, Fabio Motta, the studio owner and Leny's friend for decades, welcome us. I sit down and start to play. David hears them comment: "she doesn't play like an American, she plays like a Brazilian." After I played, Leny drove us home. It was around 11:00pm she asked us if we were hungry. We told her that we were tired and hungry so she took us to the restaurant across from the cafe where Tom Jobim wrote "Girl from Ipanema".

The following evening at 7:00pm we were at Fabio's studio again. Leny ask me if I needed a drummer, and I said, "Yes". So she pulls out her cell phone, makes a call and says, "You are lucky. There is also a bass player coming. He is Ivan Lins's bass player, Nema. He's coming with the drummer Erivelton. At 9:00pm they both arrive and then, after a lot of strong coffee, we start record-

ing - it is midnight. At 3:30am Leny said, "What's next, anything else?" And I said, "Yes. One last song: Rio." As dawn crept over Ipanema Beach, Leny dropped us off at our hotel. I started thinking that I was in a dream. In a lovely musical movie waiting for the credits to roll down the sky. The next night, again, all through the night, tracking vocals and leaving the studio with four tunes in a rough mix. Then it was Wednesday, our last day in Rio and Leny insisted on taking us to the airport. With many hugs and kisses (this is Rio!) we say goodbye saying, "we will be back to Brazil, but maybe you can first visit us in California".

My butt has been kicked, my soul inspired. I practice a lot and call some of the most wonderful musicians I know in the Bay Area to schedule rehearsals and sessions to complete what the magic of Rio de Janeiro has begun. So here it is, "O Começo", the beginning, another beginning in life, in Rio, in music.

\* Stephanie is a musician based in San Francisco who loves Brazil. She just made a California Tour with Brazilian legend Leny Andrade the beginning June. She can be contacted by email [stephonz@sonic.net](mailto:stephonz@sonic.net) or visiting her website [www.stephanieozer.com](http://www.stephanieozer.com).

\*\* English Edition: Ann Fain / Photos: courtesy by Stephanie Ozer

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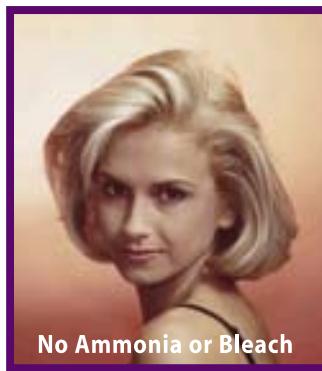
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# Os Diferentes Tipos de Ciumento

Por Rosana Braga

**T**odo ciumento, em seu estado de sã consciência, sabe muito bem que de nada adianta esbravejar, brigar, discutir e se corroer por dentro por causa de suas fantasias alucinantes, de seus pensamentos devoradores e de suas loucas ‘certezas’, quase sempre infundadas. Mas de nada lhe adianta saber, porque quando o ciúme chega, toda a razão se esvai. O que impera é uma espécie de lente de aumento, tornando qualquer situação uma grande probabilidade de perda daquilo que se ama. Quando dá por si, lá está ele esbravejando, brigando, discutindo e se corroendo por dentro por causa de suas fantasias alucinantes, de seus pensamentos devoradores e de suas loucas certezas, muitas vezes infundadas.

Difícil explicar o ciúme, porque ele não se baseia em fatos reais, mas no modo como o ciumento interpreta tais fatos. O ciumento parece estar constantemente em alerta, pronto para obter, enfim, a prova de que suas suspeitas estavam certas. É um bom exemplo para o ditado que diz que “quem procura, acaba encontrando”. Ele está sempre procurando algo que o valide, que dê a ele a sensação – ainda que seja a mais temida e a mais dolorosa – de que realmente estava certo.

Se o ciúme te incomoda e te faz mal, certamente está na hora de parar

de lutar contra ele, tal qual um Don Quixote lutando contra os moinhos de ventos, e descobrir a ponta do fio da meada; somente assim você conseguirá desatar os nós, entende? Não se trata, portanto, de lutar contra si e seus sentimentos, mas de acolher-se, compreender-se e transformar-se. Afinal, o ciúme nada mais é do que a percepção (ainda que inconsciente) de que não temos garantias e nem controlamos o que o outro sente e pensa. É a certeza de que, por mais que tentemos, nem sempre conseguimos ser o centro dos desejos dele.

Mais do que amar o outro, o ciumento quer possuí-lo, considerando que o desejo da posse pode ser exercido de muitas maneiras diferentes. De acordo com as crenças de cada um, a prática e a expressão do ciúme ocorrerão de formas distintas. Vamos descrever alguns tipos de ciumentos, até para elucidar algum desavisado de que o seu sentimento é ciúme, embora ele tente – o tempo todo – garantir que não, dando outros nomes ao que está sentindo, tais como cuidado, respeito, educação, atenção, amor, etc.

\* **Ciumento-bicudo:** é aquele que, ao ver ou imaginar uma situação em que lhe parece evidente a possibilidade de perder a pessoa amada ou simplesmente deixar de



ser o foco de sua total atenção, fecha-se...

\* **Ciumento-vingativo:** é aquele que, diante dos sentimentos citados acima, comuns a todos os ciumentos, apressa-se em dar...

\* **Ciumento-barraqueiro:** este tipo é o que não pensa duas vezes antes de sair dando...

\* **Ciumento-coitadinho:** é o tipo que sempre acredita estar sendo enganado, traído, desconsiderado. Julga o outro e as demais...

\* Texto adaptado com permissão, do livro de Rosana Braga “Faça o Amor Valer a Pena” (Editora Gente/Brasil). Rosana Braga vive em São Paulo e é uma antiga colaboradora da Soul Brasil. Rosana é autora de vários livros, consultora em relacionamentos, além de Palestrante na área de desenvolvimento profissional e relacionamentos inter-pessoais – [www.rosanabraga.com.br](http://www.rosanabraga.com.br)

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# Brazilian Bodybuilder Goddess

Lindenberg Jr.



**A** typical day for **Flavia Crisos** start early in the morning with she heads straight to the gym and begins a 40 minutes cardiovascular workout. She mixes it up, alternating incline walking, running, stairs and the elliptical machine. Also in the morning and five times a week, she takes a serious weight train. Normally Flavia train with her brother, specially the legs because she needs a support to do a heavy weight squats. Usually she gets a light breakfast eating a protein bar or a cup of yogurt before start her personal trainer lessons as a personal trainer. In the afternoon she tries some homemade salad or a protein powder for a shake. She prefers to eat several small meals a day,

which energizes her more than eating two or three heavy meals does. Her plan is to eat every two and a half to three hours. Flavia rest a bit and work with more 2 clients before get back home. At evening her heads back to the gym for more 2 or 3 hours workout, get some healthy snacks or a fruit and go to the bead early. Most weekends Flavia enjoys bike riding, surf and take some time with friends under the sun on the beach.

Born in São Paulo, Brazil, on September 6 in 1977, she used to have a very rich childhood in motor experiences, since she practiced ballet and other sports for more than ten years. When turned 14, she started lifting weights. In 1994, Flavia moved to Florianópolis – in South of Brazil, mainly to run away from the biggest city of Brazil. Already in the University, Flavia started to train seriously because she got to understand the training process. Flavia says "I started to practice weight train ten years ago, with only esthetic achievements. I was very slim, but with the time I was getting a "special flavor" for the sport. I applied for Physical Education course and it helps me to get more information techniques". Besides the prepara-

tion became more serious and complex, competition was only a natural consequence for Flavia. She has than competed in the Brazilian National Contest 2001 and became 3rd place. In 2002 she got first place in the same competition. In 2003 she got the Brazilian Championship again and in the same year in the Nabba World Champion, she finish 3rd place. In 2004 she became second in the world in her category.

"You have to change your eating for have a successful and perfect fitness program. There is so much involved in that. Sugar and most carbohydrates had to go. Gearing up for competition meant eating clean and lean" she said. Since it takes years



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of accumulated bad habits to make a person out of shape, it takes more than a few months to restore fitness and health" she adds. Flavia came back to Florianopolis after 1 week in Los Angeles for photos sessions with Bill Dobbins – the most famous women bodybuilder and fitness photographer, last May for a promotional campaign. She is planning to live in L.A still in 2007 as here is the professional Bodybuilding and Fitness capital of the word. Good luck and success for Ms. Crisos.

### FLAVIA CRISOS

**Height:** 1,62m

**Weight:** 63kg off season and 56kg pre-contest

**Training:** 10 years

**Time in Competition:** 4 years

#### Measured (Pre-Contest):

Chest: 95cm

Waist: 61cm

Hip: 94cm

Thighs: 55cm

Arm: 33cm

#### Best Lifts:

Squat: 150kg

Leg Press: 450kg

Bench Press: 80kg

Biceps Curl: 30Kg



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# Pensando Positivo e Correndo Atrás Fazendo Acontecer!

Lindemberg Jr.

**M**as do que nunca, hoje se sabe que o pensamento positivo ajuda e muito. Mas se torna inútil se você não faz nada para realizar o que deseja. É simples assim: É preciso adicionar a “ação positiva” nessa equação. Não dá pra simplesmente ficar sentado no chão de olhos fechados pensando em como seria ter um BMW ou uma Mercedes e depois seguir a sua rotina. É preciso dar esse primeiro passo, que é imaginar como seria possuir o carro MAS depois partir para alguma ação que o leve a obter esse objeto de desejo. Assim as chances dele se materializar e se tornar uma realidade, aumenta consideravelmente.

Pense assim: a maioria das pessoas que fazem promessas de mudanças pessoais costuma fazê-las apenas uma vez ao ano, e é no dia de reveillon, certo? Agora, se você tem um objetivo e a única vez que resolve checar se está mais próximo dele é no dia 31 de dezembro, quais as chances de conseguir chegar até ele? Correto, pouquíssimas. Agora, e se todo mês (ao invés de todo ano) você fizesse a mesma coisa? Será que isso aumentaria as suas chances? Pode apostar

que sim. E se o processo de se saber o quanto perto se está de sua meta fosse feito semanalmente? As chances aumentariam ou diminuiriam? Resposta fácil, não? Imagine então fazer isso diariamente, ou até duas vezes por dia. Você definitivamente pode conseguir chegar ao seu objetivo porque ele vai estar bem na sua frente. Tí acenando até que você o conquiste!

## Fazendo Acontecer

Uma das melhores formas para se focar num objetivo é fazer-lo logo pela manhã e diariamente. Uma coisa bem simples de se fazer é ter uma listinha de perguntas que você pode usar para começar bem o seu dia. Aqui vai um rápido exemplo:

**1** – Quais são as duas ou três coisas da minha vida pelas quais sou mais grato?

**2** – Como eu posso marcar um golaço hoje?

**3** – O que posso fazer para melhorar a vida do maior número possível de pessoas no dia de hoje?

**4** – Como melhorar hoje meu rendimento no trabalho em 1/2% ou 1%

**5** – O que eu não quero fazer, mas que caso o faça terá mais do que qualquer outro ato, um impacto positivo na minha vida pessoal ou profissional?

Ao responder a essas questões todas as manhãs assim que acordar e antes de começar o seu dia, você estará em uma posição mais cômoda de viver não apenas com mais felicidade, mas de conseguir fazer mais coisas também. Faça isso e observe os resultados. Boa sorte!

\* Depois de uma longa espera, o site da Kisuccess Publishing – [www.kisuccess.com](http://www.kisuccess.com) está no ar do jeito que queríamos. A Kisuccess é quem publica a Soul Brasil magazine e faz o marketing de forma simples e objetiva de outros materiais educacionais sobre qualidade de vida, negócios e internet. Visite o site e adquira um free e-book sobre alternativas de se fazer dinheiro na América ou acesse artigos que podem ti ajudar no caminho de abrir o seu próprio negócio. Faça seu comentário escrevendo para o email: [kisuccess@hotmail.com](mailto:kisuccess@hotmail.com).





# Amor: Pequenas Grandes Verdades

Fabienne Lopez



**P**ara homenagear Santo Antônio, quero falar sobre relacionamentos amorosos. Ao começar este artigo, lembrei-me de uma época em que minhas fontes de sabedoria para assuntos do coração eram minhas amigas Ana Cecília e Eloá, assim como o livro “Os Astros Comandam o Amor”, de Linda Goodman. Os três eram consultados com grande fervor a cada novo namorado para descobrir se ELE era o príncipe encantado. Muitas conversas, conselhos e amizades coloridas. Depois, aprendi três pequenas grandes verdades sobre o Amor - que incorporei ao meu dicionário de vida.

O amor romântico não existe: aquele do Cupido lançando suas setas para unir “almas gêmeas”, aquele da história de Romeu e Julieta ou de Tristão e Isolda. O conceito existe desde a Idade Média, como um ideal mítico, desvinculado da idéia de casamento. Hoje em dia, não se concebe para o matrimônio outra razão que não seja o amor romântico. Os meios de comunicação nos incentivam a acreditar que um relacionamento amoroso autêntico precisa, obrigatoriamente, ser eterno (te quero para sempre), incondicional (te quero acima de tudo) e possuir um alto grau de renúncia (te quero mais do que minha própria vida). A busca por “aquela pessoa especial” transformou-se em direito inalienável do indivíduo, em meta de vida. Infelizmente, trata-se de uma falácia que gera muita infelicidade e

frustração na vida das pessoas. Foi a lição mais difícil de aprender. Ao final de cada namoro, sentia-me frustrada emocionalmente, culpava-me pela minha inabilidade em me conformar com os padrões da sociedade e da minha família. Criava falsas e ainda maiores expectativas, além de cobranças para o próximo namorado - este sim o verdadeiro amor da minha vida. Com isso, deixei de viver relacionamentos que poderiam ter sido muito gratificantes se eu não estivesse tão presa à idéia de como eles deveriam ser.

Quando abri mão dessa noção, aprendi também que para ter um relacionamento satisfatório não é necessário o casal participar juntos de todas as atividades. Muitos acreditam que quanto mais simbiótica seja a relação, melhores serão as chances de um relacionamento duradouro e harmonioso. Claro que é importante o casal possuir hábitos e afinidades compatíveis, concordaram sobre questões importantes da vida. No entanto, o problema surge quando as diferenças são vistas como empecilhos ou ameaças para a harmonia do casal.

\* Para ler esse artigo completo e outros artigos da autora, visite [www.soulbrasil.com](http://www.soulbrasil.com) e click em astrology.

\*\* Fabienne Lopez é uma freqüente colaboradora da Soul Brasil. Ela é uma astróloga brasileira vivendo em São Francisco. Se você quer conhecer seu mapa emocional (Lua e Vênus), entre em contato com a astróloga para uma agendar uma consulta personalizada - (415)648-1932 ou [Fabienne@astro-brasil.com](mailto:Fabienne@astro-brasil.com)

# Sonia Payroton & BraziLive

By Claudia Guedes

**B**razilian and American, she is carioca. Sonia Payroton arrived in San Francisco years ago and established herself among artists and musicians. Multi talented, she designs websites, teaches Portuguese, and now is the producer of the most recent event in San Francisco that combines art and music. Both cultural expression of her home country is spiced with the American taste of curiosity. Sonia decided to create an event that reunites diverse talents during an evening of fun and cultural exchange. Learning about our artists, musicians, singers and song writers surrounded by sounds and images transcends every diverse cultural experience. According to Sonia, BraziLive Showcases will range from photography to painting, artisan crafts, sculpture, collage art and more, with new artists highlighted every week, plus the best of Brazilian Live Music. For the first night June 7<sup>th</sup>, Silvia Stocco opens the art exhibition. Silvia is described by Z Handley as “a free-spirited artist whose conceptual body of work consists in a selection of personal images showcasing photography as a means of independent self-expression and the purely creative image making process as a medium for the imagination”. Every Thursday BraziLive will be host at El Rio, a venue situated at the heart of Mission district at 3158 Mission St. in San Francisco. [www.ibrazil.net](http://www.ibrazil.net)





# \* Planning Ahead...

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**June 17, Brazilian Summer Festival from Brazilian Nights at the Ford in Hollywood** with the new CD release of Lula & Afro-Brazil and Pagode Band Fundo de Quintal from Brazil.

**\* Carlinhos Brown in USA Tour 2007 – Brazilian percussionist, vocalist, and carnival star Carlinhos Brown** returns with his incredible blend of street samba and funk. Mr. Brown is a household name in his

native Brazil performing his Afro-Bahian sound that has led to numerous hits on the charts and turns him a percussionist celebrity in Europe and other many countries. **Friday, June 22nd at Sierra Nevada**

**Music Festival** – [www.snwmf.com](http://www.snwmf.com) / from 6pm to 2:30am (the 2007 lineup for the long weekend June 22 to 24, besides Carlinhos Brown, will be featuring SambaDa from Santa Cruz and many reggae stars as Toots & The Maytals, Sugar Minott and Clinton Fearon. A must for African roots lovers. The International Brazilian Star will be also **Sunday, June 24, 2007, 7:00 PM at Hollywood Bowl, 2301 N. Highland Avenue, in the heart of Hollywood** – <http://www.hollywoodbowl.com>

**\* Angelanos looking to get their groove on and don't have to wait until after dark, now don't need to wait anymore!** The Music center of Los Angeles in downtown L.A is again hosting two popular summer activities, both of which are free and open to the public. Drum Downtown featuring Drum Drums staff and volunteers (first Sat. of each month at 10am) and Dance Downtown every other Friday starting 6:30pm. All ages and all levels of expertise are welcome at the events, which often draw up to 400 people! More info call (213)972-3660 or visit [www.musiccenter.org](http://www.musiccenter.org)

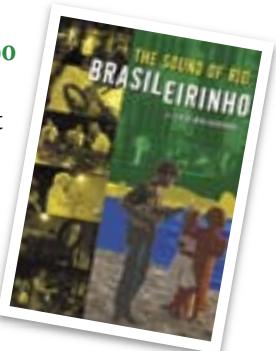
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\* July 26 to 30, Artivist Film Festival highlights films made by international activist artists – ArtVists. This Hollywood based festival aims to raise awareness for issues like children's advocacy and environmental preservation. More info [www.artivists.org](http://www.artivists.org)

\* August 2007 at the Hollywood Bowl, a celebration of Jobim, featuring Music guest celebrities from Brazil. September 7 is Brazilian Independence Day...so many celebrations around USA. In California we have the Annual Brazilian Day at African Market Place in L.A and SF, The Annual Long Beach Brazilian Street Carnaval, the Annual Viver Brasil Dance Group performance at the Ford in Hollywood, the Brazilian days promoted by the Brazilian General Consulate of Los Angeles and also go San Francisco among others.

**\* The Sound of Rio: Brasileirinho - 90 min**

A beautiful musical documentary about "Chorinho" - for many music critics, the first genuinely Brazilian urban music. It was back in the late 19<sup>th</sup> century in Rio de Janeiro when Brazilian musicians started to blend European melodies, Afro-Brazilian rhythms and the melancholic interpretation of the Brazilian Indians music to create Choro. It is credited as being the first musical expression of Brazil's melting pot and had a prominent place in the development of Brazil's cultural identity. The film remembers the history but shows, above all, a colorful picture of Choro's vitality today. The guiding line of the film is the combo "Trio Madeira Brasil" composed of three of Brazil's outstanding Choro musicians. During a "Roda de Choro", a traditional Brazilian kind of private jam session, the Trio brings up a concert project. During these sessions or at their homes, some of the most interesting Choro musicians play and remember key events in the history of this Brazilian urban music. "Playing" interviews with well-known Samba and Bossa Nova artists like Zezé Gonzaga, Elza Soares and Guinga illustrate the reciprocal inspiration with Samba and Bossa Nova music. A final show of the "Trio Madeira Brasil" with their guests in one of Rio's traditional music halls shows once more the opulence of rhythms and melodies in Choro that has evolved over the past 130 years into a fascinating form of modern tropical sound. More Info: Milan Entertainment: (818)953-7809.





- \* For most of us, the word "Aphrodisiac" has long brought a lot of attention. But what common sense, as well many researchers, has told us is that exercise enhances health and makes people feel better about themselves and their bodies. This, in turn, makes them more sexually attractive and responsive!
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- \* Running backward burns more calories than running forward and it allows bones to absorb shock more effectively. Backward running also helps in the recovery from sprained ankles, pulled hamstrings and other leg and knee in-

juries, because it puts less impact on joints.

- \* In this new century where fitness, good nutrition and staying in shape as much as possible is very important, is good idea to program your mind: Losing weight is not about counting calories, but about eating the right calories. It is not necessary to close your mouth, but to know what you put in it.
- \* Fact: people who take 500mg of Vitamin C daily burn 39% more fat while exercising than people who did not or who take less.
- \* Corals may possess as many genes as humans do. And remarkably, although very distant from humans in evolutionary terms, coral has many of the immune system genes that protect people against disease. In fact, it is possible some of these were pioneered by corals. Based on the latest research on gene discovery, we estimate that corals have as many as 20 to 25 thousand genes, compared with humans, 20-23 thousand. Why a simple creature has such a huge genetic repertoire is a mystery, but scientists are excited because corals are near the root of the family tree of all living animals and can shed new light on the origin of such complex features as the nervous and immune systems of vertebrates. Scientists have been amazed at how many of the genes involved in innate immunity in man are present in coral and just how similar they are.
- \* If you are planning or trying to quit smoking, there is a helpful

program available online for free. The American Lung Association offers a quit-smoking action plan through its "Freedom From Smoking" Online cessation clinic at [www.ffsonline.org](http://www.ffsonline.org). More help can also be found at [www.smokeclinic.com](http://www.smokeclinic.com) or at [www.quitnet.com](http://www.quitnet.com) where it is possible participate in an active community chat with expert advice.

- \* Need an alternative gift for your loved one? Here is a great gift idea that will make you feel good and the love of your life very happy: write a poem or a short story and place with it a beautiful photo of just the two of you.
- \* Sexually transmitted "human papillomanirus" or HPV is responsible for 70% of female cervical cancer cases. The good news is that there is a vaccine called Gardasil, which is recommended for girls and young women ages 12 through 26, and is given in three doses over a six-month period. An important note: women still need to have regular Pap tests to check for cervical cell changes caused by HPV.





# Forming a “LLC” in Brazil

By Robert Eugene DiPaolo

In previous articles we navigated our way through a basic understanding of Brazil's legal system, discussed some obstacles to doing business there and surveyed the differences between Brazil's two most common types of legal entities. In this article we will walk our way through the mechanics of establishing a Brazilian Limitada, which is the most popular type of company used in Brazil and more or less Brazil's equivalent of a limited liability company.

Before we examine the specific requirements for establishing a Limitada, let's take a moment to put our discussion into perspective. It's easy to forget that Brazil is not the USA or whatever country we happen to

be from. By nature, we tend to expect things to work in Brazil as they do elsewhere. As a result, we end up feeling frustrated a good deal of the time because things do not always work in Brazil as they do in our own country or other countries in which we have worked. However, by taking the time to understand a little bit about Brazilian culture, how things work there, and by being willing to adapt to a different set of rules, we can learn to appreciate the differences and discover the rewards of doing business in Brazil.

Driving may provide a helpful analogy. Driving in Brazil, say São Paulo or Rio de Janeiro is nothing like driving in most American cities. In fact,

driving in Brazil could be described as chaotic by comparison. To the uninitiated, it seems like there are no rules or if there are any rules no one seems to follow them. Rather than an orderly experience with a premium on order and safety, driving in Brazil is more like playing a video game. You're never exactly sure how all of the features work, where all the dangers lie or from what direction such dangers may come. This makes driving in Brazil an experience which requires one's constant attention and absolute vigilance with a focus more on traffic flow than an official set of rules, stop signs or traffic signals. As a result, when driving in Brazil its generally better to approach it as an adventure or perhaps a cultural



learning experience, rather than to compare it to what it is not or to treat it as merely something to endure in order to get from one point in the city to another.

Keeping this in mind, it is often helpful to compare how things are done in one country with how they are done in another, to provide perspective and to supply us with a road map by which we can anticipate the turns, twists and other obstacles we may encounter along the way. This is particularly true when it comes to how long it takes to get things done in Brazil as compared with other countries.

With this in mind, let's focus on some of the steps required to establish a *Limitada* through which to operate a business, buy a business or invest in Brazil. For comparison sake, let's say we wanted to form a company in the USA. Our friends at the World Bank, who have determined that the USA ranks third, right behind Singapore and New Zealand in terms of ease of opening a new business, boil this process down to five rather easy steps, each taking one day, some of which can be performed simultaneously, so that you can be up and running in a week or less.

These steps include registering the business name and filing the certificate of incorporation or formation with the secretary of state in the state where you are forming your company, and obtaining an employer identification number. If you plan to have employees, you will need to register for sales tax, unemployment insurance and arrange for workers compensation insurance. That's pretty much it, unless you need to obtain

specific licenses for your business, or you've decided to form a limited liability company, in the state of New York, which absurdly requires you to publish notice of the formation of your company in two newspapers over a period of six weeks within 120 days of formation.

Now let's say that you've decided to form a *Limitada* in Brazil through which to do business. The World Bank divides this process into 17 steps, which together can take up to 152 days. As discussed in our previous columns, the steps and length of time required to complete each step may differ from state to state, but the process is essentially the same across Brazil. One reason the process can take so long is that the filing requirements are spread out across various governmental agencies. For instance, to find out if the name you want to use for your company is available, you must go to the State Commercial Registry Office. But to form the company, you need to file what is known as the *Contracto Social*, or *Social Contact*, essentially the equivalent of the articles of incorporation and the articles of association or by-laws with the Commercial Board of Trade or the Register of Civil Companies, depending on whether the company's activities will be civil or commercial.

To form a *Limitada*, you must have at least two shareholders, or *quotaholders* as they are referred to in Brazil. Each quotaholder must sign the Social Contract to register his, hers or its equity interest or participation in the *Limitada*. However, since you are not a Brazilian, you will not be permitted to sign the Social Contract on your own behalf. Nor will any other

quotaholder that is not a Brazilian citizen or legal resident in Brazil. Why is that? Well, your signature cannot be verified in Brazil, since you have no legal status there and Brazil is not a party to the Hague Convention of 5 October 1961 Abolishing the Requirement of Legalisation for Foreign Public Documents or the Hague Apostille Convention, which greatly simplified the process of authenticating documents among foreign countries.

To work around this problem, you must grant a power of attorney, or *POA* to a Brazilian citizen or legal resident in Brazil, authorizing such person referred to as your *attorney-in-fact* to sign on your behalf. Generally, you will grant the *POA* to the Brazilian lawyer whom you have hired to draft your Social Contact and to form your company. Nonetheless, it's worth noting that in Brazil an accountant can perform the same tasks for you. However, using an accountant to do legal work is generally not recommended, and for obvious reasons.

Since Brazil is not a signatory to Hague Apostille Convention, the *POA* must be signed and notarized in your country of origin and then *legalized* or *consularized* by the Brazilian Consulate or Embassy which has jurisdiction over the state and/or country in which you reside. Essentially, the legalization or consularization of documents is the process by which your signature is authenticated so that it will be legally recognized in Brazil. To complicate matters further, many Brazilian Consulates, for whatever reason only accept postal money orders to pay for the fees involved. That's right, no checks (very un-Brazilian), not even

bank or certified checks, no credit cards and no cash.

Once you have had your POA legalized at the Brazilian Consulate or Embassy, you will forward it to your Brazilian lawyer. Your lawyer will arrange to have your POA translated into Portuguese by an officially recognized translator known as a “*Sworn Translator*”. After the POA has been translated, it will be registered before a public notary in Brazil. Now your attorney-in-fact can sign your company’s Social Contract on your behalf, and file it with the proper governmental agency to form your company.

Once your Limitada has been organized you will need to register with the Office of Federal Revenue of the Finance Ministry to obtain a tax identification number for your newly formed company, known as a *CNPJ*. You will need to register any employees you hire with the National Institute of Social Security. And you will also need to register with the Tax Authorities of the state in Brazil where you formed your Limitada. In addi-

tion, you will also want to hire an accountant to assist you with your fiscal filing obligations, including the payment of various taxes associated with owning a company and doing business in Brazil.

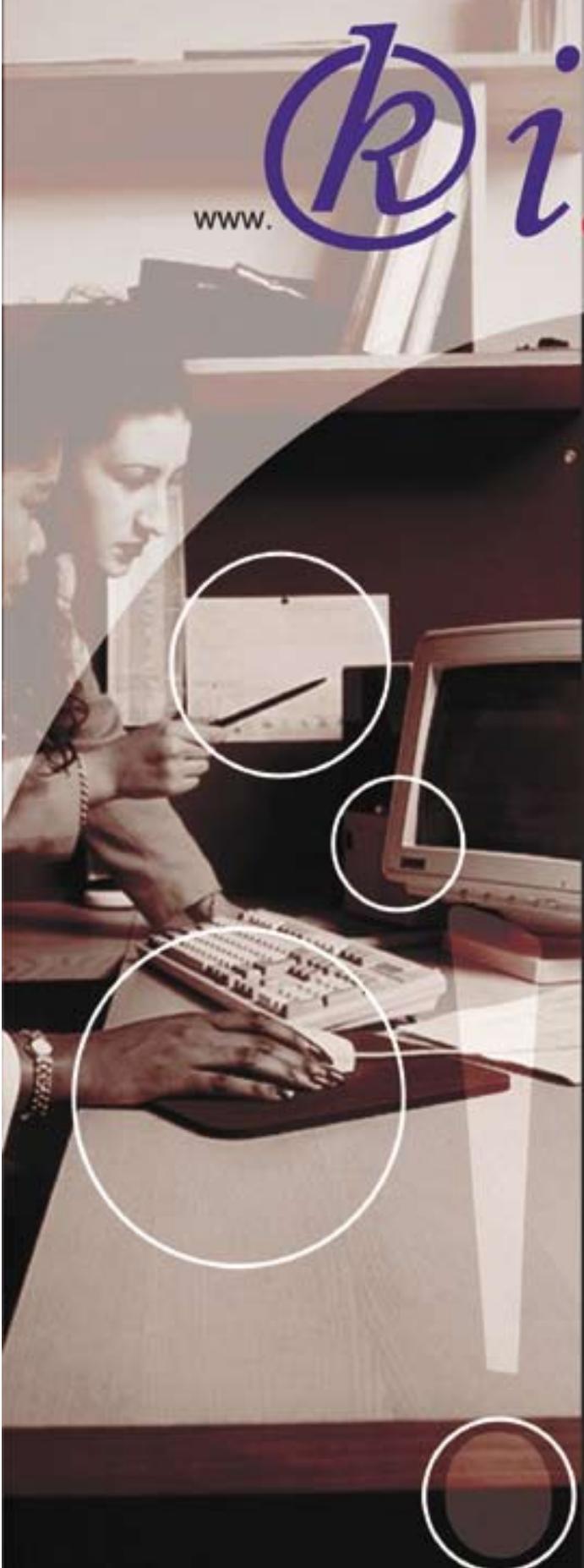
Needless to say there are several other steps, including getting authorization to print invoices and official receipts known as *nota fiscais*, obtaining any required operating permits and registering employees with in the unemployment insurance program. You may even be required to obtain a Fire Brigade license from the state in which you have formed your Limitada. But, for now there is no need to elaborate further on all of the steps or potential steps required to get your company up and running; your lawyer will assist you with this. Besides, I wouldn’t want to lose the few readers who have stuck with us this far. If you would like to review all the steps and the estimated time required to complete them, you can always take a look at the World Bank’s Doing Business Website at [www.doingbusiness.org](http://www.doingbusiness.org).

In comparison to other countries, forming a company in Brazil can seem unnecessarily cumbersome. Certainly there is much Brazil could do to streamline the process. However, if we approach the process as an adventure or perhaps a learning experience, rather than simply comparing it to what we are used to or how we think things should be, forming a Limitada need not be a painful process.

With this in mind when doing business in Brazil it’s sometimes helpful to think about being in line at Disneyland. It’s not so much about how long the line is, or even the fact that we have to wait in it. After all, this is what we expected when we decided to participate in one of America’s premier cults of consumerism. What we really want to know is how long we’re going to have to wait in line. Well, Disneyland, at least the one time I was there cleverly deals with this problem by posting signs along the way that tell you how much longer you will need to wait from that point on, thereby managing your expectations. It’s with this idea in mind that we need to approach doing business in Brazil in general, and establishing a Limitada in particular. Our goal at this point is to manage our expectations, to understand that there is a line in which we will have to wait and to get an idea as to how long we may have to wait there. Generally speaking, the time required to form a Limitada and obtain a CNPJ can range from two to three months.

\* Mr. DiPaolo is the co-founding managing director of Fidelis Group do Brasil Consultoria, Ltda., a legal/business consultancy specializing in assisting non-Brazilians who want to do business or invest in Brazil. He can be reached at [dipaolo@fidelis-law.com](mailto:dipaolo@fidelis-law.com)



A photograph of a person sitting at a desk, looking down at a laptop. Three white circles highlight specific items: a laptop screen, a computer monitor, and a keyboard.

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# Bianca Rossini

biancashow@earthlink.net



1. Perfect musical contrast was the performance by **Joyce** and **Dori Caymmi** at the **Jazz Bakery**. Dori with his deeper voice and I-don't-like-to-smile type of style, who can turn even a happy samba into an introspective, moody dramatic song, contrasted beautifully with the ever-so-light, feminine singing style of Carioca-born Joyce. When Joyce sang "Sampa" by **Caetano Veloso** and "Conversa de Botequim" by **Noel Rosa**, although they were two songs I grew up singing, somehow this time Joyce's interpretation was like being in Brazil—my Brazilian heart was happy, my body wanted to dance... in the corner of the room a couple had taken their shoes off and were dancing together... I smiled for they were doing what is natural when you hear Brazilian music - romancing and dancing.

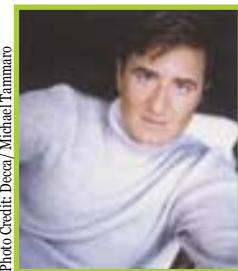


D.G.A. Present was the **The First Lady of The Republic of Poland, Madam Maria Kaczynska**, and celebrities including director **David Lynch** and **Stacy Keach**. It was a beautiful night full of energy and celebration including the after party in Beverly Hills.

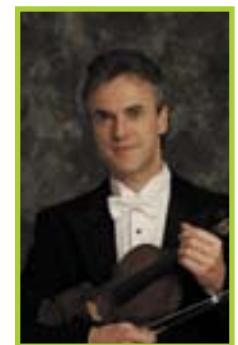
3. Listening to Finnish born **Esa-Pekka Salonen** speak before the premiere of his new piece "**Helix**" at the **Walt Disney Concert Hall** was like listening to James Bond intimately. Salonen's voice is *that* sexy. As he described to the Walt Disney Concert Hall's audience how his original piece "Helix" was created and what it meant to him, he moved his hand with each word as if conducting an opera. He explained that he declined to compose a six-minute celebration piece for the 60th year anniversary of the end of the Second World War, as it wasn't enough time for something of that caliber. He was then given free reign to compose a short piece about whatever he wanted, which was "Helix". When I listened to "Helix," however, I heard a perfect score for a Spielberg film about the war. The black and white war movie images were playing

**2. Cass Warner** (Harry Warner's granddaughter) and I were jurors and presenters for the **Best Documentary Award** at the **2007 Polish Film Fest**. Festival Director **Vladek Jusz-kiewicz** hosted the Gala held at the

in my mind's eye. I came away feeling that Salonen had created a war piece in spite of himself.



4. Salonen was followed by the magnificent French **Jean-Yves Thibaudet** performing **Ravel's** **Piano Concerto for the Left Hand**, which brought tears to my eyes. I had a perfect seat where I could see Thibaudet's left hand as he performed with passion and clarity. It felt like twenty fingers were playing, and at times I double-checked to see if he wasn't using his right hand--that's how astonishing it was! I think if Ravel were still alive, he would have kissed Thibaudet's left hand. To end the program, Salonen conducted **Prokofiev's** "Romeo and Juliet," adding a very romantic and passionate tone to an already brilliant night of music.



5. Members of the Los Angeles Philharmonic headed by **Martin Chalifour** performed chamber music by four great composers at The Disney Concert Hall. My favorite was the second part of the program, which included **Mozart** and **Strauss**. During the second half of the concert, Chalifour addressed the entire audience, turning his body 360 degrees to give his speech, and responding to the applause coming from every

side of the stage in the bowl-shaped concert hall. The audience was grateful. This time the musicians thanked the entire audience. Details like that make an ending complete.



6. Brazilian artist **Carmem Gusmao** was in town (L.A) recently for the launching of her exclusive Jewelry collection at **Frederic Missir in Beverly Hills**, combining a book signing for my poetry book ***A Brazilian Heart*** that includes her artwork.



7. "Float like a butterfly, sting like a bee," is how I will title Joey's performance," said L.A. Times Music Critic **Don Heckman** as we walked out of the Jazz Bakery after listening to jazz organist **Joey DeFrancesco**. I couldn't help but imagine that everything in Joey's life must be infused with that same passion. He looks like a generous man who wants to give it his all. When told that he could take a break after his first set, he said "We are here...let's play more..." and without missing a beat, he played his heart out in beautiful harmony with guitarist **Jake Langley** and drummer **Byron Landham**. We were given an extra and unexpected gift --singer **Colleen McNabb**--who sang two numbers. My favorite, "Don't Go to Strangers," captivated the audience with her gentle interpretation.



8. Argentinian bandoneón **Dino Saluzzi**'s spirit is passionate, with a Latin dramatic style full of heart, which made me feel the influence of his dad, who taught Dino. German cellist **Anja Lechner**'s playing added a contrasting texture to their duet. The packed auditorium at the **Skirball Center** was a perfect stage to showcase the intimacy of their set.



9. The 24<sup>th</sup> Annual **ASCAP Pop Music Awards** held at the **Kodak Theater** recognized the song-writers and publishers of the most performed pop

songs in the ASCAP repertory for 2006. It was a night of awards music and homage to singer/composer **Melissa Etheridge**. I spoke with Melissa, **Jimmy Webb** (who is doing a project in Brazil), **Michael Stargate**, **Latavia Parker** (writer for Shakira), **Darrell Brown** and **Jackson Browne** (who listens to Brazilian Music every Friday on KPFK Pacific radio). At the awards ceremony in the Kodak Theater, I sat and talked with **Talking Heads** member **Jerry Harrison**. Just before getting to the theater, I heard **David Byrne** on the radio, which made me remember the '80s NYC music scene.

10. The well-received comedy drag show **"I Didn't Break a Leg"** featuring dancer and



entertainer **Mario Marchiaro** will appear at **Ultra Suede** in West Hollywood all four Thursdays in June. This very funny and entertaining show chronicles the story of a girl born in a small village in Northern Italy and her unique journey as she dances her way from Italy to America.



11. **The Celebrity Vault** in Beverly Hills opened its doors with a fabulous photo exhibition by Celebrity Photographer **Richard Miller**, age 94, on one of his favorite subjects – **James Dean**. Miller told me how **James Dean** set up one of his favorite photos next to Liz Taylor. It appeared spontaneous, but in fact Dean saw a great photo op for Miller, who seized then the moment.

12. A Brazilian Fine Art/Photo-Artist designer for 20 years, **Alex Vignoli** will be participating at **Ashawagh Hall**, Springs - **East Hampton**, NY for the Annual "Photographers Choice" and "Photography Rocks!" Exhibitions at the Bravura Art & Objects Gallery in **Southampton**. Vignoli's work is deep, sensual with lots of beauty.

\* **Bianca Rossini** is an actress, writer and TV personality. She is Brazilian and lives in Los Angeles, CA. For reviews on music, dance and other performances around town or to know more about Bianca visit her website [www.biancarossini.com](http://www.biancarossini.com)

\*\* **Special Thanks:** Photographers Art Zdanowski ([artsphotoshop.com](http://artsphotoshop.com)), Jacek Nowaczynski, Albert Golembiowski, Rick Miller and Hugo Espinosa; Publicist: Denise Doorman ([writebrainmedia.com](http://writebrainmedia.com)); Bianca wears Fashion by Galina Sobolev and Flora Kung; Bianca's jewelry by Frederic Missir; Bianca's hair: Luciana Mazzieiro ([Byu-ti.com](http://Byu-ti.com))

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# Losing Weight with Alternative Therapies

Do you want to lose weight but don't feel like exercising or taking medicines? Then keep on reading this article to learn more about some of the best alternatives therapies and healthier methods used more frequently nowadays, such as the Orthomolecular Diet, Mental Power and even Hypnosis! They all promise not only a weight reduction, but also an improvement in your quality of life, hair, digestion, skin and sleep. They are treatments that demand professional assistance and, to reach your goal, you will have to use your will power, especially regarding your food habits. All these methods have something in common: change your life for the better and without medication. So let's go...

## Orthomolecular Diet

According to the Orthomolecular Therapy extra weight is caused by stress because it helps to release the hormones adrenalin and cortisone that regulate feelings of hunger and satiation which inhibit the weight reduction. The secret lies in effectively balancing the chemicals in your body. It is vital that individuals understand the importance of a balanced nutrition and a healthy lifestyle which are directly related to their biological needs. They also must keep in mind that the stress treatment is multidisciplinary. The quantity and the kind of food alone aren't enough. Since the balance that you so badly need can also be reached through the ingestion of extra micronutrients like minerals, vitamins and omega 3, the chemical

balance of your body is the sustenance point of everything. The consumption of aliments with large antioxidant concentration combined with the practice of relaxation techniques and the reduction or termination of bad habits such as drinking and smoking, can take a person through a gradual and eventual complete improvement of their whole well being. Blood exams need to be taken so it can be determined which vitamins and minerals are needed. The combination of nutrients, according to each person's needs, improves metabolism and makes the process of fat and toxin elimination much easier.

**Results:** The loss of weight is a natural consequence of the nutritional balance and there is no need to use appetite inhibitors. The treatment takes at least three months.

## Mental Power

This therapy came all the way from China and endorses the use of the power of mind to solve weight problems with an emotional source. According to specialists, people are overweight due to their ancestral heritage. This theory holds that around ten thousand years ago humans lived in the colder climates of Northern Europe where food was not easy to obtain. Consequently, there was always a fear of death by starvation. When food eventually was available, a large amount was eaten in an attempt to acquire an "energy reserve". Specialists say that this way of eating is still registered in our DNA and that's why we keep getting fat. The Mental



Power therapy theory believes that if you want to lose weight, you must see yourself as thin. Look at yourself and try to imagine yourself wearing smaller clothes and having the body of your dreams. With this attitude and mental picture, the information that your mind receives is that you are thin now. This will stay recorded in your subconscious and you will naturally lose weight. A lot of will power and practice is required, otherwise the therapy won't work. Fried foods, fatty foods and sugar must be completely eliminated from your diet.

**Results:** Women can lose as much as 150 grams a day and men can lose as much as 300 grams day.

## Hypnoses

It works as a complete treatment because you'll not only lose weight but also because you can get to the root of your subconscious "overeating" to eventually achieve a better quality of life. Many patients just cannot get thin due to deep rooted emotional issues. However they still continue to try and often

times other problems such as depression can appear. Hypnosis can go to an exact point of your past and solve the problem. Starting from this point the weight reduction happens in a natural way, according to specialists. The cause of obesity can lie in a childhood trauma or even something that happened in another life. The hypnosis can help the stimulation of such memories that are lost in the subconscious. At the moment that these emotions are brought to light, it's up to the hypnotherapist to make affirmations regarding the real problem and through philosophical reasoning tell the patient about the attitude that must be eliminated in order for the expected weight to occur.

**Results:** as the cause of the problem gets solved, the person will lose all the weight needed. It's obvious that a reduction in the eating habits will help, but the patient will naturally feel less

hungry because their anxiety will be gone. The treatment takes at least a year and each session lasts one and a half hour.

### Oligoelements

Our bodies have the need of catalyst metals like manganese, cobalt, iron, zinc and chrome, among others, to function perfectly. The lack of some of these metals can cause irritability, anxiety and tiredness and loss of sleep. According to specialists, when a person treats an oligoelements caused dysfunction, their body answers positively by slimming down, because the therapy involves the organization these trace chemicals and complete detoxification of the body. The treatment is done through the addition of natural substances (applied in a gel form over the arm and thigh areas) that are missing in the body. Along with the help

of a machine that ionizes the natural substances (similar to the ones used in skin cleaning), it is possible to make the substance penetrate into the blood stream. Usually one application is made every week in a clinic. At home a sub-lingual maintenance is recommended by simply putting a few drops of an extract (made with the oligoelements) beneath the tongue. The individual must also adopt new eating habits. **Results:** after two weeks you'll already notice an improvement in your humor. Then, as the treatment progresses, you'll lose a little over 2 pounds every month. The treatment lasts for about four months with weekly visits to the clinic. After this phase monthly maintenance is all that is necessary.

\* English Edition by Ann Fain

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# Super Surf Brasil Promotes Eco-Friendly Attitudes

Photo by Daniel Smorigo – FAMA/SP

The ecological conscience in the fight to preserve the environment is forming a new society that shows more humanitarian and less materialistic means. This fact is reflected in the education and the attitude of many people, companies and organizations. In this "new era" more and more raise the flag to fight in favor of the ecology. The Brazilian Non-Profit organization SOS Beaches of São Paulo is part of this parcel of the society that is concerned about how mankind affects the natural environment.

One the actions of SOS in this past April (2007) was the collection of all the garbage generated for the biggest surf event in Brazil, the Super Surf in the city of Florianopolis. This event attracts a lot of people and for the relief the impact that it can bring to the environment, garbage receptacles had been placed behind the stage. Moreover, in front of the event, on the shore, were garbage deposits made of natural material. These actions were facilitated by the work of the volunteers of the ONG and left the event the cleanest and more eco-friendly. All the garbage collected during the championship was destined for a recycling plant. With this type of attitude, the SOS Brasil Praia, intends to continuously better improve the relationship between mankind and nature, showing that with simple attitudes, it is possible to act with "Eco- Efficiency"

and assist the population in the search of a better world. To achieve this, it is necessary to give special attention to global warming and promote simple attitudes that can make the difference.

The president of the ONG, Marcelo Marinello said, "I have been working for more than 20 years in bringing awareness to the public. He raises environmental consciousness by alerting the population for the intelligent use of water, as well as the prevention of the deforestation of the coastal vegetation, since with the gradual melting of glaciers, which causes sea level to rise and advance on coastal regions". Marcelo finished by saying "Only now this subject has become important. People are worried more about the profit of businesses and forget that, without a perfectly healthy habitat we will not have a healthy life. Nobody is 100% ecologically correct, all of us commit errors. But the error is a defect and we need to at least make less error".

Besides educating the people on the aggressions to the environment, the ONG also worries in calling attention of the children to this reality. During the April event, some special activities were prepared for the children as environmental games and garbage collecting. After the end of the first stage of the Super Surf in Brasil, the work was

completed with total recyclable materials of over 45 pounds of Aluminum, 50 pounds of paper and almost 180 pounds of plastic. This material was sold and the money was given to two poor local families who had helped with the garbage collection. Recycling is considered one of the most efficient forms of the elimination of residues, therefore the garbage can return the productive cycle, encouraging the reduction of the environmental pollution and economy of the natural resources.

\* To find out more about the ONG SOS Brasil Praias (Brazil Beaches), established in 1999, you can check [www.sospraiasbrasil.org.br](http://www.sospraiasbrasil.org.br)

\*\* Special thanks to Lívia Giovanetti and Daniel Smorigo (photos) from FAMA in São Paulo, Brazil - [www.famaassessoria.com.br](http://www.famaassessoria.com.br)



# "Like Mom"

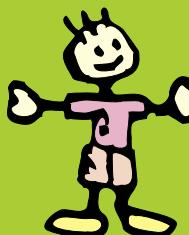


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# Super Surf Brasil

## Exemplo de “Ecologicamente Correto”

Photo by Daniel Smorigo – FAMA/SP

*A consciência ecológica na luta da preservação do meio ambiente vai formando uma nova sociedade que se mostra mais humanitária e menos materialista. Esse fato reflete na educação e na atitude de muitas pessoas e organizações. Nos tempos da era 2000 mais e mais pessoas, companhias e organizações levantam a sua bandeira de lutar a favor da ecologia. A ONG SOS Praias do litoral de São Paulo faz parte dessa parcela da sociedade que está preocupada com o que o homem faz com a natureza. Uma de suas ações no último mês de abril (2007) foi a coleta de todo o lixo gerado pelo maior evento de surf do Brasil, o Super Surf na etapa da Praia da Ferrugem no litoral de Santa Catarina.*

*O evento atrai uma grande quantidade de pessoas e para amenizar o impacto que isso traz ao meio ambiente foram colocados depósitos de lixo atrás da estrutura (palanque). Além disso, na areia da praia, em frente ao evento, foram colocadas lixeiras feitas com material natural. Essas ações facilitaram o trabalho dos voluntários da ONG e deixam o evento mais limpo e ecologicamente correto. Todo o lixo coletado durante o campeonato foi destinado a uma usina de reciclagem. Com isso, a SOS Praias Brasil, pretende cada vez mais ajudar a melhorar a relação Homem/Natureza, mostrando*

*que com atitudes simples é possível agir com eco eficiência e auxiliar a população na busca de um mundo melhor. Para isso, é preciso dar uma atenção especial ao aquecimento global, que está sendo alvo de toda a mídia e que, cada dia mais, aponta o homem como o principal responsável.*

*“Há mais de 20 anos venho trabalhando, alertando a população para o uso inteligente da água e prevenção do desmatamento da vegetação costeira, muito importante na contenção do avanço do mar, já que com o derretimento progressivo das geleiras, ele vem continuamente avançando sobre a terra”, alertou Marcelo Marinello, fundador da ONG. E continuou “infelizmente só agora o assunto se tornou importante. As pessoas se preocupam mais com o lucro de seus negócios e esquecem que sem um habitat perfeitamente saudável não haverá vida saudável. Ninguém é 100% ecológico, e todos nós cometemos erros, mas o erro é um defeito, e precisamos pelo menos errar menos”, completou Marinello.*

*Além de conscientizar as pessoas sobre as agressões ao meio ambiente, a ONG se preocupa também em chamar a atenção das crianças para essa realidade. Durante o evento de abril, realizou-se várias atividades*

*com a criançada sobre educação ambiental, entre elas uma gincana de coleta seletiva, a corrida dos lixos e revezamento da limpeza. Após o término da primeira etapa do Super Surf, o trabalho se completou com a retirada do lixo gerado pelos estandes e foi feita a pesagem de todo o material reciclável. Resultado: Alumínio – 20 kilos, Papel – 24 kilos e Plástico – 90 kilos. Esse material foi vendido e a verba destinada a dois moradores que ajudaram no trabalho de retirada dos lixos. A reciclagem é considerada uma das formas mais eficazes da eliminação de resíduos, pois o lixo pode retornar para o ciclo produtivo, ocorrendo a diminuição da poluição ambiental e economia dos recursos naturais.*

*\* Para conhecer mais sobre a ONG SOS Praias Brasil, fundada em 1999, basta acessar o site [www.sospraiasbrasil.org.br](http://www.sospraiasbrasil.org.br).*

*\*\* Special thanks to Lívia Giovanetti and Daniel Smorigo (fotos) from Fama Assessoria in São Paulo/Brasil - [www.famaassessoria.com.br](http://www.famaassessoria.com.br)*



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# Free Phone Calls and the Different VOIP Options

Thanks to Voice over IP technology and the widespread availability of broadband, since a while is possible to talk free of charge with anyone around the world. Getting in touch with someone on the other side of the planet is becoming just as easy as talking to your next-door neighbor these days. First it was email, then IRC chat-rooms, then instant messaging, and now the world is being sucked in by VOIP (Voice-Over-I). Thanks in part to the popularity of Skype, but most recently also by newcomers Voice Buster and Voip Stunt, using your computer to talk with people around the globe cheaper or free is a pretty good reality.

## SKYPE

It is quick and easy to install and the last version 3.0 offers several features, including SkypeOut, calling from Skype to regular and mobile phones worldwide, free conference calling and secure file transferring. Calls have better sound quality than your regular phone and are highly secure with end-to-end encryption. Skype has made the technology accessible to all through its simple and fun-to-use chat-style interface. The program is gaining in popularity, meaning the community of users you can chat to for free is expanding. The last update contains some decent additions to the previous version, most notably its webcam facilities. This means you can now watch your buddies as you chat to them and let them see you if you want. You can use the program to chat with other Skype users anywhere in the world for free either via telephone or the built-in chat feature. However, some overly optimistic users may be disappointed to learn that you still need to pay for credits to make calls to landlines and mobiles with Skype - through the



SkypeOut function. There's plenty you can do other than just having a two-way conversation with a friend, including inviting other users into a conference, setting up chat rooms, exchanging files and viewing the history of your contacts. You can even set up customized voicemail to record messages while you're away from home or base. [www.skype.com](http://www.skype.com).

## VOIP STUNT

It is certainly one of the most eye-catching of the Skype copycats out there. It's so cheap in fact that it offers free calls from your PC to landlines in a wide range of countries including the UK, Germany, France, Spain, Canada, Australia and the US. Even for those countries where calls to landlines aren't free, the call charge with VOIP Stunt is generally cheaper than Skype.

But before you start ditching Skype and switching, there are a couple of points you should consider. For starters, to use VOIP Stunt you need to have credit in your account in order to make calls, even free ones. While it may sound like a bit of a scam, the minimum top-up is only about \$12. The credit remains in your account for 120 days, so it's possible to make infinite calls to landlines (in the countries listed) while only paying this nominal fee every four months. Nevertheless, the service is still effectively a subscription-based system, but then the developers do have to make their money from somewhere. Note also that VOIP Stunt contains nowhere near the amount of features that Skype comes with. This means no instant messaging, no video conferen-

cing and only a limited range of settings. So, if you're busy chatting away all night with your friends and family for nothing then you can quite easily forgive the application these shortcomings. [www.voipstunt.com](http://www.voipstunt.com)

## VOIPBUSTER

It is a stripped-down version of Skype with one essential difference - it's cheaper. You may be wondering just how minimal is "stripped down"? There are no conference calls, video conversations, chat sessions and customer service is not all that, but you can call to any phone number for free (\*). The program is basic, with tabs for your contact list, call history, buttons to dial and details of your current call. During a call the program takes control of your recording volume and while this feature is potentially very useful, it tended to gradually get lower and lower to a point beyond being comfortable. Setting the volume manually will work for a while but VoIPBuster showed real determination by pushing it down again. As recommended, the best way to secure a quality line is to use a headset. The company is owned by a Swedish Telecom and although they circulate multiple versions of software similar to VoIPBuster, it doesn't subtract from the fact that if you make regular calls to fixed numbers it will save you a considerable amount on those costs. To get started with unlimited free \* calls you must subscribe and charge your account with ten Euros worth of credit. A small price to pay

for unlimited free calls, although bear in mind that credit does expire after a period - currently set at 120 days. [www.voipbuster.com](http://www.voipbuster.com)





# A Ponte

By Pastor Marcelo Gonçalves  
Foto: Aninha Soltesz

Photo by Ana Soltesz



**E**m uma terça-feira do mês de Maio fui fazer uma pequena apresentação no Kiwanis International em La Puente na região metropolitana de Los Angeles. O meu objetivo nessa reunião foi criar uma ponte entre esse clube de serviço e nosso trabalho evangélico e comunitário aqui em Whittier.

Quando duas margens de um rio ou dois lados de uma baía são unidos por uma ponte a vida muda, ou seja, a comunicação e o relacionamento florescem naturalmente. Por isso a ponte

é um símbolo de amizade e união. No domingo anterior a apresentação, eu passei a noite embaixo da ponte. Não, eu não dormi fora de casa, embaixo de uma ponte, apenas passei algumas horas aqui no meu computador prestando a minha apresentação sobre esse tema da "ponte". Uma das pontes mais charmosas que tive a oportunidade de passar é a famosa Golden Gate, em San Francisco. Construída em 1937 ela tem resistido terremotos e ventos de mais de 150 milhas por hora.



**IGREJA BRASILEIRA**  
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**\*Pastor Eliel Soares\***

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7926 Pickering Ave, Whittier, CA 90602

Pastor Marcelo Gonçalves - [pr\\_marcelo@brchapels.com](mailto:pr_marcelo@brchapels.com) - (562) 329-0175

Qual é o segredo da sua resistência? Posso dizer que basicamente são dois:  
1) Sua base foi construída sobre rocha firme. As duas torres e suas cabeceiras onde estão fixados os cabos de aço estão fortemente fincadas na rocha. Todo relacionamento precisa ser construído sobre a verdade. A verdade não muda e é firme como a rocha.

2) A flexibilidade. Os longos e fortes cabos que sustentam a ponte dão a ela a flexibilidade permitindo que ela suporte fortes ventos e terremotos. Se existisse um pouco mais de flexibilidade em nossos relacionamentos poderíamos suportar as tempestades da vida sem quebrar.

Que Deus esteja sempre com vocês.

\* Pastor Marcelo Gonçalves dirige a igreja evangélica Brasileira de Whittier e que antes estava localizada em Anaheim. Para saber mais sobre o trabalho da Brazilian Chapel e do pastor Marcelo visite [www.brchapels.com](http://www.brchapels.com)



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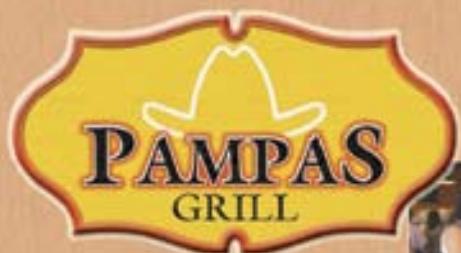
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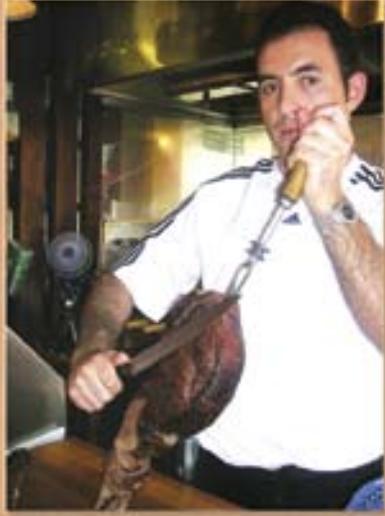
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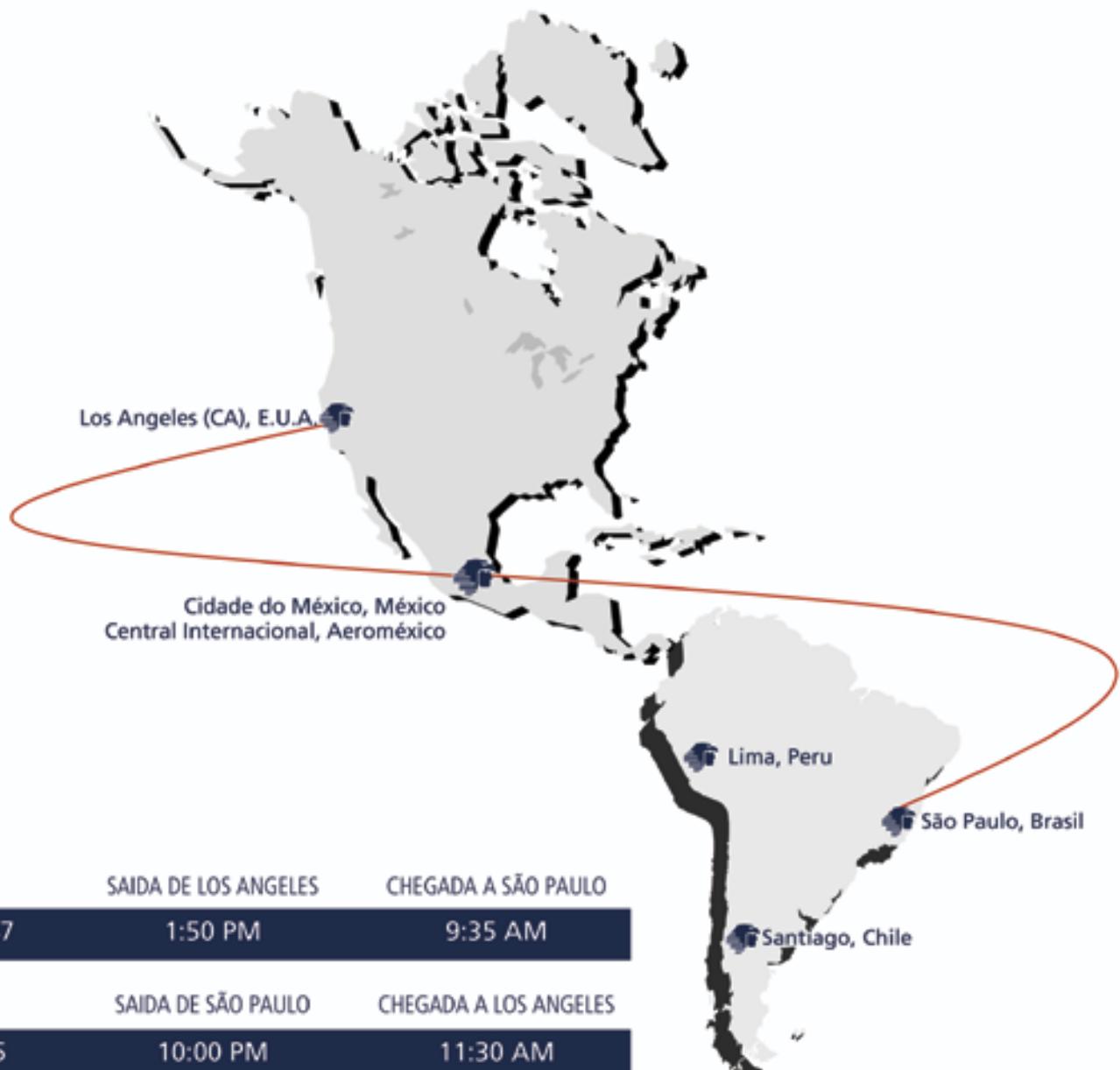
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