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August/September 2007 Year 5 ISSUE 31

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“Jalapão” A “Golden Desert” with Lots of Water

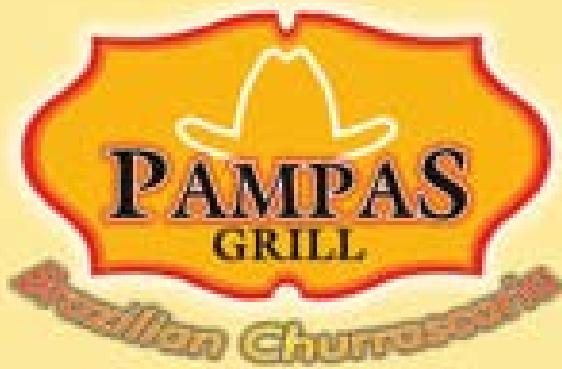


Earth Watch
Amazon Help

*Art of Living
Ego and the Law
of Attraction*

*Doing Business in Brazil - 4
The Despachante*

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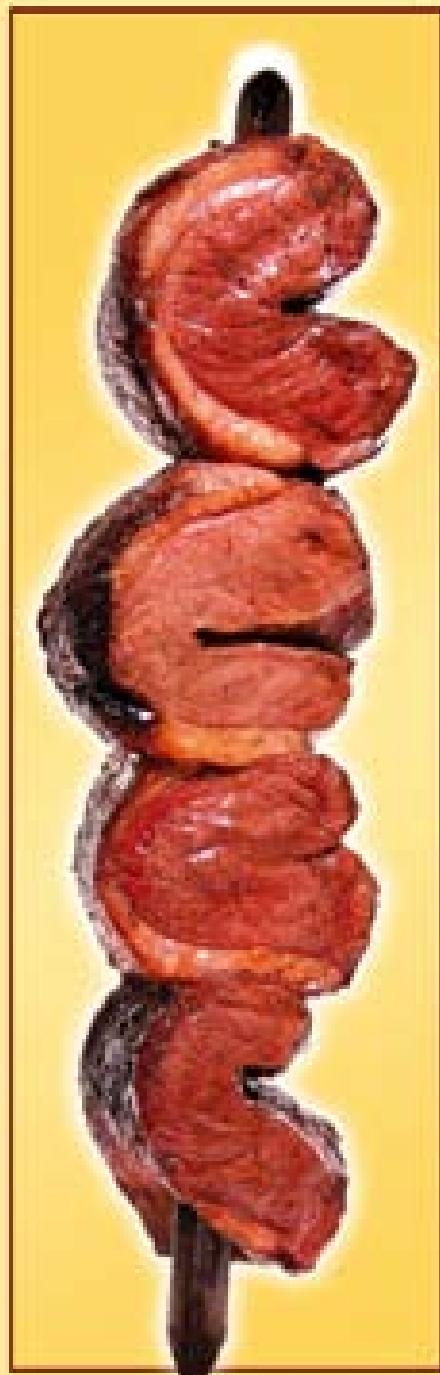
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Editor's Letter Carta do Editor

We are celebrating 5 Year on the road, and we would like to thanks you the reader, our value sponsors & advertisers, and for sure our collaborators (some of them during 5 years, others only for an edition, others that is somewhere in our planet, others that always say hi and is around us). Bellow you will find some of them.

Trust in your own willpower and ideas to make things happen. Please keep reading!

Lindenberg Jr.

Estamos comemorando 5 anos de estrada e gostaríamos de agradecer a você leitor, nossos patrocinadores e anunciantes, e claro, a nossos colaboradores (alguns deles durante todos esses 5 anos, outros por apenas uma edição, outros que se foram e nunca mais deram notícias - mas sei que ainda vamos nos cruzar, e outros que continuam sempre por perto!). Abaixo estão alguns deles.

Acredite em você, na sua capacidade, no Universo e em Deus, e as coisas começam a acontecer! Valeu e continuem lendo.

Lindenberg Jr.



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* Broccoli Against Cancer

Yes is true! A recent study from the University of Illinois found that when you chew fresh broccoli, you rupture the plant's cells, releasing a powerful cancer-fighting chemical called sulforaphane. Broccoli that's been lightly cooked contains up to three times the sulforaphane. Next time when go to the market, make sure you have broccoli in your list!



* People Having Sex at Least Twice a Week

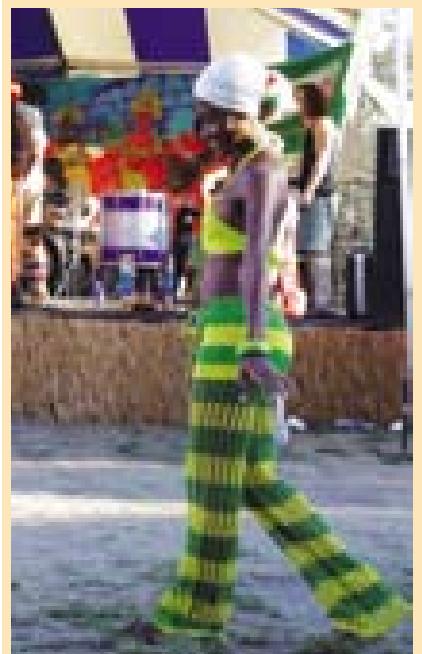
Doing it, help us to stay younger because the orgasm can increase your lifespan - the hormone DHEA, made by the adrenal gland and that increases in response to sexual activity. Yes is like a boom...can boost your immune system, improve cognition and still can repair tissue. So each sexual acting bring an orgasm is like a fountain of youth! So, a very good reason for "not anymore young's people" keeping the sex with their partner alive and the "flame of love" on.



* The 22nd Annual African Market Place and Cultural Fair in L.A.

Back again this summertime of 2007, the 22nd celebration of the diverse cultures of the African Diaspora includes Brazil and the Caribbean. The event is set for 3 con-

secutives weekends starting August 18 and 19, than 25 and 26, for finish on the long weekend of Labor Day Sept. 1, 2 and 3. A **Brazilian Day Celebration as traditional during the years will be happening on Monday, Labor Day from 10am to 9pm** with different Brazilian local bands performances and including direct from Brazil, the Afro-Brazilian Band Afro-Reggae from Rio de Janeiro. Last Year the event came back to the original location at the Rancho Cienega Park (after few years at Exposition Park) at 5001 Rodeo Rd just 1 block East from La Brea Blvd. and a few blocks south from the FWY 10. Last year during the 3 weekend's extravaganza the event received over 245.000 visitors who enjoy the flavors and sounds of African culture, with over 200 merchants selling crafts and clothing from Africa, Caribbean and Brazil. This year besides the arts and crafts booths, the food court and the music & dance performances in 3 different stages, you can find the Little Africa Youth Village offering workshops, storytelling and a petting zoo to the kids; a health fair with information and referrals for a variety of medical issues, as well as simple screenings; lectures from a range of African American authors at the Literary Village; the Fine Arts Pavilion for African woodcarvings and masks, and the Ethnic Restaurant Pavilion offering delightful food and special drinks. The last 5 years event has been supported by Soul Brasil magazine and more information can be found in our site www.soulbrasil.com or through the African Market Place website www.africanmarketplace.org .



* Brazil Wants 2014 World Cup

After the successful Pan American Games in Rio, the Brazilian Football Association (CBF) has formally submitted last July 31st its bid to stage the 2014 World Cup finals presenting a 900-page dossier to Fifa. Brazil is the sole bidder after Colombia pulled out last April - Fifa's rotation policy makes South America turn to host the finals. Brazil previously hosted the event in 1950 and loosing the final game against Uruguay. Despite Brazil having a clear run, the Fifa president Joseph Blatter warned that a failure to meet Fifa's requirements could lead to the nation losing the finals. But with the recently Pan-American Games valuable organizational experience, the new state of art stadium João Havelange in Rio and others to come, the true real love for soccer of Brazilians, and several Brazil 2014 World Cup pro-events/campaign to be held in different cities around the world and inclusive here in Los Angeles, San Francisco, Miami and New York, the huge lovers of Brazil community is more than ever clapping the hand and saying Brazil, Brazil for 2014!



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SOS Amazon

English Edition: Ann Fain

The Amazon is the largest humid tropical forest on the planet, around 5.5 million km², with roughly 3.3 million km² located in Brazilian territory. The remainder is divided between Guyana French, Surinam, Guyana, Venezuela, Colombia, Ecuador, Peru and Bolivia. However, with each passing day this ecological heritage increasingly faces the threat of extinction. The index of deforestation in the Amazon reached 26.130 km² between 2003 and 2004, the second largest rate since 1995, when the record 29.059 km² of area cleared was recorded. Now, the largest tropical forest on the planet is more threatened than ever.

This problem concerns the entire planet. The Amazon is one of the largest regions of biodiversity on the planet with an impressive quantity of animal species and vegetables, and its devastation brings grave consequences. The destruction of the forest has a direct impact on medicinal and genetic researches. Also, Brazil is responsible for approximately 2.51% of all the carbon dioxide emissions in the world (not including the percentage of burned acreage) and climatic changes. The latest research indicates that there exist around 2.5 thousand species of trees, of which more than 500 thousand are knocked down each year.

If this pace keeps up, part of the Brazilian forest runs the potential risk of disappearing soon, and the risk of extinction is clear, which can not only significantly compromise the scientific and medicinal development of the planet, but can also present severe health problems for our planet's inhabitants. In the last several years the Brazilian Government, through joint actions of the Department of the Environment, the Police Federal, the Department of Labor and the Army, has

been trying to preserve the Amazon aiming directly at a more sustainable and less aggressive model for the development of the region. However, despite these efforts, deforestation in the region still has not been obtained. The greediness of man and of the big corporations, and the absence of ecological conscience, are by far the largest problems the Amazon faces.

There are three kinds of Amazonian forest: dry land, igapó and meadow. The forests of dry land possess the high trees where some species of animals can climb 65m. The leaves of the trees stop the entrance of sunlight into the interior of the forest leaving it humid and without ventilation. In the Castanheirado-Pará, the caucho (latex) and the guarana are its most common species. In the shorter land – the central Amazon Basin, is the forest of igapó. This forest is formed by low, dense vegetation and by an aquatic plant known as Victoria Regia. The meadow forest is a kind of transition between the two first, whose composition varies according to the proximity of the rivers. Here you can find the rubber tree, the palm tree and the valuable Jatobá, between other large-scale trees.

Vegetables are the main economic activity, and also the main focus of dispute between natives, government, and international and national industries. The Institute Osvaldo Cross and the Company of Technological Development (Codetec) are studying the 264 species of interest for industry in order to create a plan of rational exploitation that does not provoke extinction, yet will allow for the growth of the economy of the region in a sustainable manner.

Why Protect This Ecological Heritage?

The Amazon Forest has an important and in-

tegral role related to our quality of life and the health of the planet. The deforestation results in soil loss, floods, droughts, loss of rich and bountiful habitats and severe climatic changes. The destruction of our tropical rainforest destroys one of the greatest store-houses of genetic diversity on Earth.

Important Role

*The beginnings of change started years ago and have recently increased with the 2006 documentary *An Inconvenient Truth* by Al Gore. However, there is much more work that needs to be done to redirect the global economic system away from environmentally and socially destructive activities and into clean, sustainable development and socially just alternatives. Thanks to the involvement of non-profit organizations like Greenpeace International – www.greenpeace.com, Amazon Watch – www.amazonwatch.org, Pro-Natura Brasil – www.pronatura.org.br and Earth Council Alliance – www.earthcouncilalliance.org (just to mention a few), and big American corporations like Citigroup and Goldman Sachs, policies have been adopted that safeguard old growth and endangered forest and curb investment and climate changes. American/Brazilian companies like Sambazon – www.sambazon.com and One World Enterprise – www.onenaturalexperience.com (both exporters of Açaí from Brazil using superior sustainable development models of business) and many others, our planet should have a new chance.*

What We Can Do?

We can at least support green organizations by visiting their websites, reading the Eco-News to get up date with the new facts about conscious living, and supporting conscious companies by buying their products or services. ■



S.O.S Amazonas

AAmazônia é a maior floresta tropical úmida do planeta, com cerca de 5,5 milhões de km², sendo que 3,3 milhões estão em território brasileiro. O restante se divide entre Guiana Francesa, Suriname, Guiana, Venezuela, Colômbia, Equador, Peru e Bolívia. Esse patrimônio ecológico está a cada dia que passa sendo mais e mais ameaçado de extinção. O índice de desmatamento na Amazônia atingiu 26.130 km² entre os anos de 2003 e 2004, a segunda maior taxa desde 1995, quando foi registrado o recorde de 29.059 km² de área desmatada. A maior floresta tropical do planeta está mais do que nunca ameaçada de extinção.

Esse problema preocupa todo um planeta. A Amazônia é uma das regiões de maior biodi-

versidade do planeta com uma quantidade impressionante de espécies animais e vegetais, e sua devastação traz consequências graves. A destruição da floresta tem impacto direto sobre pesquisas genéticas e medicinais, sobre a emissão de gás carbônico – o Brasil é o responsável por 2,51% das emissões de gás carbônico no mundo, sem incluir o percentual de queimadas, e sobre as mudanças climáticas. Pesquisas recentes mostram que ali existem cerca de 2,5 mil espécies de árvores, das quais mais de 500 mil são derrubadas por ano, principalmente madeiras nobres como o mogno e o pau-brasil.

Se esse ritmo for mantido, parte do potencial florestal brasileiro corre o risco de desaparecer em breve, e o risco de extinção é

claro, pode comprometer o desenvolvimento científico e a saúde de todo o planeta Terra. Nos últimos anos o Governo Brasileiro através de ações conjuntas do Ministério do Meio Ambiente, da Polícia Federal, do Ministério do Trabalho e do Exército vêm tentando preservar a Amazônia, visando direcionar o desenvolvimento da região para um modelo mais sustentável e menos agressivo. Apesar dos esforços, não tem conseguido conter o desmatamento na região. A ganância do homem e das grandes corporações, a lei da sobrevivência (um problema social) e a falta de consciência ecológica está sendo os grandes problemas enfrentados. ■

* O artigo completo em português estará disponível em nosso site www.soulbrasil.com – Earth Watch (inglês) ou Planeta Terra (Português).





Ego & The Law of Attraction

By Morgan McKean

Many of us struggle with the subtle balance between having healthy self-esteem and an over inflated ego, at least at some point in our lives. For some it's a material thing, for others it's a certain level of professional accomplishment or material gain and for most of us there is the question of being attractive to the rest of the world. At first glance the two may seem interlinked, as most people with healthy self-esteem also want nice things, to achieve professional accomplishments and to be physically attractive to others. However, to simplify the distinction, people with healthy self-esteem don't need to be better than or measure up to anyone else in order to feel valid about who they are. People who operate from their ego are usually in a state of constant comparison. They seek out and critique all aspects of other people to see where they stack up.

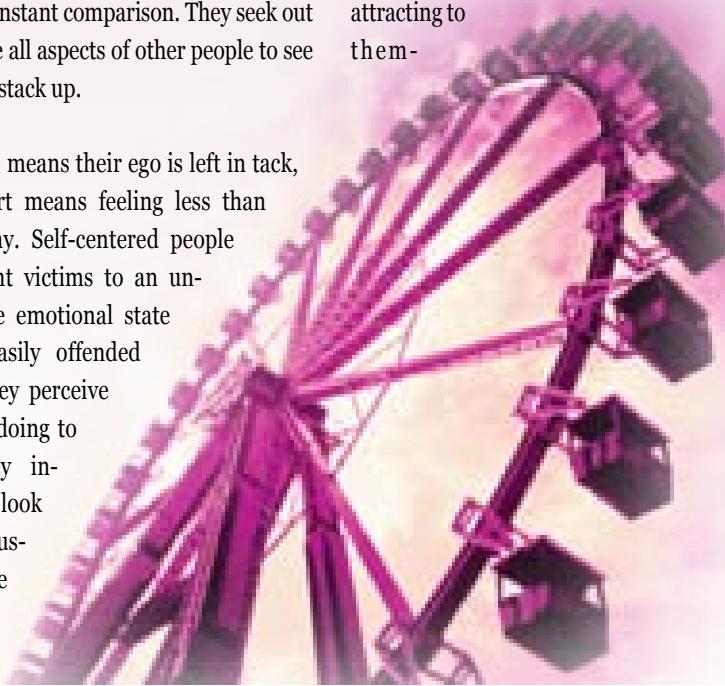
To stack up means their ego is left in tact, to fall short means feeling less than or unworthy. Self-centered people are constant victims to an uncomfortable emotional state and are easily offended by what they perceive others are doing to them. They intentionally look for the injustices in life so they can tout

around their self-importance by reiterating every minute transgression to the people they come in contact with. We all know a person like this, they're the one who comes into work almost every morning with some tragic story about the car that cut them off, the store clerk who was rude or the waitress who offered poor service. Their level of awareness doesn't allow them to analyze the situation and see that the thoughts and actions of others have little if anything to do with them directly.

Because we are becoming more familiar with the concept of the Law of Attraction, ask yourself "What kind of life experiences do you think the person operating from their ego is attracting to them -

selves?" If you stop to think that the Universe is always reflecting back to us that which we really believe about ourselves, then isn't the person who is a slave to their ego likely to attract less than situations because of a lack of genuine self-worth. Remember, there are no pauses or "do-overs" in relation to the reality we create, regardless of our emotional state. If our perspective is distorted by our insecurities (i.e. I'm not good enough because ...) then we are unable to see the most accurate choices that will result in our best and highest good.

A good way to begin raising our self-esteem, sans the ego, is to monitor our self-talk. Many times a day we berate ourselves for an intangible reason. We create a thought about something we should have, should be or should do, then spend hours coming up with all the reasons we are not good enough to do, be or have them. Creating a positive inner dialog about who you are can be life altering. Another powerful tool is to refrain comparing ourselves to others. We see celebrities, athletes or other notable figures and think "Well, they have this or that and I don't, so that's why my life isn't as good as theirs." I use to get caught in this cycle a lot. Anytime I went to write an article, present a workshop or give a talk, I would compare myself to others that I perceived to be better than me. When I created the idea in my mind that I didn't measure up, I'd feel less than or embarrassed about where I thought I was on the totem pole. I got over



* Interesting Law of Attraction Course. "Educating People For a Better, Conscious and Prosper Living"

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this by realizing that I am the best me there is ever going to be and I have something of value to offer.

Another part of this process is learning to take care of you as a worthy person. That means making healthy lifestyle choices for yourself as it relates to your health and fitness, how many hours you work, how much time you spend with loved ones and how much rest you get. If you have a question about how you treat you, ask yourself, "If I was my best friend, would I want me treating myself the way I currently do?" and there you will find your answer. Paying attention to all of these things from a place of knowing you are worthy of the best that life has to offer will automatically increase the health of your self-esteem.

Here's a simple exercise you can do throughout the day to increase your self-esteem ...

Either look at yourself in a mirror or find a quiet place where you can close your eyes and say the following phrases a loud or to yourself ...

- 1) I am free of the positive or negative opinions of others. I am my source of validation and mine is the opinion who counts about me.
- 2) I am neither above nor beneath anyone. I am equal to all human beings and they are equal to me. I treat all persons with equal respect and know I am worthy of respect in return.
- 3) I move fearlessly towards my goals, knowing the best and highest good will be a result of all of my choices.
- 4) I am the best me there is ever going to be and I have something of value to offer the world.

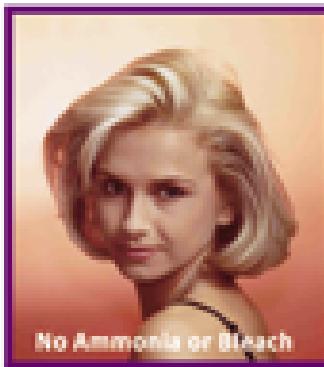
Understand that there is a direct correlation between attracting positive situations to

yourself and knowing your self-worth. You can only attract into your life, that which you are being. When you come to know your worth and let go of operating from your ego you will begin to cultivate dreams long forgotten because you didn't think you were good enough to attain them. Having healthy self-esteem means you are motivated to take action towards your goals because you know this is life, not a dress rehearsal and it can only be what YOU make of it. ■

* Morgan McKean is one of today's hottest up and coming Empowerment Coaches and Motivational Speakers. Her unique combination of a formal education, professional experience and street sense creates one qualified triumph after another. You can visit her website at www.morganmckean.com or to listen to her weekly Podcast visit <http://empowermentor.podbean.com>

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“Jalapão”

A “Golden Desert” with Lots of Water

Lindenberg Jr.

* Translation: Cristiane Magalhães

* English Edition: Ann Fain



We Brazilians sometimes leave Brazil on vacation in search of a different and far paradisiacal island in Oceania or the Caribbean, or a unique place like the Grand Canyon in the state of Arizona in the U.S. We many times forget the greatness of the natural beauty of the country called Brazil, and that, the majority of the time, it is much less expensive to pay with the real (Brazilian Currency), and that we can enjoy something similar or even better than what we can find in foreign lands.

A good example is to explore the “Cerrado” in the “Parque Estadual do Jalapão” (State Park of Jalapão), a true adventure with its almost moon-like landscapes that can touch the soul of even the most insensitive individual. There you can find dunes of the finest orange sand, rivers of crystal clear water, waterfalls, lagoons,

mountains with rocky formations, dry land, and even golden grass, yes grass with a golden color! It is a beautiful blend of the American Grand Canyon, the French Mont Saint-Michel, the African Savannas, the Sahara Desert and the Brazilian Northeastern Beaches. A mirage in the desert of the Tocantins!

The Jalapão is one of the newest travel destinations in Brazil for who like adventure and nature. It is located in the state of Tocantins and in the borders of the states of Bahia, Maranhão and Piauí. Despite difficult access, the Jalapão still maintains its original beauty and many Unities of Conservation with sustainable Tourism.

There isn't any road signage, cell phones don't work and there are no bars along the roads to

find a cold beer. Cars other than 4x4s can not get anywhere, and the best way to travel is to carefully plan the trip to be more secure. In the Jalapão you will only find immense virgin and unexplored nature.

The best option is to get the city of Palmas in the state of Tocantins and drive 190 km until reaching “Ponte Alta do Tocantins” where you can find the State Parks office support for your exploration. If you prefer the work already done for you, another option is to contact “Korubo Expeditions” or still call the Soul Brasil magazine travel consultant Magali de Souza at (323)428-1963. ■

* Special Thanks to Priscilla Maso and Korubo Expedições for the photos. For more information visit www.korubo.com.br or call in USA our travel consultant Magali D'Souza at (323)428-1963



Jalapão

Lindenbergs Jr.

Um Deserto “Dourado” e com Muita Água



Nós Brasileiros às vezes saímos do Brasil nem viagem para conhecemos uma diferente ilha paradisíaca na Oceania ou um local pitoresco e “único” como o Grand Canyon no estado do Arizona nos EUA. E muitas vezes esquecemos a grandiosidade da beleza natural desse país que se chama Brasil, e de que na maioria das vezes, por bem menos e pagando em real podemos usufruir algo parecido ou até melhor do que podemos encontrar lá fora.

Um bom exemplo é se embrenhar pelo cerrado do Parque Estadual do Jalapão. Uma verdadeira aventura com paisagens quase lunares que tocam a alma dos tipos mais insensíveis. Aqui você encontra dunas de areia fininha e alaranjada, rios de água cristalina,

cachoeiras, lagoas, montanhas com formação rochosa, terra seca e batida como as do sertão nordestino, e até capim dourado. Uma mistura de Grand Canyon Americano, Mont Saint-Michel Francês, Savanas Africanas, Deserto do Sahara e Praias Nordestinas. Uma miragem no deserto do Tocantins!

O Jalapão é um dos mais novos destinos do Brasil para quem gosta de aventura e natureza. Situado no estado do Tocantins e na divisa dos estados da Bahia, Maranhão e Piauí, o local ainda hoje mantém muitas de suas características originais graças a diversas Unidades de Conservação, ao Turismo Sustentável e a dificuldade de acesso.

Aqui não há não sinalização de estrada, o ce-

lular não pega e nem tem um bar na estrada para parar e tomar uma gelada. Carros que não sejam 4X4 não chegam a lugar nenhum, e o melhor mesmo é dar uma caprichada no seu roteiro assegurado por uma bela produção nos bastidores já que ali você vai encontrar apenas a imensidão da natureza virgem e inexplorada. A melhor opção é chegar até a cidade de Palmas no Tocantins e dirigir 190 km até Ponte Alta do Tocantins onde você pode encontrar o posto de apoio para a exploração do Parque. Se quiser tudo “mastigadinho” outra opção é contatar a Korubo Expedições. ■

*Agradecimento a Korubo Expedições pela cortesia das fotos e em especial a Priscilla Maso. Mais informações visite o site oficial da Korubo www.korubo.com.br ou entre em contato com nossa consultora de viagens Magali D'Souza pelo numero (323)428-1963 ou pelo email magali@soulbrasil.com



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O Ego e a Lei da Atração

By Morgan McKean

Muitos de nós sofremos com o balanço sutileza entre ter uma auto-estima saudável e um ego muito inchado, pelo menos em algum momento de nossas vidas. Para alguns é uma coisa material, para outros é certo nível de sucesso profissional ou ganho material, e para a maioria existe a questão de ser atraente para o resto do mundo. A primeira vista, os dois podem parecer interligados, como a maioria das pessoas com auto-estima saudável também querem coisas boas, querem ser bem sucedidos profissionalmente e também ser atraente e bonito fisicamente. Entretanto, para simplificar as distinções, pessoas com a auto-estima saudável não precisam ser melhor do que fulano ou cicrano, ou se comparar com outras pessoas para sentir seu próprio valor. Pessoas que operam através do seu ego estão geralmente num constante estado de comparação. Essas pessoas procuram enfatizar ou criticar os aspectos gerais de outras pessoas para ver onde eles se sobressaem.

Para acumular significa que seu ego foi deixado intacto, para diminuir significa se sentir menos do que ou não merecedor. Pessoas centradas em si mesmas são constantes vítimas de um estado emocional desconfortável e se ofendem facilmente pelo que eles acham que outros estão fazendo pra eles. Eles intencionalmente procuram pelas injustiças da vida para que possam aumentar a sua própria importância através da demonstração da experiência de cada minuto para as pessoas com quem en-

tram em contato. Todos nos conhecemos uma pessoa assim, eles são aqueles que chegam ao trabalho quase todo dia com uma história trágica sobre o carro que cortou na frente deles, o vendedor que foi mal criado ou a garçonete que serviu mal. O seu nível de percepção não permite que analisem a situação e vejam que os pensamentos e ações dos outros tem pouco ou nada a ver com eles diretamente.

Porque nos estamos ficando mais familiarizados com a Lei da Atração, pergunte a si mesmo: "Que tipo de experiências de vida você acha que uma pessoa operando através de seu ego está atraindo para si mesma?" Se você parar pra pensar que o universo está sempre refletindo de volta aquilo que realmente acreditamos sobre nos mesmos, então a pessoa que é escrava de seu ego atrainaria situações de menor importância por causa da falta de verdadeiro valor próprio. Lembre-se, não existem pausas ou "faz-de-novo" em relação a realidade que criamos não importando

nosso estado

emocional. Se a nossa perspectiva é distorcida pelas nossas inseguranças (i.e. Eu não sou bom o suficiente porque ...) dai nos não somos hábeis de enxergar as escolhas mais certas que resultarão no melhor pra nos e no bom maior.

Uma boa maneira de começar a melhorar nossa auto-estima é tratar do ego e monitorar a nossa conversa interior. Muitas vezes por dia nos limitamos a nos mesmos por uma razão intangível. Nós criamos um pensamento sobre alguma coisa que deveríamos ter, ser ou fazer, ai passamos as horas seguintes com todas as razões pelas quais não somos bons o suficiente para fazer, ser ou ter. Criando um diálogo interno positivo sobre quem você é pode alterar a sua vida. Outra ferramenta poderosa é evitar compararmos-nos com outras pessoas. Algumas pessoas podem ver celebridades e outras figuras notáveis, e pensar "bom, eles tem isso ou aquilo e eu não, então e por isso que a minha vida não é tão boa quanto a deles". Eu em particular, costumava me ver nesse ciclo várias vezes. Toda vez que ia escrever um artigo, apresentar um workshop ou palestra, eu me comparava com os outros e achava que eles eram melhores do que eu. Quando eu criei em minha mente a ideia que estava a altura deles, comecei a me sentir melhor e a gradualmente ir deixando de fazer esses tipos de comparações. Eu parei com isso através da realização afirmativa que Eu sou o melhor e EU tenho algo de valor para oferecer.

Outra parte desse processo é aprender a cuidar de você como uma pessoa de valor. Isso





significa fazer escolhas de estilo de vida saudáveis pra si próprio. Cuidar da saúde, manter a forma e manter alguma atividade física. Limitar suas horas de trabalho e determinar um tempo de descanso, organizar e procurar um tempo para você e para sua família. Sim, coisa simples, mas que por vezes se torna tão difícil para nós que vivemos na correria do dia a dia. Se você tiver uma pergunta sobre como você pode tratar a si mesmo, se pergunte, "Se eu fosse o meu melhor amigo, eu iria querer estar tratando a mim mesmo do jeito que eu estou no momento?" E ai você vai achar sua resposta. Prestando atenção a todas essas coisas e sabendo que você merece o melhor que a vida tem pra ti oferecer, você pode ir automaticamente melhorando a sua saúde e a sua auto-estima. Aqui abaixo esta um simples exercício que você pode fazer durante o dia para melhorar a sua auto-estima.

Olhe pra si mesmo num espelho ou acha um lugar quieto onde você possa fechar os olhos, e fale as seguintes frases em voz alta pra si mesmo:

- 1) Eu estou livre das opiniões positivas ou negativas dos outros. A minha valorização vem de mim mesmo e a minha opinião sobre mim é o que importa.
- 2) Eu não estou nem acima e nem abaixo de ninguém. Eu sou igual a todos os seres humanos e eles são iguais a mim. Eu trato todas as pessoas com respeito igual e sei que mereço respeito de volta.
- 3) Eu me movo sem medo em direção aos meus ideais, sabendo que o bem e o melhor será o resultado de todas as minhas escolhas.
- 4) Eu sou o melhor. Eu tenho algo de valor pra oferecer ao mundo. Eu posso. Eu tenho poder.

Entenda que existe uma correlação direta entre atrair situações positivas pra si mesmo e saber o seu valor próprio. Você só pode atrair pra sua vida, aquilo que você esta sendo na real. Quando você descobrir o seu valor e deixar de operar através do seu ego. Você começará a cultivar sonhos esquecidos há muito tempo e de quando você se achava bom o suficiente para atingi-los. Ter uma auto-estima saudável significa que você esta motivado a agir em direção as suas metas porque você sabe que isso é a vida, não um ensaio, e que ela pode ser apenas o que VOCÊ faz dela. ■

*Morgan McKean é uma das melhores palestrantes sobre auto-estima e motivação na California. Através da combinação de uma educação formal, experiência profissional e experiência de rua, ela transforma pessoas desestimuladas em pessoas esperançosas. Para conhecer seu trabalho visite www.morganmckean.com – Para Podcast semanal visite <http://empowermentor.podbean.com>

*Recomendamos visitar o site oficial www.kisuccess.com para conhecer boas opções de se aprofundar no tema sobre a "Lei da Atração".

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Jabá com Música

Ando conectada com o meu “Soul” e com o “Brasil”. Talvez por este motivo, o editor desta revista super-bacana tenha me convidado para expor meus pensamentos em relação a um tópico muito interessante: o porquê de alguns estilos musicais brasileiros serem mais populares que outros. Poderia escrever milhares de razões e expor vários pontos, mas prefiro ser mais incisiva e dizer minha opinião sobre um assunto tão permeado de suposições. Claro, expresso a opinião, bem particular, de uma cantora na estrada musical.

Todos nós brasileiros, sabemos que o axé, o pagode, o forró, o pop-rock – inclusive o nacional – e o sertanejo são muito populares e com vias de acessos mais fáceis as mídias e, consequentemente, ao público. Podemos encontrar facilmente uma grande variedade de programas de radio, TV e shows de eventos, os mais diversos, que toquem as músicas associadas aos ritmos dos quais mencionamos, mas não encontramos facilmente um programa ou espetáculo voltado a Bossa Nova ou Jazz no Brasil.

Minha visão para esta indiferença é simples: ritmo! Tudo a ver com o ritmo!

Nestes nossos dias, a grande massa popular procura diversão, devaneios que os remeta a um estado de entorpecimento, um quase esquecimento ante às grandes questões perturbadoras e frustrantes do cotidiano. Desta forma, os atos de dançar, pular, gritar e cantar, junto acabam contribuindo, de uma forma ou outra, para o relaxamento das tensões do stress diário. Estes estilos musicais possuem ritmo cadenciado que se ajusta a um e outro estado da alma de cada um dos ouvintes, diante das circunstâncias em que podem se encontrar. Tudo aliado à cultura predominante da região onde vivem – e o Brasil é enorme. Diante de certas verdades, até mesmo quem não curte um destes ritmos pode

cair na folia, mesmo que momentaneamente. Ninguém fica parado! Mesmo fora do Brasil, eu noto que toda aquela sinergia que estes ritmos possuem acaba por fazer um e outro corpo tremular de mansinho, disfarçadamente ou de forma escancarada e nervosa, pouco se ligando para o que a audiência possa estar pensando.

Já o Jazz, a Bossa Nova, o Chorinho, ou vamos dizer assim, o Jazz Brasileiro é algo mais profundo e denso, que requer atenção, tempo e postura absorta, aliado a um sentimento muito intrínseco que a mera euforia, para se chegar ao patamar de apreciação na forma que por si só exigem. Normalmente encontramos uma faixa etária mais avançada quando falamos em apreciadores destes ritmos brasileiros mais tradicionais e menos populares. Percebo este mesmo efeito nos outros países.

Como um exemplo parecido, posso citar o Hip Hop x Jazz. Aqui, nos Estados Unidos, o jazz tem seu valor tradicional, ancestral, e possui seu público cativo. Mas comprova-se que não tem o mesmo espaço nos meios de difusão que um artista de Hip-Hop. Os brasileiros que trabalham com esse estilo musical devem estar, na sua maioria, fora do Brasil ou tentando sair do Brasil. O valor da música brasileira além de nossas fronteiras é um fato consumado, principalmente esse estilo “Brazilian Jazz”. Me da muito orgulho ver a grande quantidade de talentos brasileiros nesses diferentes estilos e em busca de um lugar ao sol, fazerem sua parte na trajetória de divulgar a boa música brasileira ao redor do mundo.

Meu trabalho tem sido mais aceitado por estrangeiros do que por brasileiros. Andei questionando algumas pessoas sobre esta questão e a maioria delas me disse algo interessante: nos bastidores da música brasileira o que se ouve



Fabiana Passoni

falar em demasia é o tal do “JABÁ”. o famoso “JABÁ”, pra quem não conhece, é uma gíria produtiva, é a palavra que designa o pagamento de importância monetária ou incentivo financeiro, que se paga ao DJ nas estações de rádio para ter sua música tocada e divulgada.

– “Dependendo do JABÁ? Tocamos até rachar!”

Por fim, os espaços musicais encontram-se loteados – o que lastimo, por conta da diferença entre os tamanhos dos “lotes”. Penso que há espaço para todos e público para apreciar todos os estilos musicais. Após ter vivido os dois lados da moeda, optei por mixar a fusão do jazz com os velhos e tradicionais ritmos do Brasil. Assim, mesclo o pop, o pagode e o baião com o jazz. A música que faço já está sendo tocada em vários lugares dos Estados Unidos e Europa, mas no Brasil a questão é esperar para ver. E observar se alguém vai me cobrar o tal do jabá! ..

* Fabiana Passoni é mineira, viveu em Nova York por vários anos e atualmente reside em Los Angeles. Recentemente lançou seu primeiro CD com participações especiais de conceituados músicos brasileiros residentes nessa respectiva cidade. Para saber mais sobre Fabiana visite o site oficial da cantora e compositora www.fabianapassoni.com



“Jazz Combo”

Inspirational Music & Perfect Location

The new Ehling/Ratner/Wallace/Woodford Quartet will perform LIVE at the Jazz Bakery In Culver City – L.A Area, Sunday, August 19th at 8:00 and also at 9:30pm. This Modern Jazz quartet from Hollywood, has contributes with original compositions to push the boundaries of Jazz. While they strongly value the traditional Jazz idiom, they also introduce elements of Classical, Rock, and Brazilian textures to their music. Otto Ehling started playing classical music at age 2. Raised as a Brazilian-American, he was introduced to Bossa-Nova and samba at a very young age. At age 19 he is a sophomore at the University of Nevada Las Vegas where he has the opportunities to play for Gladys Knight, Wayne Newton, Chris Potter, and Gerald Wilson. He has played many prestigious venues such as the Greek Theater, Ford Theater, and the Hollywood Bowl. This fall Otto will play for the Producers at the Paris Hotel in Las Vegas. Colin Woodford, age 19, has studied drums for nearly 11 years and has spent a great deal of time and effort exploring the sounds and textures unique to his instruments. Colin is currently a sophomore at the Manhattan School of Music in New York City where he studies Classical percussion and Jazz drumming. Adam Ratner, 20, has been performing live since age 14 and currently pursuing a studio/jazz guitar degree at USC's Thornton School of Music in Los Angeles, CA. In his recent trip to Bahia, Brazil, he has introduced him to many Brazilian styles which he introduces

into his music to create new approaches to jazz composition and improvisation. Carter Wallace has toured the world with many renown jazz artists and is an alumnus of the Cal State University Northridge. Carter, age 22, began playing bass at 14. In addition to being a fan of Brazilian music, he has begun to delve into the culture of Brazil by practicing Capoeira in his free time. Not to be missed! New experienced talents, quality jazz with multicultural influences and a perfect cozy spot! The Jazz Bakery is located at 3233 Helms Ave. L.A, Ca 90034. Admission is \$20 (\$10 for students). ■



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Just Happened...



*** 5 Star Performance in San Diego, Last Sunday, May 20 by Anthony Wilson & Chico Pinheiro Quartet at the Athenaeum Music & Arts**

Library/School of Arts Studio. The quartet is Anthony and Chico on Guitars and Vocals plus Edu Ribeiro on Drums and Danny McKay on Bass. Anthony is a Grammy nominated guitarist/composer/arranger and one of the leading jazz musicians of his generation. He has recorded six solo albums since 1997, the most recent of which, "Power of Nine" (2006, Groove Note) was included in "The New Yorker's" roundup of the top ten jazz recordings of the year. Chico, a Brazilian arranger, composer and guitarist, is one of the leading figures in new Brazilian Jazz. Self taught, Mr. Pinheiro started playing the guitar and piano when he was seven years old. His first album "Meia Noite Meio Dia" was released in 2003 and included performances from special Brazilian star guests like Lenine and Maria Rita.



*** The spectacular opening ceremony for the 15th Pan American Games in Rio de Janeiro** was a tremendous success. Last July 13th Brazil inaugurated the event with a lavish and creative 3 and 1/2 hours show that featured a symphony orchestra,

three 100 foot long coral snakes, the beautiful Miss Brazil 2007 and Second Place in the Miss Universe, an alligator the size of a 747 airplane, fireworks, a huge 1500 piece percussion band and thousand of dancers dressed as everything that can represent the Brazilian people and their culture. With a \$25 million kickoff, the event was the most expense and amazing opening ceremony in Pan-American history.



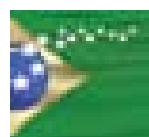
*** Thiago Pereira was the Máster Brazilian Hero at the 15th Pan American Games.** The spectacular swimmer new sensation broke the 40 year old record of the American

Star Mark Spitz with six swimming gold medals in one Pan American. In 8 competitions, Thiago got 8 medals - 6 Gold, 1 Silver and 1 Bronze. Brazil's beat the record of Gold Medals and also Total Medals in the country history of the games. The exception was the Soccer Team that did not qualify for the Play Offs.

Did You Know / Você Sabia

*** That the famous Cristo Redentor (Christ Redeemer) in Rio de Janeiro** was elected one of the seven "New 7 Wonders" from an International Organization...

The listing was announced in Lisbon, Portugal at the Declaration Ceremony on last July 7, 2007. All the New 7 Wonders are equal and are presented as a group without any ranking. The results included worldwide online, SMS and telephone voting. The other six was Petra (Jordan), Machu Picchu (Peru), the Chichen Itza (Mexico), the Colosseum (Italy), the Taj Mahal (India) and the Great Wall of China.



*** O City College de S.F oferece cursos de inglês grátis para estrangeiros, cursos de cidadania e classes de com-**



putação na área da Baía de São Francisco. As classes são ministradas durante a semana entre os horários das 7h00 às 21h00. Classes de fim de semana também são oferecidas em determinados locais. Há vagas em todos os campos, dependendo do nível e horário escolhido. Basta ter um documento de identificação qualquer, como o próprio passaporte Brasileiro, e o aluno pode se matricular a qualquer hora durante o semestre. Maiores informações em português, podem ser obtidas com Carmen Lamha pelo fone (415) 239-3396 ou pelo email: clamha@ccsf.edu. * Em Los Angeles boas opções são o L.A City College na Vermont Blvd., o Santa Mônica City College na área de Santa Mônica, e o Glandale City College em Glandale.

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Planning Ahead...

Sun, Aug 26th at 5pm, SoulBrasil "VIP Summer Party" featuring Live Brazilian Jazz, a Short Documentary about Brazil's Culture, early culinary demonstration and a 3 course dinner presentation in a private estate in Malibu/L.A Area.



We have invited different Brazilian musicians in the Los Angeles area with strong background in Bossa Nova, Chorinho and MPB to come and perform at this unique Soul Brasil V.I.P Summer Event celebrating our 5th year. They will perform a fair amount of **Brazilian Jazz and a "splash" of the classic samba from Rio's Music Legends** such as Pixinguinha and Cartola among others. It will be 100% "pleasure" for your ears!



The gourmet dining experience will be presented by our publisher and executive chef Lindenberg Jr., plus a special guest. It will include a live culinary demonstration before dinner. Lindenberg has been a culinary lover since he was a teenager in his native Brazil. Before his journalism degree in 1988 with the Pernambuco Catholic University, he worked for 5 years as an Assistant Chef at Trattoria Fiorentino and later at Othon Palace Hotel in Recife as a Brazilian Chef.



After moving to L.A in 1990, and before founding Soul Brasil in July 2002, he has worked for couple Italian restaurants in Los Angeles and later as a personal event planning consultant and private chef in Santa Barbara area. The cost for this unique event is only \$49 which includes all the above plus wine tasting and a caipirinha bar provided by our sponsors. This event is only for the first 80 people who RSVP and pay in advance and will held at a beautiful private estate in Malibu – For more information **call (818)508-8753 or visit our website at www.soulbrasil.com** . *This event will be filmed for a future cultural DVD project.

* **"Peace" is a word that has changed the lips and hands of many people around the word.** One world think that with so many believers we would have achieved a far more peaceful place, but the reality still shows the

opposite. Established on 30 November 1981 by ONU General Assembly in resolution 36/67, it was first observed on the third Tuesday of Sept. every year as a day of global ceasefire and non-violence, than on September 7, 2001, United Nations General Assembly passed resolution 55/282, which established that, starting in 2002, the **"INTERNATIONAL DAY OF PEACE" would be celebrates every Sept. 21st**. Although the day has not yet gained popularity it deserves, REMINDER this day and move on! Comment with the family members (maybe he/she still don't know), use a T-Shirt with a peaceful message, send a email out to friends, do your part! More Info: www.internationaldayofpeace.org/peaceday/



* **During October/November the band Udiyana Bandha from Sao Paulo, Brazil will be on USA Tour.** Performance locations will be posted on our website's events page. Their first performance will be at a Conscious Living Party at a private estate in Montecito, Santa Barbara County and then in Los Angeles, San Diego and San Francisco. To booking Udiyana Bandha or for more information call (818)468-6474 or email info@soulbrasil.com. To check sample music, photos and video check www.myspace.com/udiyana-bandha. To check the official site: <http://www.ybytucatu.com.br/udiyana-bandha>



Udiyana Bandha is a Brazilian band which blends different harmonic tunes and musical trends such as raga, kalimba, Indian mantras, Brazilian rhythms, African beats, electric guitar leads, elaborate vocals and multi-percussive effects. The lyrics of their songs explore the spirituality, ecological awareness, and the love that flows from the Tantric culture as well the multi-cultural rhythmus of Brazil . Combining eastern, therapeutic, ecological and astrological elements and, mainly, principles of the yogic knowledge, Udiyana Bandha's festivals convey positive messages to their audiences through vibrant rhythms which bring them joy, knowledge and even meditation-induced states. **"Curing the Planet"** - The shows of Udiyana Bandha always rely on the participation of scenic artists and dancers. ■



Immigration & Naturalization



* A “III Conferência Sobre Imigração e Comunidade Brasileira na Costa Oeste dos Estados Unidos”

promovido pelo Consulado-Geral Brasileiro de SF será realizada no dia 15/09/07 na “Universidade da Califórnia – Berkeley” como um dos eventos da “Semana do Brasil” que também inclui a inauguração da “Exposição de Fotografias” e o “Evento Musical” - Ambos eventos se realizam no dia 16/09/07 na Biblioteca Pública de São Francisco. Endereço completo: 210 Barrows Hall # 1950, 8º Andar - Lipman Room Bancroft Way (entre Barrow Lane e Eshleman Road), Berkeley - CA 94720. **Espaços para “stands” informativos estarão disponíveis. Os interessados poderão contactar o Consulado pelo e-mail celebration@brazilsf.org ou pelo telefone (415) 981-8170, ramal. 214. Esta conferência é gratuita e aberta ao público.**

Apoio  **Soul Brasil** magazine. Informações mais detalhadas em nosso site www.soulbrasil.com (Events List) ou no site oficial do consulado brasileiro de SF <http://www.brazilsf.org/>



*** Becoming a U.S. Citizen Gives Permanent Residents New Rights and**

Privileges. To become a citizen, you must be willing to swear your loyalty to the United States, must give up your allegiance to any other country (Brazilians have the option to keep double citizenship) and agree to support and defend the U.S. Constitution. When you become a citizen, you accept all of the responsibilities of being an American. In return, you get certain rights and privileges of only citizenship can have.

Why Become a U.S. Citizen? Permanent residents have most of the rights of U.S. citizens. But there are many important reasons to consider becoming a U.S. citizen. Here are some good reasons:

- Voting.** Only citizens can vote in federal elections
- Traveling with a U.S. passport.** A U.S. passport enables you to get assistance from the U.S. government when overseas, if necessary.
- Bringing family members to the U.S.** U.S. citizens generally get priority when petitioning to bring family members permanently to this country.
- Obtaining citizenship for children born abroad.** In most cases, a child born abroad to a U.S. citizen is automatically a U.S. citizen.
- Becoming eligible for federal jobs.** Certain jobs with government agencies require U.S. citizenship.
- Keeping your residency.** A U.S. citizen's right to remain in the United States cannot be taken away.
- Becoming eligible for federal grants and scholarships.** Many financial aid grants, including college scholarships and funds given by the government for specific purposes,

are available only to U.S. citizens.

- Obtaining government benefits.** Some government benefits are available only to U.S. citizens.

The process of becoming a U.S. citizen is called “naturalization.” You can apply for naturalization once you meet the following requirements: Live in the U.S. for at least 5 years as a permanent resident (or 3 years if married to and living with a U.S. citizen); Be present in the U.S. for at least 30 months out of the past 5 years (or 18 months out of the past 3 years if married to and living with a U.S. citizen); Live within a state or district for at least 3 months before you apply. You may have to follow different rules if: you obtained permanent residence through the 1986 amnesty law or are a refugee. You, or your deceased parent, spouse, or child, have served in the U.S. Armed Forces; or still if you are a U.S. national.

*** If you are eligible and consider to becoming a U.S. Citizen, a good alternative to save hundred of dollars is doing the process by yourself and with total guarantee, please check www.kisuccess.com/legalzone/ and check an alternative for Do-It-Yourself. ■**



Orkut Social Marketing e Criminosos



Além de se espalhar rapidamente **pela rede do Orkut** e começar a dar dor de cabeça a muita gente em meados de abril desse ano, um clássico Banker - comum no Brasil e que chegou a estar em segundo lugar no Top 10 das pragas mais ativas do primeiro semestre é um vírus que também pode roubar senhas de banco e informações privadas. Esta praga é capaz de enviar scraps (recados) automaticamente para todos os contatos da vítima na rede social, através da captura de teclas e cliques. Apesar de que aqueles que receberam o recado precisam clicar em um link para se infectar, a relação de confiança existente entre os amigos aumenta muito a pos-

sibilidade de o usuário clicar sem desconfiar de que o link leva para um worm. Como exemplo, uma mensagem enviada e veiculada em massa em maio foi **“Dá uma olhada nas fotos da nossa festa, ficaram ótimas”**. Mais recentemente **scraps pornográficos** tem sido enviado por esses tipos criminosos se deixando passar por outros, ou seja, você, etc. Em virtude da seriedade do fato, e por ser o Orkut bastante usado por Brasileiros, um serviço de utilidade pública para remoção do vírus foi colocado a disposição pelo site brasileiro Linha Defensiva, especializado em segurança na internet / www.linhadefensiva.uol.com.br. Evite a todo custo clicar em links enviados por pessoas que você não conhece, e principalmente duvide de links enviados através do Orkut. Aliás, se você usa o serviço, outro cuidado para proteger você e pessoas de quem você ama ou tem amizade, é

procurar apagar os seus “scraps”. É comum na rede, e principalmente entre jovens, se perceber a enorme quantidade de pessoas que não apagam suas mensagens (scraps) e deixam “seu livro aberto” a mercê de pessoas maldosas e mal intencionadas. Casos consumados de seqüestros já foram veiculados na mídia e inclusive por um programa de televisão em rede nacional. O melhor segundo especialistas em segurança, é você ler e apagar as suas mensagens. Se lembre disso! É uma pena que bons serviços de social networking como esse tenha sido prejudicado por ações de criminosos. O Orkut ou o Google terá que melhorar o sistema para não perder muito espaço. Como comparação, as mensagens particulares que você recebe no **myspace** não podem ser lidas por outros a não ser você, a não ser se for na página de comentários. Se liguem! ■

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TV Bandeirantes Chega aos EUA

Depois da Globo e em seguida a Record, a Band International e o canal de notícias Band News chegam com seus sinal em território Americano, nesse caso através da Direct TV. As transmissões começaram ultimo dia 27 de junho e a programação pode ser adquirida pelo pacote Brazilian Direct. Entre algumas boas novidades a Band apresenta os apresentadores Patrício Maldonado e Leão Lobo (na foto) no comando do programa de entretenimento Atualíssima e noticiário com cobertura de 24 horas. Uma boa notícia para os brasileiros residentes nos EUA que disponibilizaram de 3 opções de TV Brasileira. Maiores informações pelo site www.directv.com ou pelo fone 800-613-4645.





The Despachante

By Robert Eugene DiPaolo

In our previous article we discussed the several steps required to establish the most common type of company used in Brazil, a *sociedade limitada*. At this point, you may be feeling some what bewildered or overwhelmed with all the steps you need to take, the numerous applications you need to file and the hoops you need to jump through to organize a company in Brazil, and understandably so. However, while the process can at times seem unnecessarily complicated and quite Byzantine, with advanced planning, proper guidance and a healthy dose of patience, doing business in Brazil can be a rewarding experience and an exciting adventure.

While your attorney will coordinate the formation of your *sociedade limitada* or *sociedade anônimas* and assist you with the various steps required to set up a business, there is another person or facilitator, available to assist you with getting things done in Brazil. This person is known as a *Despachante*.

The term *despachante* is derived from the Portuguese adjective meaning “efficient”, which I confess may seem some what ironic at this point in our discussion about doing business in Brazil. If you look up the word *despachante* in a Portuguese/English dictionary, it’s generally defined as a “shipping agent”, a “document agent” or a “customs agent”; however this term is more broadly used to refer to the middleman or facilitator

of business transactions of all sorts.

In his book *The Testament*, much of which takes place in Brazil, but which I must confess I have not read, John Grisham provides a colorful description of the term *despachante*. Mr. Grisham writes that *despachante* is “a Portuguese term for a personal dispatcher, expeditor, buyer, or runner. No official document is obtained in Brazil without waiting in long lines. A *despachante* knows the city clerks, the courthouse crowd, the politicians, and the customs agents. He knows the system and how to grease it to get things done. The job requires a quick tongue, patience, and a lot of brass. For a small fee, a *despachante* will obtain permits and passports or do your voting, banking, and mailing - the list has no end. No bureaucratic obstacle is too intimidating. A ‘*despachante de aduana*’ will assist you with imports, exports, and transportation involving customs houses. Some of the services of an honest *despachante* may seem fraudulent by U.S. standards, but acceptable by Brazilian standards. The services of an unscrupulous *despachante* may seem fraudulent even by Brazilian standards.”

As you might imagine, *despachantes* come in all shapes and sizes, and perform a variety of services, some completely legal, some perhaps not so legal and many of which are some where in between, depending on your perspective and tolerance for shades of grey. But having decided to do business in Brazil, you will need to become some what more comfortable with shades of grey and a certain amount informality in terms of getting



things done. Using a *despachante* is even recommended by various U.S. governmental agencies. For instance, the Alcohol, Tobacco Tax and Trade Bureau within the U.S. Department of the Treasury, suggests the following. “It might be helpful to receive assistance from a ‘*despachante*’ or freight forwarder. *Despachantes* are often large organizations providing a wide range of services to anyone wanting to expedite their dealings with the government. *Despachantes* often clear goods through customs faster and they eliminate the need for permanent staff in the importing firm to handle such matters.” So, there you have it, a warm recommendation for using a *despachante* from the U.S. government, or perhaps merely a realistic concession to the realities of doing business in Brazil.

The irony in all of this is of course that much of what the *despachante* does is to grease the wheels of an otherwise inefficient and bureaucratic system in order to get things done. This can include indirect payments, which as we have discussed violate the law in Brazil as well as in the U.S. So, even if you are not the one directly making the payments that are often necessary to get things done, you are undoubtedly benefiting from all the payments *despachantes* have made on behalf of other clients over the years that enable them to effectively work the system, make the right contacts and get things done on your behalf.





That said, *despachantes* have become an essential part of the process of getting things done and maneuvering the layers of governmental bureaucracy in Brazil, much as real estate brokers have become an essential part of finding and renting an apartment in New York City. You might not like it, but in the end, you have no choice. Okay, you do have a choice, but it's a choice between getting things done and battling against a system that has been in place since the Portuguese landed in Brazil.

In NYC, real estate brokers have managed to insert themselves between you and the apartment you want to rent, so that they can collect a fee equal to 15% of your apartment's annual rent. This fee however does not reflect the effort a broker must expend to help you find a suitable apartment; it reflects the cost of being the exclusive broker for certain properties. Call it what you want,

but it's a well hidden bribe, wrapped inside what has become a well accepted, though despised system for securing an apartment in Gotham City.

In the same way, some *despachantes* in Brazil build the necessary ancillary transaction fees into the cost of their services. Other *despachantes* however may suggest that you provide them with a little something extra that they can slip in with the required application fees to facilitate the processing of your application. With this in mind, you will want to be sure to use a reputable



despachante service, one with which you feel comfortable working. You can find such a reputable *despachante* with the assistance of your lawyer, through the U.S. Department of Commerce, the American Chamber of Commerce in Brazil and the various Brazilian Consulates.

As a foreigner in Brazil where business is all about personal relationships, it's practically an imperative that you work with a *despachante* to cut through the layers of red tape necessary to do business in there. In short, your *despachante* will become your new friend, your new best friend with lots of old friends, both of whom can help you get things done in Brazil. ■

* Mr. DiPaolo is the co-founding managing director of the 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@fidelislaw.com

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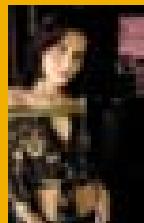


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"A Swell Party! - RSVP Cole Porter," was a bash at the **Hollywood Roosevelt Hotel's** famous **Cinegrill** to honor Cole Porter's anniversary. It starred celebrated cabaret artists **KT Sullivan and Mark Nadler** - who together contributed delightful, sexual, deep and humorous nuances to Porter's songs. **Don Heckman** introduced me to **Jerry R. Sharell** (President, Society of Singers). I also spoke to **Anne Jeffreys, Richard Sherman** and **Mr. Blackwell**.

Lenny Andrade at **Jazz Bakery** sang with intimacy and depth as if she were telling her own story in each of the songs she performed. She made it personal. Even in her scat singing, her signature was present. It is evident why she has been one of Brazil's great jazz vocalists.

At **Disney Hall**, **Garrick Ohlsson** entered the stage and carried an energy of a being who's firmly connected with the earth. As he started to play, his hands floated, glided and sang the most delicate, refined sounds. He performed Beethoven, Liszt, Smymanowski and my favorite, Prokofiev. For a total of four encores, he played pieces by Chopin.

"This is the best Music Hall I've played in the world - perfect acoustics!" said the internationally acclaimed organist, **Simon Preston**, as he punctuated his performance with his sardonic

British humor. Preston's feet moved across the pedals with the elegance and lightness of a dancer - it was fascinating and hypnotizing. My favorite was a work by Maurice Duruflé.



Burt Bacharach's concert was a thrill. Pure joy! A 20-piece orchestra and 3 singers accompanied him for a medley of his greatest songs. Like Preston, he rejoiced being at the WDH saying, "Anything after performing here is downhill."

At the **Music Center's LA Opera** event, **Placido Domingo** was phenomenal as he sang about love, revenge and sorrow in **Torroba's Luisa Fernanda**, with a superb performance by **Maria Jose Montiel** in the title role.



Media City Ballet's Black Tie Tribute Performance and Gala at the Wilshire Ebell Theatre honored legendary **Ballet Russe male dancers: George Zoritch, Marc Platt, Victor Moreno, Paul Maure and Andrei Tremaine**. It was produced and choreographed by Artistic Director, **Natasha Middleton**. A principal dancer for MCB is the very graceful **Brazilian Tatiana A'Vermond**. Sitting next to me were actress **Neile Adams**, dance coach **Joe Tremaine** and actress **Julie Newmar**.

The atmosphere at the **Hollywood Bowl Playboy Jazz Festival** made me feel as if I were in Brazil. People were dancing, singing, eating, talking, drinking - basically, having a blast under the summer L.A. skies! **Angelique Kidjo** brought the house down with her vibrant performance. The powerful **Arturo Sandoval** and his A-List music ensemble was a show of talent, versatility and genius. Blues legend **Etta James** was ageless as she poured all of herself in her songs. The concert felt complete after she sang "At Last." Afterwards, I rushed to The **Ford Amphitheater** where Brazilian Nights Productions presented one of the most exciting L.A. summer concerts, starring the traditional Brazilian samba group, **Fundo de Quintal**, directly from Brazil. The musicians invited some of us on stage to join the fun. I danced, sang and never sat down. Most of the audience did the same. A few days later, headlining the first **concert in the Bowl's** summer World Music Series, **Carlinhos Brown**, always ready to give more with his exciting, polyrhythmic style, got the audience off their seats and into the aisles.



Recent guests on *The Bianca Rossini Show* have been: Grammy winner **Ray Parker Jr.**, UCLA-LIVE artistic director **David Sefton**, and entertainer **Mario Marchiaro**. Also the world premiere of **Bianca in Paraty** - a two part TV show in the beautiful historical city of Paraty, Brazil, filmed by **Gisele Feth**, edited by **Gustavo Dias**. ■



* Bianca Rossini born in Rio de Janeiro, resides in Beverly Hills is an actress, author, singer and TV personality. More info www.biancarossini.com

** Special Thanks to Publicist **Denise Doorman** (writebrainmedia.com), **Phil Smith** (fewsmith.com) **Fabio Garcia, Hugo Espinosa** and Bianca's hair stylist **Luciana Mazieiro** (Byu-ti.com)

A black and white photograph of actress Bianca Rios, looking directly at the camera with a soft expression. She has dark hair and is wearing a dark, low-cut top. The background is dark and out of focus.

A Brazilian Heart

Bianca Rios

A Brazilian Heart
is Bianca Rios...
A sensual, exotic rose
that's bold and playful,
with original floral scents.

"Eromo, passionate and thoughtful..."
Sari Perl, *Screenplay*

"Inspiration is like and rose in blossom..."
Maria Maria, *Wagner e Amaro e os Guerreiros do Amor*

"Rhythms of the soul...treasure-wielder of the heart..."
Gilda Ayres

"Pulse of Brazil and the leaves of love..."
Andrea Mayorga, *Miss Mi the Stage*

"Bookkeeper of our suppressed emotions..."
Chris Durand, *Does He Love*

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San Diego Close Up

By Victor Gutierrez

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Late October - Udiyana Bandha "Curing the Planet Tour" brings

harmonic tunes and musical trends such as raga, kalimba, Brazilian rhythms, African beats, Indian mantras and electric guitar leads, elaborating vocals and multi-percussive effects.

The lyrics of their songs explore the spirituality, ecological awareness, and the love that flows from the Tantric culture.



Performance Locations Soon - at www.soulbrasil.com
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Do We Plan Our Life Challenges Before Birth?

* Robert Schwartz

So often, when something “bad” happens to us, it appears to be purposeless suffering. But what if our most difficult experiences are actually rich with hidden purpose – purpose that we ourselves planned before we were born? Could it be that we choose our life’s circumstances, relationships, and events?

In my research for my book *“Courageous Souls: Do We Plan Our Life Challenges Before Birth?”* I found that the answer to this question is a definite yes. Working with four of the most gifted mediums and channels in the country, including one who is able to hear the conversations people had with their future parents, children, spouses, friends, and other loved ones, I’ve examined the pre-birth plans of dozens of individuals. These people planned such challenges as physical illness, having handicapped children, deafness, blindness, drug addiction, alcoholism, losing a loved one, and severe accidents.

Why do we plan to experience challenges? I found four primary reasons. First, challenges

allow us to balance karma from past lives. For example, someone who was physically ill in a previous incarnation and the one who took care of that person may decide to switch roles. What makes this life blueprint so difficult is that once in body, neither soul will remember the plan.

Second, we plan challenges in order to heal. For example, Penelope, the deaf woman in the chapter on deafness and blindness, planned to be born completely deaf because in a past life she had heard the gunshots that killed her mother. In this lifetime, she sought to focus on self-healing and wanted to make sure that her healing would not be hindered by a similar trauma.

Third, we plan challenges to be of service to others. In the chapter on physical illness, I write about Jon, a homosexual man who planned to have AIDS so that he could teach tolerance to humanity. Jon is not someone to be judged, but rather someone we may thank for having the raw courage to plan such a bold mission.



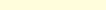
Lastly, life challenges allow us to know ourselves as love. By this I mean not simply that we are loving, although certainly that is true, but that we are quite literally made of the energy of love. In our nonphysical Home, we experience no contrast to ourselves and therefore cannot fully understand our nature as love. On Earth, in a realm of duality and stark contrast, we often encounter a lack of love. As we choose in the face of such experiences to give and receive love freely and unconditionally, we remember who we really are. ■

* Robert Schwartz is the author of *Courageous Souls: Do We Plan Our Life Challenges Before Birth?*. A free PDF with a large sample of the book or the complete printing book is available on the About the Book page at www.CourageousSouls.com or by calling the publisher Whispering Winds Press at 1-800-742-0148. The book is also available through any library at no charge or bookstore by providing them with the ISBN number 9780977679454. To contact the author by email: author@courageoussouls.com.



A photograph of the exterior of a grocery store. The store has a blue and white sign that reads "ALEX MEAT MARKET" and "CARNICERIA ARGENTINA" below it. The sign is mounted above a glass-paned entrance. The store is surrounded by trees and other buildings, suggesting a commercial area.

An advertisement for Pole Position Car Rental. It features a red hatchback on the left and a yellow sedan on the right, both shown from a three-quarter front view. Between the cars is a black checkered racing flag. Above the cars, the text 'CARROS A PARTIR DE \$99 MENSAIS' is written in red. Below the cars, the website 'www.polepositionca.com' is displayed in large, bold, yellow letters. At the bottom of the banner, the words 'Aéreo' and 'Aéreo' are repeated in a smaller, white font.



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ABOBRINHAS ESCABECHE

Cortar as abobrinhas em rodelas, lavá-las e secá-las. Fritar aos poucos e colocar em camadas numa travessa, temperando com

alho picado, azeite, hortelã, sal e vinagre. Servir de preferência sobre a torrada de versão pão Italiano e uma fatia de queijo branco.

BERINJELAS FUNDICELLI

Cortar 3 berinjelas em cubinhos e colocar em água fervente com sal por 2 minutos. Coar, espremer e fritar. Temperar com 2 dentes de alho, 1 tomate picado, orégano e 1 colher de sopa de passas sem caroço. Servir sobre a torrada de versão pão árabe e uma fatia de queijo.

VIP ARUGULA

Pique a arugula e depois algumas tomates em pedaços pequenos, esfarele um pouco de queijo tipo feta grega ou ricota seca e misture os ingredientes. Adicione azeite de oliva, sal



e pimenta do reino. Servir de preferência na torrada estilo pão Italiano.

PATÊ DE GORGONZOLA

Bater no liquidificador um pedaço de gorgonzola picado, um volume igual de ricota magra fresca e leite desnatado suficiente para dar a textura. Sirvir de preferência em torrada versão pão Francês.

* Algumas das receitas acima é de nossa colaboradora e terapeuta Paulistana Conceição Trucom.

Summer Drinks

Splashy drinks are the centerpiece of any good cocktail party and in special during summertime. Here below we have selected 3 great options with the Brazilian Cachaça and 1 non-alcoholic energizer :

BEACH COOLER (serves 1)

- 1 oz. Brazilian Cachaça
- 1 oz. Cointreau Orange Liqueur
- 1 1/2 oz. Lime Juice
- 2 oz. Papaya Nectar

Combine all ingredients in a cocktail shaker half-filled with ice cubes. Shake well, strain into a highball glass filled with ice cubes, and serve.

VIP PINGA (serve 1)

- * 1 1/2 oz Brazilian Cachaça

- * 1 1/2 oz Triple Sec
- * 1 oz Lime Juice
- * Salt

Rub the rim of a cocktail glass with lime juice, and dip in salt. Shake all ingredients with ice, strain into the glass, and serve.

COCONUT BATIDA (Serves 2)

- * 2 oz of Brazilian Cachaça
- * 2 oz of Coconut Cream
- BETTER: Coconut Ice Cream
- * 1/4 oz Condensate Milk
- * 1 cup crushed ice

Place all ingredients into a blender. Pour into highball glass and serve.

RED JAH (serve 1)

- 1 cup plain non-fat yogurt
- 1 medium banana
- 1/2 cup frozen strawberries
- 1 scoop vanilla protein powder
- 1/4 cup uncooked oatmeal
- 1/2 tsp natural peanut butter
- 4 ice cubes





STORE

Unique Aisle in San Clemente, a home decor store and boutique with a Brazilian touch has opened for business last June 9 with a cocktail party for friends and customers. The new store offers items from local antiques and art, lots of paintings from the Amazon, as well as some pieces of furniture from India. They also have many items for your home and garden in general and the boutique in the back of the store features Brazilian items such as clothes, bikinis, jeans, shoes, decorated Havaianas Sandals, and beautiful jewelry that you don't want to miss. They ship to other states. Interior designers and decorators are welcome. Unique Aisle has lots of items for home staging and also space available for consignments. Please call them to discuss. **UNIQUE AISLE Home Decor and Brazilian Boutique is located at 108 S. El Camino Real - San Clemente, CA - 92672 (on the corner of Del Mar Ave.).** More info: (949) 361-2011 – or www.uniqueaisle.com



RESTAURANT

The pioneer of Brazilian “food per pound” in California and the respective success of the Brazilian B.B.Q specialist Pampas Grill in the famous landmark Farmers Market on Third Street and Fairfax Ave. in Los Angeles have inspired the owners Cesar Brelaz and Francisco Carvalho to open in August the new Pampas Grill 2 at the Culver Center in Culver City. The new restaurant will presents beautiful granite tables on the outdoor patio, a personalized interior decoration, a precious meatless buffet, authentic Brazilian grill system with the traditional meat variety, and will serve beer and wine. For the happy hour lovers, the Pampas Grill 2 will offer an every day happy hour from 3:30 to 5:30pm featuring the B.B.Q Appetizer Sampler Plate – Huummm...great while enjoying a cold beer at the patio this summer! Probably Pampas 2 located at 3857 Overland Ave. in Culver City, will be the new Brazilian Lovers “Pit Stop” in the Westside! More info www.pampas-grill.com



DVD/DOCUMENTARY

Force of the Spirit is a 60 min documentary directed by Joe Zimmerman and featuring Brazilian Jiu-Jitsu master Jean Jacques Machado that born without a functioning left hand, overcomes all challenges to become one of the world's greatest hand-to-hand combat grapplers. Awe-inspiring and inspirational, Machado demonstrates that it's not what's on the outside that determines a person, but rather what's on the inside. His story confirms that dreams can come true when you're willing to confront the challenges life deals you. With never before seen footage, witness evolution's most advanced warrior, his extraordinary fighting art and his influence on the lives of others who found encouragement by his example. A Five Star documentary about courage and triumph faces with adversity.

CD/ MUSIC

Lula and Afro Brazil New Release celebrates 20 years of Lula's Brazilian Music in U.S. This new project is the lively mix of rhythms and styles that makes **Lula** and his band, **Afro Brazil** the fun, contagiously energetic group that it has been since the Lambada explosion of



the late 80's. This current 12-song compilation is a non-stop dance music that spans regions of Lula's native Brazil, from the “Forró” of the interior communities across all states of Brazil to the “Pagode” music heard in bars and restaurants throughout the capital of Bahia, the city of Salvador. The new CD also includes 5 afoxés/ samba-reggaes and Samba de Roda, with the special participation of recognized Brazilians musicians in USA like singers Ana Gazzola and Sonia Santos, the Father/Son team of Josias & Erock dos Santos and others. Lula sings on four songs including the two forró tunes that celebrate musical mixes of African and European cultures which highlight accordion melodies with percussive accents and catchy vocal phrases, a smooth afoxé and an infectious samba. This happy rhythmic journey is complete with two lambada flavored Merengues performed in the native Spanish of Rica Benavidez and Marta Santa Maria.



Brazilian Day / L.A & S.F



Third Annual Brazilian Day in L.A.

Will be held on **Sept. 22** between **12 pm and 6 pm** with **Free Admission** at **La Brea Tar Pits in Hancock Park**, and it is sponsored by **Ministry of Foreign Affairs of Brazil and the California Steel Industries**. This event is organized by the Consulate General of Brazil in Los Angeles and the Brazil Foundation. The festival celebrates Brazilian Independence Day (Sep. 7) and will take place at the Page Museum gardens, featuring the best of Brazilian music, cuisine, dance, and martial arts.

The highlights will be **Roberto Trevisan**, directly from New York with playful, fun rhythms of forró, the Brazilian country music born in the northeast; **Sambajah** with the beat of pagode and samba; **Sonia Santos & Anna Gazolla's BrasilBrazil Show** will bring a high energy performance demonstrating the diverse styles and rhythms of Brazil's colorful and tropical culture. **DJ Sergio Mielniczenko** (The Brazilian Hour & the Global Village programs) promises to play the best of Bossa Nova and the newest beats of world music; and capoeira will be performed by **Capoeira Besouro**. The high point of the event will be the famous Brazilian composer **Dori Caymmi**, who will play the essence of Brazilian Popular Music. His main influences come from his father, Dorival Caymmi, as well Tom Jobim, Nat King Cole, Sarah Vaughan and Ella Fitzgerald. In the 1960s, Caymmi became a producer, arranger and musical director. Mr. Caymmi has two Latin Grammy Awards and three Latin Grammy nominations. Today he is one of the most important Brazilian composers alive. Several Brazilian restaurants will be providing authentic Brazilian food and several companies that commercialize Brazilian products in USA like Açaí juice, Coconut Water and Guaraná, will be on hand. You can also buy items such as bikinis, jewelry, clothing and arts & crafts. Children of all ages will learn and have fun while they play at our "Kids Corner", featuring Soccer and Capoeira workshops, face-painting, folklore story-telling, door prizes, popcorn, and cotton candy. Trips to Brazil and other prizes will be raffled. All the funds raised will go to the Brazil Foundation. If you wish to contribute, visit the Brazil Foundation booth at the event. Participants are allowed and encouraged to picnic, bring their own cameras, umbrellas, beach towels or blankets. Visit the Soul Brasil booth at the event!* **The La Brea Tar Pits is located at 5801 Wilshire Blvd, Los Angeles, CA 90211.**

The Consulate General of Brazil in San Francisco presents

The Brazilian Independence Day Celebration on Sunday, September 16 with the Exhibition of "Brazilian Photographers on the West Coast", at 1:00 pm, at International Center, and the concert "A Journey through 500 Years of Brazilian Music" at 1:30 at Koret Auditorium. Both events will be held at San Francisco Public Library, 100 Larkin Street, San Francisco. With a view to celebrating the 185th anniversary

of the Independence of Brazil, the Consulate General in SF is proud to offer to their friends in California, with the invaluable collaboration of the San Francisco Public Library, a sample of music and images that reflect the beauty and soul of our country. A selection of 21 photographs by Brazilian artists living on the West Coast will illustrate Brazil's geographic and socio-cultural diversity, shown through the photographers' talent and originality. Also there will be the crafted presentation of Mauro Correa and an unique performance by Brazilian musicians showing music from its origins to contemporary days. As

the Brazilian Consul General of SF Maurício E. Cortes Costa said "It is nevertheless a privilege for us to remember it with pride and to share such memories with the welcoming City of San Francisco." www.brazilsf.org. ■



Support by Soul Brasil magazine / **www.soulbrasil.com**



O Dicionário Amoroso de Vênus



Fabienne Lopez

Em geral, a pergunta mais freqüente dos meus clientes gira em torno da vida sentimental: Ele me ama? Quando vou encontrar a minha cara metade? Porque sempre me apaixono pela pessoa errada? A gente combina? De tanto ouvir as mesmas perguntas, resolvi escrever, neste mês, um pequeno dicionário bem-humorado sobre a forma astrológica como cada um se apaixona. Mas para entender como você vivencia a experiência do amor, esqueça o seu signo solar. Claro que o signo solar influencia, mas nem tanto. Digamos que você nasceu sob o signo de Áries, mas não se identifica com a descrição relatada num livro popular de astrologia, tipo "Áries e o Amor": O de uma pessoa em constante estado de paixão ardente. Pelo contrário, você é

um típico romântico, sonhador. O que explica esta discrepância? Vênus, regente do domínio afetivo/sentimental no mapa natal.

Em virtude de sua proximidade com o Sol, Vênus pode estar dois signos anteriores ou posteriores ao signo solar. Portanto, a pessoa de Áries pode ter Vênus no próprio signo, ou em Aquário, Peixes, Touro ou Gêmeos. Cada uma dessas posições planetárias modifica o retrato amoroso, a maneira como o indivíduo seduz, recebe e dá prazer e até mesmo se apaixona. Assim sendo, um ariano com Vênus no próprio signo, ou num signo de água como Peixes irá se apaixonar mais facilmente do que um ariano com Vênus em Touro ou Aquário. Outros fatores que influenciam são a qualidade (cardeal, fixo ou mutável) e o elemento (fogo, terra, ar

ou água) do signo onde se encontra Vênus. Uma pessoa com Vênus num signo cardeal ou no elemento terra vai ter tendência a escolher alguém para amar – não que alguém possa escolher – mas haverá uma abordagem mais pragmática, mais voltada para a ação nestes signos, embora as motivações sejam muito diferentes. Uma Vênus cardeal terrestre dará atenção aos aspectos práticos de um romance: é do mesmo nível que o meu? Veio somar comigo? É uma relação construtiva? ■

* LEIA O COMPLETO ARTIGO E MAIS OUTROS ARTIGOS DA AUTORA, VISITANDO A PÁGINA DE ASTROLOGIA DE NOSSO SITE WWW.SOUL-BRASIL.COM

* Fabienne Lopez é uma astróloga de ampla experiência vivendo em São Francisco na Califórnia. Para saber mais sobre seus caminhos astrológicos entre em contato com nossa colunista pelo email Fabienne@astro-brasil.com ou fone 415-648-1932.

*A vida é feita de ciclos.
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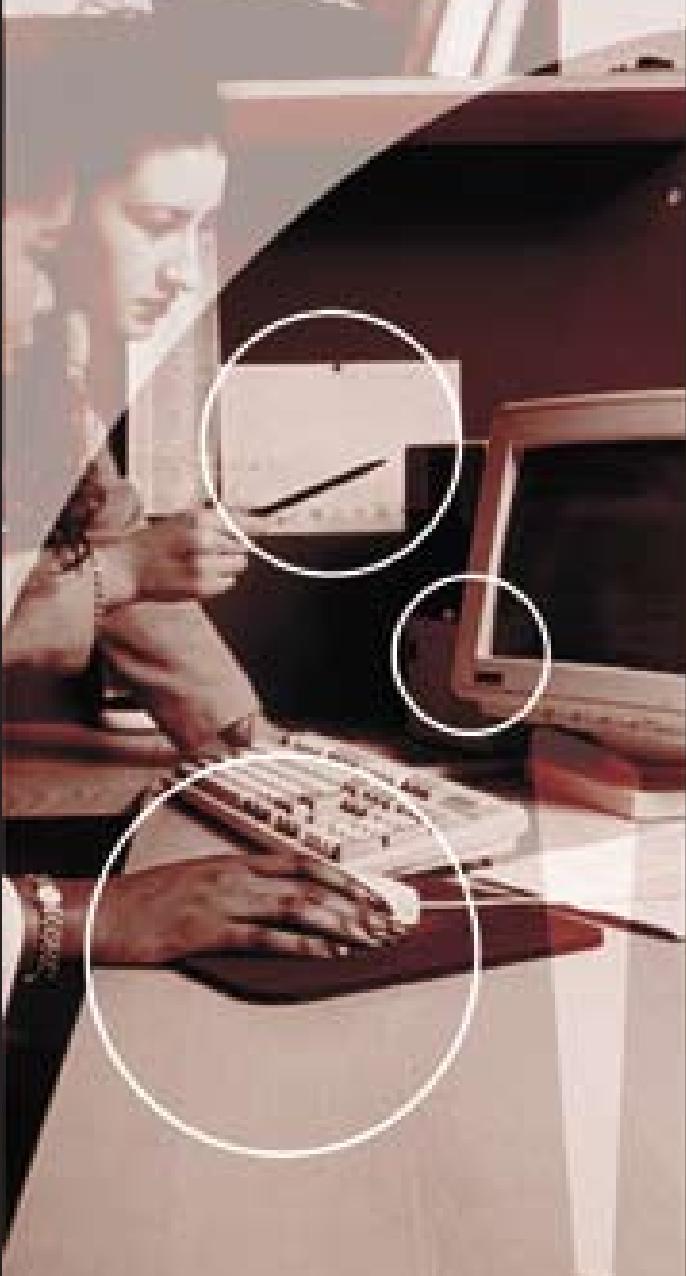
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