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Special October 2007 | Year 5 | Issue 32

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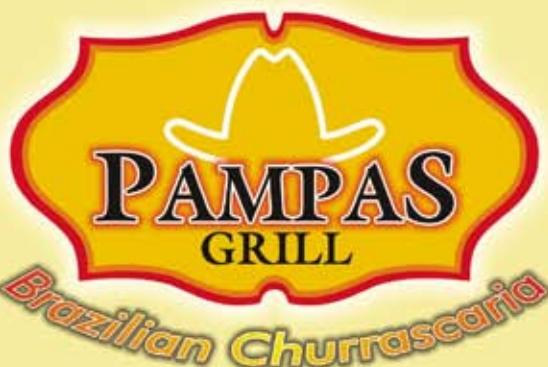
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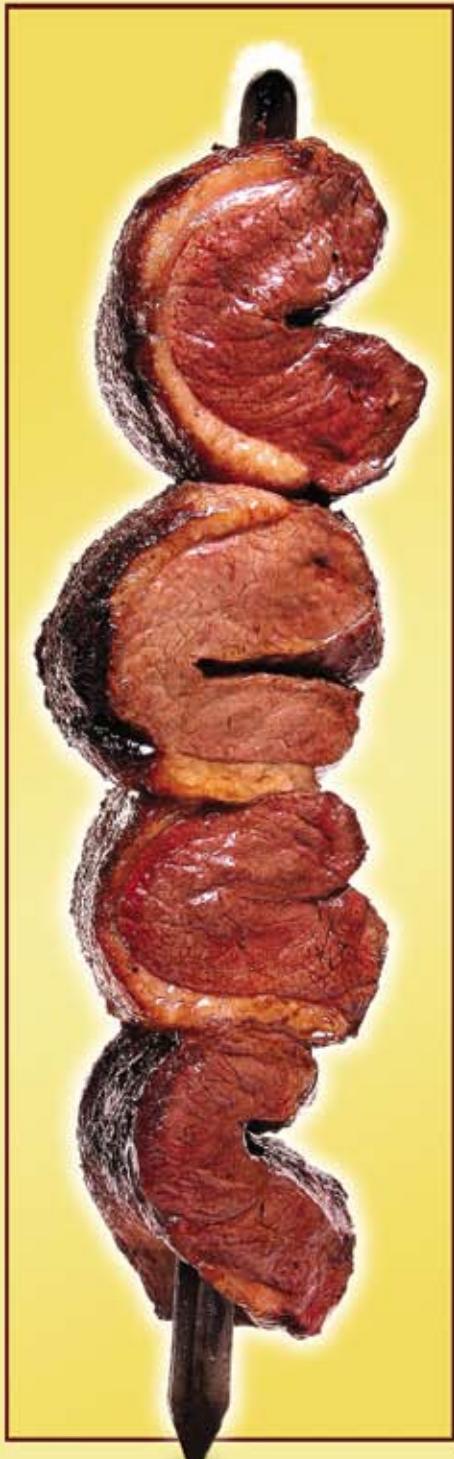
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Editor's Letter

Carta do Editor

These days Ecology, Global Warming, Alternative Energy, Permaculture and other words related with Globalization with Conscious Living is in fashion. But since 10 year ago in 1997, I have embrace the idea of a better world with a bit of compassion, a sense of united we can stand and the philosophy that each of us needed to make our small part.

These days many folks think ethanol and biodiesel isn't just good for the environment, but yes it's good for the bottom line. Brazil is a world leader in ethanol technology and a strong producer in many types of alternative energy as biodiesel. In other hands, the U.S market has more than double every year since 2004 and will hit \$1 billion this year. The number of retail pumps nationwide has grown from 350 in 2005 to more than 1000 today.

Besides the environment impact, one of the reason of this success is the capacity of biodiesel be 30 percent more fuel-efficient than gasoline which in turn is 30% percent more efficient than ethanol. The production of biodiesel in the world is still an infant industry, and in U.S is only 0.5 percent of the total U.S diesel-fuel market. It makes me think about Brazil's power and infrastructure in this theme and the high possibilities for Brazil future with this growing revolutionary demand. Any diesel car can run on biodiesel with no conversion necessary, and 4 percent only of U.S car passengers run on diesel. But analysts expect that number to rise fast, in lockstep with rising oil prices. I can see this and other "lamps" behind the tunnel for Brazil.

In this issue read a interesting and reflective article about this new moment of humanity. Next issue Nov/Dec be prepared to read a comparative article about the contemporaneous alternative energy and what we expect behind it.

Have good time reading...

Lindenbergr Jr.

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Music

Paralamas do Sucesso em USA Tour 2

Regressando a Califórnia depois de poucos mais de 1 ano estarem em território Americano demonstra a força de marketing da banda e o prestígio perante os seus seguidores. A banda carioca que surgiu no começo da década de 80 ainda mantém seus 3 e únicos músicos. Em uma nova fase, não se prenderam ao "ontem" e estão prontos para viver o "hoje" com o líder Herbert Viana em uma das suas melhores fases como compositor.

O show promete ser um misto desses discos, com destaque maior para as músicas do mais novo Cd da banda. Se espera de cara o tom mais pessoal usado por Herbert em suas letras desde 2002, um ano após o acidente que o deixou paraplégico: Sofri, chorei, cansei de soluçar/ Nem sei se é o fim, mas a luz da vida/ Ainda brilha pra mim. Vale lembrar que "Hoje" é o primeiro álbum com composições posteriores ao acidente do líder Herbert Viana.

A música Pétalas apresenta uma bela poesia co-assinada por Nando Reis que é uma beleza, já Fora de Lugar, com letra de Le-

oni e Andreas Kisser do Sepultura na guitarra. Outro destaque do show e do CD vai para 220 Desencapado, um meio-rap com letra de amor. Já Ponto de Vista, a mais roqueira de todas e considerada por muitos seguidores da banda como imperdível de escutar em qualquer show, foi escrita por Herbert e fala da vida na cadeira de rodas.

Interessante também mencionar que o líder do Paralamas se engajou em uma campanha chamada "Never Give Up". Sua história de superação e força foi além das fronteiras Brasileiras e serviu de fonte de inspiração para muitas pessoas com o auto-estima em baixa e outras não tão felizes com suas vidas. Com certeza assistir a um show do Paralamas não é apenas uma viagem pelo bom do Rock Brasileiro, mas um lembrete na íntegra para seguir em frente e lutar com unhas e dentes para superar as dificuldades encontradas em vida.

* *Paralamas do Sucesso will be performing Oct. 17 in S.F at the Mezzanine, 444 Jessie St., S.F, CA 94103 and Oct. 18 at the Avalon in L.A., 1735 N. Vine, Hollywood, CA 90028.* ■



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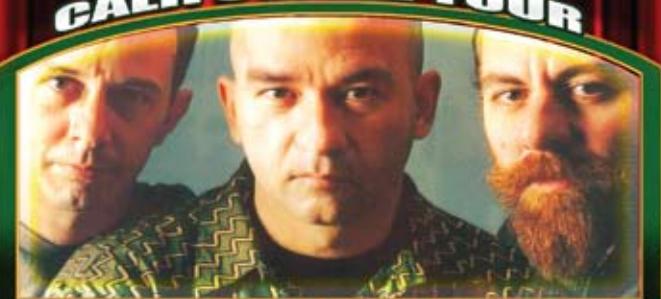
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Time for Challenges and Changes

* Edition by Ann Fain

Poverty is one of the principal causes and effects of environmental problems in the world. Explain better, while poverty has resulted in environmental deterioration, the principal causes of the continuous decline of the global environment are the unsustainable patterns of consumption and production. We find that environmental degradation and pollution is produced through the expansion of poverty and accumulation of wealth. In developing countries the majority of the problems connected to poverty are through an increase in population and desertification. This is different than developed countries, which are associated with industrialization.

While poverty is of great concern, there are other environmentally destructive factors to consider as well. Every year approximately 5 million people in developing countries die from problems related to air and water pollution. Air, land, ocean, and fresh water pollution are very real and continue to threaten our lives and the lives of many species of animals. Humankind is responsible for the emission of mercury, nickel and arsenic – more than double the amount emitted from natural sources. The emission of zinc has already tripled and the emission of cadmium (chemical used in batteries and pigments like plastic products, and is known to cause cancer) and lead are respectively 5 to 10 times higher than natural emissions. According to estimates by the United Nations (UN), about 2.8 billion people will live in regions with chronic drought until the year 2030. The UN also qualifies water as “the petroleum of the 21st century.”

The UN also indicates that other problems are the quantities produced by particular

types of garbage, radioactive and urban, and from residual industry waste. Examples include tires, batteries, and chemical, toxic and hospital waste. All of these need to be disposed of properly, receive adequate treatment prior to disposal and/or be processed to be environmentally safe to reuse. Other causes for concern are the diverse environmental accidents that have occurred in the last 50 years. Aside from the fact that these accidents have been directly responsible for the death of humans and animals, they have caused serious contamination problems of the oceans, rivers, forests, air, plant life and the planet in general. (See the picture below)

We want to conclude this article by mentioning that the growing global population

and global tendencies in the last 400 years are severely taxing our environment. It took 200 years for the population to double by the year 1650; 80 years for the population to double by 1850; 45 years for the population to double by 1930; but only 35 years for the population to double by the year 2005. There were more people born in the 20th century than in the history of humankind. The world is dynamic. It is in constant transformation and each generation tends to think that their time on this earth is the most crucial to the history of humankind. However, what becomes clear is that we really just live in one moment of crisis different from all the other crisis of the past. In the end, humankind needs to ask crucial questions and be decisive for about its future.





TIMELINE OF RECENT ENVIRONMENTAL ACCIDENTS:

In 1945 the effects of the 2nd World War culminated with the launching of two atomic bombs on Japan.

In 1954 the United States tested a hydrogen bomb in the Pacific Ocean, resulting in the contamination of 18 million square km of ocean and radioactive clouds extending approximately 410 km. Not only were millions of fish and many fishermen contaminated, but it is speculated that this bomb was 1,000 times more powerful than the atomic bomb that destroyed Hiroshima.

In 1967 in Torry Canion, England an oil tanker spilled oil in grand proportions. Two years after in 1969, another oil tanker spilled oil in American waters.

In 1984 two explosions and a fire resulting from a gas leak caused the death of 150 people in Vila Socó, Brasiliera de Cubatao in the state of Rio de Janeiro.

Also in 1984 a liquid gas tank explosion in Mexico caused the death of more than 500 people and left more than 4 million injured. The accident became known as "the day the skies of Mexico City caught fire."

In 1986 there was an enormous catastrophe at Chernobyl in the then USSR resulting in the nuclear reactor contaminating the atmosphere with a level of radiation about 30 times that of the bomb dropped on Hiroshima, Japan. More than 100 million people

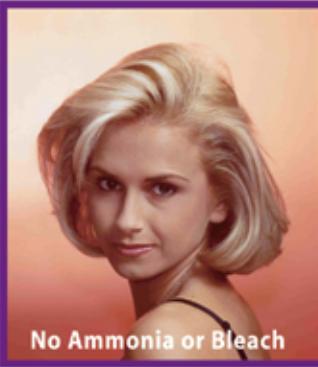
suffered from genetic damages and cancer in the years that followed.

In 1989 the oil tanker Exxon Valdez spilled 40 million cubic meters of oil in Alaska. Approximately 260 million birds died in this accident, among other species of animals, and even today the marine life still suffers from the consequences.

In 1991 during the Gulf War, Iraq burned more than 700 oil wells in Kuwait. This was the largest oil disaster in history.

In 1993 Braer spilled two times the amount of oil in the Shetland Islands than the Exxon Valdez did in Alaska. ■

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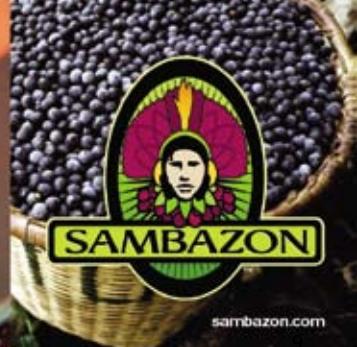
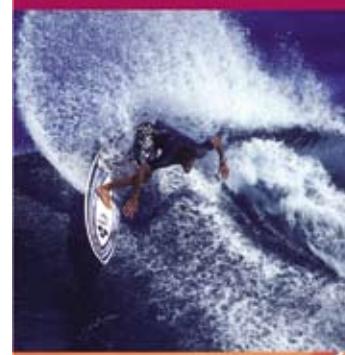
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“Brazilian Mania”

With this issue we are starting a series that will try to describe some “Manias de Brasileiro” or “Brazilian Manias”.

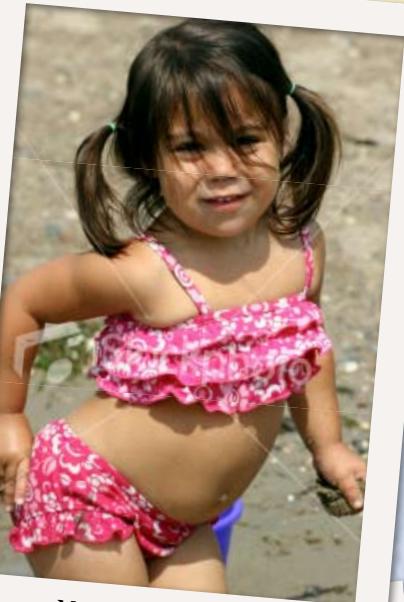
In every issue you will find a page with a few photos from our collaborators and also readers about the theme. Yes, we strongly suggest you, the reader, to collaborate and submit photos that you consider is “Mania de Brasileiro”. Please send it to editor@soulbrasil.com, subject: “Mania de Brasileiro” (or Brazilian Mania) with your name, city where you leave, profession and email of contact. Put yourself in the reader’s place, be enthusiastic and creative because your reader wants to see something fun, inspirational and authentic.



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Ferramentas de poder geram a cura no xamanismo

Baby Garroux



As culturas xamânicas apresentam vários métodos de ensino e treinamento para o desenvolvimento dessas habilidades de liderança e de fortalecimento. Para muitas culturas indígenas, a sessão de recuperação da alma é uma técnica de fortalecimento empregada por aqueles que desejam trazer de volta partes de si mesmo que foram perdidas. As ferramentas de fortalecimento utilizadas no trabalho incluem: sessão com chocalhos, dança, meditação em pé, animais de poder e animais aliados.

Sessão com Chocalhos

A utilização de sons, a indução sonora com instrumentos para a obtenção de um estado alterado é uma parte importante da sessão de recuperação da alma nas tradições xamânicas. O mais antigo instrumento musical utilizado com esse fim entre os povos nativos é o chocalho, imitação da chuva feita pelo gênero humano. É um

instrumento de limpeza e purificação utilizado para remediar a "perda da alma". Os termos contemporâneos para a perda da alma são "depressão", "desânimo" e "abatimento". Na prática, a maioria dos xamãs primeiro usa o chocalho para limpar e purificar. Depois, se utilizam de seu som para chamar as partes da alma que foram perdidas no passado, num lugar em particular ou num antigo relacionamento. Muitas sociedades xamânicas atribuem ao chocalho algumas funções: recuperação da alma; limpeza e purificação; ajuda na sessão de "visionarização" (faz-se isso pendendo-se ao chocalho, por meio de seu som, qualquer orientação oracular que se faça necessária). Ainda hoje o chocalho permanece como o único objeto que familiares e amigos, universalmente, oferecem a todas as crianças recém-nascidas. Talvez o ser humano traga consigo, o reconhecimento subliminar do chocalho como fonte primal de re conforto, revitalização e força que ainda se faz presente nos tempos atuais,

para nos lembrar de fazer valer e recordar todas as partes que nos compõem.

Dança

Em Onondaga Lake levei um grupo para a cura do rio através da dança - método de fortalecimento e de trabalho de recuperação da alma que é utilizado, consciente ou sub-conscientemente, em todas as sociedades. Quando dançamos, atingimos a essência de quem somos e experimentamos a união entre espírito e matéria. Ficamos acordados e cantando os hinos sagrados durante toda a noite para nos purificarmos e para que nossa dança e nossas preces possam trazer o bem para todos. Hoje podemos nos utilizar da terapia da dança para entrarmos em contato com nosso Guerreiro interior.

São cinco ritmos elementares para todo ser humano, quando explora a dança:

1. O ritmo do fluir é o mestre da fluidez e da graça.
2. O ritmo do caos é um anúncio da criatividade buscando a forma.
3. O ritmo "stacatto" é o mestre da definição e refinamento.
4. O ritmo lírico é o mestre da síntese e da integração.
5. O ritmo do silêncio é o mestre do contentamento e da paz.

Quando dominamos esses cinco ritmos, a separação entre nossa experiência interior e exterior termina. A sabedoria do folclore do leste da África descreve a essência dessa unidade no dito: "uma perna não dança sozinha".



Meditação em Pé

O guerreiro se utiliza do ritmo do silêncio para atingir a integração dos poderes de presença, comunicação e posicionamento. As tradições xamânicas fazem uso da posição em pé e do ritmo do silêncio para treinar os indivíduos na arte de atingir o completo poder sobre si mesmo. Não é raro, nessas sociedades, que os sujeitos orem em pé, por longos períodos de tempo, quando procuram obter visões. Transculturalmente, a prática da meditação em pé é utilizada nas artes marciais, nas práticas espirituais e entre os militares, como um meio de reforçar e fazer fundirem-se os três poderes universais da presença, da comunicação e do posicionamento, os quais nos permitem a ligação com nosso ser maior. Em seu clássico guia de liderança, influência e respeito, *Tao Te Ching*, Lao Tse nos recorda a maneira pela qual o guerreiro se utiliza e comprehende o poder e a dança da vida:

Conhecer o absoluto é ser tolerante.
O que é tolerante torna-se imparcial.
O que é imparcial torna-se poderoso.
O que é poderoso torna-se natural.
O que natural torna-se Tao.



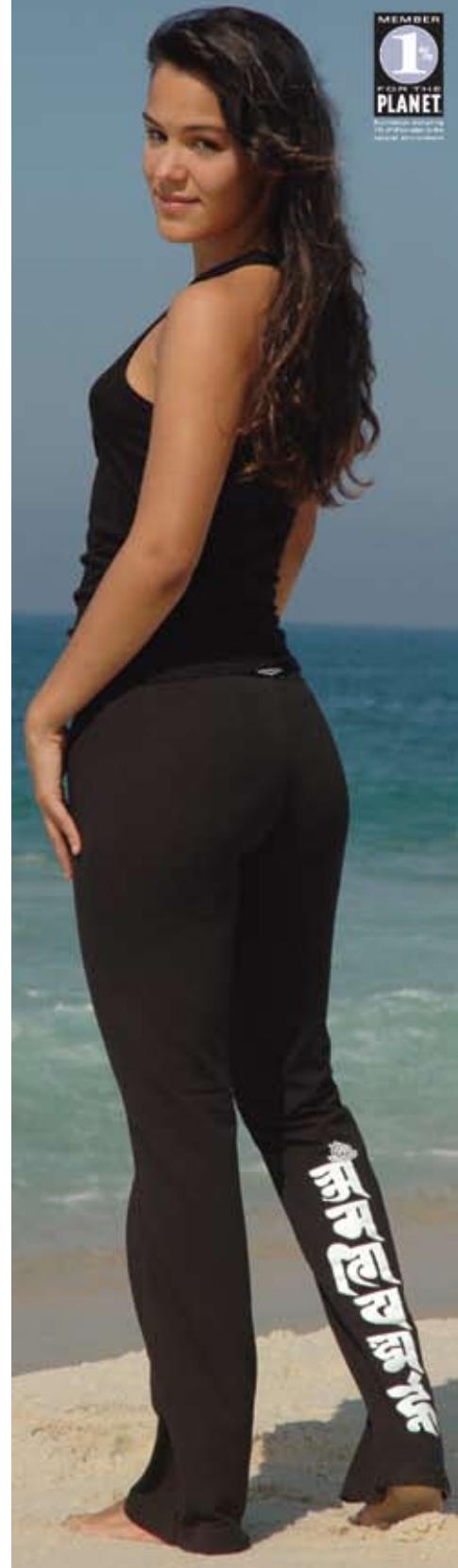
A procura pelo eu em seu pleno funcionamento promete ser o mais frutífero empenho que um líder pode assumir. Ser cheio de poder - poderoso - é a instância natural, de tolerância, respeito e imparcialidade do caminho do Guerreiro.

Animais Protetores e Animais Aliados

Sempre levo grupos até o Chaco Canyon onde participam de vários ritos de sociedades xamânicas, e com isso alcançam o poder trabalhando conscientemente com um animal de poder. Nossa animal de poder é aquele com o qual mais nos identificamos, ou o que se nos deu a conhecer em nossos sonhos, meditações ou sessão xamânicas – no mínimo por quatro vezes. Sua função é guardar e proteger nosso corpo físico. Se chama de animais aliados aqueles pelos quais nos sentimos sempre atraídos em nossas vidas, ou pelos quais sentimos afinidade e nos assistir em nossas fases de transição, crescimento e dificuldades. Os animais de poder e os aliados nos assistem diariamente. Nas culturas totêmicas podem ser simbolizados como as esculturas entalhadas de animais de poder que protegem o vilarejo ou a comunidade; nos entalhes com a história da família e da comunidade, com seus espíritos guardiões; ou em objetos de poder, com a imagem do animal de poder da pessoa na base, e imagens de quaisquer animais adicionais colocados no topo, como animais aliados. Fazemos uso da visualização de animais como meio de estabelecer ligação com o poder natural de cura de cada indivíduo. ■

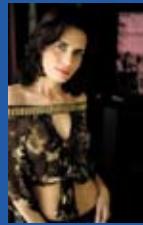
* Baby Garroux tem residência permanente em São Paulo mas sempre esta em Tour ao redor do mundo – e pelo menos uma vez ao ano na Califórnia, onde dar consultoria, palestras e workshops na área de xamanismo e terapias alternativas através da dança. Para conhecer mais sobre a autora ou obter mais info sobre seus workshops e palestras visite seu site www.babygarroux.net ou entre em contato com a Soul Brasil nos EUA através do email info@soulbrasil.com

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If god has a voice then Persian legend vocalist **Shahram Nazeri**, sings with the voice of god. His son, brilliant, innovative and visionary musician **Hafez Nazeri** presented the world premiere of his **Rumi Symphony Project** at **Disney Hall**, celebrating the 800 years of the legendary poet. Immediately after Shahram started to sing, it was as if my body was wrapped by the energy of his voice and I found myself inside the stillness of heaven, inside the notes of love, of god's spirit... I have never heard such a voice in my life with such power to connect with the greatest and deepest essence in us all – love. Beautiful playing by LA Phil cellist **Dennis Karmazyn**, the passionate daf drumming from **Hussein Zuhaway** and exquisite Indian tabla playing from **Salar Nader**. Add to that the talent of Hafez Nazeri, who plays and composes with extraordinary beauty, well on his way to stardom.

Summer at the Hollywood Bowl: Michael Tilson Thomas led a program of American classics, with renowned baritone **Thomas Hampson**. Every time I saw Thomas I saw **Leonard Bernstein**, His passion, brilliancy... it was as if Thomas had embodied Bernstein's spirit in such an intense way that it astonished me. During intermission I mentioned it to my friend sound engineer for the Bowl-**Fred Vogler** who told me that in fact Thomas was a protégé of Bernstein. I was not alone feeling swept away by the National Book award-winner **Gore Vidal's** narration of **Lincoln Portrait**. Another highlight at the Bowl was **Prokofiev's** passionate Violin Concerto No. 2 played magnificently by Armenian violinist virtuoso **Sergey Khachatryan**, 22, conducted by one of my

favorites French conductor **Stéphane Denève**. At intermission, I chatted with classic beauty Anne Jeffreys who was sitting in a garden box next to ours.



Beverly Hills fabulous party host my friend **Sety Madyoon** created a superb surprise birthday party for her well-known husband cardiologist **Dr. Hooman Madyoon**. The party's motif was all Brazilian including sexy samba dancers. I couldn't stop admiring the beauty of Persian man/woman who certainly love and know how to dress for the occasion. Sety's stunning architectural home by architect **Gerhard Heusch** with indoor pool was the perfect setting for an all night celebration.

A-list director **Tata Amaral's** film **Antonia** is stunning and intimate, a work of art and love, with superb performances by **Nega Li, Cindy, Leilah and Quelynah**. The film had premier in Los Angeles last Sept. 21.

Brazilian Tatiana A'Virmond shined as the most expressive ballet star soloist with **Media City Ballet's Noche de Sabor** Program at the Alex Theater in Glendale.



In his fourth album **Samba Passarinho**, my friend Brazilian pop artist **Péri** proves that genuine samba and bossa nova only needs voice and guitar, as he captivates again with his innocence, charm and beauty.

Diverse Brazilian famous artists living abroad **Carmem Gusmao** (Miami), **Rose Resnick** (LA),



Ricardo Koebisch (Paris), opened at the **Solange Rabello Gallery** in Miami a new interactive art exhibition **Fantasy Circus**.

Arnaldo Nogueira Jr's creation **Releituras.com** is now one of the greatest, most accessed sites with texts and bios of well known and new Brazilian authors.

After I performed as a back up singer for my friend Hot Salsa Mama singer/songwriter **Maggie Palomo** for the **Imagen Awards** at the **Walt Disney Hall** I met and talked to many great Latin personalities, stars and community leaders including; **Carlos Mencia, Chita Rivera, Hector Elizondo, Helen Hernandez, Luca Bentivoglio, Gloria Molina, and Liliana Perez**.

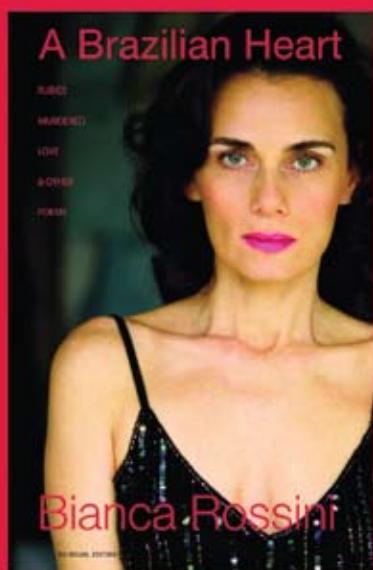


The very elegant **ESPASSO** Showroom hosted the launching campaign in Los Angeles for **Friend of Brazil Foundation** to support humanitarian projects in Brazil. Present were Council member of 4th District **Tom LaBonge**, who awarded the president of the foundation, **Leona Forman**, and General Consul of Brazil, **Thereza Quintella**.

Brazilian Historical City of **Paraty in Rio de Janeiro** is bubbling with Cultural events at the **Casa Cultural**, under the superb direction of **Rodrigo Cunha**.

The up and coming New York based Theater director **Giovanna Sardelli** is receiving rave reviews for her outstanding work in **Two Thirds Home**.

* Special thanks: **Don Heckman**, Publicist: **Denise Doorman** (writebrainmedia.com), **Fabio Garcia, Hugo Espinosa**, Bianca's hair: **Luciana Mazineiro** (Byu-ti.com)



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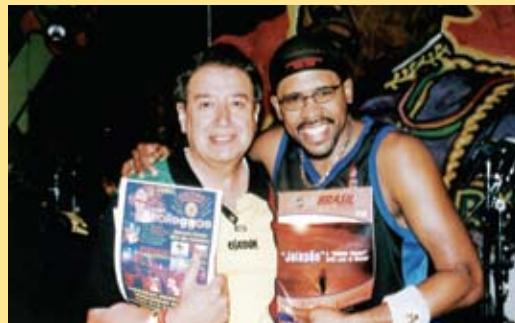
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San Diego Close Up

by Victor Gutierrez

Brazilian Day in San Diego at Portugalia Restaurant



From Rio to San Diego, Moves and Shakes with Afro-Reggae





Brazilian Day at the Annual African Market Place in L.A at La Cienaga Park



Planning Ahead...



Udyana Bandha from Brazil California Tour

The long waited performance in California was canceled last September due not planned last minute commitments for the band. The new dates will be during the month of November in L.A, San Diego, Santa Barbara and Bay Area and performance locations will be posted at the Soul Brasil website's events page. Their first performance will be at a Conscious Living Party at a private estate in Montecito, Santa Barbara County.

Udyiana 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 multipercussive 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, Udyiana 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 Udyiana Bandha always rely on the participation of scenic artists and dancers. To check sample music, photos and video check www.myspace.com/udyianabandha. To check the official site: <http://www.ybytucatu.com.br/udyianabandha>

* To help and booking Udyiana Bandha for your Club, Organization, Yoga Studio, Corporate Event related Conscious Living or Brazilian Culture or any MultiCultural Festival **please call (818)468-6474** or email frevo98@sbcglobal.net .



Modern Times



An Interview with Erica Woods, Creator/Director of Projeto de Habitação dos Desabrigados da Bahia (Bahia Homeless Housing Project).

Tell me about the title you've chosen for this interview.

Tempos Modernos is one of my favorite songs. It opens with the line “Eu vejo a vida melhor no futuro” (I see a better life in the future) and ends, “Vamos viver tudo que há pra viver, vamos nos permitir.” (Let’s live all there is to live, let’s permit ourselves.) It felt appropriate.

Indeed. How did this project come about for you?

I first traveled to Brazil in 1995. I found Sao Paulo an interesting city, and found Rio fascinating, but intense. I felt myself at home before the plane touched down in Salvador. I felt myself committed, from that first moment, to helping Bahia and her people ...my people.

My first attempt at helping involved taking money from my wealthy employer, and giving it to friends in Brazil. It was a very well intended bad idea that landed me into loads of trouble ...that's another story, though – and it's covered fully in my book, *A Day Without Me*. However, instead of ending my deep desire to help, it only fueled my passion. Further,

I understood that I was doing no more than putting a band-aid on a much larger problem.

I spent several years garnering an education in homelessness by working for different homeless organizations in Los Angeles. What I found, amongst other things, is that there are myriad opportunities in the United States for homeless people to change their circumstances. As I traveled to Brazil every year, I came to understand that the same is not true for Brazil's homeless. For several years, I spent whole days wandering the streets of Salvador speaking to homeless people, buying homeless children lunch or a pair of shoes, and providing English classes to young “disadvantaged” adults. I asked them what they felt they needed to change their circumstances. The overwhelming response I received was a single word – “Opportunity.” I knew then that my work would be in somehow helping to provide opportunities.

The actual idea for PHDB (which stands for Projeto de Habitação dos Desabrigados da Bahia, or the Bahia Homeless Housing Project) came as a daydream one afternoon while I was driving home from yoga. It felt terrifying and overwhelming – get funding from Brazilians, create housing and schools, build communities of people who learn to sustain themselves, and foster the creation of opportunities for people to effect change in their lives. I pulled my car over and wrote it all down. The more terrifying it seemed, the more excited I was to get started.

I knew it wouldn't happen until my sons could take care of themselves. They have been priority number 1. That said, they've known for 12 years that mom would be moving to Brazil when they grew up. I'm honored to say that

By Ana Paula Oliveira

* Translation by Ana Paula Paim de Oliveira

* Photos by Bethany Nagy

they are now very capable grown men.

So, I'm off to Bahia.



Why Bahia?

In the same way that all of humanity owes its existence to the first 2 humans who walked the Earth, so do all Brazilians owe their existence as Brazilians to Bahia. This northeast state is the birthplace of Brazil and is, therefore, the perfect birthplace for PHDB.

For me, Bahia was the first place that ever felt like home to me. I've always felt myself a bit of a misfit in the US – even in laid back L.A. In Bahia, I felt I'd found my tribe – whether in the city of Salvador or in the small towns along the Paraguasu River, or on the other side of the Bay. I don't view Bahia, or Salvador, as a passing fancy or as a tourist attraction, nor do I view it with “stars in my eyes.” I see it as home ... and I want my home to flourish, grow stronger, smarter, and more financially stable. I want my home to relish in the great wealth in itself that I see as I walk its streets and breathe its air. That worth, that wealth, begins with uplifting the people and giving them the opportunity to change their circumstances.



Why Brazil?

Because it's necessary. Further, in my opinion, Brazil is amongst the most powerful places on the planet – second only to Africa. The fact that Brazilians, like Africans, are not living fully in their power does not change the fact that the power exists. PHDB's intention is to assist Brazilians in re-claiming their power by providing the basic launching boards – access to homes, education, employment and healthcare. PHDB is not a hand-out or shelter program. Every person in our community will know, on no uncertain terms that they are required to work, grow and change their circumstances daily to remain a member of the PHDB community.

Why you? What is your motivation?

My motivations are love and gratitude. Love has no other desire but to exist and flow. I love Bahia, and Brazil as a whole, and feel that PHDB is the best way that I can show that love and be of service. PHDB is my way of loving Brazil. It is also my sweet, humble 'thank you' to all my ancestors dating back to the first two humans. In living my best life and stepping up to the challenges and joy that PHDB will present, I'm showing my gratitude to my ancestors, my familiars and the Divine for the blessings and bounty of my life.

Why not rely on 100% foreign investors for PHDB?

Because that antiquated model has never worked. The only way for PHDB to work – for

lasting change to become possible – is through local (Brazilian) participation on every level. If Brazil is not prepared to invest in Brazilians, then Brazil will fall. And if Brazil falls, all Brazilians fall, not only the poor and disenfranchised who already appear to be "down and out", but also the wealthy and educated who will find themselves forced to leave their beautiful homes and their beautiful country because they'll find they are prisoners – imprisoned by the masses who, forced by their circumstances, will rob them, attack them and beg every time they leave their homes – homes which eventually will not be safe because of the desperate masses of people who feel they, unfortunately, have nothing to lose.

If one wants proof of this rapid decline, one only needs to look to the United States. As the middle class disappears, crimes of opportunity are rising. As America invests more in foreign business opportunities and gives jobs, by the 10's of thousands, to people in India, China and Mexico – taking these jobs from capable Americans and creating virtual ghost towns in many of America's small towns, the nation is falling deeper into debt, deeper into poverty, and deeper into its own destruction. As the US government shows its disinterest in taking care of Americans – such as is currently occurring in New Orleans – the American public is facing a stark reality, realizing that New Orleans could happen anywhere and that none of us would be treated any differently. As basic systems like education and healthcare are lacking and are becoming, like home ownership, an elitist opportunity, Americans are looking for a way to get back to simpler realities that, in many ways, simply no longer exist. Fortunately, Brazil is NOT the US. Brazil does not live by this model, nor does it need to die by the same sword.

But, as an American, aren't you merely part of the problem? An opportunist?

I'm grateful for the land of my birth, and all

the opportunities it has provided me. That said, I've never been what's commonly called a "good American". Rather, I've always been a bit of a misfit who has concerned myself more with the world as a whole than with the US as a separate entity. Further, at a very young age, perhaps because I was blessed to travel quite a bit, I knew that there was little "right" about the US model for living. I am a Global Citizen. The world is in my blood – I have as much Irish, French, Dutch, Spanish and British blood in my veins as African and Native American – and the world is my home. PHDB is merely the beginning, in my eyes. I'd like to see the PHDB model used all over the planet, wherever homeless, uneducated, and underserved people reside, there is a possibility for the levels of growth, change and healing PHDB will provide. And, as for being an opportunist – no. This project isn't about me. It's about helping people help themselves. I'm crystal clear on that.

So is this missionary work?

I've been asked that quite often actually. The answer is always No. Missionary workers come in with a plan to "fix" something they see (or have been taught by their religion) as "broken". Bahia ...all of Brazil ... is not broken. In many ways, it is healthy and flourishing – a virtual paradise with a quality of life that's been missing on a large scale in the US (and many other places I've traveled to) for many years. PHDB is simply a tool, a service provid-





ed so that people have more choices about how they want to conduct their lives. PHDB will not make changes, or “fix” anyone. If change occurs, it will be 100% their choice ...and what specific changes occur will also be fully up to each individual.

How will it work?

It will be a lot of work, but on paper, I imagine it looks very simple. Investors will sign agreements to provide X amount of Reais (Brazilian currency) and X amount of jobs and/or services once our community is established. If applicable, they will also agree to provide job training. Investor funds will be used through the several stages of the project – 1) purchasing abandoned buildings around Salvador, 2) designing the re-construction (which, of course, will be done by architects working with PHDB), 3) creating the new, viable spaces – all of which will be run primarily on Solar Power (contractors, construction crews and solar power experts will be employed for this purpose). As the facilities come close to completion, 4) staff will be hired for every job that needs to be filled from doctor to security guard, and 5) we will begin the screening process for our community of people – selecting homeless people who want to change their circumstances, who, given the tools, are willing to do the work necessary to manifest change in their lives. As the pilot project opens its doors, we will 6) present large scale fund-raisers such as O Navio Ne-



greiro (a musical show) to further involve the communities of Salvador, Bahia and Brazil as a whole. After the pilot project has been active for approximately 6 months and is running smoothly, we will begin again – gathering more funding, purchasing more buildings and continuing to build upon the PHDB community so that real change can continue to manifest in larger numbers.

How much naïveté do you feel you're bringing to this project?

Not much. I mean, an ounce or two of naïveté is necessary to begin anything that is truly new and different ...and as huge as PHDB. However, beyond that two ounces of naïveté, I know that PHDB is going to require a lot of hard work, dedication, patience, collaboration, perseverance and learning ...and perhaps a few shots of good cachaça. I anticipate many sleepless nights, delays, changes to plans in midstream ...I fully expect the unexpected at every turn. I'm actually looking forward to it all. Change really is the only constant in life, and I feel ready for the inevitable constant changes that will be associated with PHDB. Further, I don't believe that PHDB will end homelessness. What I do believe is that PHDB will offer something that currently does not exist in Bahia, a choice.

Where do you see yourself in 10 or 15 years?

In 10 or 15 years, I'd like to have turned PHDB (which, by then will stand for Projeto de Habitação do Brasil) over to a capable group of Brazilians. I'd like to be consulting with other parts of the world for models of similar projects in their countries, states or cities.

What does PHDB need?

Support, of course. Like all non-profit organizations, PHDB will only thrive if it is fully supported, with funding, supplies, computers, etc. I have sent support letters and approached potential Brazilian investors (and

will continue to do so), but there's also celebrity support, computer companies, lumber and construction supplies. I will be sending letters soliciting support to all sorts of people and organizations in Brazil and in the US. The more support PHDB gets, the more it flourishes.

What if it doesn't work?

If it doesn't work, I will have tried. I read a beautiful quote recently about listening to the voice inside that calls you to do your part toward taking care of the world. PHDB is that for me ...I'm stepping up and doing the work I feel called to do. In the end, that's what really matters.

What about corruption and this concept of “non-accountability” in Brazil?

If I allowed myself to be daunted by corruption, I couldn't get out of bed every morning. Corruption, like politics, is everywhere. It's in the way the US government functions, in the way the Brazilian government functions, it's in the way every government functions.

So what!

I agree with Jeffrey Sachs, I am impatient with the excuse of corruption. Corruption gets used to promote and promulgate inertia. I'm bored with that excuse. For better or worse, the same is true of this “non-accountability” you speak of. Politicians and government officials all over the world are famous for not being “accountable” for all sorts of acts and actions dating back to the beginning of politics.

Accountability is not in the governments of a country, it's in its people. It's in the great-grandmother who, at 80-something years old, still walks 5 miles to catch a bus into town to do the laundry of a middle- or upper-middle-class family (for minimum wage) so she can feed, house and clothe her children, grand-children and great-grandchildren. It's



in the way that same great-grandmother gets up early to make sure her entire family is fed before she leaves the house and in the way that she, after working all day and walking 10 miles, gets home and continues to take care of her family. That's the level of accountability I'm interested in. Those are the people I'm interested in working with. Those are the people I'm interested in serving.

What will you do to keep corruption out of PHDB?

Whatever is necessary. If I have to hire an accounting team from Sri Lanka or San Francisco because I've had to fire a corrupt Brazilian accounting team, I will. If I have to micro-manage every department to check where every centavo is being spent, I will. As I've said before, PHDB is about Brazilians helping Brazilians. Anyone who sees fit to steal from, or otherwise create corruption within,

the organization really has no business being a part of it. PHDB will have checks and balances, and employ outside resources to check on our checks and balances.

Sounds impressive ...and expensive...

It won't be – either, actually. It will simply be a means to an end, insuring the integrity of PHDB and its interests.



It certainly sounds like you have all the answers.

That's funny. I mean, I'm glad it sounds that way. I don't feel like I have all the answers. I simply feel open to every question, every challenge and every adventure associated with PHDB. As surely as the challenges will arise, so the answers and solutions will come. I'm simply here to do my part.

* Erica Woods was born in Birmingham, Alabama and move up to Los Angeles with her family when was 2 years old. She lived in Europe, traveled extensively and has written two books – one fiction and one non-fiction. Ms. Woods moved to Brazil last September (2007) to implant her long wait PHDB project. To contact her send a email to ewoods@phdb-br.org.

* Ana Paula was born and reared in Salvador, Bahia, Brazil. She is a professor, writer, editor and translator, as well as an incredible personal chef and the mother of a boy. Currently she resides with her family in Quartz Hill, California.

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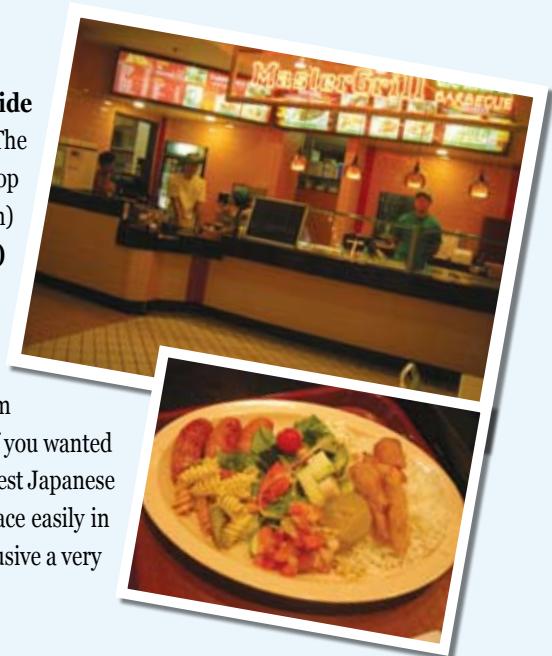


Products & Services Review



Spiritual Makeover: Ten Practices for Falling in Love with Your Life by Sirah Vetese Ph.D. offers a defined practice for exercising your spirit. The dust and grit of our everyday journey is frequently challenged with issues of livelihood, health, relationships, finances, and parenting. This book provides you the steps towards that end by offering spiritual and psychological know how for drawing out the deepest and the highest from within yourself. In language that's easy to understand and through the author's time-tested work with clients you are offered wonderful tools, deep spiritual wisdom and practical guidance to help you fall in love with your self and your life. A good tool to take you from outer chaos, to inner love and connection, 228 pages.

Master Grill Brazilian B.B.Q is a small restaurant at the food court inside the **Koreatown Plaza** 1/2 mile South of Wilshire Blvd. on 928 S. Western Ave. The new Brazilian option at the Korean Mall is the perfect location to try the **Picanha** (Top Sirloin Cap) for affordable \$10.95. The **Frango a Passarinho** (Fried Garlic Chicken) for only \$8.95, the **Grilled Fish** for also \$8.95 or the **Churrasquinho (Steak) Sandwich** for \$6.95 is great choices and we recommend. Mostly dish coming with 3 sides except the Churrasquinho. My preference was garlic rice, yucca fries and a spring salad that came with heath of palms, cherry tomatoes and cucumber. I love palmito (heart of palm)! The **guarana** or the 100% natural coconut water from Brazil are great choices as a drink, and the **Brazilian flan**...hummm. It is a must. If you wanted to imagine you were in São Paulo around many Asiatic faces (São Paulo have the biggest Japanese community outside Japan and a bigger Korean population) you can stop by this place easily in the free parking lot and still have time to shopping at interesting Korean stores, inclusive a very attractive market in the same level of the food court. For more info (213)351-0099



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Jenny Craig and Lindora which provide less individual attention. For what they offer you will only get the food on some programs. Inclusive,

they monitored exercise at the USC track for those interested in the program. The **Mesotherapy** is an alternative way to lose spotty deposits of fat without surgery by injections of a bile salt. Their wonderful **Skin Care lines** produced by OBAGI, are all physician grade products, each having a component which only a doctor can write for. This covers acne, sun damage, and uneven pigmentation. The **Laser Intense Pulse Light (IPL)** services are 30% less than their competitors on the L.A Westside. For things like Hair Removal the process can result in permanent reduction, which beats the time/hassle/expense of waxing. Best of all, they offer Interest Free Finance. The BILA is located at **2240 S. Figueroa St., Los Angeles, CA 90007**.

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Before



After



O Que Você Quer Ser Quando?

Fabienne Lopez

Quem é que nunca escutou isso na vida? Os pais vivem perguntando às crianças que profissão elas querem ter. Os jovens preocupam-se em escolher uma profissão bem remunerada, reconhecida no mercado na hora de prestar vestibular e escolher uma faculdade. Os adultos preocupam-se em fazer carreira.



Dá para perceber, então, que se trata de uma questão central na vida das pessoas. Com certeza, tem sido uma constante pergunta para mim, quando me flagro lembrando de todas as profissões

que considerei ter vocação ao longo de duas décadas de carreira profissional. Quis ser diplomata, relações públicas, publicitária, promotora de eventos, decoradora/designer e claro, artista de cinema.

A vida profissional ainda é uma fonte de conflito para as pessoas, divididas entre fazerem o que gostam/sonham e a pressão em escolher uma profissão que “traga sucesso financeiro”. Antigamente era a família que decidia que profissão o jovem deveria seguir, dentro de uma gama relativamente restrita de profissões consideradas “tradicionais”. Hoje em dia, somos seduzidos por uma enorme oferta de profissões, o que de certa maneira dificulta ainda mais a escolha de uma atividade em harmonia com nossos interesses, anseios e aspirações.

A maioria acaba sentindo-se frustrada com o emprego e procura compensações pragmáticas - aumento salarial, horário flexível, um chefe que reconheça os méritos e esforços - como justificativa para continuar com a mesma profissão. Mas existem pessoas para as quais o trabalho possui fortes conotações morais, filosóficas e emocionais, estando intimamente relacionado com o projeto de vida em geral e com o processo do autoconhecimento. ■

* Outubro 2007 – Para ler esse artigo completo e outros da autora e astróloga Fabienne Lopez visite nosso site www.soulbrasil.com e clique Astrologia no Menu. Para saber mais sobre a autora visite também www.astro-brasil.com. Para agendar uma consulta personalizada email fabienne@astro-brasil.com ou ligue 415-648-1932 (São Francisco -USA).

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The Brazil-US Green Tech Trade Association



With the support of the Rio de Janeiro Governor, the Lawyer Group Morrison & Foerster and in special the local associate lawyer **Adam O'Farrell**, **the** Institute of the Americas, Sphaera International and Terra Segura International, born a few months ago the Brazil-US Green Technology Trade Association. The initiative will help business, universities and governments to improve societies capabilities in environmental technologies and methods as well increase green trade between Brazil and the United States.

It is a project that increases "green" business activity and trade, leading to reduced pollution, cleaner energy, and ecological tourism, the sum of which will generate sustainable development, higher incomes, and more ability to shrink the causes of public insecurity. The challenges of the twenty-first century are daunting: runaway urbanization, pollution, rising competition for tighter energy supplies, loss of natural lands and habitats and, hanging over all, the dangers of global warming.

The focus is enhance exchanges between green-technology innovators, and improve the world's ability to address environmental problems and the social disruption they cause. To build technological cooperation between Brazil and the United States in the fields of green energy and other green

technologies; To assist businesses with interests in green energy and other green technologies to find and develop promising technologies and relationships. To increase interactions between government, business and researchers in order to help develop and harmonize green policy across jurisdictions; to establish standards to advance the fields of green energy and other green technologies and to reduce duplication of effort; and ultimately to reduce the social and economic costs of environmental degradation.

The time has come, therefore, to make new connections among those who are developing solutions, to increase green trade between our countries, and to deliver to both and to the world the enhanced capacity to address the causes of social problems caused by the old ways of doing business. The intend also is to bring together the smartest and most innovative "green" thinkers and doers in the commercial, technological, and scientific organizations of the US/CA and Brazil, finding ways to do business while solving our common problems.

The means to accomplish these objectives will include conferences, facilitated networking opportunities, vetted database resources, working groups to develop industry standards, and educational programming that enhances diffusion and adoption of conservation practices and green technologies. More info: (858) 750-6058 or www.sphaera-interpar.com ■

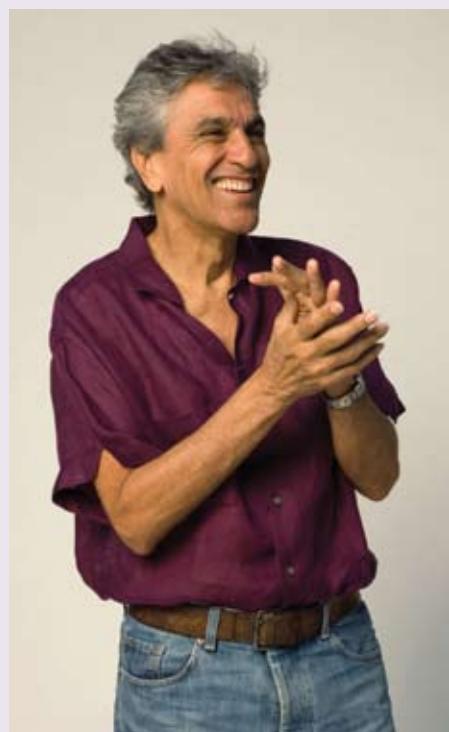


Caetano Veloso

Grammy Ward winner and World Music Super Star Caetano Veloso will bring his soaring tenor voice and band to the Pasadena Civic Auditorium Nov. 14, 2007.

Caetano, a Bahian poet and composer who was born in 1942 in a small town in the interior of Bahia with a picturesque name: Santo Amaro da Purificação. There he had his first dreams as a poor child of a modest family with lots of children. In a small town, far away from civilization, when a child is born, his parents always hope that the child will choose a profession, but since childhood, Caetano wants to be an artist.

In 1965, in Rio de Janeiro, singer Nara Leão is the major star in a musical play called *Opinion*. This play is sold out during several months with unprecedented success. However, due to previous commitments throughout the country, Nara Leão is forced to leave the show, and without her participation, the show would have to close



down, unless a substitute of equivalent stature is found. The hit song of the show is "Carcará" (Hawk) by João do Vale. Suddenly Nara herself remembers a unique singer she had heard in Bahia named Bethânia and recommended her for the part. When Bethânia comes to Rio, her brother Caetano Veloso also sprouts wings and does the same, bringing his songs and dreams as only baggage. Thanks to his sister's voice, he records his first songs, and inevitable first hits. Since then, all Brazil started to know and sing his music. It was just a matter of time and soon Caetano became a international Brazilian Music passion. Among his successful albums are Domingo (1967, with Gal Costa), Transa (1972), Qualquer Coisa (1975), Doces Barbaros (1976, with Gal Costa, Gilberto Gil e Maria Bethânia), Outras Palavras (1981, won the Golden Record), Uns (1983, Also won the Golden Records), Brazil Night Montreaux (1983, First International Success), and Totalmente Demais (1986, won the Platinum Record and was recognized a international celebrity).

One of the **founders of Tropicalismo** appears in Southern California for only his fifth time in his 30-year plus career. His debut was in 1997 at the Pantages Theatre with group Fina Estampa. A native of the state of Bahia, Caetano is one of the most important figures in contemporary Brazilian music. He makes every melody he sings sound luminous and newly discovered. The Grammy Award winning artist is perhaps Brazil's greatest contemporary songwriter and is among the most significant individuals to come out of the late 60's Tropicalia movement. The foundation of Veloso's intensely eclectic music is the rich Bahian musical heritage that was influenced by Caribbean and African, the cool and seductive Bossa Nova and the best of North American pop music. At 8pm, Pasadena Civic Auditorium, 300 E. Green St., Pasadena, CA 91101. Prices starting at \$38, for more info call (626)626-449-7360 or 626-395-7132. ■

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An American Abroad: Learning, Loving and Living in the “Cidade Maravilhosa”

By Christine Di Stefano

When I was a sophomore in high school, I fell in love with Brazilian music. I'm not sure how or why it happened, only that one day I realized that all the cd's in my room were Brazilian and I could understand Portuguese without ever having taken a single class. Eventually my passion for Brazilian music turned into a passion for all things Brazilian, and I went on to study Brazilian history, culture and language in college, with my ultimate goal being to one day be able to visit this marvelous country. After 5 years of Brazilian obsession, I was finally able to convince my parents to let me study abroad for a semester in Rio de Janeiro.

Flying into Galeão Airport expected my first view of the *cidade maravilhosa* (marvelous city), to make me cry or have a heart attack or something, but surprisingly all I felt was tired. I guess I had wanted to come to Brazil for so long that when I got there I didn't really believe it. I didn't cry or laugh or smile ridiculously or anything. I was exhausted, had a cold, and just wanted to lie down. Staring out the taxi window at the “*favela de mare*”, driving past the “*lagoa*” for the first time, seeing the “*Cristo Redentor*” watching over his city – none of it seemed real to me. Even worse than my strange lack of excitement, was an overwhelming feeling of homesickness that completely surprised me. It wasn't until the next night when I arrived at my home stay that I began to feel like I really was in

Brazil! Sitting on my bed in the condominium in Ipanema where I would spend the next 6 months, I listened to Rio de Janeiro from my window fell in love.

Where I live in Los Angeles, I fall asleep every night to the comforting sounds of the 710 freeway. When I'm at school in Santa Barbara, I'm lulled to sleep by the Pacific Ocean and the occasional group of drunk college kids stumbling by. In Rio, I heard the arguing (in Portuguese!) of the teenage brother and sister who lived next door, the murmur of the “*novela das oito*” (a very popular and sexy soap opera usually at 8pm) from the living room, the sound of people laughing, shouting, selling things, dogs barking

– all in Portuguese. I heard the muffled thumping beat of funk from the *favela* behind my house, the fleeting refrain of “*pagode*” from a taxi driver passing by. It was all beautiful and it was all a reminder that I was in Brazil.

The next few months I learned to see Rio in a completely new way. The vision I had of this perfect city vibrating with samba slowly melted away, and I saw things that bothered me, things that annoyed me, and things that scared me. Life in Brazil became normal to me. Actually, it was during the most mundane moments when I would realize how much I loved this city. I fell in love every morning on the bus ride to school. Sitting by the window and holding on for dear



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life (the buses are all manual and the drivers all drive crazily), I fell in love with people delivering mattresses on bicycles, fully dressed poodles complete with shoes and bows, and old ladies selling homemade coffee and cake out of Tupperware at bus stops. I got involved with a program called "Ana e Maria" through the ONG (non profit organization) Viva Rio, and every Monday another student and I would take a 2 hour, multiple bus trip to a favela just

outside the city to teach English to a group of wonderful, intelligent, incredibly fun teenage girls. Two or Three nights a week I played capoeira with Associação Lagoa Azul outdoors by the beautiful lagoa (lake) Rodrigo de Freitas, underneath the moon and stars and Christ all lit up on Corcovado. I was no longer in love with the idea of Brazil, but the country itself.

Only living there, experiencing the good, bad,

weird, and amazing – could I learn to love Rio for what it really is, and not just what I wanted it to be. ■

* Christine Di Stefano is a younger student from the Music Department of the University California of Santa Barbara (UCSB) and has hosted for several months the show "Tudo Bem" at KCSB 91.1 FM in Santa Barbara. She is also a loyalty collaborator of Soul Brasil with valuable editions and also translations.

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Easy and Cheap, From Home to Home Around the Globe

Magali D'Souza

* English edition: Jennifer Parker

If you think on vocation around the world with a low budget, probably you will be interested in what we will be mention in this article. Well, first were the cultural exchange programs, where the student from somewhere visited a different country and stay in homes from an "adopted family", sometimes in exchange for little home jobs and with the support of some language school.

These days are possible to know 10 countries in Europe sleeping and sometimes even eating free or almost free with the home exchange programs. The negotiation usually is made on the internet in sites that usually is the channel for you adventure beginning. You visit some companies that offer the service and choose the place that you planning to go. Thought email you start the contact for more information and some specific details as some care is necessary.

Ask for some photos of the location that shows the property outside and inside, and part of the neighborhood (also ask for a detail description about the property). A good tip is to ask the owner to comment about the positive side and negative side of the property and location, as well tourist points that should be not far from the property. If possible try find out about references with individuals that have been in the same location. Remember that this tip is only superficial and some important details that you consider mandatory can make a difference about a dream or a nightmare vocation. After this step is convenient to make a type of letter-agreement that include what the

house and location have and offer – like bed, table, air, tv, good restaurants, laundry, etc.

This kind of service and "trip style" request a bit of time for program it, so is good idea to start looking for your house at least 9 months before your vocation date. To access the companies sites to get the information is free, but if you are interested in offer your house to the program, receive traveler around the world and make some extra money, you need to pay usually from US\$30 to \$60. Check bellow some sites that offer this type of programs:

www.snapnow.com

(Home Link) – offer over 12,000 properties around the world and also a printing catalog.

www.ihen.com

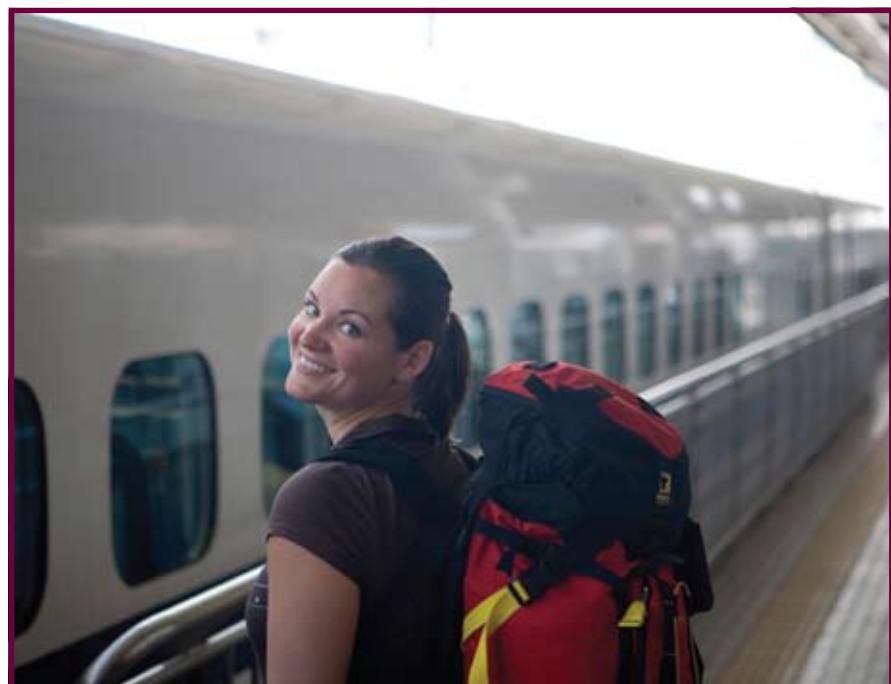
(International Home Exchange Networking) – With a site easy to surf, it offers thousand of properties, but unfortunately not many descriptions of the houses.

www.homeexchange.com

one of the best with many photos and detail descriptions. Many locations around the planet.

www.couchsurfing.com

with almost 20,000 subscribers and over 4,000 that have made trips intermediated by the site, you can find homes in big tourist cities destinations as well small exotic villages. In Brazil there is over 180 couchsurfers. ■





Tell to the Reader your Story!

Magali D'Souza



We travel not only for know a different place or for have good times. We travel also because we want to tell a good story about us for our friends and people that we know.

So, we strongly suggest you to write a great story about your next trip to Brazil and send it to us. If you have photos, better yet! We can edit it if necessary and published your story.

Put yourself in the reader's place and be enthusiastic because your reader wants to read something fun and inspirational. Tell the story as it happens or write the story in parts like a diary. Write it in real time and in every chance you have, in the airplane, in your hotel, at the restaurant, etc. Doing this, you will have fresh and raw impressions. The idea is first writing the story. Edit and give the final touch later when you back to home and diving again into the story. Some extra great ideas to the article only come to our mind later.

It is important to write what you feel and avoid hyperbolic and hysterical language. Related with photos, stop for a while taking posed pictures and try to emerge in the photo journalism taking pictures when you see someone doing something interesting or faced with a great view or a famous landmark. And remember a journalist saying "dog bites man ain't a story. Man bites dog – there is your story! – Try to keep it between 400 to 750 words and submit your story to our editor Lindenber Jr. - editor@soulbrasil.com .



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"O Segredo" e a Fé

Leva com Fé eu Vou... a Fé não Costuma Falhar...

Lindenberg Jr.

Em tempos em que se comenta muito sobre livros de auto-ajuda como “O Segredo”, “A Lei da Atração” e “O Monge e o Executivo” - respectivamente os livros mais vendidos por semanas (Setembro 07) consecutivas no Brasil (e nos quatro cantos do planeta) sobre esse determinado tipo de tema, eu gostaria de mencionar aqui sobre coragem e fé.

Segundo Mahatma Gandhi já dizia, aquele que é corajoso em espírito considera uma glória combater sozinho. A prosperidade espiritual não é apenas para os santos assim como a prosperidade econômica também não é apenas para os sábios. Acreditar em você e que as coisas vão dar certo, visualizando mental-

mente esse momento esperado, e não deixando se levar por energias negativas pode ajudar e muito, Mas acredito que a fé tenha uma importância especial nos resultados.

Ter fé e guiar nossa vida não com apenas à vista, mas sim com o coração. A razão necessita muitas evidências para se arriscar, já o coração necessita apenas de um raio de esperança. As coisas mais belas que a vida pode nos proporcionar não se podem ver nem tocar, somente se pode acariciar com o espírito.

Ter fé é levantar-se quando se a caído, e arriscar tudo em troca de um sonho de amor ou de um ideal, e ver um sinal positivo em

sua frente não importa quanto incerto seja o futuro ou o quanto doloroso foi o passado. Para mim, ter fé é confiar nas pessoas e não somente nas coisas. Sim, claro que vai existir pessoas pisando na bola e traíndo sua confiança, assim que temos que continuar confiando e nos precaver e ser mais cuidadoso em quem confiar duas vezes.

Desejo que em tua vida haja suficiente fé para poder ir pulando as pedras que ocasionalmente apareçam no seu caminho, suficiente coragem para criar possibilidades e desenvolver seus talentos, e acima de tudo a necessária humildade para aceitar o que não se pode mudar. ■



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With this facts in mind, a deserve to help and work with kids, and one more idea to promote the Brazilian

art of Capoeira, professor Chin from Capoeira Sul da Bahia in Santa Barbara has started since 2002 a weekly program for low income SB youth.

Throughout the program the children learn a new martial art which involves dance, playing Instruments, and also singing traditional Capoeira songs. Among the physically benefits is the acquirement of coordination, balance, strength, rhythm, as well as cardiovascular conditioning. Mentally and socially, children learn concentration, self-discipline, respect for one another, and very important, a sense of community. Children have positive



role models that teach in a fun, firm, and supportive manner with the opportunity to master challenging physical and mental skills.

Professor Chin, who moved to Santa Barbara from his native Brazil 7 years ago, teaches Capoeira classes to adults and children in Santa Barbara, Ventura, and Ojai, and has been dedicated teaching Capoeira to children at risk for health and social problems since 5 year ago. To know more information about his work, visit:

www.capoeirasantabarbara.com. ■

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